

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.



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spin on that concept. Why do some people seem to have a magic touch, and everything they do turns out well?

Why do others always play the victim and believe they will never succeed? Everything depends on their outlook. The difference-makers are (1) a mental paradigm shift, then (2) an action plan, and finally (3) a powerful position thrust.

Do you think as an hourly employee or as an owner? Most employees think they work to trade their time for the employer's money and that both are equal. To make a paradigm shift, the employee must see through the eyes of the owner. What does the owner need and want? *What can I do to help?* Step 2 is to volunteer, accept every

request, and thus *gain more experience and knowledge*. This creates an invisible force, lifting that employee to higher levels.

Step 3 is most key: position oneself to see when opportunities present themselves, and then take advantage! The moment of aligning the train of experience with the gift of opportunity makes him—or her—a shoe-in for the next wave of an upward ascent. This three-step plan is the opposite of complacency and is a program for success. With the New Year on the horizon and opportunities waiting, do you want to be the hourly employee who spends 20 years in the same job and masters it—and nothing else? Or will you be the achiever who goes after the knowledge, finds the business context, and grabs the opportunity? Have a blessed 2018, and let the money follow!



Scott Hepford's Life Hacks

The Money Will Follow

Success is an earned prize. You've heard: "Do What You Love and The Money Will Follow." This Life Hack is a



your mind has a *feeling* associated with it (according to the scientists)? We do not need a scientist to test that theory. If we go to a movie or watch a show on TV, as we become involved in the story, we get tender-hearted during love scenes, and we become fearful while watching a horror movie as anxiety that runs throughout our body.

God gave man freedom of choice, and the choice He gave us first and foremost is the choice of what we *think*. Proverbs says, "*You are snared by your words.*" A word starts in your mind with a feeling. Making a choice of what you think about will change your life, change your emotions, and even your disposition. Dr. Carolyn Leaf, in her book *Who Switched Off My Brain?*, discusses the studies she has participated in regarding the brain and thoughts. She says, "It is a choice we make every day, every minute, and every second of what we think about." That my friends, matches the words in the number-one book in the world—THE BIBLE.

God gives us freedom to choose what we think, attaches feeling to every thought, and then clearly instructs us to think on good things, righteous things, and not on bad things. Therefore, it is not "just a thought;" it is feeling and emotions, and a decision in living the fullness of life. Our brains can create a quantum thinking, we can think through a future event, plan every step, and experience every emotion just as if we are doing it. That is what movies, video games, and virtual reality use to control the thoughts and emotions of the viewers, getting us hooked on feelings so we will return again and again.

Dr. Leaf says our thoughts and words generate feeling and emotions that produce chemicals in the body that can be helpful or harmful. Right thinking brings health, and bad thinking brings negativity and even damage. It's not "just a thought!" Life is made for laughing, loving, and living, and not whining, worrying, and working. God bless each of you.



Hunter Carr's Inspirational

Just a Thought

"I was just sitting, and a thought ran through my mind." Ever said that or envisioned a picture in your mind of a thought, running, racing, chasing another thought in your mind? Seems like there is a joke in there somewhere, but it happens. Thoughts are passing through our minds at lightning speed. Did you know that every thought in

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.



The Birth of Jesus From Luke 2 NIV

1 In those days Caesar Augustus issued a decree that a census should be taken of the entire Roman world. 2 (This was the first census that took place while Quirinius was governor of Syria.) 3 And everyone went to their own town to register.

4 So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. 5 He went there to register with Mary, who was pledged to be married to him and was expecting a child. 6 While they were there, the time came for the baby to be born, 7 and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no guest room available for them.

8 And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. 9 An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. 10 But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. 11 Today in the town of David a Savior has been born to you; he is the Messiah, the Lord. 12 This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger."

13 Suddenly a great company of the heavenly host appeared with the angel, praising God and saying,

14 "Glory to God in the highest heaven, and on Earth peace to those on whom his favor rests."



Cancer-fighting Foods

Foods that fight cancer will surely help our overall health. And if we don't have cancer, we definitely want to prevent it. We recommend that you add these to your diet.

Cruciferous vegetables (broccoli, brussels sprouts, cabbage, cauliflower, kale, arugula, bok choy, swiss chard, Chinese cabbage, collard greens, daikon, kohlrabi, mustard greens, radishes, rutabagas, turnips, and watercress) are among the most powerful cancer-fighting foods on Earth.

Curcumin is the major ingredient of the spice turmeric. Its cancer-fighting and prevention abilities have even been found to prevent lung cancer for tobacco smokers.

Mushrooms: The very best cancer-fighting and immune-boosting mushrooms are agaricus blazei murrill (ABM mushroom), coriolus versicolor (Asian turkey tail mushroom), shiitake, reishi, maitake, cordyceps oglossoides and phellinus linteus.

Garlic, as well as **onions, leeks, and chive**, increase the immune cell activity, help break down cancer-causing substances, and block carcinogens from entering cells.

Garlic lowers the risk of stomach and colon cancer and has been shown to incapacitate carcinogens in the liver.

Flax contains lignans that block or suppress cancerous changes in cells.

Hot peppers such as cayenne (chili peppers) and jalapeños contain **capsaicin**, which fights cancer and helps neutralize cancer-causing nitrosamines; they are especially valuable for helping prevent stomach cancers.

Dark green leafy vegetables (spinach, turnip greens, etc.) are rich in folic acid, which helps maintain the cell's genetic code and regulate normal cell division.

Dark seeded grapes contain powerful bioflavonoid antioxidants that work as cancer preventatives; they are also a rich source of resveratrol and ellagic acid, which blocks enzymes needed by cancer cells. *Eat the entire grape, seeds and all.*

Brown seaweed such as kombu contain the polysaccharide compound fucoidan, which has been found to kill cancer tumors including lymphoma, leukemia, stomach cancer, and colon cancer. *The people of Okinawa, who consume the highest per capita amount of kombu, have some of the highest life expectancies in Japan as well as the lowest cancer death rate.*

Other cancer-fighting foods: Carrots, green and black tea, tomatoes, blueberries, raspberries, extra-virgin olive oil, avocados, nuts, sweet potatoes, and apples.



Vicki's
Vittles

Banana Nut Bread

Always check your blood sugar before and after eating this sweet treat! This is one of Hunter's favorites.

- 2 c. + 1 T. Namaste Gluten-free Perfect Flour Blend
- 1 c. mashed bananas
- 1 t. baking powder
- 1/2 c. butter, softened to room temp.
- 1 c. XyloSweet (sugar replacement)

- 1 egg, beaten
- 1/2 t. baking soda
- 3 T. Milk
- 1/2 c. nut meats (1 c. even better!), coated with the 1T. flour blend (this helps the nuts mix in better)

Cream butter and add XyloSweet gradually. Add the beaten egg. Combine the soda, milk, and banana pulp and add to the creamed mixture. Sift together the flour, baking powder, and baking soda and add the floured nut meats. Mix everything together and pour into a well greased loaf pan. Bake at 350 F for about 40 minutes, or until toothpick comes out clean when inserted in the middle of the loaf.

Let cool in the pan on a wire rack for at least 10 minutes, or until it pulls away from the side of the pan. Then invert onto a serving platter, slice into servings, and enjoy! *(Then go check your blood sugar.)*



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Call for business hours and clinic location nearest you!

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