



The Difference Between Fiber, Starch and Sugar Carbs For Your Body

Home Cures That Work

AUTHORS



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Carbohydrates are comprised of three nutrients: starch, fiber, and sugar. All digestible simple sugars and starches eventually get converted to glucose in our body. Fiber is also a complex carbohydrate, but the gut does not possess the enzymes needed to break it apart. So, what should you eat? How many carbs do you need in a day? Does eating carbs cause weight gain? Dr. Saunders answers these and other questions about carbohydrates in this article.

Furthermore, we've all heard that sugar is bad for us. But do any of us really know what goes on in our bodies when we ingest too much sugar? As it turns out, sugar is a silent killer. Sugar increases the risk of obesity, diabetes, and heart disease. Studies have also shown that sugar can interfere with the way your body fights disease. Sugar hides in plain sight. Here are some tips on how to reduce your intake of added sugars.

I have heard drinking a glass of red wine a day is good for the heart. I also read that any form of alcohol may increase "good" cholesterol and decrease inflammation. Anything that's good for your heart is probably also good for your brain. :) Read on to decide to make a cocktail on these bits of drinking advice.

Fact: Both sugar grams and carbohydrate grams have a direct impact on blood sugar. And there's no doubt, it's not easy to cope with everything diabetes demands! But there are some quick and easy things you can do to stay positive. It may not seem like much, but every little bit helps!

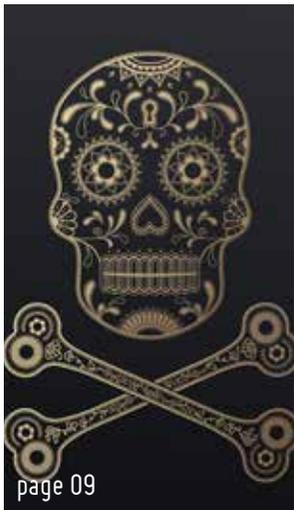
For your health,

Cheryl Ravey
Editor, Home Cures That Work



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Get to know carbs! This article will cover the basics of carbohydrates — what they are, why we need them, and which types are better for our health.



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The Difference Between Fiber, Starch and Sugar Carbs



by Dr. Scott Saunders, M.D.

WE OFTEN THINK sugar must taste sweet, but most of the sugar we eat is not sweet at all. Sugar is carbohydrate -- all carbohydrates are made from sugar. The carbohydrates in the foods we eat come in three different types:

- Simple sugars
- Starches
- And fiber

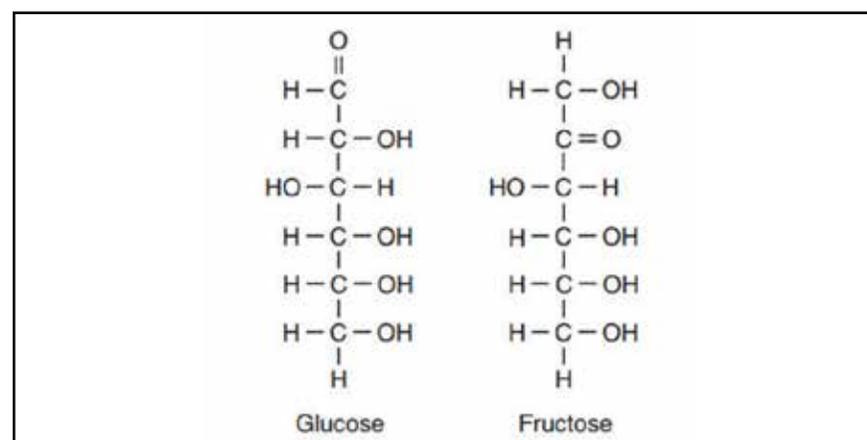
These are all made from the same building blocks: sugar. Thus, when we are talking about carbohydrates, we are talking about sugar.

Wherever there is life, you will find carbohydrates. Plants are made from carbohydrates, and all animals use them for energy. Carbs are a miracle. They store the energy from the Sun in a little molecule for us to use later.

