

**Newsletter November 2017**

We publish our newsletters to provide matters of interest and education for our patients, their healthcare professionals, friends, and loved ones. Metabolic disorders affect everyone in the family and circle of friends. Armed with knowledge, we have another tool for improvement. Let us know what you would like to read about.



**Hunter Carr**  
Co-Founder and Manager



**Scott Hepford**  
Co-Founder and Manager



We at Diabetes Relief know that our patients and their friends and families have varied interests and involvements.

We are blessed with the leadership of our company founders, **Hunter Carr** and **Scott Hepford**, who have decades of entrepreneurship and experiences to share. **Hunter** is passionate about sharing spiritual matters and his Bible Study teachings with us. **Scott** has been sharing his vast expertise about Technology with us in past issues of our newsletter.

With our December newsletter, we will be starting a new column, "Entrepreneurial Life Hacks," where **Scott** will share things he has learned in many business ventures all over the world. We believe that our

readers will find something of value in each issue of Scott's new column. You may be the head of a big business, a wannabe about to start a venture, candidate preparing for an interview, or even a stay-at-home mom who is involved in organizational leadership. Maybe you just want to get more general organization into your life. You will find something in Scott's new column that will resonate with you.

We call it "Life Hacks" because of the current interest in the term, which has taken on a new meaning. It is not a derogatory term, such as computer hacks, or worn-out hacks. The term "life hack" (or life hacking) refers to any trick, shortcut, skill, or novelty method that increases productivity and efficiency, in all walks of life. And that's what Scott's column will do, so get ready!



**Scott Hepford's Entrepreneurial Life Hacks**



There have been multiple studies that have found that curcumin and other foods can reverse insulin resistance.

A 2009 study found that curcumin, an active compound found in turmeric, is 400 times more effective than Metformin in activating glucose uptake. (PMID 19665995.) Another study of pre-diabetic adults found curcumin 100% effective at preventing type 2 diabetes. (*Diabetes Care*, Vol. 35 November 2012). Turmeric is sold in capsule form and is a cooking spice. We at Diabetes Relief are in the process of developing a curcumin supplement for our patients and will keep you advised.

Ginger, another spice from a root similar to turmeric, was found to reduce fasting blood sugar by 10.5% (PMID 24559810). Many other studies tout ginger as effective for diabetes.

A 2013 report from Finland shows that the body needs less insulin for sugar balance after a meal if berries are also eaten.

Strawberries, bilberries, lingonberries, chokeberries, cranberries, and blackberries were used. (PMID: 23365108.)

Berberine, found in the roots of goldenseal, barberry, and Oregon grape, was found to lower insulin resistance by 45% (*Metabolism* May 2008;57(5):712-7 Pubmed 18442638). Another study found that berberine performed just as well as Metformin, Glipizide, and Rosiglitazone, three of the top diabetes drugs on the market (PMCID: PMC3478874). And berberine has no serious side effects.

Arugula, a salad green, has 480 milligrams of nitrates per 100-gram serving, which our bodies use to make nitric oxide (NO). NO lowers blood pressure, protects your mitochondria, oxygenates your tissues, and carries away waste and CO2. Arugula is four times more effective than beets with far fewer carbs! (From [www.mercola.com](http://www.mercola.com))

Olive leaf extract improved insulin sensitivity by 15 percent in middle-aged and overweight men after 12 weeks. (PMCID: PMC3596374; 2013.)



**Can Foods Reverse Insulin Resistance?**  
By Carol Ann Wilson



## Hunter Carr's Inspirational Our Beloved Heritage

Every November, Americans celebrate the traditional Thanksgiving season, a time to thank the LORD for the prosperity of our great nation.

Every November Americans celebrate the traditional Thanksgiving season. It originated from the Biblical practices of our forefathers, the Pilgrims, who gave thanks to God for the land where they freely worshipped Lord God Almighty according to their Christian beliefs, and for His Wisdom over them as He helped them survive the hardships of the new land. Since the discovery and settlement of America, we have followed their example in taking time to thank the LORD for the prosperity of our great nation.

However, currently and over the past years, we are seeing changes meant to take away our history and to remove the Providence of God from our Nation. The attacks in our schools and universities are trying and succeeding to change history and remove our Judeo- Christian heritage and make those who believe in Christ the villains. Young people no longer know our history and older people are confused by the lies being told about our Founding

Fathers. For example, we are told that Francis Scott Key was a "racist" who penned the "racist" *Star Spangled Banner*. (Truthfully, Key was an ardent advocate for racial liberty, fighting for the freedom of hundreds of slaves in court, and the National Anthem was never racist.) University students recently protested a statue of "racist slave owner" Abraham Lincoln. (Lincoln never owned slaves and was the man who ended slavery in America.) Even a plaque of George Washington has now been removed from the church he long attended. George Washington signed the first federal anti-slavery law and was one of the loud voices against slavery. There is an all-out effort to take our traditional heroes, mis-portray them, and turn them into the scum of the earth. Let's get back to the truth and preserve our heritage.

- Hunter Carr



## Foods to Cleanse Your Liver

The liver helps to keep our circulating blood sugar levels and other body fuels steady and constant. The foods you choose to eat play major roles in your liver health. The following 10

foods can assist with cleansing your liver.

1. Garlic helps your body flush out toxins.
2. Grapefruit boosts production of liver detox enzymes.
3. Beets and carrots stimulate and support overall liver function.
4. Green tea's catechins assist liver function.
5. Leafy, green vegetables cleanse the liver and soak up enviro toxins.
6. Avocado's glutathione helps the liver cleanse harmful toxins.
7. Apple's pectin helps release toxins from the digestive tract.

8. Olive oil (in moderation) provides a lipid base to absorb harmful toxins.
9. Broccoli, cauliflower, and cabbage support the liver's enzyme production.
10. Walnuts support the liver in detoxifying ammonia and cleansing.

With the many important roles played by our liver in keeping us healthy, we will be even stronger by filling our diets with these foods.

Bon Appetit! From Dr. Edward Group, [www.globalhealingcenter.com](http://www.globalhealingcenter.com)



*Disclaimer: This is not medical advice and this information is not to be substituted for anything your doctor advises you in your personal course of treatment. Always consult your medical professional, and always conduct your own research. In our newsletters, we only want to provide matters of interest and education for our readers.*



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