Dear Center For,

Diabetes! The word strikes fear to more than 25 million Americans who have it! In its tracks lie miserable cases of blindness, heart attacks, kidney disease, painful neuropathy, and even dementia. Diabetes can shorten the lifespan by 12 to 14 years. This is sad when science has shown that most of these cases need never exist. The “western” lifestyle is the main culprit.

Results from a study of more than 42,000 US men show that a “western” diet—one that encompasses red meat, high-fat dairy products, processed and refined foods like French fries, refined grains, sweets and desserts—is associated with a substantial increase in type 2 diabetes (60%). Add to that other lifestyle indiscretions and the risk increases by nearly 80 percent.

Following the NEWSTART plan will dramatically
decrease your risk, and help reverse existing diabetes. In this issue, you’ll find a goldmine of facts and recipes to help you begin your NEW START today. We hope you enjoy!

All the best,

The NEWSTART Lifestyle Club Team

P.S. Start by calculating your health score and discover your risk for diabetes here.

Featured Video

Causes of Diabetes
By Tim Arnott, MD

Would you like to add up to 20 quality years to your life? Avoid diabetes. In this lecture, you will learn the lifestyle factors that lead to diabetes and how you can make simple changes in your life to reduce your risk for diabetes by 91%. If you already have diabetes, you can reverse it by adopting the same simple program. Learn about
the big factor that almost guarantees you will get diabetes if you don’t learn to deal with it. It’s never too late to change. Learn the steps and start to make a better life today.

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Featured Article

Diabetes is Reversible!

By Milton Teske, MD

Inheritance. Many people make the observation that their family history is very strong for diabetes, or obesity, or some other serious condition, even cancer. They say, for example, my dad died of heart disease at a young age, so that’s why I had a heart attack. This can be very true and another example is that about 50 percent of the world’s population does have a genetic tendency toward type 2 diabetes. However, most chronic and debilitating diseases are caused by our LIFESTYLE. It has been said that genetics loads Reversing Diabetes

Diabetes is one of the fastest growing and most costly diseases in the U.S., can lead to many complications, and is among the leading causes of death in the U.S. More than 16 million Americans have diabetes and 625,000 more are diagnosed each year. The good news is that type 2 diabetes is up to 90% preventable even in those with a family history of diabetes. Only $29.95 each.

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the gun but lifestyle determines whether or not you pull the trigger. And, you don't have to pull the trigger! A loaded gun that is locked up cannot hurt you! This is especially true in the case of type 2 diabetes and heart disease...

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Featured Recipe

Fruit Soup

1. Stir all ingredients together and place on heat.
2. Bring up temperature and keep stirring until cornstarch turns clear. May add ¼ cup tapioca instead of cornstarch.
3. For a thicker compote add 4-5 tbsp. cornstarch.
4. When cooked, pour into a separate bowl to cool down a little before serving. Grated apple may be added to each bowl before serving with a dollop of Coconut Whipped Cream.

May also be served cold or as a topping for waffles. Tastes great with Ruby's Coconut Crispies.

Cooking Hint: May use any combination or amount of fresh fruit or berries depending on your taste.
How is Your Health?

Making positive lifestyle choices could cut your risk for diabetes by about 80%.

Taking the right health risk assessment (HRA) is the first step to living well naturally. The NEWSTART® Lifestyle Club HRA — HealthGauge™ Health Score Calculator—is based on a recent study where the health practices of 200,000 people were recorded. When the participants were surveyed ten years later, the research revealed a clear relationship between five key health practices and one’s risk for developing type 2 diabetes. Individuals who managed to make improvements in all five risk areas were able to reduce their risk by about 80%, according to the study.

More than ever before, scientific research is uncovering the fact that heart disease, cancer, and diabetes are largely the result of the way we live. By addressing common lifestyle factors such as obesity and alcohol consumption, a person’s odds of developing these diseases may decrease for each positive lifestyle change they make.

This health score calculator will evaluate your risk of developing a lifestyle related disease by comparing your personal health practices with modern scientific information. You will be presented with specific recommendations to begin following right away.

Key features of the HealthGauge™ Health Score Calculator:

- Easy-to-complete 7-point questionnaire
- Comprehensive report with personalized recommendations
- Links from the report to extensive health improvement content
- Access to the NEWSTART® health information request portal

Take the first step to better health. Calculate your health score today!

References

1 Improving Lifestyle Reduces Diabetes Risk
2 Lifestyle Factors and Risk for New-Onset Diabetes—A Population-Based Cohort Study
3 Resolving the Coronary Artery Disease Epidemic through Plant-Based Nutrition
Diabetes Is Reversible!

Inheritance. Many people make the observation that their family history is very strong for diabetes, or obesity, or some other serious condition, even cancer. They say, for example, my dad died of heart disease at a young age, so that’s why I had a heart attack. This can be very true and another example is that about 50 percent of the world’s population does have a genetic tendency toward type 2 diabetes. However, most chronic and debilitating diseases are caused by our LIFESTYLE. It has been said that genetics loads the gun but lifestyle determines whether or not you pull the trigger. And, you don’t have to pull the trigger! A loaded gun that is locked up cannot hurt you! This is especially true in the case of type 2 diabetes and heart disease.

Not all inherited conditions may be prevented and you should still be regularly checked for those conditions that your family has been prone to. However, even about 75% to 90% of cancer related deaths can be traced back to lifestyle. So, it’s good to remember that the risks of family history can be greatly improved by changing your lifestyle.

It’s What We Eat and What We Don’t Do

It is very important to understand how lifestyle affects your risks for developing obesity, type 2 diabetes and other debilitating conditions. It is the high-fat foods, the junk food, over-eating, stress, lack of sleep, lack of exercise and lack of sunshine that pull the trigger on your health whatever your genetics may be.

Sugar is the Fuel on Which Our Bodies Run

Our bodies run on sugar. All the carbohydrates (sugars) are used for energy so that we can function. It is like the fuel in an automobile. Without gasoline, you cannot go at all. If you forget to fill the tank, you run out of gas and must pull over to the side of the road. All starches, like potatoes, as well as sugar like fruit and candy are converted by the digestion into sugar or glucose in the blood. This sugar in the blood is taken into the cells that use it for energy. All of the cells in the body’s organs need that energy to perform any activity. This is especially true of the brain and skeletal muscles. Sugar, however, does have a problem. This problem is that it cannot get into the cells by itself. Sugar can only get into a cell through a special door or receptor. The more sugar that an organ or muscle needs, the more chemical receptors (or doors) it has. This increased number of receptors tells your body that more energy is needed. But, sugar still cannot go
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Ingredients

- 1 large can of real fruit juice [1–1 ½ qt.]
- 1 large bag of frozen fruit, any combination
- 3 heaping tbsp. cornstarch

Tags: Desserts, Soups, Diabetic Friendly, Gluten Free, Nut Free, Oil Free, Soy Free, Wheat Free, American

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Coconut Whipped Cream  Ruby’s Coconut Crispies