



BIOIDENTICAL HORMONE REPLACEMENT

Coming Soon!!

What is Hormone Imbalance? Because hormones affect every cell in your body, it's not surprising that hormone excesses, deficiencies or imbalances can produce some very unpleasant, debilitating and even dangerous symptoms. This perfect storm of 'out of control' hormones can be pretty-rough on your career, relationships, and all other areas of your life. Ask your practitioner today for more information if you think you may need a hormone makeover!

FEATURED PRODUCTS



Built Bar Puffs

Built Puffs are here! What are Built Puffs, you ask? Well, they are a bit of heaven on earth. Marshmallow heaven, that is. The first and only collagen protein bar with amazing marshmallow texture. It has a delicious texture, flavor, and, of course, it is covered in Built's signature 100% chocolate. You will quickly forget this is a protein bar, thinking of it more as a tasty treat. Feel good about that.



Legendary Tasty Pastry

These protein-packed tasty pastries are bursting with so much flavor! It's time to celebrate because tasty pastries are a completely new way to reach your daily protein needs. The recipe combines an incredible nutrition profile with delicious flavor to create the perfect guilt-free sneal®. Each pastry has 20g of protein, and 180 calories. It's everything you want out of a low carb, protein-packed sneal® - all with impossibly delicious flavors. Enjoy it lightly warmed in the microwave or straight out of the wrapper.

Monthly Sneal® Savings

10% OFF

Use code **APRILNEWS23** 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. Coupon Expires 4/30/23*

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



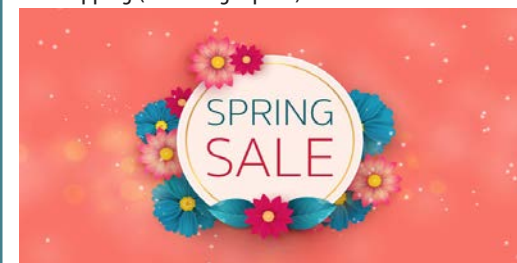
Hormones

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. Causing it to be 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.

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, **Sunday, April 16th** on your purchase of \$75 or more! Shop online with coupon code **SPRINGSALE23** + enjoy free shipping (excluding liquids)!





HOW HORMONES CAN AFFECT WEIGHT LOSS

WHY ARE WE SO CONCERNED WITH HORMONES?

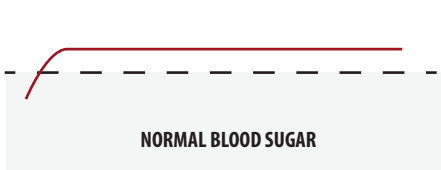
- 1** When we eat food there is a hormonal response which determines whether we store fat or burn fat.
- 2** Weight and fat loss are both regulated by hormones.



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

INSULIN | GLUCAGON | CORTISOL | THYROID HORMONES

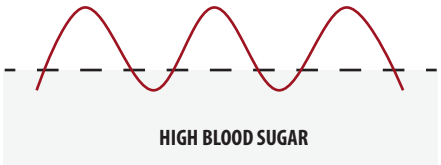
INSULIN + GLUCAGON



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



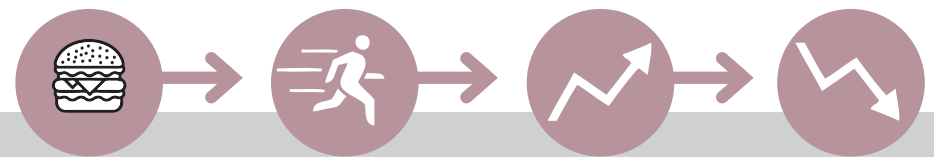
The body tightly regulates the amount of sugar in the blood to make sure there is not too much or too little. Either situation can be problematic so it's important that levels are controlled.



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

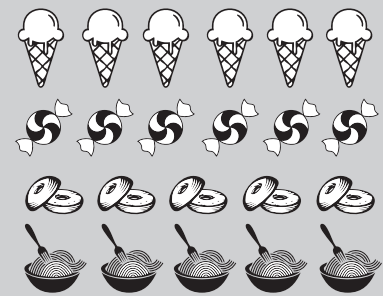
Hyperglycemia is high blood sugar and this occurs when there is too much glucose in the blood. If high blood sugar isn't treated properly it could lead to serious complications.

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.

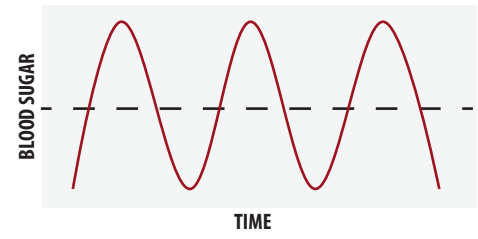


WHAT'S THE PROBLEM?
Insulin is a storage hormone and stops fat burning.

WEIGHT GAIN

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

Blood Sugar Roller Coaster leads to **INSULIN RUSH**

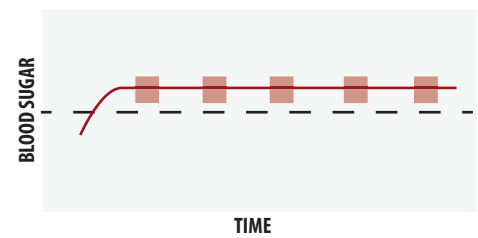


- These types of fluctuations can cause:
- HUNGER
 - LOW ENERGY & FATIGUE
 - CRAVINGS
 - MOOD SWINGS
- These types of fluctuations can cause:
- OBESITY
 - HEART DISEASE
 - TYPE 2 DIABETES

WEIGHT LOSS

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

■ Snealing® every 2-3 hours



- 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.