

Newsletter October 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



Neuropathy Facts

Neuropathy disrupts the body's ability to communicate with its muscles, organs, and tissues. Symptoms can

include numbness, tingling, weakness, and pain often beginning in the hands and feet. With early diagnosis, it can often be controlled and quality of life restored. If ignored, symptoms can intensify to loss of sensation, weakness, unremitting pain, and/or disability.

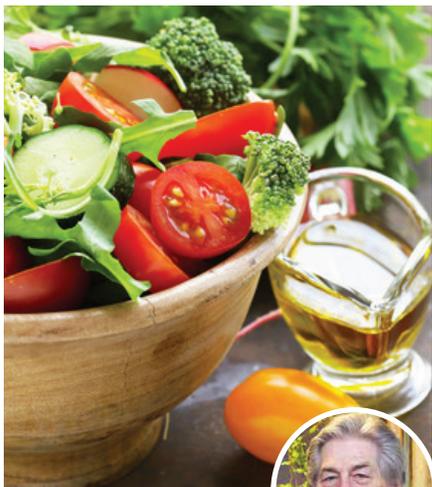
Of more than 100 known types of neuropathy, diabetic neuropathy represents over a third of all neuropathies, making diabetes the leading cause. The millions of Americans with peripheral neuropathy include:

- 15—18 million with diabetic peripheral neuropathy;
- 79 million with pre-diabetes who are at risk for developing DPN (source: CDC);

- 230,000—575,000 with HIV-neuropathy, or 20—50% of HIV patients (source: CDC);
- 420,000 with chemotherapy-induced neuropathy, or 30% of cancer survivors (source: American Cancer Society);
- 125,000 with Charcot-Marie Tooth hereditary neuropathy (source: CDC).

"Living with neuropathy can cause tremendous frustration for patients. Many feel isolated because relatives, loved ones, and often even caregivers are not familiar with neuropathy or neuropathic pain," observed Dr. Thomas Brannagan, III, The Neuropathy Association's medical advisor.

Diabetes Relief's patients consistently report decreased neuropathy with our patented treatment.



Hunter Carr's Inspirational



Healthy Eating Motivation

Many of us pray that God will help us to lose some of our extra weight, and prayer is always good. Our Metab360 supplements are helping some of us to lose those extra pounds, too. In reflecting on why I haven't lost the weight I intended this year, I came across a funny article on the Internet, and I'd like to share part of it and hope it brings you a smile or two:

"My goal for 2017 was to lose just 10 pounds. Only 15 to go."

"I ate salad for dinner, but it was mostly croutons and tomatoes. Well, actually, it was just one big, round crouton covered with tomato sauce and cheese. Okay, it was a pizza."

"I heard about tofu and figured out how to prepare it:

1. Throw it in the trash.
2. Grill some meat."

"I don't mean to brag, but... I finished a 14-day diet in 3 hours and 20 minutes."

"A recent study has found that women who carry a little extra weight live longer than men who mention it."

"I love being over 50. I learn something new every day... and forget 5 others."

"I may not be that funny or athletic or good-looking or smart or talented or... I forgot where I was going with this."

As we get ready for the holidays, we can pledge to do better at the meal table!

Hunter
Romans 1:16



Seven Ways to Heal with Bananas

Green Bananas Fight Diarrhea
Green banana contains starches resistant to digestion and have been studied in combination with pectin to significantly reduce intestinal permeability and fluid loss during bouts of diarrhea. Even without pectin, green banana has been found to hasten recovery of acute and prolonged childhood diarrhea.

Banana Can Help Prevent Ulcers
Banana powder has been studied to prevent ulcer formation induced by a variety of drugs, including aspirin,

indomethacin, phenylbutazone, prednisolone, cysteamine, and histamine.

Banana Peel Suppresses Prostate Gland Growth

Banana peel has been found to suppress testosterone-induced prostate gland enlargement.

Banana Stem Extract Suppresses Oxalate Kidney Stones

Banana stem extract has been found to suppress the formation of oxalate-associated kidney stones in the animal model, leading researchers to conclude that it "may be a useful agent in the treatment of patients with hyperoxaluric urolithiasis."

Banana Consumption Protects the Skin Against UV-Light Damage

UV-B light induced skin damage may be prevented or reduced through the consumption of bananas, with a protective effect against loss of skin elasticity.

Banana Has Anti-Diabetic Properties

Banana flower extract has been found to have both antioxidant and blood sugar lowering effects. Banana root extracts

have been discovered to contain blood sugar lowering properties comparable in efficacy to the drug glibenclamide (Glyburide). Unripe banana contain starches resistant to hydrolysis, which benefits diabetics.

Banana Contains a Variety of Anti-Infective Compounds

Banana contains compounds with demonstrable anti-MRSA activity, anti-HIV replicative activity, and following metabolic transformation by fungi, anti-leishmanicidal activity.

Closing Remarks

Don't buy non-organic bananas. Like other foods that are grown in massive monocultures, without crop rotation, they are a pesticide-intensive crop.

from Sayer Ji, GreenMedInfo.com

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Vicki's Vittles

Salsa Meatballs

This recipe is a perfect, healthy appetizer to enjoy at upcoming holiday gatherings.

Yield: 16 appetizer servings
Serving size: 3 meatballs, 1T sauce

- 1 lb. Freshly ground turkey
- 1/2 c. Salsa (divided)
- 1/4 c. fine, dry breadcrumbs
- 1/4 c. (1 oz.) Shredded, reduced-fat Monterey Jack cheese
- 2T finely chopped green onions
- 2 cloves garlic, minced
- Cooking spray
- 3/4 c. fat-free sour cream

COMBINE: turkey, 1/4 c. salsa, breadcrumbs, cheese, green onions, and garlic in large bowl and mix well. Shape turkey mixture into 48 (3/4 inch) balls.

Place meatballs on rack of a broiler pan coated with cooking spray. Bake at 400 F. For 20-25 min. or until done. Drain on paper towels.

Combine sour cream and remaining salsa; stir well. Serve meatballs warm with sour cream sauce mixture. Enjoy!

Per serving: Calories 57, Protein 7.8g; Carbs 2.7g.

"It's almost a miracle that my foot healed so well. I started treatment and within three weeks it had healed. The wound had been there for three months prior to treatment."

Greg B., Houston, TX
Type 2 Diabetic – 10 years
Hypertension – 5 years
Neuropathy – 8 years

"I'm now taking 50% less insulin, my A1C is down 3.5 points, my neuropathy is gone, and my energy is way up."

Alan H., Colorado Springs, CO
Type 2 Diabetic – 20+ years
Coronary Artery Diseases
Triple bypass, 13 cardiac stents

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.



1-866-589-8639

Call for business hours and clinic location nearest you!

DIABETESRELIEF.COM

info@diabetesrelief.com

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