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E. EXCEL'S WORLD



October – December 2025

Be Brave Once, Live Wonderfully for Life

Diamond Masters Shen Yung-Li and Loo Lern-Chung



**Shen Yung-Li and
Loo Lern-Chung**

From: Taiwan

Strengths and Hobbies:

Wedding emcee, exploring healthy and delicious recipes

Dream: To live life on her own terms

Traveled with E. Excel to:

Malaysia, Singapore, Shanghai, Hong Kong, Macau, Sanya, Yunnan, Hokkaido, Australia, Royal Caribbean Cruise, India, Spain, Austria, the Czech Republic, Khao Lak

“Love beautiful things and enjoy a fulfilling life” is the personal philosophy of newly promoted Diamond Master Shen Yung-Li. Inspired by this ideal, she found it difficult to conform to the constraints of a traditional job. Eventually, she bravely chose the path of entrepreneurship, believing life should be free and exciting. This very belief made her feel a strong affinity with E. Excel—health, freedom, and fulfillment have become the greatest gifts E. Excel has given her.

A free spirit at heart, Yung-Li was never meant for the conventional office life. In her early years, she briefly worked as an accountant in a construction company, but the rigid hours and complex workplace dynamics soon made her realize this was not the life she wanted.

After resigning, she embraced a more flexible lifestyle, taking on a variety of roles, from voice-over artist to tour guide, and even running a fashion accessories stall in Kaohsiung’s New Jyuejiang Shopping Area. These diverse experiences broadened her perspective and helped her gradually find her direction. It was not until she discovered E. Excel that a whole new chapter began to unfold.

The saying “Crisis is the seed of change” resonates deeply with Yung-Li. Though she ran her stall for over a decade and earned a decent income, the demanding hours took a toll on her health. “I worked from noon until midnight every day. To cope with the heat, I relied on hand-shaken iced drinks, and I grabbed quick bites of popcorn chicken and braised snacks. That was my routine,” she recalled. Reflecting on those years, she admitted, “Back then, I lived as if my health didn’t matter.”

Eventually, the strain of overwork caught up with Yung-Li. In her 30s, she was diagnosed with ovarian cancer, and her world instantly shattered. But at her lowest point, she discovered E. Excel. “It felt like God closed one door but opened another for me,” she said. Grateful for this second chance, she not only overcame her illness but also redefined her life—proving that as long as one does not give up, life will always offer a new beginning.

Having endured illness, Yung-Li cherishes life more deeply and understands the true value of health. This is why E. Excel’s philosophy of “prevention is better than cure” resonates so strongly with her. Since joining E. Excel, she has passionately shared her experiences to help others take charge of their health. Through countless heartfelt interactions, she has built a stable income and earned the freedom to enjoy E. Excel products without financial concern. “At first, I came to E. Excel to restore my health. I never imagined it would become my life’s calling,” she shared gratefully. “The E. Excel career has given me health and wisdom, and I want to share that blessing with as many people as I can.”



Over time, Yung-Li developed her own unique philosophy for success. When asked about the mindset needed to thrive in the E. Excel career, she said, “Be proactive, but don’t rush.

“Being proactive means taking the initiative to learn, share, and care for your teammates and customers. Don’t rush means respecting the pace at which trust is built. Not every sharing brings instant results, and not everyone is ready to join right away. We need wisdom and patience. Keep moving forward steadily, and success will follow naturally.”

Even with the right mindset, E. Excellers often face two challenges: rejection and a lack of connections. Drawing from her own experiences, Yung-Li shared, “Who hasn’t been rejected while growing their business? Rejection is part of the process—don’t fear it or let it discourage you. Every rejection is fertilizer for your future success. When I’m feeling down, I cheer myself up with good food.”

As for building connections, she candidly added, “No one is born with a network. You build it by being proactive.” She recommends joining clubs and participating in activities to expand one’s social circle. “I’m currently a member of the International Federation of Business and Professional Women, Taiwan (BPW Taiwan), and I also participate in religious events. In the past, I was part of a Chinese opera club and a flower arranging group. These experiences helped me meet like-minded friends and opened up many unexpected opportunities.”

For new E. Excellers, Yung-Li encourages them to become “E. Excel breakfast ambassadors.” She explained with a smile, “Opening your mouth is like opening a store. It’s not about having a physical shop—it’s about having the courage to share. Make E. Excel products a part of everyone’s healthy and delicious breakfast routine.”

She added, “Each day begins with breakfast, and everyone needs it. That means the market potential is enormous. But most store-bought breakfasts are high in sugar, fat, and calories, and are often full of additives and refined carbs that harm health. By inviting others to experience the difference, we can help them replace unhealthy options with E. Excel breakfasts. This not only supports their health but also drives business growth—opening the door to your own success.”

After years of experience, Yung-Li spoke with even greater conviction, “You don’t have to follow the crowd. Stay true to yourself, and you can live an extraordinary life.” She emphasized, “Whether in good times or bad, every experience becomes fuel for progress. If you dare to take the first step, your life will never be ordinary—because every act of courage leads you to a brighter future.”

Life Motto—“Where there’s a will, there’s a way.”

Quick Fixes Do Not Exist



Build Real Health, Not Illusions

Humans are naturally drawn to shortcuts. When faced with problems—especially health problems—our instinct is to seek the fastest, easiest solution: something to stop the discomfort, erase the symptoms, or tweak the numbers just enough to reassure us. But the truth is, most quick fixes do not actually fix anything. They simply patch things up on the surface while the root problem festers beneath.

Consider the countless promises out there: magic detox teas, miracle diets, wrinkle-erasing creams, or talismans claiming to bring love and riches. The appeal is always the same—instant transformation. But when it comes to your body, shortcuts are not just misleading—they can be harmful. Losing money chasing overnight success is one thing. Risking your long-term health for a quick fix? That is a much higher price to pay.



