



Seven Miracle Elements

- 1. Cinnamon** - The use of cinnamon dates back as long ago as 4,000 years. It has a broad range of historical uses in different cultures, including the treatment of diarrhea, rheumatism, as an antibacteria, digestive aid relieving gas and bloating as well as certain menstrual disorders. But the most significant use is for regulating glucose. As you know, sugars and starches in food are broken down into glucose, which then circulates in the blood.
- 2. Bitter Melon** - Its use dates back over 5,000 years in China. In the Amazon it is being used for expelling worms, intestinal gas, stimulating and promoting menstruation, as an antiviral for measles and hepatitis, but it is especially used for diabetes or “sweet urine.” In Brazilian and Mexican herbal medicine, bitter melon is used for tumors, wounds, malaria, vaginal discharge, inflammation, menstrual problems, colic, fevers and worms, but again, it is specifically used for diabetes.
- 3. Gymnema Sylvestre** - The leaves are used in herbal medicine preparations. The plant, when chewed, actually blocks the sugar receptor sites, which explains the Hindi name gumar or “sugar destroyer.” Gymnema has been used in India for the treatment of diabetes for over 2,000 years. The leaves were also used for stomach ailments, constipation, water retention and liver disease.
- 4. Nopal Cactus** - has been used in Mexico to treat diabetes, stomach problems, fatigue, shortness of breath, easy bruising, prostate enlargement and liver disease for over 1,000 years. It has been thoroughly documented for over 500 years. Legend has it, the Aztecs consumed the “prickly pear” to control or actually cure “sweet urine” (diabetes) disease in adults.
- 5. American Ginseng** - Ginseng is useful in the treatment of diabetes, fatigue, for alleviating stress and during convalescence. It increases stamina and well-being, therefore athletes take ginseng to increase both endurance and strength. It helps to focus your thoughts, enhance memory, learning and behavior in patients with Alzheimer’s and other dementias. It is anti-viral and antibacterial.

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Cinnamon 6





- 6. Fenugreek** -Fenugreek is used as a spice and medicinal herb throughout the world. Traditional Chinese herbalists use it for a multitude of conditions including kidney problems, male reproductive infections, constipation, atherosclerosis, high triglycerides and high cholesterol. However, the number one reason fenugreek is used universally, is for diabetes and sugar-intolerance problems.
- 7. Chromium Polynicotinate** - In the 1950s it was found that chromium was necessary for the maintenance of normal glucose tolerance. It used to be found in many foods - whole grains, cereals, spices, mushrooms, raw sugar and meat. Brewer's yeast is the best source available.

Dr. James Chappell



In 1904, the average American consumed about 4 or 5 pounds of refined sugar every year. Today, Americans consume close to that amount of refined sugar every week! Aside from causing an explosion of diabetes and obesity, this massive upsurge in sugar consumption has a direct effect on the proliferation of cancer.

Over 30 years ago, Dr. James Chappell learned about the health benefits of fenugreek and chromium, especially how they affect sugar in the body. Many years later, he learned about American ginseng and Nopal cactus doing the same. About 10 years ago, he discovered Gymnema Sylvestre. And finally within recent years, he was introduced to activated cinnamon and bitter melon. After he combined these six herbs and one mineral, he discovered the most profound synergistic, adaptogenic health benefits of any herbal compound he had ever used or experienced.

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Supplement Facts		
Serving Size: 3 Capsules		
Amount Per Serving		% Daily Value
Calcium (from Coral Minerals)	100 mg	10%
Chromium Polynicotinate	150 mcg	42%
Proprietary Blend:	1095 mg	*
Cinnamon Extract (Bark)		*
Cinnamon Powder (Bark)		*
Gymema Sylvestre Extract (Leaf)		*
Fenugreek Extract (Seed)		*
Bitter Bellon Extract (Fruit)		*
American Ginseng Extract (Root)		*
Nopal Cactus Extract (Leaf)		*
*Daily Value Not Established		
Other Ingredients:		
Vegetable Cellulose, Vegetable Sterates,		
Rice Concentrate		
Suggested Use:		
For a 150 pound person take three capsules, three times per day before meals.		
One capsule per 50 pounds of body weight.		
Take for 27 days, stop for at least 3 days, then resume.		

