

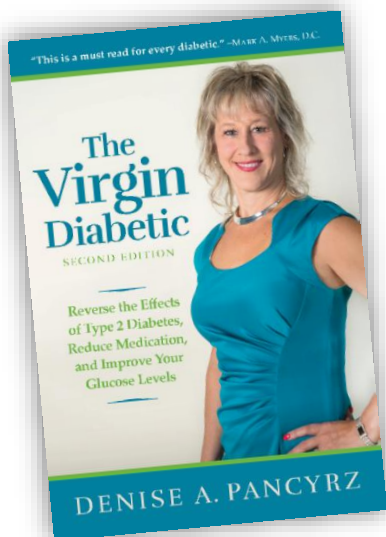


I was diagnosed with Type 2 Diabetes and prescribed four insulin shots per day along with a handful of medications.

I was told by the medical community I could never stop insulin or drugs – in fact, the dosages would increase with age.

Well, I dared to step away from the traditional medical management and reversed my diabetes – no more insulin shots – no more medications. All accomplished through holistic nutrition.

Read my miraculous story of reversing diabetes in my 2nd edition book, *The Virgin Diabetic*.



Available On:

[Amazon.com](https://www.amazon.com)

[BarnesandNoble.com](https://www.barnesandnoble.com)

Supplements

This is What I Do

Note: I am not a doctor or pharmacist. Always speak with your physician and pharmacist before taking supplements, especially along with medication. Do your due diligence. The following information is based on what I do. It is meant to give you food for thought and ideas on what to research!

I meet with many people who I believe take too many supplements and spend too much money on them. Personally, when I travel or know I will be seeing groups of people during cold and flu season, then I take extra precaution to protect myself and therefore, others.

Since high school, (only a few short years ago, 😊) I had chronic bronchitis. It would keep me down for 3-6 weeks at a time. I was exhausted and never seemed to get my energy back until it cleared up.

Since getting diagnosed with diabetes, my naturopathic doctor told me about NAC, N-Acetyl Cysteine. Because of its mucus-thinning properties, NAC is sometimes promoted for **clearing nasal congestion** due to colds or sinusitis. I spent the last 11 years with little to no episodes of bronchitis. I do not take all year long (not sure if it's a mistake or not), but when I feel that tickle in my throat, that's when I know I need to start taking one capsule every day. If I miss that early window of taking NAC immediately and let my symptoms go too long, then I take 2 capsules every day for 3-4 weeks, then reduce to 1 capsule for approximately another 30 days.

One of my dear clients that has had asthma since a young age has taken 1 capsule daily and has drastically limited her need for an inhaler.





Because COVID-19 causes respiratory issues, I started taking NAC to support healthy lungs because this was previously a weakened area in my health.

The following are supplements I am taking during the COVID-19 and general cold and flu season:

- NAC (N-Acetyl Cysteine) – comes in 500 mg and 600 mg capsules
- Vitamin C 1,000 mg
- [Lysulin](#) – supplement for diabetes patients in helping to lower your A1c. It includes lysine, vitamin C and zinc. Zinc plays a role for insulin and carb and protein metabolism. Zinc is also good for the common cold and reducing the replication of viruses. Combined with 1,000 mg of vitamin C can help with your immune system.
- Sambucus (Elderberry syrup) 1 tsp 2-3 times/day – has antiviral effects against bronchitis. The flavonoids bind to the H1N1 human influenza virus, H5N1 avian influenza virus and corona virus NL63 – **I have not seen information, so I do not know if it has the same effect with the COVID-19.**

Avoid brands that add sugar or gummies as they tend to add corn syrup or high fructose corn syrup.

You really should read the links below, the overall information is very interesting, especially for diabetics! Keep in mind, unfortunately studies are lacking for many supplements. **Ensure that the supplements you choose do not interfere with your medication.**

If you share supplements from the same container, pour your dose into the cap and then place on a napkin/paper towel/tissue until you collect all of your capsules. **This is something we should always practice.**

I am complimenting this with the right food, rest and exercise to continue to support my immune system.

