Restoring Your Health

Over 37% of diabetics report being physically inactive and 82% are overweight or obese. Obesity does not cause diabetes, but is a symptom of the diet and lifestyle that create diabetes.

People who aren’t willing to make the effort to control their diabetes face a bleak future. Why settle for that when diet and lifestyle changes can put you on a very different road? US Healthcare is dedicated to providing information and tools to help you take that road back to health. So, let’s look at some steps you can take – starting immediately.

We now know that diabetes is an accelerated aging process. Chronically elevated blood sugar contributes to the formation of advanced glycation end products. This results in nerve damage to blood vessels, kidneys, lenses of the eyes, and the pancreas.

“Treating” Type 2 Diabetes with Exercise

Exercise helps control high blood sugar. We do not completely understand how exercise works on blood glucose metabolism, but one thing is certain: exercise is a powerful, proven tool for clearing glucose from the blood and thus helping to control diabetes.

People with diabetes should exercise right after meals. This is when blood glucose levels are at their highest, so taking a walk or other easy exercise can be most effective at lowering excess blood sugar. Walk at least 10-15 minutes directly after each meal and you are on your way to restoring your health. In rare cases, some people have felt angina (or chest pain) when exercising right after a meal. If you experience this, wait an hour or two after your meal before exercising.

Cardiovascular exercise is extremely effective in helping you restore your insulin sensitivity. Walking and jogging are great. Swimming is excellent even if you have mobility issues or joint pain. And if you’re up to it, the very best exercise is jumping on a rebounder (a mini-trampoline) – the bonus is that you can get your workout in less time than with other types of exercise!

Reversing Type 2 Diabetes with Diet

Type 2 diabetes can be prevented. It can even be completely reversed with moderate dietary changes. This is because unlike Type 1 diabetes, Type 2 is not caused by a lack of insulin production. Instead, it is caused by the cell’s insensitivity to insulin and the inability of the insulin to transport glucose into the cells where it can be used for energy production. This disruption is caused because poor dietary choices trigger excessive production of a substance called leptin.

What is leptin? It is a hormone produced in fat cells. One of leptin’s primary roles is to tell your brain when to eat, how much to eat, and most importantly, when to stop eating. Leptin is also largely responsible for the accuracy of insulin signaling and an imbalance can cause you to become insulin resistant. This leaves you chronically tired and hungry.

Your body cells can become desensitized to insulin and to leptin if you eat a diet high in sugar-forming foods.

Eating certain foods – especially sugar and grains – creates a vicious cycle where frequent blood sugar spikes lead to chronically elevated leptin which in turn causes increased fat storage and insulin resistance. To break the cycle, get these foods out of your diet.

continued on next page
Dear Reader,

In this issue of the US Healthcare Advisor we will share with you the importance of understanding what the real problem is when it comes to your appetite, body weight and why we have a tendency to overeat.

We will discuss a powerful hormone called Leptin. Research suggests that leptin is the key to controlling appetite and telling the liver what to do with its stored glucose.

If you have Type 2 Diabetes, High blood pressure, High cholesterol, Cancer or are overweight you should limit or avoid grains. We will find out why.

The New England Journal of Medicine has acknowledged that diet and exercise can completely eliminate Type 2 diabetes. Fortunately there is hope, by adopting the time tested principles of natural living you can start to take control of your health. With some coaching and encouragement you can achieve health independence from your healthcare challenges.

We will help you, by teaching you to make natural lifestyle changes to restore and revitalize your body. You will be able to regain your health, increase your energy, sleep better and have a more positive outlook on life.

I can assure you one thing, if you choose to live according to nature’s plan, you can expect a level of health greater than any you have ever experienced.

Semper Fi,

Gary Ehler

A Leptin-Balancing Diet

Eat mostly raw, plant-based, whole foods. As your body fat begins to diminish, you replace the vicious cycle with a positive one: with less fat, less leptin is produced, and your brain once again becomes sensitive to the signal to turn off appetite and to burn fat – and as fat diminishes the cycle continues.

Get more Vitamin D. Studies have shown that the lower your vitamin D level, the higher your blood glucose. The problem is that when we get older or are obese, we get less-than-normal amounts of vitamin D from the sun. Plus, using sun-screen reduces vitamin D production by 95 percent. As our skin ages, it becomes less efficient at producing vitamin D, and excessive fat layers also inhibit its production. The Tree of Life Center recommends that people with diabetes take 800 IU of vitamin D daily.

Eliminate “bad” fats: Dr Neal Barnard’s newest book Program for Reversing Diabetes emphasizes that a diet high in fat, especially cooked animal fat (saturated fat), will increase the rate of diabetes. He believes that a low-fat diet activates the natural ability to open cells’ insulin receptors to allow glucose into the system.

Eat more “good” fats. Maintain a daily source of essential fats such as flax seed oil, Udo’s oil or krill (fish oil). Plant-source fats, such as those in almonds and walnuts, have been shown to lower cholesterol and help with the healing of diabetes.

Severely limit sugar and grains. The list of health problems associated with eating too much grain...
is a long one, including asthma, allergies, gluten intolerance, digestive disturbances, yeast infections and overeating. Here's why grains are a particular problem for people with diabetes:

Grains typically break down to sugar rapidly causing a rise in insulin and the potential for insulin resistance.

