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Subject: Do You Need Help Avoiding Sweets?

Steven Horne's Newsletter

Natural News and Herbal Views

The Sugar Destroyer

If you have you need to help avoiding sweets or controlling your blood sugar. Read this article about Gymnema below or at stevenhorne.com.

I don't know about you, but during the holidays with everybody around me indulging in sweets, I've always been tempted to indulge as well. If you overindulged in sugar during the holidays here's an herb for you. It's an herb from India by the Hindu name of *gurmar*, which means sugar destroyer. In America, it's known by its Latin name *gymnema sylvestre* or just *gymnema*.



What makes this woody, vine-like plant in the milkweed family remarkable is that chewing on it totally blocks the taste of sugar. It has been used in Ayurvedic medicine to treat diabetes for over 2,000 years.

I remember working on a liquid herbal formula containing gymnema almost 30 years ago. We wanted the blend to both kill the taste of sweetness and also stabilize blood sugar to reduce sugar cravings. Normally, we tweaked the ingredients by tasting the blend and adjusting it until we got the right flavor. But, since gymnema destroys the ability to taste the sweet, we had a problem. As soon as someone tasted it, they couldn't provide an accurate assessment of the flavor because their ability to detect sweetness was gone.

We solved the problem by having multiple volunteers sample the formula so we had plenty of new guinea pigs to evaluate the blend as we adjusted it. All of us wound up tasting it and had fun sampling different sweet things afterward. The Starburst candies were just sour, the chocolate bar bitter and muddy, and

putting sugar in your mouth was like putting sand on your tongue, totally tasteless.

Gymnema Does More Than "Destroy" Sugar

Gymnema appears to work by attaching to the receptors on the tongue that detect sugar and blocking them. A tea of the plant has been used to control obesity because if sweet stuff loses its flavor you're less likely to want to eat it. But, it may also help regulate blood sugar



levels by inhibiting sugar absorption in the intestines. Whatever its modes of action researchers have found that it definitely helps to lower blood sugar levels and control hyperglycemia.

One of the most exciting things about gymnema is that it appears to help regenerate the beta cells in the pancreas, which produce insulin. This is an important discovery because it means this remedy may be helpful for type 1 diabetes, and not just type 2 diabetes. Animal studies show that consuming gymnema does increase insulin production.

In addition to all those great properties, research suggests that gymnema is also helpful for reducing elevated triglycerides, cholesterol, and LDL cholesterol. The herb also appears to act as a diuretic, alleviate stomach problems and ease constipation. It may even work as a mild adaptogen.

So, next time you don't want to be tempted by sweets, try drinking some gymnema tea or taking some gymnema extract to block your sweet tooth. If you have blood sugar problems and/or are overweight, you can also try taking a Blood Sugar Reducing formula that contains gymnema and other anti-diabetic herbs like bitter melon, jambul, fenugreek, nopal, and cinnamon.

And, if you want to have something sweet, try making your sweets with raw, unrefined sugar, honey or maple syrup, so you get more nutrition and are tempted to eat less. You can also try using xylitol or stevia in place of sugar.

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Are You Getting Enough Sleep?

Sunshine Sharing Vol 32 #1

Sleep is a necessity for good health. It helps your body renew and repair itself. And good sleep will help improve your mood and attitude towards life. Unfortunately, many people do not get the quality sleep they need.

This lack of sleep contributes to many problems including irritability, depression, difficulty concentrating, poor productivity, accidents, injuries, infection and excess weight.

This issue of *Sunshine Sharing* shares what makes good sleep so important and suggestions for helping to fall asleep and getting better sleep as well as natural remedies that can help.

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About Sunshine Sharing

Steven writes a new issue of *Sunshine Sharing* each month so you can use it to help educate yourself and your people on how to be healthy naturally.

Each issue is 4-pages and contains information on how you can support the body's natural healing abilities. They are \$10 for a bundle of 25 newsletters for everyone or just \$6 for subscribers to [Steven Horne's member program](#).

Are You Getting a Good Night's Sleep?

Sleep is an absolute necessity for good health. Sleep helps your body renew and repair itself. And good sleep will help improve your mood and attitude towards life. Unfortunately, many people do not get the quality sleep they need.

It has been estimated that about 30% of all adults suffer from some form of insomnia. They either have difficulty falling asleep or staying asleep. For about 10% of the population these problems are chronic and ongoing. It also seems that the older you are the more likely you are to have trouble sleeping. About 50% of seniors have sleeping problems.

But, even people who don't have insomnia may experience some form of sleep deprivation. The average adult needs a minimum of seven hours of sleep each night and could benefit from 8-9 hours. Younger people need even more sleep. Teenagers need about 8-10 hours and preteens need about 9-11 hours.

In a Gallup poll done in 2013 only 36% of the population got 8 hours of sleep or more, 25% got seven hours, and the remaining 39% got less than seven hours. A more recent study done in 2019, found that only half of all children and teens were getting enough sleep. This is not good.

Getting Enough Sleep Is Essential to Health

Getting less sleep than you need each night is associated with an increased risk for many health problems. These include serious problems like diabetes, heart disease and depression. Lack of sleep is also a hidden cause of obesity. If you don't get enough sleep your body doesn't produce enough leptin, the hormone that satiates hunger.

Inadequate sleep also reduces immunity, so you're more likely to catch a cold or flu if you aren't getting enough sleep. This is because lack of sleep increases cortisol levels, which increases feelings of stress and suppresses immune functions.

Lack of sleep affects both concentration and judgment which can lead to an increased risk of accidents. Lack of sleep also affects your mood. It can make you more stressed and irritable, which can put strain on your relationships.

In contrast, getting enough sleep helps you resist and fight off infection, lose weight, have more energy, experience a better mood and reduce the risk of accidents. Children need adequate sleep to perform well in school and adults need sufficient sleep to perform well at work.

Getting the Sleep You Need

Given these facts, it's important to schedule time for adequate sleep. While it may seem like skipping sleep will help you get on top of the many things you need to do, it will actually be counterproductive when done continually. When you cheat yourself of sleep you become less efficient as you become increasingly fatigued and using coffee or energy drinks won't solve the problem.

So, start your path to better sleep by setting a regular bedtime and a regular time to wake up. Your body has circadian rhythms, which involve the natural fluctuations in various

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SUNSHINE SHARING
Your guide to better health the natural way.
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