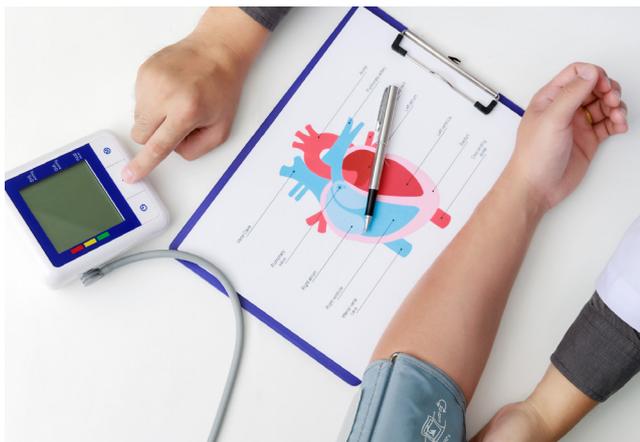
The Medication Trap

In modern medicine, quick fixes often come in the form of pills. While medications play an important role in managing symptoms, they rarely address the root problem. True healing still depends on the body—especially the immune system—to do the hard work. Though medications can ease symptoms, they may also introduce new health challenges, creating a cycle where one problem is treated only for another to emerge.

High Blood Pressure: Control Is Not a Cure

Take high blood pressure, for example. Medications like diuretics, beta-blockers, ACE inhibitors, and calcium channel blockers are commonly prescribed to keep it under control. But they do not cure high blood pressure—they merely manage it. Damage to the heart, kidneys, eyes, or blood vessels can still occur, just at a slower pace.

Even then, these medications are most effective when combined with lifestyle changes: a balanced diet, regular exercise, and stress management. Without these changes, we are treating symptoms, not solving the root problem. Plus, blood pressure medications come with their own list of side effects—elevated cholesterol or blood sugar levels, increased risk of gout, irregular heartbeat, swelling, kidney issues, fatigue, and headaches. In short, using medication without changing your lifestyle is like mopping up water from a leaking pipe without fixing the leak.



Diabetes Is Not Just a Numbers Game

Diabetes management often falls into the same trap—treating numbers rather than addressing the cause. Medications can help regulate blood sugar, but they do not reverse the disease. Even with good blood sugar control, people with diabetes still face increased risks of heart disease, kidney damage, nerve damage, vision loss, and foot complications.

And the side effects of diabetes medications are far from minor. They can range from low blood sugar and weight gain to digestive issues, yeast infections, joint pain, and even serious complications like pancreatitis, diabetic ketoacidosis, and lactic acidosis. Without lasting improvements in daily habits—like eating well and staying active—medications act more like a bandage: covering the wound without healing what is underneath.

Fighting Infections Takes More Than a Pill

When it comes to infections, many people expect medications to eliminate them quickly. But the reality is far more complex. Antibiotics and antivirals can reduce the load of harmful microbes, but they do not always eliminate them completely. In people with weakened immune systems, lingering pathogens can hide in the body and resurface later.

These medications also come with real risks: liver and kidney strain, digestive issues, allergic reactions, bone marrow suppression, neurological symptoms, and the growing threat of antimicrobial resistance.



Pills have their place, but they are only part of the solution. True resilience comes from within—by building a strong, well-nourished immune system ready to fight when it matters most.

The Illusion of Quick Weight Loss

Weight loss is one of the most tempting areas for quick fixes. From fat-burning teas to appetite suppressants and injections, the promise is always the same: dramatic results with minimal effort. But most weight-loss medications do not actually target fat—they work by suppressing appetite, altering hormones, or causing temporary water loss.



GLP-1 receptor agonists—the latest class of drugs making waves in weight management—work by slowing digestion and helping you feel full for a longer period. While they can be effective for weight loss, they are not without risks. Common side effects include nausea, vomiting, diarrhea, and constipation. More serious complications like gallbladder issues, pancreatitis, and in rare cases, vision loss have also been reported.

Many of these weight-loss medications may cause the number on the scale to drop quickly, but overall health can suffer. And once you stop taking them, the weight often returns—sometimes more than before.



Health Is Not a Yes or No

We often view health in black and white terms—you are either sick or you are fine. No fever? No pain? Must be healthy. But not all illnesses shout—some linger quietly, simmering beneath the surface for years. Just because your friends can jog up a hill with ease while you are out of breath does not necessarily mean they are healthier. They might be on medication, managing a condition you cannot see.

Health is not one-size-fits-all. Some people get sick more easily. Some recover faster. Others may never fully bounce back. Not all immune systems are built the same. So, what is good health, really? It is not a light switch you flip on or off—it is something you build gradually, brick by brick, through consistent, healthy lifestyle habits.



Build Health When You Are Well—Not When You Are Desperate

Most people only take their health seriously when something goes wrong—when test results raise red flags, when doctors look concerned, or when they realize they are not invincible. But the best time to care for your body is *before* it starts pleading for help.

Fast food is easier than cooking. Scrolling feels more tempting than sleeping. “I’ll start tomorrow” always sounds better than starting today. But those small choices pile up, and eventually, the body sends the bill—with interest. We love to say, “I’m still young” or “one late night won’t hurt.” But the body remembers. Every skipped meal, sleepless night, and ignored stress accumulates—until the whispers become a roar.

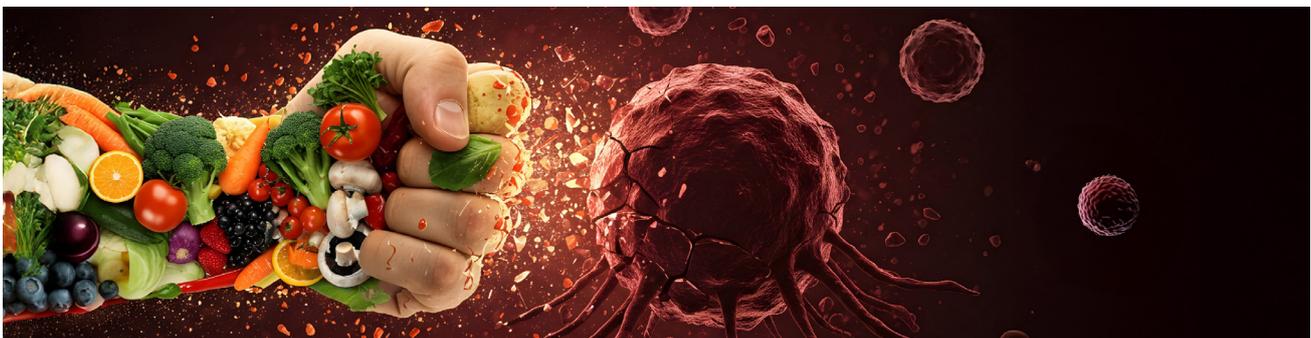
Worse, we often treat illness like a pause button—take a pill, feel better, and go right back to the same habits that made us sick. That is not healing; that is postponing the inevitable. It should not take a diagnosis, a hospital stay, or a loved one’s crisis to spark change. We do not have to wait for pain to make the decision for us. All it takes is to care enough about tomorrow to start today.

