

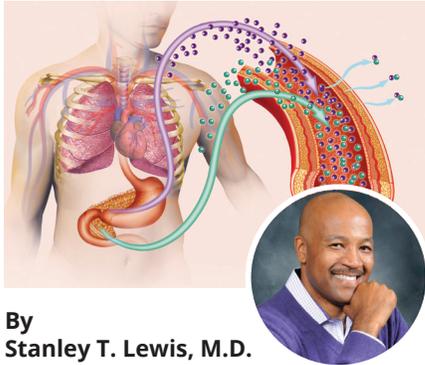
We publish our newsletters to provide matters of interest and education for our patients, their healthcare professionals, friends, and loved ones. Metabolic disorders affect everyone in the family and circle of friends. Armed with knowledge, we have another tool for improvement. Let us know what you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



Hunter Carr
Co-Founder and Manager



Scott Hepford
Co-Founder and Manager



By
Stanley T. Lewis, M.D.

Communication Between Liver and Pancreas

What if I said, "How are you?" You might respond, "I'm fine, thank you." If I said, "¿Como estás?" You might

respond, "Muy bien, gracias." What if I said "Guten Tag" or "A salam alaikum"? You might be confused.

Well, that's a lot like what happens when you have diabetes. Your pancreas and liver are no longer having a productive conversation. It's like they are no longer speaking in the same language.

We know how the pancreas communicates, and we know that the liver will respond appropriately when it hears the right signals. Yet when traditional therapy treats diabetes, insulin is given in a way that doesn't appropriately signal the liver.

Diabetes Relief's therapy restores that communication. Once these two organs get back on the same page, we start to appreciate that it wasn't that the patient

had become "insulin resistant;" it's more like the pancreas stopped speaking to the liver in a way the liver could understand. Instead of changing the language, the pancreas just turned up the volume (which created Hyperinsulinemia), and things just kept getting worse. You've probably seen some English speakers who try to speak English slower and louder when they encounter people who don't speak English. Unfortunately, slower and louder can't overcome the language barrier! Traditional therapy gives more pills to coax the pancreas to produce more and more insulin. Likewise, more and more insulin is given, also to no avail.

At Diabetes Relief, we put the pancreas and liver back on the same page. Diabetes Relief is like the Rosetta Stone for your metabolism!



By
Carol Ann Wilson



Probiotics

Antibiotics are over-prescribed, and rarely do doctors tell patients to counteract them with probiotics.

Think of what those two terms mean: antibiotic = against life; probiotic = for life.

Antibiotics have their place, and they have surely saved many lives, but we must replace the "good bacteria" so we can be protected.

Derrick DeSilva Jr., M.D., of the Tertiary Facility, JFK Medical Center (NJ), recommends that we take probiotics twice a day. He developed the formulation for the BioTE probiotic supplements we carry at Diabetes Relief, which are in an acid-stable capsule that will not break up in the stomach, and—even better—the capsule will not open until it reaches the intestine.

Probiotics strengthen our immune system, aid in digestion and elimination, and make B vitamins in our gut. Babies get their "good bacteria" from the birth canal, which is where colonization starts. Babies who are born through C-section will have colds, flu, etc., far more than others, unless those babies are fortified. C-section babies need probiotics!

About babies, Dr. De Silva also advises: Empty the powder out of the capsule, mix with a bit of water to make a paste, and rub it on diaper rash to make it disappear! He said this trick also works on acne, psoriasis, and any skin breakout at any age!

Many probiotics are found in the marketplace, but here is Dr. DeSilva's advice: "Liquid probiotics don't work; tablet probiotics don't work; and, once opened, probiotics should be stored in the refrigerator (NOT the freezer). Heat kills the bacteria." Don't fret over which probiotic to buy. Diabetes Relief offers one we think is best: BioTE Probiotic.

Visit DiabetesRelief.com to get yours today!



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Connect with us!





Avoid These Diet Killers!

Who's not on a diet these days? We're all trying to lose weight, aren't we?

Here are some diet killers we should avoid. (Always read the labels.)

- "No sugar added" jams, pies, and juices. They are already drowning in sugar.
- Any food containing any type of sugar (cane sugar, natural sugar, date sugar, organic sugar, or various syrups). Consume in moderation!
- Flavored waters or sport drinks are full of sugar and sweeteners that are bad for weight loss. Drink water!
- Canned vegetable and fruit juices have lots of sugar.
- Skim-milk and soy-milk lattes or frappuccinos have more sugar than the whole-milk versions. Opt for almond milk if you're staying dairy-free.
- Cereals, breads, and crackers might contain sugar.
- Foods labeled low-fat, fat-free, no sugar, or no cholesterol are code words for "high sugar" or sweet taste.
- Diet sodas have been proven to raise insulin levels and make you store fat. Drink water!
- Fruit-filled breakfast bars and flavored yogurts.

Always read the labels in detail to avoid buying and eating unhealthy foods!

Source: Steven Gundry, M.D. (GundryMed.com)



Vicki's
Vittles



By

Cooking for Diabetics

Hundreds and hundreds of delicious foods are now available to keep diabetics on track with their eating habits.

Twenty-five years ago when Hunter became a diabetic, my "go to" foods had to be eliminated: NO potatoes, NO white rice, NO white bread, NO pasta, NO ice cream, NO brownies, NO pies. Everything good: GONE.

Since then, I've learned that hundreds and hundreds of delicious foods are now available to keep diabetics on track with their eating habits. Here's a few tips for buying diet-friendly foods I've learned along the way.

WARNING: Just because a product is labeled "sugar-free" does not necessarily mean it's good for you. Also: Just because its label reads "low fat" or "no fat" or "fat free," it does not necessarily mean it's okay for your consumption. When fat is removed, sugar is added.

READ THE LABELS. First and most important to me is the carbohydrate number. If it is 20 grams or above, PUT IT BACK ON THE SHELF! At 18 grams, I might consider purchasing the product. But it depends then on the calorie count. Keep it low, also, and then check the protein amount. The higher, the better, for protein.

As to the amount of SUGAR, ZERO is best. And fat? Believe it or not, unless it is an absurd amount in the label, I ignore the fat content.

Products: The flour I use is from Namaste Foods (www.namastefoods.com). It is gluten-free and is the perfect flour blend.

The sweetener I use is XyloSweet, a plant-sourced sweetener, which is gluten free, non-GMO, and uses Xylitol (the "ideal sugar replacement"). You may find it at www.xlear.com.

Reminder About Our Extended Treatment Hours

As promised in our June 2017 newsletter, we have established extended hours for treatment at our Houston Westside Clinic, 11511 Katy Freeway, Suite 100, Houston TX 77079.

We offer treatment times on Thursday nights starting at 6 p.m. and on Saturday mornings starting at 7:30 a.m.



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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