When you burn wood in your fireplace, the heat and light is the release of energy that the tree got from the Sun. All carbohydrates come from the same source – plants. You may think that the structure of plants comes from the soil, but the plant doesn't even need soil, it all comes out of the air and water. The plant takes carbon dioxide (CO₂) out of the air and water (H₂O) from the ground and makes it into carbohydrate (CH₂O) and oxygen (O₂). This conversion takes a lot of energy, which is supplied by the Sun. The chemistry looks like this.

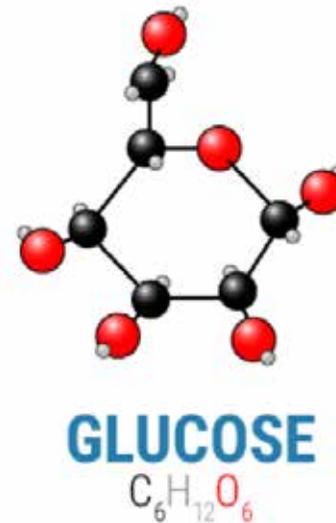


This is how plants make the oxygen we breathe as they are making carbohydrates for them to use. "Carbo" refers to the carbon atom, and "hydrate" refers to water (H₂O). The way they use carbohydrates is amazing! They take each one of these CH₂O molecules and string them together to form "polymers," or strings, of the same molecules. When there are six of them



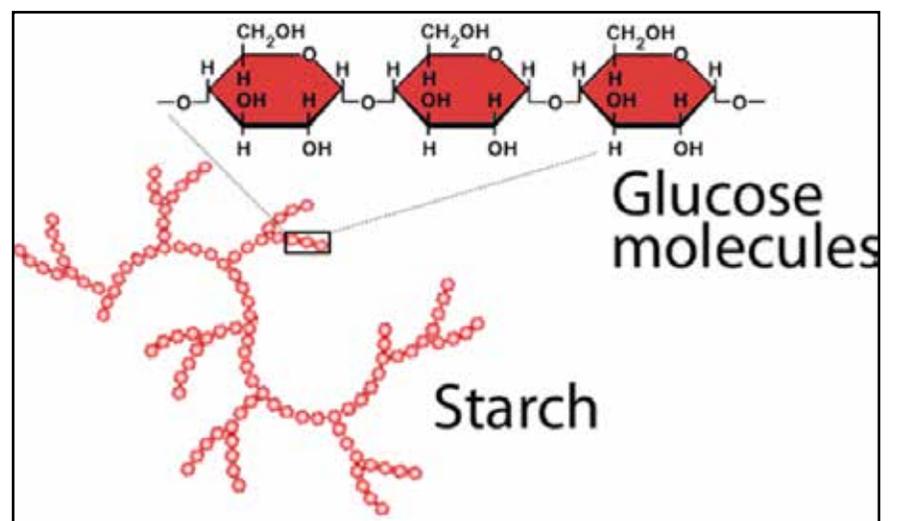
strung together it makes a sugar such as glucose and fructose.

If you count them you will find that each of these sugar molecules has six carbon atoms (C), six oxygen atoms (O), and twelve hydrogen atoms (H). So, it can be written as C₆H₁₂O₆. The picture above is simple to see that they are carbohydrates, but the structure of sugars forms a ring, instead of a straight line.