Feed the Force Before the Fight

Your immune system is like your body’s personal army—with ground troops, air support, and powerful defenses. But like any army, if the troops are starved during peacetime and only fueled when battle begins, they may be too weak to fight.

Too often, we take our immune system for granted when we feel fine, then scramble to “boost” it only after we fall ill. By then, it is already depleted and slow to respond. That is when trouble starts—the immune system may overreact (causing allergies), misfire and attack the body itself (as in autoimmune diseases), or become too weak to defend against serious threats like infections and cancer.

Rebuilding a worn-down immune system is not instant. Just like helping a wounded soldier recover, it requires time, consistent care, and steady support.



Rome was not built in a day—but bricks were laid every day.

So, how long does it take to rebuild the immune system? Not overnight. Not in a week. But with steady effort, improvements can begin within one to three months. Just like you do not lose a lot of weight with a single workout, restoring immune strength is a gradual process. Full recovery from burnout, poor nutrition, chronic stress, or illness can take months—or even years—depending on what weakened your immunity and how you choose to rebuild it. Think of it like tending a garden: you cannot force it to grow overnight, but with patience and consistent care, it will flourish—or at the very least, become far stronger than if left untended.



Real Health Is Built by Daily Habits

In a world obsessed with quick fixes, it is easy to forget real health is not something you download—it is something you build, day by day, choice by choice.

It is not what you eat when you are sick that matters most, but what you consistently eat when you are well. A plate of colorful fruits, vegetables, and mushrooms delivers powerful phytonutrients that offer



protection long before symptoms appear. Fiber-rich meals with plenty of water help detox naturally, regulate cholesterol and blood sugar, and lower disease risk. Exercise does not need to be extreme—just 30 to 60 minutes of walking a day can reduce inflammation, support immunity, and slow aging.

There are no shortcuts to lasting health. But when you nourish your immune system daily—with wholesome plant foods, regular exercise, and rest—it will be there when you need it most. And yes—smile. Your immune system loves that too!



The Lifelong Learning article is contributed by Dr. EE Zhang, MBChB.

Expiration Dates ≠ Safety



Every day, people around the world throw away perfectly good food simply because they believe expiration dates are strict food safety warnings. But what if those dates do not mean what we think they do? Contrary to popular belief, expiration dates are not designed to indicate when food becomes unsafe. So, what do these dates really mean? And how can we make smarter choices to avoid unnecessary waste? Let's explore why we should not let an arbitrary date dictate what is safe to eat.

Expiration Dates Do Not Indicate Food Safety

Many people mistakenly believe that expiration dates on food packaging serve as strict food safety warnings, but this is far from the truth. In the United States, there is no federal law requiring date labels on food, except for infant formula. This means food manufacturers are free to decide how to label their products, with no standardized system in place. Even for meat, poultry, and egg products, date labels may be voluntarily applied. As a result, terms like "Sell By," "Best if Used By," "Use By," and "Best Before" create widespread confusion, leading consumers to believe that a food product past its printed date is unsafe to eat. However, these dates are not indicators of food safety—they are simply estimates of peak freshness and quality.





Expiration Dates on Food Packaging: What They *Really* Mean

- Not food safety deadlines.
- They indicate the estimated peak quality or freshness.
- In the U.S., there is no federal law requiring date labels on food (except for infant formula).

As Martin Wiedmann, a food safety professor at Cornell University, explains, “Those dates are not about safety, that’s not why they’re there, that’s not what they’re doing.” Many foods, especially dry foods, can last far beyond their expiration dates. But in some countries, manufacturers are required to list a maximum shelf life of two to three years or follow industry standards. Additionally, some manufacturers label their products with shorter expiration periods to encourage more frequent purchases, boosting sales. Despite this, a 2019 study published in the journal *Waste Management* found that 84% of Americans at least occasionally throw out food near or past the date on the package, believing it is unsafe. However, food safety experts emphasize that proper storage matters far more than the printed date. Dr. Theodore Labuza, a food safety scientist, reinforces this point: “People think the use-by date means either the product is going to die or you’re going to die if you eat it. And it’s just not true.”



The Long Shelf Life of Dry Foods

Most dry foods—such as rice, pasta, flour, beans, and cereals—remain safe to eat for years beyond their labeled expiration date as long as they are stored properly. Unlike perishable items that require refrigeration, dry foods last a long time because the drying process removes moisture—essential for the growth of food-spoiling bacteria, yeasts, and molds—effectively creating a “desert” for microorganisms. Proper storage is key to maximizing the shelf life of dry foods. Storing dry foods in airtight containers in a cool, dry place prevents moisture from re-entering and supporting microbial growth.

The biggest risks to dry goods come from humidity (which can cause mold growth), insect contamination, and rancidity in products containing oils (like nuts) caused by fat oxidation, resulting in off-flavors and spoilage. But under the right conditions, many pantry staples can last years—or even decades—beyond their printed date with no safety concerns.

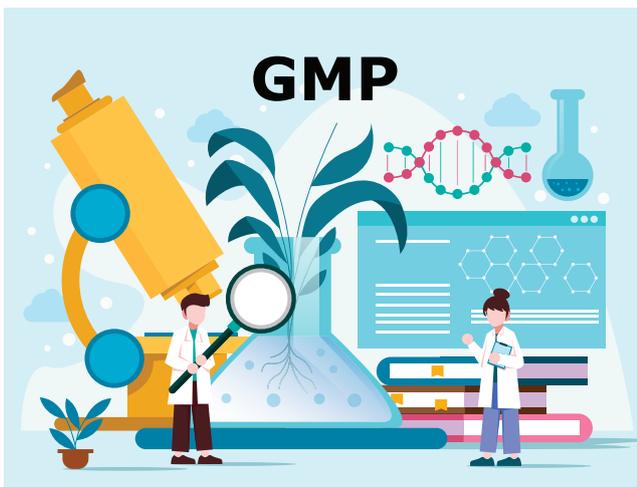
For example, white rice can last 30 years if kept in an airtight oxygen-free container and stored in a cool, dry place. Similarly, dried fruits, beans, and lentils can remain edible for decades, although they may require longer cooking times as they age. Flour and baking ingredients like sugar and salt also last far longer than their expiration dates suggest—sugar and salt, in fact, never truly expire, as they are natural preservatives themselves. Even breakfast staples like cereal and oatmeal can be eaten long past their “Best if Used By” date, though they might not be as flavorful. The main concern with dry foods is not safety, but a gradual decline in texture or flavor over time. As Harvard Law School professor Emily Broad Leib points out, “You’re not taking your life into your hands if you’re eating a stale cracker or cereal.”



