



A NOTE FROM DR. POWELL, MD

B Vitamins For A Healthy Lifestyle

The B vitamins are essential in many body functions, including; metabolism of fats and carbohydrates, synthesis of proteins, the transport and storage of Folate (another B vitamin) in cells and conversion of Folate to its active form. They are very important for the rapidly dividing cells in the body (skin, hair and bone marrow). Maintaining immune system at optimal disease fighting capacity and the development of red blood cells. The B vitamins are used in every cell in the body that has the energy machinery called mitochondria. These are the power units in every cell in the body that create energy. The energy cycle in these power units is called **THE KREB CYCLE** and the B vitamins are required in every step of the cycle as cofactors in the **ENGINE** can't work up to it's full power.

FEATURED PRODUCTS



FlapJacked Pancake & Baking Mix

FlapJacked is a delicious, protein-packed and fiber-rich pancake/ baking mix made with quality ingredients such as whole oats and coconut flour. Naturally sweetened with fruits and veggies, each mix is bursting with flavor while boasting 20 grams of protein and just 200 calories per serving



Click Protein Coffee

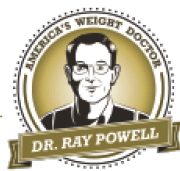
Click contains a double-shot of real, gourmet espresso coffee; not coffee flavoring or added caffeine! CLICK uses a premium grade protein, calcium caseinate. Calcium caseinate is known as the weight loss protein as it is a slower digesting than other proteins which is important while ingesting caffeine as well. Plus, it will keep you full longer and along with the caffeine found in our espresso coffee will help curb your cravings.

Monthly Sneal® Savings

10% OFF

Use code **APRILNEWS22** online at CarbEssentials.net or present this coupon at a CarbEssentials Store location near you for 10% off your next product purchase.

*Must present coupon to redeem 10% off. Cannot be combined with any other offers. Can only be used once per customer. Redeemable at the following locations; Redding (Wed, Sat) & Chico (Mon, Tues, Thurs, Fri) ONLY. Coupon Expires 4/30/22



EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



Hormones

Hormones are often a hidden reason why people have difficulty losing weight. There is more to losing weight than just exercising and sticking to a healthy diet. For optimum weight loss we have to activate certain hormones in the body which are the T3 and T4 hormones released from your thyroid. These help get your metabolism moving and when they are out of sync it is difficult for your body to break down food properly. Couple that with estrogen and testosterone not working properly and often, especially in females, iron deficiency and the weight loss process slows significantly. Overeating is a big problem for many people and can often be handled better by sticking to a diet which involves eating more protein. Leptin is a hormone that tells your brain you are full, this helps avoid over eating. Eating protein helps your brain become more sensitive to leptin. Fatty processed foods can cause inflammation in the brain thus causing leptin to be less effective which can cause you to eat more, even when you are not really hungry. Leptin is produced while you are sleeping and anything less than 6 hours may mean that there isn't enough of this hormone being produced. This will make it less effective in communication with your brain. Your body will do this on purpose so you will eat more in order to make up for the lack of sleep and energy. This is not what you want when you are trying to lose weight. Ironically when trying to lose weight it is important to eat regular, proper-portioned meals as these will help activate your hormones. Skipping meals will have the opposite effect and slow your metabolism down.

SPRING SNEAL® SAVINGS

Kickstart Your Weight Loss Goals

Spring is the perfect time to kickstart your weight loss goals. After all that winter comfort food and hibernating indoors, our bodies could use a post-winter boost. If you want to put fitness first as the weather warms up, we're here to help. Enjoy **15% OFF** online at carbessentials.net, **Monday, April 18th** on your purchase of \$75 or more! Shop online with coupon code **SPRINGSALE22** + enjoy free shipping (excluding liquids)!





HOW HORMONES CAN AFFECT WEIGHT LOSS

WHY ARE WE SO CONCERNED WITH HORMONES?

- 1** When we eat food there is a hormonal response which determines whether we store fat or burn fat.
- 2** Weight and fat loss are both regulated by hormones.



THERE ARE MANY HORMONES INVOLVED WITH WEIGHT REGULATION AND FAT LOSS BUT THE MAIN ONES ARE:

INSULIN | GLUCAGON | CORTISOL | THYROID HORMONES

INSULIN + GLUCAGON

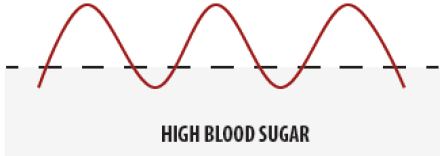
Insulin and glucagon are hormones that are released by the pancreas and are closely involved in the regulation of blood sugar.



The body tightly regulates the amount of sugar in the blood too make sure there is not too much or too little. Either situation can be problematic so it's important that levels are controlled.

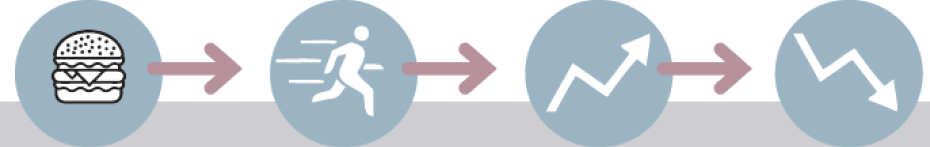


Ex: Blood sugar that is too low (hypoglycemia) can produce many symptoms and the main problems come from the brain not receiving enough glucose.



Hyperglycemia is high blood sugar and this occurs when there is too much glucose in the blood. If high blood sugar isn't treated properly it could lead to serious complications.

INSULIN



When carbohydrates are eaten they are broken down by the body into glucose. Which is then used for ENERGY. This causes an increase in blood sugar. The body then releases insulin to reduce blood sugar down again to normal limits.

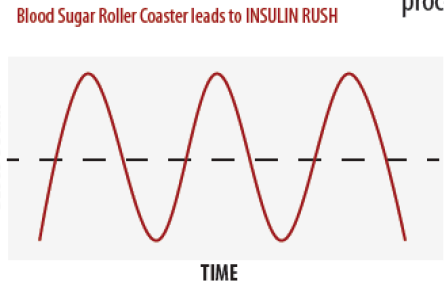
TOO MANY REFINED CARBOHYDRATES
dramatically increase blood sugar and insulin levels.



WHAT'S THE PROBLEM?
Insulin is a storage hormone and stops fat burning.

WEIGHT GAIN

Most people aren't able to lose weight because their blood sugar fluctuates so drastically from eating too many refined, processed foods.



- These types of fluctuations can cause:
- HUNGRAR
 - LOW ENERGY & FATIGUE
 - CRAVINGS
 - MOOD SWINGS
- These types of fluctuations can cause:
- OBESITY
 - HEART DISEASE
 - TYPE 2 DIABETES

WEIGHT LOSS

In order to lose weight and improve health it's important that blood sugar and insulin levels be reduced.



- This results in:
- LESS HUNGER & CRAVINGS
 - INCREASED ENERGY LEVELS
 - LESS ABDOMINAL FAT
 - WEIGHT LOSS
 - OPTIMUM HEALTH

Get off the blood sugar rollercoaster by continuing our program and making sure you're snealing® every 2-3 hours.