

Protocol for Controlling Food Cravings and Insulin Resistance

This protocol was originally designed for the management of disorders involving insulin resistance and unstable blood sugars. In recent years, we have also found that the formula works powerfully in controlling cravings for starch and sugary foods in carbohydrate intolerant dieters, the single greatest reason why these individuals fall off their diets and eventually fail. The following protocols are to be used for various types of insulin resistant individuals.

Carbohydrate Intolerant Dieters:

To help control the cravings for carbohydrate foods while dieting, dieters should use one capsule of the glucose regulating formula three times per day, with meals.

Severe Carbohydrate Intolerance:

In severe cases, it may take more of the active ingredients in the formula to control food cravings if you are severely carbohydrate intolerant. In this case begin by taking 2 capsules of the formula three times per day, with meals. Do this for 30 to 90 days and then consider reducing the formula to the maintenance dose above and see if cravings return.

For Diabetics and Hypoglycemia:

These individuals will benefit by taking the therapeutic dose of the formula indefinitely. This is especially the case if you are a type II diabetic. We can often control this condition completely, but so far, it cannot be cured. You must continue to exercise, diet properly, and take the formula as an ongoing way of life. For these individuals, take 2 capsules of the formula three times per day, with food, on an ongoing basis.

Note: The product Dr. Whiting refers to in this protocol is:

GlucoCrave Xtreme

This product is available from Phoenix Nutritionals, Inc.