Good Manufacturing Practices and Good Packaging Extend Shelf Life

Advancements in food manufacturing and packaging technology have significantly improved food preservation, meaning many food products remain safe and high in quality long after the printed date.

Good Manufacturing Practices (GMPs)—a set of guidelines enforced by the U.S. Food and Drug Administration (FDA) and the U.S. Department of Agriculture (USDA)—ensure that food is processed, stored, and packaged under strict safety and hygiene standards. These practices help extend shelf life by reducing contamination risks, maintaining freshness, and preserving nutrients. However, not all food manufacturing facilities are GMP-certified; certification is voluntary. When a company is GMP-certified, it means the company conforms to high standards and prioritizes food safety, hygiene, and the authenticity of its products. Buying from GMP-certified manufacturers means getting more consistent and higher-quality products. In doing so, consumers can reduce health risks, avoid mislabeled products, and trust that their food is produced under strict safety regulations.



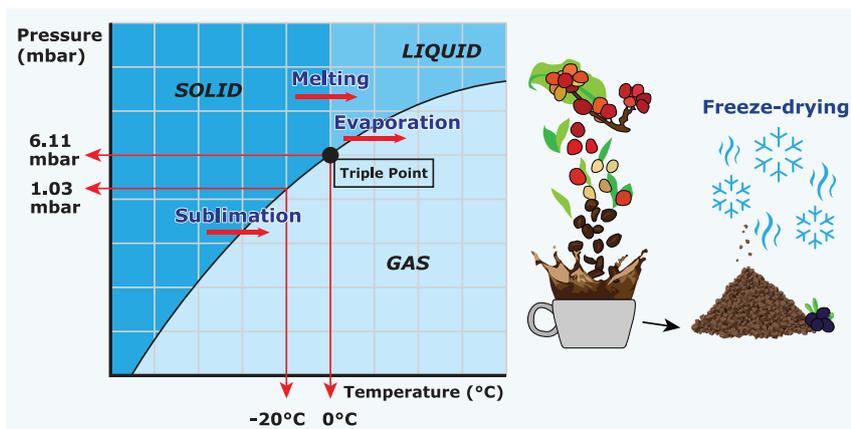


Modern Manufacturing = Longer Shelf Life

- **GMP-certified:** Ensures safer, longer-lasting products.
- **Smart packaging** (e.g., modified atmosphere packaging, MAP) helps slow spoilage.



Packaging innovations also play a crucial role in keeping food fresh for longer periods. Many foods are packaged in ways that limit exposure to the main culprits of spoilage—oxygen, moisture, molds, and bacteria. For example, modified atmosphere packaging (MAP), often used for soft drinks, juices, wine, and other liquids, works by replacing the air inside the package with a gas mixture, typically nitrogen and carbon dioxide, which reduces the oxygen content. Reducing oxygen levels inhibits oxidation, microbial growth, and spoilage, thereby extending shelf life and preserving quality. It also helps maintain the color, texture, and flavor of food products for a longer time while reducing the need for preservatives.



In addition to packaging, preservation techniques such as pasteurization, dehydration, and freeze-drying help food stay safe and edible long after the printed date. Pasteurization, used for milk, juices, and some canned foods, kills harmful bacteria while maintaining nutritional quality, significantly extending shelf life. Because there is little to no microbial content, many canned goods,

for instance, can last years beyond their "Best if Used By" date if the can remains intact and is properly stored. Freeze-drying, commonly used for instant coffee, removes moisture from the food, preventing spoilage and extending shelf life with minimal loss of flavor and nutrition.

The Food Waste Crisis Caused by Misleading Labels

This widespread misunderstanding about expiration dates has dire consequences—not just for household budgets, but for the environment and global food security. The USDA estimates that nearly 31% of the available food supply at the retail and consumer levels in the United States was wasted in 2010, amounting to about 133 billion pounds (about 60.33 billion kilograms) of discarded food. A major driver of this waste is consumer confusion over date labels. According to ReFED, a nonprofit focused on reducing food waste, U.S. consumers discard about 3 billion pounds (about 1.36 billion kilograms) of food annually due to confusion over date labels. Yet, around 733 million people faced hunger in 2023, according to *The State of Food Security and Nutrition in the World 2024* report. If global food waste were eliminated, the Food and Agriculture Organization of the United Nations (FAO) estimates that we could save enough food to feed about 1.26 billion hungry people every year.



FOOD WASTE AND HUNGER STATISTICS

Fact	Estimated Figure
Food waste at U.S. retail and consumer levels (2010)	133 billion lbs (60.33 billion kg)
Food discarded annually by U.S. consumers due to date-label confusion	3 billion lbs (1.36 billion kg)
People facing hunger globally (2023)	733 million
Potential number of people who could be fed if food waste were eliminated	1.26 billion

Retailers also contribute significantly to the problem. Because date labels were originally designed for inventory management rather than consumer safety, grocery stores routinely pull food products off shelves before they have gone bad, fearing customers will not buy items close to the printed date. This leads to U.S. retailers discarding about 43 billion pounds (about 19.5 billion kilograms) of food each year, much of which is still perfectly edible. Consumers, misled by inconsistent labeling, add to the waste by tossing an additional 90 billion pounds (about 40.82 billion kilograms) of food annually—often without checking whether it has spoiled.

Beyond the economic impact, food waste has devastating environmental consequences. When food is thrown away, so are the natural resources used to produce it. Growing and processing food, and transporting wasted food, consume vast amounts of energy and labor. Once discarded, food decomposes in landfills, generating methane—a greenhouse gas far more potent than carbon dioxide.