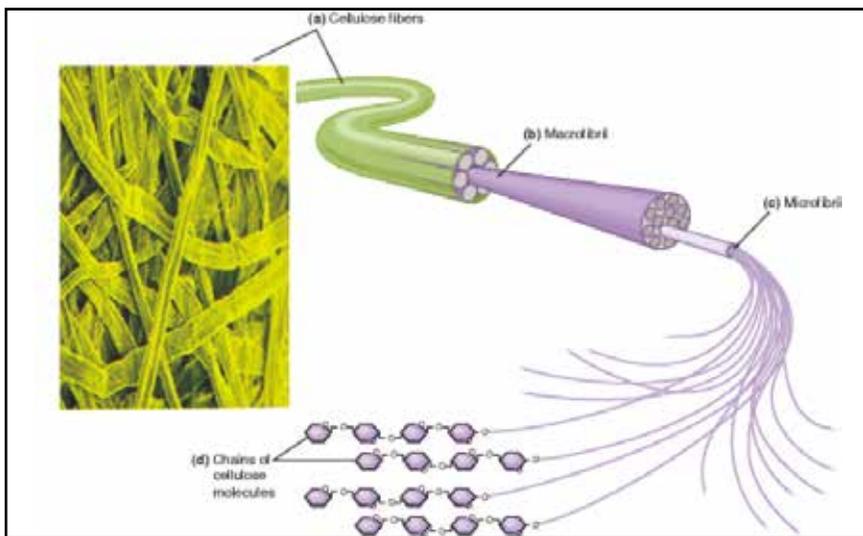


These are the primary building blocks of all plants, and the primary energy source of plants, bacteria, archaea, and animals. These molecules have a lot of energy, manifested by burning them. If you are roasting a marshmallow in the fire and you leave it in too long, it will start on fire – that is the energy being released from these sugar molecules, which came from the "Sun" (fire).

The plants can take these and make more polymers, stringing them together to form starches. Starch is just a long chain of connected sugar molecules.



Even the fiber part of plants is made from sugar. Wood is cellulose, which is a chain of glucose molecules, but we can't digest it because we don't have the enzymes needed to break the chain.



- Oligosaccharides
- Arabinogalactans

Each of these classes of carbohydrate fiber are used by different bacteria. If we take only one type, we can get “dysbiosis” or overgrowth of one type of bacteria. Since it is most healthy for the colon to have many types of bacteria, we need to eat many types of fiber, or prebiotics. Variation in the diet is essential, and thus, your food should be your primary source of prebiotics. The following are a few examples of how to get these wonderful carbohydrates.

So, your campfire is burning sugar... your marshmallow that caught on fire is burning sugar...the starch in bread burns sugar when you leave it in the toaster... and when you eat what is left, you can “burn” the sugar for energy.

Cotton fiber is a string of sugar molecules as well. Your blue jeans are made of sugar (cotton), as is that “synthetic” rayon shirt. The money that you bought the clothes with is made of sugar. It’s all sugar!

Fiber

Long chains of sugar molecules that we cannot use for energy are called “fiber” simply because we aren’t able to digest it, or break the chains. Thus, fiber goes through our digestive tract without getting broken down and ends up in the colon, where bacteria can use some of them. What to us is just fiber might be a feast for bacteria, especially the good kind. “Good” bacteria feed on the things we don’t use, while “bad” bacteria feed on the same stuff we do – simple sugars and starches.

There are many types of chains of sugar molecules that we don’t digest that feed our good bacteria, called prebiotics, not to be confused with PRObiotics, which are the good bacteria themselves. Prebiotics are found in fruit, vegetables, beans, nuts, and whole grains. When food is processed, the fiber is generally removed. Ironically, many people eat food that has the fiber removed, and then add spoonfuls of fiber, like psyllium seeds, orange pulp, or chicory root, to their diet. The best way to get fiber in your diet is to simply eat whole foods.

There are three major classes of prebiotics that are being studied:

- Inulin

Food	Grams of fiber per serving
Beans	15
Berries	8
Whole grains	4
Peas	16
Spinach	4
Almonds	4
Zucchini	3
Broccoli	5
Apple	4
Potato	4
Avocado	7

You can see that legumes (beans, peas) are a great source of fiber. Avocado is also excellent. Fiber, or prebiotics, are the kinds of carbohydrates that you should not limit. In eating high-fiber foods you build a healthy gut, immune system, brain and body. You can eat as much of this as you want – and everyone should get more than they currently eat.

