

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



## New Clinic Opening in Utah! Meet Our Utah Leaders!



**Brian Loveridge, M.D.**, is our regional medical director for Utah. He is a board-certified emergency physician with 15+ years' experience taking care of critical patients in an ER setting. In addition, he is a veteran of the United States Air Force, serving in a level-one field hospital in Iraq. During 2005, his unit cared for more than 1,800 level-one casualties sustained by allied forces, civilians, and enemy combatants.

He and his wife, Jamie, will soon celebrate their 25th wedding anniversary, and they have four amazing kids.

Dr. Loveridge has run a marathon, competed in several triathlons, and continues to enjoy exercise of all types in the rugged Wasatch Mountains of Utah. An avid proponent of fitness and nutrition, he wants to help diabetic patients lead the fullest life possible with the innovative approach of Diabetes Relief. He believes that everyone should have the opportunity to live life to its fullest and encourages all to be their very best.



**Brandi Messerly** is our Utah facility manager. She is a type 1 diabetic and has been a Diabetes Relief patient more than a year.

After two months of treatments, she realized this was her answer! Brandi's diabetic complications had been getting worse, and Diabetes Relief gave her hope. After many flights from Utah to Houston for treatment, she worked toward bringing this much-needed treatment and relief to Utah. She has an extensive background in sales, finance, and operational management, and is excited to be part of the Diabetes Relief family, bringing help to the many Utah diabetics.

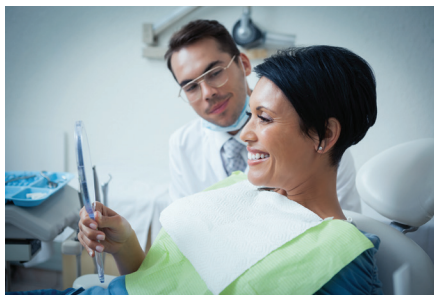
Brandi and her husband, Justin, have been married for 23 years; they have five children and are expecting a grandchild. Thanks to Diabetes Relief, she is excited to have her life back and be hiking, skiing, kayaking, and golfing again. Most of all, she loves spending time with her family and now having the energy to do it!



**Brett Palmer** is our new Utah consultant. For nearly two decades, Brett has been a leader in many areas of the healthcare delivery system. He has been

involved in diverse roles, ranging from complex contract negotiations for both payers and physicians, contracted provider-network management, hospital-based department and project management, and specialized consulting. Through these varied experiences, he has developed an in-depth expertise in both the operational and financial processes that enable the highest quality of healthcare to be delivered to the patient.

Brett has been married for 26 years and he and his wife have six children and one granddaughter. He enjoys the outdoors and spending time with the family skiing, hiking, camping, and just having fun.



## Visit Your Dentist!

At Diabetes Relief, we urge our patients to get regular dental check-ups, and Diabetes Relief co-owner Hunter Carr shares his personal experience: "With all the demands on

our time with the business," he says, "I had postponed my scheduled treatments at Diabetes Relief, and the time between my treatments stretched out more than they should have—five weeks! I found out how wrong that is for any diabetic who has found our miraculous results." His blood sugars got "out of whack," he added, so he resumed his regular treatment schedule.

On the way to "getting back," he went to his dentist because he had lost a crown. As the dentist got in to repair the problem, he found some other things wrong with that tooth. After he made the repairs, Hunter's blood sugar was noticeably better, and with resuming his regular treatment

schedule, he was "walking on clouds again!"

*The bottom line:* Make a dental checkup appointment. Medical articles tell us that, over time, increased levels of blood glucose can put us at risk for oral health problems. Visit your dentist twice a year, and make sure the dentist knows that you are a diabetic and what medications you take. If you have dry mouth, use a mouthwash with no alcohol. The articles also tell us to brush our teeth within 30 minutes after eating to protect any tooth enamel that's been softened by acid in the food, and always use a brush with soft bristles. Arm yourself with knowledge.



### Hunter Carr's Inspirational "Lives Count"

"Grandpa" told me fascinating stories about growing up, when he walked six miles to school every day. At 15, he learned how to buy flower seeds through the Sears and Roebuck

catalog, so this young entrepreneur decided to sell them to the farmers' wives along his daily school trail. He was a success, because every farmer's wife he talked to wanted to buy his flower seeds! When high school graduation time came, he told his first customer that he was graduating and would be stopping his "flower seeds" route. The lady said, "Let me pray for you and your success." When Grandpa walked off that porch, he thought, "That felt so good! I am going to all my flower seed customers and asking them to pray for my success in life." That day, he had all 24 customers praying for him.

Whenever I heard him tell that story, I could see him mentally picturing each lady praying for him, and a little tear would well

up in his eyes. Then he chuckled and said, "That is why we have the best flowers of any state!"

He and Grandma were married 75 years, and they loved the Lord. Grandpa read his Bible daily and was always a church leader. He believed that all lives count, and he especially wanted his life to count when he got to Heaven. I have his old Bibles, and one of the marked verses is James 1:22: *"I am a doer of the Word of God and am Blessed in my deeds. I am happy in those things I do, because I am a doer of the Word of God."*

And so it was and is! If he could talk to me today, he would probably say, "The end times may be near, and there is trouble in the world, but you be a Doer of the Word of God and you will be Blessed in all you do—for all your days!"



### Aquatic Exercise Good for Diabetics

Diabetics NEED exercise! We can improve our overall health, and especially our diabetes, with exercise. Can you get to a swimming pool? If not, can you get to a YMCA center? If so, Medicare will pay for your membership, and you can find a pool activities there. Here's what a recent study found about aquatic exercise, as reported in *Acta Diabetologica* on July 10, 2017: Only

about 30 percent of type 2 diabetics adhere to a traditional exercise program of walking, running, or resistance training.

"Our research group has conducted several exercise studies in people who have type 2 diabetes. We noticed that some people could not participate in our land-based (e.g., walking) studies due to barriers such as joint pain," said lead author Normand Boule, a physical education and recreation researcher at the University of Alberta in Edmonton, Canada.

They then planned to do a study on alternate forms of exercise to address some of these barriers. "Aquatic exercise seemed to be a logical alternative," said Boule. But when Boule and his colleagues looked for studies on this topic, they surprisingly found that few such water-based exercise studies had been done. So, they pooled the results of nine published studies that examined aquatic

exercises and blood sugar levels in people with type 2 diabetes. The exercises included water walking or running, water cycling, and various types of water-based fitness classes.

The researchers found that after eight weeks, water exercisers had lowered their HbA1C by the same amount as people doing land-based exercise, but they also had improvements in blood pressure, cholesterol, and triglycerides, Boule said.

Improvements in fitness and reductions in joint pain may translate to increases in the ability to be physically active in other ways. "If so, water-based exercise may further assist in improving quality-of-life outcomes such as mental health and physical function," Boule said.

Source: "For Diabetics, Aquatic Exercise as Good as Working Out on Land"; Medscape - Aug 03, 2017.

"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.



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**Call for business hours and clinic location nearest you!**

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