The U.S. Environmental Protection Agency (EPA) estimates that food waste is the largest single contributor to municipal landfills, with 66 million tons (about 59.87 billion kilograms) of wasted food generated in 2019 alone. Reducing food waste is not just about saving money—it is essential for curbing climate change and conserving vital resources.

Recognizing this issue, the U.S. FDA and USDA are considering a nationwide move toward a simplified food labeling system, similar to what has been implemented in the U.K., where major grocery chains have eliminated expiration dates on hundreds of products to reduce waste.

Rethinking Expiration Dates

For too long, expiration dates have misled consumers into believing they indicate food safety when they are simply estimates of peak freshness, not rigid deadlines for consumption. The lack of federal regulation and the inconsistent labeling system in the United States have only fueled confusion, leading to billions of pounds of wasted food each year. Meanwhile, modern food manufacturing, packaging, and preservation techniques have extended the shelf life of many products far beyond their printed dates.



The best way for consumers to reduce waste is to stop blindly relying on date labels and to start trusting their own senses. If a food product looks, smells, and tastes normal, it is likely still safe to eat. By understanding proper storage techniques, checking for signs of spoilage, and recognizing the role of good manufacturing practices, consumers can make more informed choices. Ultimately, the best approach to expiration dates is with knowledge, not fear. So, the next time you reach for a food product that is past its “Best if Used By” date, do not be too quick to throw it out. Pause, inspect it, and ask yourself: Is it really spoiled? Or is that date just a number on the package? The answer might surprise you.



The Professional Development article is contributed by Elei Zhang, JD.

Knowledge is power. Knowledge is instrumental to value-creation and is a critical asset in life. It is in many ways the primary instrument of progress and innovation. However, knowledge can be messy, particularly when false. Today, information spreads rapidly and comprehensively, and websites and social media outlets are easy access points for false information.

We're here to help discern fact from fiction. Knowledge becomes powerful in the right culture—collectively sharing in the truth and continually seeking progress and ideas. Building the right knowledge base is neither a short-term effort nor a one-off project. It is a lifelong process of discovery.

Diabetes & Glycemic Index: Myths Busted, Truths Revealed



Diabetes affects 1 in 10 people in the United States, yet myths and misconceptions about the condition remain widespread. These false beliefs not only create confusion but also contribute to the stigma faced by those living with diabetes. It is time to set the record straight and debunk some of the most common diabetes myths—no sugar-coating required!

Myth:

Only people with obesity get diabetes.



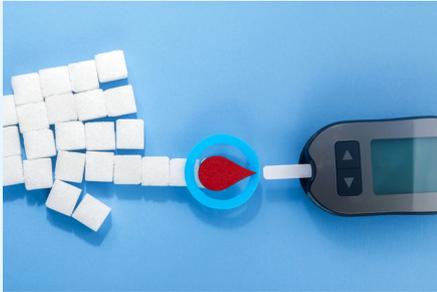
Truth:

Diabetes does not only affect people who are overweight—it can affect people of any size. In fact, 11% of people with type 2 diabetes in the United States are not overweight. Some people may appear slim but carry visceral fat—fat stored around internal organs—that increases diabetes risk. Other risk factors include a family history of type 2 diabetes, age, lack of exercise, polycystic ovary syndrome, and poor dietary habits. The bottom line? Diabetes is not just about body size—healthy choices matter for everyone!



Myth:

Eating sugar causes diabetes.



Truth:

Eating sugar does not directly cause diabetes. However, excessive sugar intake, especially when combined with a high-calorie diet, can lead to obesity—a major risk factor for developing type 2 diabetes.

Myth:

Diabetes is not serious and can be cured.



Truth:

This is far from the truth. Diabetes is a serious condition with no known cure. It can lead to complications such as cardiovascular disease, nerve and kidney damage, blindness, skin conditions, and hearing impairment. Diabetes requires proper care, consistent management, and medical supervision.

Myth:

People with diabetes cannot eat sugar.

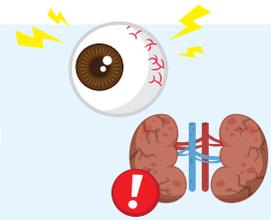


Truth:

Having diabetes does not mean you must swear off sweet treats forever. The key is mindful eating—monitoring carbohydrate intake, controlling portions, and pairing sweet treats with fiber-rich foods to slow down glucose absorption into the bloodstream, which can help keep blood sugar levels steady. So yes, you can still enjoy dessert—just make it a small slice, not the whole cake!

Myth:

Diabetes always leads to severe complications like blindness and kidney failure.



Truth:

While diabetes can lead to serious issues like blindness, amputations, or dialysis, it is not a guaranteed fate. The risk increases with factors such as being overweight, smoking, physical inactivity, high blood pressure, and high cholesterol. But staying active, healthy eating, and managing blood sugar levels can help keep severe complications at bay.

Myth:

Prediabetes always progresses to diabetes.



DIABETES

PREDIABETES

NORMAL



Truth:

Not true! In the United States, 1 in 3 adults has prediabetes—a condition in which blood sugar levels are higher than normal but not quite high enough to be classified as type 2 diabetes. Fortunately, prediabetes does not have to progress to diabetes. With timely lifestyle changes—such as regular exercise and a balanced diet—it is possible to halt or even reverse its progression.

Myth:

Some natural herbal remedies can cure diabetes.



Truth:

There is no magic herb or vitamin supplement that can cure diabetes; any product claiming otherwise is making empty promises. In fact, some herbs and vitamin supplements can interfere with diabetes medications, including insulin, potentially making things worse. Colorful vegetables, fruits, and a variety of mushrooms, paired with regular exercise, support immune health and aid in blood sugar control. Managing diabetes takes smart choices, not miracle cures!

Myth:

Apple cider vinegar is a natural cure for high blood sugar levels.



Truth:

Not exactly! Some studies suggest apple cider vinegar and acidic foods like lemon may help lower blood sugar levels. But there is a catch. Apple cider vinegar can delay stomach emptying, potentially causing heartburn, nausea, and digestion issues. For people with diabetes, this makes timing insulin tricky since digestion becomes unpredictable. Prolonged exposure to vinegar can also wear away tooth enamel!

Myth:

Sugar-free products are good choices for diabetics.