Starch

A chain of glucose that we can digest for energy is starch. From the moment we put starch into our mouth, such as when we eat bread or a potato, the amylase enzyme in our saliva starts making the starch into sugar. We were told in school that if we put a cracker in our mouth and leave it there, then it will become sweet. I tried it, and I didn’t taste anything sweet. But, despite not tasting glucose, the starch from the cracker is being broken down as we chew as it “turns into” sugar. The following are a

list of relative amounts of starch from foods.

Food	Grams of starch per 100 g. of food
Brown rice	31
White rice	23
Spaghetti	21
White bread	46
Whole grain bread	39
Cheerios	57
Oatmeal	9
Hummus	9
Beans/Lentils	15
Peas	7
Tofu	0.9
Potatoes	14
Yam	27
Broccoli	0.1
Avocado	0.1
Carrots	0.2[2]

You can see that grains are high in starch. Even though the white bread is higher in starch, the whole grain bread is still very high, relative to other foods. And, even though Cheerios advertises only one gram of sugar, it has 17 grams of starch per 28g serving! Potatoes are lower in starch than grains. Most interesting, though, is the “starchy vegetables” such as carrots have very little starch in them.

Since starch turns into sugar, there is little difference from eating candy or sweet things. It is important to know how much starch is in foods so you can know how much sugar you are getting.

Simple Sugars

The sweetest things in life are sugars. We are told that there are good sugars, and bad sugars. There is nothing of the sort. Sugar is just sugar. It's great! It tastes good, and we need it for energy.

Simple sugars are made of one or two sugar molecules.

Glucose is the main simple sugar we use for energy and is what makes up all the starches we discussed earlier. Other simple sugars include:

- Fructose
- Sucrose (a fructose and a glucose bound together)
- Lactose (milk sugar made of a glucose and galactose)

Fructose is sweeter than glucose so the higher the fructose content, the sweeter the sugar. Table sugar is sucrose, which comes from sugar cane, or sugar beets. It's always 50% glucose and 50% fructose.

Corn syrup is mostly glucose, but it can be processed into about 45% glucose and 55% fructose to make high-fructose corn syrup, which is about the same as honey, which bees make from sucrose, and still has a little sucrose in it. Maple syrup is sucrose. Coconut sugar is sucrose. Agave nectar is around 90% fructose, making it one of the sweetest sweeteners around.

Here is a list of foods and their sugar content.

Food	Simple Sugars (grams per 100 grams)[3]
Apples	13
Apricots	9
Avocado	1
Banana	15
Berries	8
Broccoli	2
Carrots	5
Celery	1
Melon	8
Cherries	14
Grapes	18
Orange	9
Milk	5
Tomato	3
Dates	64
Raisins	65
Milk Chocolate	51

Notice the dried fruits, raisins and dates, contain a lot of sugar because taking out the water concentrates the sugar. Foods like meats, fish, and cheese have very little sugar, less than one percent.

All this sweetness is wonderful, but when we get too much it's toxic. Most deaths in developed countries are due to sugar toxicity.

Diabetes, heart disease, cancer, Alzheimer's disease, and kidney failure are mostly due to the toxicity of sugar and starch. Too much of a good thing is bad.

Thus, the reason to cut back on sugar is the same reason we talk of quitting alcohol. When people become toxic because they have taken in too much, they must cut back to detox.

The Barton Publishing [Diabetes Reversal Program](#) outlines how this is done. The simple sugars and starches are limited so the body can get rid of the excess that has accumulated over the years, and begin to use fat for energy. Once the body is good at burning fat, the carbs can be increased. At the same time, there is no limit on fiber carbohydrates. This is why it's important to understand how to read a label.

How to Read a Label for Sugar

The first thing to consider when reading a label is the "SERVING SIZE." Sometimes, you may buy a bag of chips and find that what you thought was one serving turns out to be five. So, if you're going to eat the whole bag, you must multiply the carbs on the label by five. The following is a hypothetical food label.