There is no reason to overpay for vitamins. I have included suggestions of brands for the above supplements that are good and at a good price point.





How I use supplements during the cold and flu season:

ALWAYS TALK WITH YOUR DOCTOR & PHARMACIST BEFORE STARTING NEW SUPPLEMENTS.

NAC / Brand	Price	Count	Cost/Pill	
GNC 600 mg	\$ 14.99	60	\$ 0.25	https://www.gnc.com/other-antioxidants/126814.html#q=nac&lang=default&start=1
Nature's Garden 600 mg	\$ 11.96	60	\$ 0.20	http://www.naturesgardenofnaples.com/product_info.php?products_id=17
Now 600 mg	\$ 19.18	250	\$ 0.08	https://www.iherb.com/pr/now-foods-nac-600-mg-250-veggie-caps/694
Thorne 500 mg	\$ 25.00	90	\$ 0.28	https://www.thorne.com/products/dp/cysteplus-reg

Vitamin C 1,000 mg / Brand

Price	Count	Cost/Pill	
\$ 14.40	100	\$ 0.14	http://www.naturesgardenofnaples.com/product_info.php?cPath=52_16&products_id=502
\$ 29.99	360	\$ 0.08	https://www.gnc.com/vitamin-c/gncVitaminCTimedRelease1000mg.html?cgid=vitamin-c#start=1
\$ 19.99	180	\$ 0.11	https://www.gnc.com/vitamin-c/139323.html?cgid=vitamin-c#start=1
\$ 11.99	500	\$ 0.02	
\$ 12.79	100	\$ 0.13	https://www.cvs.com/shop/cvs-health-vitamin-c-caplets-1000mg-prodid-1010736

Diabetes Supplement

Lysulin Diabetes Supplement
Available in tablets and liquid. Available at Lysulin.com or Amazon

<https://lysulin.com>





**Sambucus
(Elderberry) /**

Brand	Price	Servings	Cost/Serving	
Nature's Garden Syrup 6400 mg	\$ 13.92	12	\$ 1.16	http://www.naturesgardenofnaples.com/product_info.php?products_id=623
Garden of Life mykind Organics syrup 1.5 g	\$ 27.19	30	\$ 0.91	https://www.gardenoflife.com/catalog/product/view/sku/658010123198

NOTE: Remember this is the protocol I follow. Apply common sense and thoughtfulness when considering supplements. This is not a complete list of supplements or brands. Always do your due diligence to ensure you avoid supplements that can interfere with your medication or health issues. **ALWAYS DISCUSS NEW SUPPLEMENTS WITH YOUR DOCTOR & PHARMACIST.**





Sources:

NAC: https://www.thorne.com/products/dp/cysteplus-reg?msclkid=ae22a7efed8114033015f99c6fc0e14a&utm_source=bing&utm_medium=cpc&utm_campaign=MA%20Shopping%20Campaign&utm_term=4587231233390546&utm_content=Ad%20group%20%231

NAC: <https://www.ncbi.nlm.nih.gov/pubmed/10968500>

NAC: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6562654/#B43-antioxidants-08-00111>

Lysulin: <https://jburd.com/lysulin-studies/https://www.openaccessjournals.com/articles/lysulin-a-new-supplement-for-nutritional-support-for-people-with-diabetes-and-prediabetes-those-at-risk-of-developing-di.pdf>

Elderberry: <https://draxe.com/nutrition/elderberry/>

Elderberry: <https://scienceandartofherbalism.com/coronavirus-elderberry/>

Corona Virus: <https://vmstudygroup.com/corona-virus-covid-19-what-can-you-do-part-2/>

Zinc: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5754376/>

Zinc: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5748737/>

Vitamin C and Zinc: <https://www.ncbi.nlm.nih.gov/pubmed/22429343/>