Truth:

Not always. "Sugar-free" does not mean healthy—for people with diabetes or anyone else. Many sugar-free products, such as cakes, chocolates, sodas, and cookies, often contain saturated fat, excess calories, and artificial sweeteners. They also tend to be more expensive. Research suggests that some artificial sweeteners may be associated with an increased risk of type 2 diabetes and insulin resistance. Choosing balanced, whole foods is not only a smarter move for your health but also a better choice for your wallet!

Myth:

People with diabetes should not eat fruit.



Truth:

Fruit, along with vegetables, is a healthy choice and should be a key part of a balanced diet. If blood sugar levels are high, fruit is rarely the culprit. Fruits are generally rich in fiber, which slows down digestion and helps prevent sharp spikes in blood sugar. Additionally, the primary sugar in fruit is fructose, which has a lower glycemic index compared to glucose or sucrose. Fruits also provide essential vitamins, minerals, and antioxidants that support overall health, making them an excellent addition to a well-rounded diet.

Myth:

Only sweet foods like fruit contain sugar—vegetables and legumes have none.



Truth:

Sugar naturally occurs in all carbohydrate-containing foods, including fruits, vegetables, grains, and dairy. Once consumed, the human body breaks down most sugars into glucose, the primary fuel for the cells. Just because something does not taste sweet does not mean it is sugar-free. For example, a cup of broccoli has about 1.55 grams of sugar, 100 grams of soy contain roughly 3 grams, a cup of peas has around 8 grams, and a glass of milk contains about 12 grams of sugar. That is

why, even if you do not see “sugar” on an ingredient list, you may still find it listed on the nutrition facts label—it is naturally present in plant-based foods.

Myth:

People with diabetes should not exercise.



Truth:

Quite the opposite! Regular exercise is crucial for managing diabetes. It improves insulin sensitivity, helping the body use insulin more effectively. Plus, exercise strengthens the immune system, which tends to be weaker in people with diabetes. Staying active is one of the best ways to keep blood sugar levels in check and boost overall health!

Myth:

No one in my family has diabetes, so I will not get it.



Truth:

While genetics can influence your risk, many people develop diabetes without any family history. Lifestyle choices play a significant role, so everyone should adopt healthy habits—regardless of genetics.

Myth:

People with diabetes need a special diet.



Truth:

There is no need for a separate “diabetic diet.” The best diet for people with diabetes is the same healthy, balanced diet recommended for everyone. This means filling your plate with plenty of fruits, vegetables, and legumes. When eating meat, opting for lean cuts is the better choice.

The American Diabetes Association no longer recommends specific amounts of carbohydrates, fats, or proteins for people with diabetes. Instead, it recommends obtaining carbohydrates from vegetables, whole grains, fruits, and legumes—exactly what a healthy diet should include for everyone.

Myth:

Cutting out sugar and carbohydrates is the most important step for managing diabetes.



Truth:

Nutritious foods like fruits, vegetables, and grains contain carbohydrates—and natural sugars—but are packed with nutrients that nourish your body and support your immune system, so they absolutely belong in your diet. The real villains are sugary drinks and ultra-processed snacks with little nutritional value—those are the ones you want to avoid.

Myth:

Blood sugar levels can only be controlled with medication.



Truth:

While medication is necessary for some, many people with type 2 diabetes can effectively manage their blood sugar levels through weight loss, healthy eating, and regular exercise. These lifestyle changes can significantly improve blood sugar control, and for some, may even reduce the amount of medication they need. However, this varies from person to person and should always be done under the guidance of a healthcare provider.

It is not just diabetes that is misunderstood—the glycemic index (GI) gets its share of myths too. Some people think the GI measures how much sugar a food contains or how sweet it tastes. That is not true! Think of the GI as a speedometer—it measures how quickly a carbohydrate-containing food raises blood sugar level. People with diabetes have an abnormal metabolism, making blood sugar management trickier. But here is the key: GI alone does not decide if a food is “good” or “bad.” With all the GI sugar-coated myths out there, it is time to get the sweet truth—let’s break down the myths!



Myth:

All carbohydrates are bad.



Truth:

Not all carbohydrates are the enemy! When people hear “carbohydrates,” they often think of rice, pasta, and bread. In fact, carbohydrate-rich foods also include fruits, vegetables, whole grains, legumes, nuts, and seeds—all of which are packed with essential nutrients. Carbohydrates are your body’s main source of energy, fueling everything from brain power to muscle movement and overall well-being. The key is not cutting out carbohydrates—it is choosing the right ones. Skip the ultra-

processed carbohydrates and go for wholesome, nutrient-rich options instead.



Myth:

GI values are fixed for each type of food.



Truth:

The GI value of a food can vary based on its preparation, ripeness, and what it is eaten with. For example, pasta cooked al dente has a lower GI value than overcooked pasta. Bananas have a lower GI value when slightly green, compared to when they are fully ripe. Additionally, pairing high-GI foods, like white bread, with high-fiber and protein-rich foods, such as soy, can slow down the increase in blood sugar. GI values are more flexible than commonly thought—and adding high-fiber

food combinations can make a significant difference!



Myth:

GI responses are the same for everyone.



Truth:

GI responses can vary from person to person due to differences in metabolism, gut health, activity levels, and genetics. What causes a sharp spike in one person's blood sugar may have little effect on someone else.

Myth:

Low-GI foods are always healthier.



Truth:

Not necessarily! When you eat carbohydrates, your body breaks them down into glucose, which enters the bloodstream. The glycemic index (GI) measures how quickly this process occurs. High-GI foods are digested and absorbed more rapidly, which leads to a quick spike in blood glucose levels. Low-GI foods are digested and absorbed more slowly, resulting in a gradual and steady release of glucose into the bloodstream. However, a low GI does not automatically mean a food is healthy. Some high-fat, low-GI foods are loaded with unhealthy fats and calories. Focus on nutrient density, not just GI.

fat, low-GI foods are loaded with unhealthy fats and calories. Focus on nutrient density, not just GI.

Myth:

Low-GI foods help with weight loss.



Truth:

Not all low-GI foods are weight-friendly. Some—like full-fat ice cream—are high in fat or calories. For better results, focus on balanced meals rich in protein from legumes and fiber.

Myth:

People with diabetes cannot eat watermelon.



Truth:

Watermelon has a high GI of 75 but a low glycemic load (GL) of only 5.6. That is because watermelon is mostly water and contains relatively few carbohydrates per serving.