The "TOTAL CARBOHYDRATE" on the label refers to all carbs -- simple sugars, starch, and fiber. The next is "DIETARY FIBER" which is good for our colon, and then "SUGARS," which is just the simple sugars. Starch is not included, but you can know how much starch there is by subtracting fiber and sugar from the total. The example above has 2g of starch.

The label says this food has 4 grams of total carbs. When we subtract the fiber that we do not use for energy, we have a net carb count of 3 grams. If you eat all 5 servings in the package, that makes 15 grams of net carbohydrate, or sugar and starch, and only 5 grams of fiber.

Try this exercise: create a label for an Avocado. A serving is 100g (about half a large avocado), each type of carbohydrate is listed above. You will be amazed at how healthy this fruit is!



Nutrition Facts	
Serving Size	1 Avocado 201 g
Amount Per Serving	
Calories	322
	Calories from fat 245
	% Daily Value
Total Fat	29g 45%
Saturated Fat	4g 21%
Trans Fat	0g
Cholesterol	0g 0%
Sodium	12mg 1%
Total Carbohydrate	17g 6%
Dietary Fiber	13g 54%
Sugars	1g
Protein	4g
Vitamin a	6%
Vitamin C	33%
Calcium	2%
Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Carbohydrates are not good or bad, they are things we need. We need fiber. We need starch, and we need simple sugars. The reason people put judgments on them is because we eat too much of the things we love, starch and sweet simple sugars, while avoiding the things we don't, fiber. Most people get a large portion of their calories from sweet drinks, like soda pop and juice. Though juice may have some nutrients, the fiber from the fruit is removed. It's just a processed food.

A good way to get all the fiber without too much sugar and starch is to avoid processed foods or prepared foods. Eat the fruit, instead of drinking it. Also, if you eat foods that don't have a "Nutrition Facts" label like the one above, and mostly vegetables, you will surely get all the nutrition you need without ever becoming toxic.

Sources: [1] <https://www.todaysdietitian.com/newarchives/063008p28.shtml> [2] <http://www.kickas.org/ubbthreads/ubbthreads.php?ubb=showflat&Number=143543> [3] <https://www.nutritionvalue.o>



Sugar: The Sweet & Silent Killer

SUGAR'S ROLE IN the cause of world-wide disease has been linked to cancer, heart illness and, of course, diabetes.

Everybody knows that sugar causes tooth decay. It's also understood that it brings on hypoglycemia, diabetes, and weight gain.

But, it gets worse...

New studies are putting sugar in the driver's seat of some of the world's deadliest diseases. It's been found to support heart illnesses and can even bring on asthma attacks by inflaming and narrowing air passages. Then, mucus production increases, causing wheezing, coughing and severe shortness of breath.

And cancer loves to feed on it...

Why? It all comes down to a simple protein...

One research team at Duke University School of Medicine thinks they know how it happens.

Sugar, you see, strips healthy cells of specific growth factors that keep them alive, processing and absorbing nutrients. In this case, the nutrient in question is glucose. When this happens, the cells die. However, the research team at Duke found that cancer cells all contain a protein called Protein Kinase which belongs to a family of proteins known as AKT.

Because of Protein Kinase, cancer cells are unaffected by the stripping of glucose. The cells produce their own glucose, which keeps them alive and well.

And all this is because refined, processed sugar is a completely false food: no nutritional value, no fiber and absolutely no minerals. But, it does metabolize into your system by sucking out the nutrients you so carefully put into your body to remain healthy and balanced. This is also why sugar creates the perfect environment to sky-rocket cholesterol levels and stop fatty acids from being properly metabolized.

Fatty acids are responsible for releasing energy and letting us go through our days feeling invigorated — and lively. When those acids are blocked by the absorption of sugar, you get sluggish, tired, and have those “down days.” If you've ever suffered from fatigue or lethargy, you know what happens when fatty acids aren't processed the right way by your body. It can even be responsible for bouts of depression, anxiety, and hyperactivity. But, the big question is, why does sugar

cause diabetes?

Picture this: a network of clear, twisting tubes moving water through a transparent container. Miles of these tubes can be seen with varied thickness. There is a hole at the top where you can pour additives into the tubes, and you choose to put in flour. A little flour doesn't affect the water's movement but as you add more and more, the water becomes thick and its movement is markedly slower.

This is what happens when you eat foods high in sugar. Sugar acts like a thickening agent for the blood. The good news is your pancreas knows all about this and sends insulin to the rescue. Now, insulin goes in and acts like a shop vac and sucks the unhealthy amount of sugar out of your bloodstream. If that's the case, then why worry? Your pancreas will just throw out insulin and take care of the problem.

Well, the fact is when you consistently eat food high in sugar (even yogurts and high-starch, high-carb food like pasta and potatoes), you turn your pancreas into a high-volume insulin factory, and over time, your body becomes desensitized to it and the vacuum effectively shuts down. Then — you guessed it — diabetes. That's why diabetics have to shoot insulin. Your body needs more to get the vacuum pulling again.

HOW DO ARTIFICIAL SWEETENERS COMPARE: NUTRASWEET, EQUAL AND SPLENDA - OH, MY!

So, Equal and other artificial sweeteners are the answer, right? WRONG! These are even more dangerous than sugar because NutraSweet and Equal are made with aspartame. This is essentially a toxic poison that contains methyl alcohol (wood alcohol). When it's absorbed by your body, it converts to formaldehyde and then to formic acid, a toxic chemical that,



through overexposure, can cause blindness, skin allergies, and liver and kidney damage (if you've ever been bitten by an ant or stung by a bee, then you know how painful formic acid feels when it hits you). Overexposure can be defined as just 3 – 4 cans of diet soda per day.

But, what about Splenda? That's supposed to be a healthy alternative. WRONG AGAIN! Splenda is actually a chlorinated, man-made sweetener, and it's toxic to your tummy. Duke University did a study and found that Splenda was like pouring poison into your gut. The chlorinated artificial "sucralose" (that's the sweet stuff) destroys the good bacteria and flora in your intestines and colon making digestion and healthy waste elimination a real problem. And that leads to bloating, constipation, and misery. As you can see switching to artificial sweeteners is no way to avoid the dangers of sugar!

CAN HONEY OR OTHER NATURAL SWEETENERS SAVE THE DAY?

Now, you may think you're okay using honey as a natural sweetener. Think again. If you use a processed honey then you are worse off than if you use sugar. Honey causes tooth decay much faster than sugar, partly because it's sweeter, but mainly because it's sticky and stays on your teeth longer. Plus, a tablespoon of honey has 42 more calories than sugar. Commercial honey is processed with heat, stripping it of its health benefits and putting you at a greater risk for disease. So, it's important to use only natural, raw honey that is not heated before packaging. Get yours at a health food store like Whole Foods or another trusted source.

THERE ARE A FEW OTHER CHOICES YOU CAN MAKE TO CUT SUGAR OUT:

- Agave – That's right, the same stuff they make tequila out of. But don't worry, you won't get "buzzed" from this 100% natural sweetener. It has basically the same caloric value as sugar, but it scores low on the glycemic chart which means it is safe for folks with diabetes: it doesn't spike insulin.
- Malitol – This little gem does not raise blood sugar, so it doesn't pop insulin levels either. It's about as sweet as sugar yet does not promote tooth decay. But, watch out: malitol is known for its laxative effect on some people!
- Stevia – It's a South American herb that comes in over 300 species. Some studies have shown that stevia actually lowers blood sugar levels all while being 10 – 15 times sweeter than sugar. You can get it in powder or liquid form.

- *Fructose – Like agave, fructose is another low glycemic sweetener that comes from fruit. You can find it in your health-food store. Plus, both fructose and agave are much sweeter than sugar so you'll use less.