The glycemic load (GL) provides a clearer picture of a food's impact on blood sugar by considering both how quickly it raises blood sugar levels and the amount of carbohydrates in a typical serving.

So yes, you can enjoy watermelon—in moderation.

Myth:

People with diabetes should never eat potatoes.



Truth:

While potatoes have a high GI, they are also nutritious and can still be part of a balanced diet. Pairing them with high-fiber or protein-rich foods can help slow glucose absorption, leading to a more moderate glycemic load and steadier blood sugar levels. The key is portion size and smart food combinations to balance their impact on blood sugar levels.

Myth:

High-GI foods cause type 2 diabetes.



Truth:

Eating foods with a medium to high GI or carbohydrate-rich foods like vegetables, fruits, and grains does not cause type 2 diabetes. In fact, some low-GI foods—such as fatty foods and certain high-calorie meats—can increase the risk of developing type 2 diabetes.



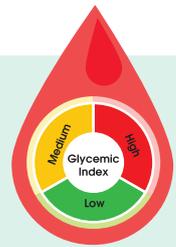
Myth:

The GI is all that matters for blood sugar control.



Truth:

Fiber is just as important—if not more. Fiber slows down blood sugar spikes, making it a key player in managing blood sugar levels. For example, cooked white rice has a GI of 73, while cooked brown rice—thanks to its higher fiber content—has a lower GI of 50. But there is more to it than just GI. Portion size and the overall balance of your meal are just as crucial. Combining carbohydrates with fiber, protein, and healthy fats can help stabilize blood sugar levels. It is all about the bigger picture, not just GI alone!



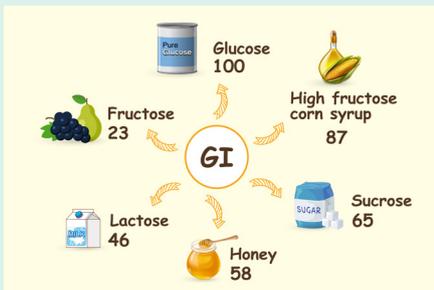
Myth:

All sugars have a high GI.



Truth:

Different types of sugar have different GI values. Glucose has the highest GI at 100, while high fructose corn syrup scores around 87. Sucrose (table sugar) is lower at 65, and honey is even lower at 58. Lactose, the sugar found in milk, has a GI of 46, while fructose—the natural sugar in fruits—has the lowest GI at just 23. Not all sugars impact blood sugar levels the same way, so understanding their differences is key.



There are treasure troves of mysteries in nature waiting to be discovered and explored. Countless scientists have devoted themselves to unraveling them in the hopes of improving human health and wellbeing. Their work is vital to understanding and treating disease.

We bring you their research findings in our goal to enrich and expand public knowledge.

Agaricus blazei Murrill (ABM) Mushroom



ABM Mushroom May Help Reduce Inflammation

A two-year rat study has found that high doses of *Agaricus blazei* Murrill (ABM) were linked to longer lifespans, possibly due to reduced cancer rates. In humans, the extract reduced proinflammatory cytokines. A different clinical study reported decreased inflammatory markers in individuals with ulcerative colitis and Crohn's disease after just 12 days of treatment. These anti-inflammatory effects may also explain the mushroom's potential benefits in managing allergies, asthma, autoimmune diseases, and certain cancers.

Hetland G, Johnson E, Lyberg T, Kvalheim G. The mushroom *Agaricus blazei* Murrill elicits medicinal effects on tumor, infection, allergy, and inflammation through its modulation of innate immunity and amelioration of Th1/Th2 imbalance and inflammation. *Adv Pharmacol Sci.* 2011;2011:157015. doi.org/10.1155/2011/157015

ABM Mushroom May Help Relieve Allergies

Studies in both mice and humans suggest that *Agaricus blazei* Murrill (ABM) extracts have strong antiallergic effects. In mouse models, ABM reduced allergic responses such as ear swelling and asthma symptoms. This effect was achieved by lowering IgE, IgG1, and bronchial eosinophil levels, and by promoting a more balanced Th1/Th2 response through the regulation of mast cell activity and T cell differentiation. In a human clinical trial, individuals with birch allergy and asthma who took ABM extract for two months before the pollen season experienced fewer allergy symptoms, reduced medication use, and lower IgE levels.

Hetland G, Tangen JM, Mahmood F, et al. Antitumor, anti-inflammatory and antiallergic effects of *Agaricus blazei* mushroom extract and the related medicinal Basidiomycetes mushrooms, *Hericium erinaceus* and *Grifola frondosa*: a review of preclinical and clinical studies. *Nutrients.* 2020;12(5):1339. doi.org/10.3390/nu12051339

Protect Against Viral Infections with ABM Mushroom

Agaricus blazei Murrill (ABM) has shown potential in enhancing the body's defense against infections. In vitro, ABM fractions inhibited the viral effects of western equine encephalitis. In patients with chronic hepatitis C resistant to IFN- α , oral ABM slightly reduced viral load and appeared to upregulate IFN- α receptor genes. These findings suggest that ABM's immune-stimulating properties may enhance the body's defense against viral infections.

Hetland G, Johnson E, Lyberg T, Bernardshaw S, Tryggestad AM, Grinde B. Effects of the medicinal mushroom *Agaricus blazei* Murrill on immunity, infection and cancer. *Scand J Immunol*. 2008;68(4):363–370. doi.org/10.1111/j.1365-3083.2008.02156.x



Liver Function Can Improve with ABM Mushroom

A one-year clinical observation suggests that *Agaricus blazei* Murrill (ABM) extract may help normalize liver function in patients with chronic hepatitis B. Among four patients studied, ABM supplementation led to a noticeable reduction in liver enzymes (AST and ALT), with three showing gradual improvement and one complex case improving after nine months. One patient also experienced symptom relief. Importantly, no side effects were reported, supporting ABM's safety as a supplement. Rich in β -glucans—compounds linked to anti-inflammatory and antiviral effects—ABM may also benefit individuals with type 2 diabetes and liver complications.