*Stay miles away from High-Fructose Corn Syrup. When eaten, it makes a B-line straight to the liver where it is turned into pure, globs of fat. Plus, it doesn't tell the pancreas to turn on the insulin machine letting us know we're full. So we keep eating...and eating...and eating. In fact, since High-Fructose Corn Syrup was introduced (circa 1980), obesity statistics have blown through the roof. It's found in most prepackaged foods, so be on the lookout.

BEWARE PRE-PACKAGED AND PROCESSED FOODS

The most difficulty you're likely to have in your quest to wipe sugar from your diet is if you partake in pre-packaged or processed foods.

Even 100% fruit juices can contain 10 teaspoonfuls of sugar or more per 12-ounce cup. Even with no sugar added, fruit juices can contain the same amount of sugar as an equal sized soda.

Avoid prepackaged lunch meats. In addition to containing pages of preservatives and sodium, these meats can have gobs of sugar and fat.

The biggest thing here is to always be on top of your game. Make sure you're reading labels and not just shoving food into your cart without knowing what's in it. That way you'll always know what's in you and your family.

You don't need to have your sweet tooth pulled. Enjoy the healthy natural sweetness of yams, cooked carrots, and vine-ripe tomatoes. As an extra treat, break out the fruit. You can add fresh fruit to plain yogurt or gelatin for a flavorful nutritious dessert.

Remember: sugar can slash away at your immune system, rob you of nutrients, give you heartburn, and cause you to turn gray and look old prematurely. It has been linked to colitis, Crohn's disease, and even cancer. Blowing sugar off your table and out of your life may be the best thing you do for your health and the health of those you care most about.



Weighing the

Pros and Cons of Alcohol

YOU KNOW ALL the times you love to have a drink:

- A tall glass of wine after a long day at work
- A cold, frothy beer on a hot summer day
- Or a snifter of whiskey on a snowy winter evening.

While there's a variety of health benefits associated with alcohol, there's plenty of health risk to consider, as well. Whether it's a regular part of your life, or not, it's important to know what's helping, what's hurting and what you should look out for.

The Pros of Alcohol

Jimmy Buffet will go down in history for a singular song lyric, "Wasted away again in Margaritaville." Why? Because most people can associate with it. The feeling of sipping a cold blended drink while you sit on a porch, the smell of dinner wafting from the kitchen, is very real for many people. Alcohol is about more than consuming a beverage; it's about the memories and social aspect that come along with it.

Dana Fenton, of SteadyHealth.com, says, "Early Protestant leaders such as John Calvin and Martin Luther believed alcohol was a gift from God and should be used in moderate amounts for enjoyment, pleasure and health."

To enjoy the gift of alcohol, however, it's important to consider how moderate is defined. According to the CDC, "Moderate alcohol consumption is defined as having up to one drink per day for women and up to two drinks per day for men." When you consume alcohol in these amounts, the pros of drinking are many.

LOWERED RISK OF STOMACH ULCERS

Alcohol has been found to lower the risk of peptic ulcers because the alcohol has been found to destroy harmful bacteria called helicobacter pylori. However, studies have also proven the exact opposite effect. Because of this, most health professionals suggest to err on the side of caution. If you have a history of ulcers, keep alcohol to a minimum.

LOWERED RISK OF CARDIOVASCULAR DISEASE

According to research by the School of Public Health at Harvard University, small amounts of alcohol raise your levels of good cholesterol, HDL, which has been linked to lower likelihood of cardiovascular disease.

MedicalDaily.com also reports that alcohol can result in, "... Better sensitivity to insulin to improvements in factors that influence blood clotting Such changes would tend to prevent the formation of small blood clots that can block arteries in the heart, neck, and brain, the ultimate cause of many heart attacks and the most common kind of stroke."

REDUCED RISK OF GALLSTONES

Researches at the University of East Anglia found that when participants had two UK units of alcohol (one pint of beer) their risk of having gallstones were lowered by one third.

Other health benefits include:

- Reduced risk of stroke
- Reduced risk of type 2 diabetes
- Improved social well-being

The Cons of Alcohol

With the good comes the bad, and there's a whole host of negative effects from alcohol. Like the pros, the cons of booze can affect you physically and mentally, becoming a disturbance in your relationships and changing your lifestyle. From cancer to depression, consider the ways alcohol can be harmful:

INCREASED WEIGHT GAIN

Alcohol, whether you drink liquor, beer, or wine, is loaded with calories that contribute to weight gain. For example, a pint of beer is 230 calories. Now imagine how many pints you might consume while watching football and eating pizza. You could walk away from that game having indulged in over 1,000 calories with just a few tall of beer.

INCREASED RISK OF CANCER

Alcohol increases your risk of cancer when it's converted into acetaldehyde, which is considered a dangerous carcinogen. This happens during the normal process of absorption, when your body is metabolizing the alcohol. This particular conversion happens in the liver, and can increase your risk of cancer in the larynx, mouth, breast and colorectal region.

DEMENTIA

Though the human brain shrinks an average of 1.9% per decade, alcohol offers a helping hand in the process. WebMD explains, "Heavy drinking speeds the shrinkage of certain key regions in the brain, resulting in memory loss and other symptoms of dementia." Excessive drinking can also cause deficiencies in your nutrition, specifically in your B vitamin levels, which leads to other forms of dementia such as Korsakoff's syndrome, a chronic lapse in short-term memory.

Other health risks include:

- Depression
- Seizures
- High blood pressure

The key to drinking is balance, or as Fenton said, always in moderation. Drinking has become a social aspect of most people's lives; you drink at parties, after a long day of work, or to celebrate a special occasion. However, one too many celebrations and you could be risking dementia, cancer and depression. Drink your alcohol in moderation to enjoy the health benefits, not suffer from the risks.

Do you feel like you are missing the benefits of drinking? Or, is drinking taking its toll on your health?

(Share this article with your drinking buddy!)

5 PROVEN WAYS TO STAY POSITIVE ONCE DIAGNOSED WITH DIABETES

It's not unusual to feel overwhelmed after being diagnosed with diabetes, but there are proven ways to help you stay positive through it all.

01 Remember that you're not alone

There are [more than 380 million people](#) around the world who have been diagnosed with diabetes – just knowing you're not alone can help you stay positive.

02 Just small changes can bring big rewards

Small changes are the ones that often stick, and losing even just a few pounds while incorporating good habits like regular exercise can make a big difference in your blood sugar levels as well as improve cholesterol and lower blood pressure.

03 Get support

With millions of people across the globe dealing with diabetes, there has been an explosion of online communities focused on dealing with the disease. You'll find a wealth of forums and support groups designed for people just like you.

04 Connect with someone who has successfully managed diabetes

Try and find someone who has already been successful at managing their own diabetes you can meet up with for tips and other information on dealing with situations you might struggle with.

05 Track your progress

It takes time to chart what you eat, your physical activity, medications, and glucose, but it's a great way to track your progress, keeping you more positive and motivated.

Most of all, keep an optimistic attitude, [squash negative thinking and be proactive](#). Everything will be ok!





You have made a smart and important decision to join with others from around the world, learning how to use natural and drug-free home remedies that work to help you feel healthy again. For additional relief, visit www.bartonpublishing.com

ADHD / ADD	Flu	Low Testosterone
Allergy & Asthma	Gallstones	Lyme Disease
Anti-Inflammation	Gout	Prostate Secrets
Arthritis	Graves Disease	Scabies
Back Pain	Hair Loss	Sinus Infection
Bad Breath	Herpes	Sore Throat
Cholesterol Secrets	High Blood Pressure	Ulcers
Depression	Hypothyroidism	Urinary Tract Infection
Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
Erectile Dysfunction	Joint Pain	Music
Fat Loss	Kidney Stones	Yeast Infection
Fibromyalgia		

OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.