Hsu CH, Hwang KC, Chiang YH, Chou P. The mushroom *Agaricus blazei* Murrill extract normalizes liver function in patients with chronic hepatitis B. *J Altern Complement Med*. 2008;14(3):299–301. doi.org/10.1089/acm.2006.6344

ABM Mushroom Has Strong Antioxidant Properties

Research shows that *Agaricus blazei* Murrill (ABM) aqueous extracts can significantly reduce levels of reactive oxygen species (ROS) by interfering with ROS-producing enzymes and suppressing various reactive compounds. Evidence includes reduced superoxide anion formation, inhibition of neutrophil oxidative bursts, and decreased activity of oxidative enzymes like horseradish peroxidase (HRP) and myeloperoxidase (MPO). These antioxidant effects highlight ABM's strong potential as a pharmacological agent against oxidative stress and its promise as a valuable nutritional and pharmaceutical source of new therapeutic compounds.

Hakime-Silva RA, Velloso JC, Khalil NM, Khalil OA, Brunetti IL, Oliveira OM. Chemical, enzymatic and cellular antioxidant activity studies of *Agaricus blazei* Murrill. *An Acad Bras Cienc*. 2013;85(3):1073–1081. doi.org/10.1590/S0001-37652013005000044



ABM Mushroom Can Affect Cytokine Production

Agaricus blazei Murrill (ABM) extracts have shown notable effects on cytokine production, underscoring their potential in immune modulation. In human peripheral blood mononuclear cells, mycelial extracts strongly induced IL-12—a key cytokine that promotes type 1 immune responses and activates natural killer (NK) cells. In mice, oral administration of ABM enhanced NK cell cytotoxicity, likely through increased IFN- γ production. In human monocyte cell lines, ABM extracts upregulated chemokine ligands (1, 2, and 3), IL-1A, and cyclooxygenase-2, as well as other immune-related genes, particularly pro-inflammatory cytokines such as IL-1 β and IL-8. While some of these genes overlapped with those activated by lipopolysaccharide (LPS), ABM produced a distinct cytokine expression profile, suggesting a unique and targeted immunostimulatory mechanism.

Firenzuoli F, Gori L, Lombardo G. The medicinal mushroom *Agaricus blazei* Murrill: review of literature and pharmaco-toxicological problems. *Evid Based Complement Alternat Med.* 2008;5(1):3–15. doi.org/10.1093/ecam/nem007

Immune Modulation with ABM Mushroom

Several studies have shown that *Agaricus blazei* Murrill (ABM) exerts antitumor effects through multiple mechanisms, including enhanced natural killer (NK) cell activity and the actions of β -glucans, which stimulate and regulate immune function. These immune-modulating effects may contribute to tumor regression and play a role in cancer prevention and treatment.

Bertollo AG, Mingoti ME, Plissari ME, et al. *Agaricus blazei* Murrill mushroom: a review on the prevention and treatment of cancer. *Pharmacol Res – Mod Chin Med.* 2022;2:100032. doi.org/10.1016/j.prmcm.2021.100032

ABM Mushroom May Help Protect Against Liver Cancer

Polysaccharides from *Agaricus blazei* Murrill (ABM) can suppress the expression and activity of liver cytochrome P450 (CYP) enzymes, which play key roles in metabolizing xenobiotics and activating certain carcinogens. This suppression—likely mediated by cytokine release and modulation of the aryl hydrocarbon receptor (AHR) pathway—may reduce the formation of carcinogenic compounds and prolong the effectiveness of chemotherapy drugs by slowing their breakdown in the liver.

Bertollo AG, Mingoti ME, Plissari ME, et al. *Agaricus blazei* Murrill mushroom: a review on the prevention and treatment of cancer. *Pharmacol Res – Mod Chin Med.* 2022;2:100032. doi.org/10.1016/j.prmcm.2021.100032



ABM Mushroom May Help Kill Leukemia Cells

Researchers found that *Agaricus blazei* Murrill (ABM) can help kill leukemia cells (THP-1) by triggering a process called apoptosis, or programmed cell death. This happens through the buildup of reactive oxygen species, which activate a protein (mcJNK) in the mitochondria. The mushroom also reduces the activity of NF-κB, a protein that normally helps cells survive. By lowering NF-κB activity, ABM makes it easier for the cancer cells to die—similar to how some chemotherapy drugs work.

Bertollo AG, Mingoti ME, Plissari ME, et al. *Agaricus blazei* Murrill mushroom: a review on the prevention and treatment of cancer. *Pharmacol Res – Mod Chin Med*. 2022;2:100032. doi.org/10.1016/j.prmcm.2021.100032

ABM Mushroom May Help Balance Immune Responses

Research suggests that *Agaricus blazei* Murrill (ABM) may help balance immune responses by shifting the Th1/Th2 profile toward Th1, thereby strengthening defenses against infections and possibly cancer. In Crohn’s disease, which involves predominant Th1 and Th17 activity, ABM lowered levels of IL-2 (a Th1 cytokine) and IL-17 (a Th17 cytokine). In ulcerative colitis—associated with a Th2-skewed immune profile—levels of Th2 cytokines IL-4 and IL-13 decreased after ABM intake. This immunomodulatory effect suggests that ABM may be beneficial in managing inflammatory and autoimmune-like disorders and might also have a role as an adjuvant in cancer vaccines.

Hetland G, Johnson E, Lyberg T, Kvalheim G. The mushroom *Agaricus blazei* Murill elicits medicinal effects on tumor, infection, allergy, and inflammation through its modulation of innate immunity and amelioration of Th1/Th2 imbalance and inflammation. *Adv Pharmacol Sci*. 2011;2011:157015. doi.org/10.1155/2011/157015

ABM Mushroom May Improve Quality of Life in Cancer Patients

Studies show that an *Agaricus blazei* Murrill (ABM) extract can help maintain natural killer (NK) cell activity in gynecological cancer patients undergoing chemotherapy. NK cells are critical immune cells that recognize and destroy cancer cells. Evidence suggests ABM may promote NK cell infiltration into tumors, enhance their ability to kill cancer cells, and trigger tumor cell death. In clinical settings, ABM extract intake during chemotherapy has been associated with improved quality of life, including better appetite, weight maintenance, increased physical strength, and reduced nausea, vomiting, and insomnia.



Ahn WS, Kim DJ, Chae GT, et al. Natural killer cell activity and quality of life were improved by consumption of a mushroom extract, *Agaricus blazei* Murill Kyowa, in gynecological cancer patients undergoing chemotherapy. *Int J Gynecol Cancer*. 2004;14(4):589–594. doi.org/10.1136/ijgc-00009577-200407000-00003

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