Grains contain substantial quantities of acid-forming minerals, such as phosphorus. During digestion, the body needs to neutralize the acidity of grains and does so by pulling calcium (a powerful alkaline mineral) from the bones. This often results in osteoporosis where the bones become thinner and more likely to break.

Cereals, breads, pastries, pretzels, pizza, white rice and other grain-based foods lose much of their original food value during refinement and other processing. The ratio of calories to nutritional value is poor.

So, what do we hope you take away from all this?

Bottom line, we hope you come to realize the importance of taking control of leptin. This can only be achieved by making changes in the way you eat and exercise. But if you are willing to commit to these changes, you can break the vicious cycle of hunger, fatigue and extra pounds and enjoy a new direction where you feel – and look – better than ever.

You have so much power to change your future, to actually reverse Type 2 diabetes and regain good health. Don't wait to start taking control today!

Quick Multi-Bean Soup

- 5 cups of water
- ½ cup garbanzo beans
- ½ cup baby lima beans
- ½ cup black-eyed peas
- 1 medium zucchini, sliced
- 1 cup chopped celery
- 2 cups chopped cabbage
- 1 tablespoon tomato paste
- 1 tablespoon vegetable seasoning

Put the water in a large pot and add the cooked beans and vegetables. Bring to a boil and cook for 20 minutes. Then add the tomato paste and seasoning. Cook 10 more minutes.

Celery Slaw

- 1 large bunch of celery
- 2 red bell peppers
- 3-4 tomatoes
- 4 oz. of fresh walnuts

Grate the celery and bell peppers and place in a bowl. Blend the walnuts and tomatoes in a blender and use as a dressing.

Strawberry Salsa

- 1 cup of strawberries, sliced
- 1 cup cucumbers, seeded and diced
- 1 cup tomatoes diced
- 1 cup cilantro, finely chopped
- Dash cayenne
- 1 tablespoon lime juice
- ½ teaspoon Celtic or Himalayan salt
- 1 tablespoon olive oil

Chop and dice all ingredients and toss into bowl. Serves 2.
### Don’t Just Remove Foods – Replace Them

<table>
<thead>
<tr>
<th>Remove</th>
<th>Replace</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dairy:</strong> Milk, Cheese, ice cream, whipped toppings, and non-dairy creamers.</td>
<td><strong>Dairy Alternatives:</strong> Fresh almond milk, creamy banana milk, frozen banana, strawberry, or blueberry fruit creams.</td>
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<tr>
<td><strong>Fruit:</strong> Canned and sweetened fruits, along with non-organic and sulfured dried fruits.</td>
<td><strong>Fruit:</strong> All fresh, and unsulphured organic dried fruit as well. Limit fruit to 15% of your diet to reduce natural sugar intake.</td>
</tr>
<tr>
<td><strong>Meats:</strong> Beef, pork, hamburgers, hot dogs, bacon, sausage, bologna.</td>
<td><strong>Meat Substitutes:</strong> Cooked beans, brown rice, mushrooms, millet and oats.</td>
</tr>
<tr>
<td><strong>Oils:</strong> All lard, margarine, shortening, and anything containing hydrogenated oils or trans fats.</td>
<td><strong>Oil and Fats:</strong> Extra virgin olive oil, virgin coconut oil, Udo’s oil, flaxseed oil.</td>
</tr>
<tr>
<td><strong>Nuts and Seeds:</strong> All roasted and salted seeds and nuts.</td>
<td><strong>Nuts and Seeds:</strong> sunflower seeds, walnuts, macadamia nuts, almonds, pumpkin seeds.</td>
</tr>
<tr>
<td><strong>Vegetables:</strong> All canned vegetables with added salt or preservative, or vegetables fried in oil.</td>
<td><strong>Vegetables:</strong> Mostly raw. Steamed yellow or sweet potatoes, squash, etc.</td>
</tr>
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*In the American Journal of Clinical Nutrition, The excessive animal protein creates acidity and a high phosphorus content that pulls calcium out of the bones, and therefore is a plausible explanation for why those with the highest dairy intake have the highest rates of osteoporosis.*

(Brown rice, Millet, Oats, Buckwheat, Pinto Beans, and Garbanzo beans are high-fiber complex carbohydrates that have been found to be important for the prevention and healing of diabetes)

(The best oils to use in salad dressing’s are those high in omega-3 such as walnuts, flax, and hemp, as well as sesame oil, which is high in antioxidants.)

(Most raw nuts and seeds are great for plain eating. The fats in nuts are the healthier monounsaturated and polyunsaturated fats. Monounsaturated fats, such as those in olive oil, almonds, and avocados, improve insulin sensitivity.)

Most vegetables are perfectly suited for a diet for reversing diabetes, make them the foundation of your meals
Excellent Remedies:

Yellowing Teeth: You can make a quick, at-home whitening paste using sea salt, lemon juice and baking soda. Here’s how: In a shallow cup filled with equal parts sea salt and baking soda, pour in lemon juice. Dip your toothbrush in the paste. Then, concentrating on the face of the teeth and avoiding the gums, use gentle downward strokes with this once-a-day paste. Rinse well. Not only will your teeth look brighter, they’ll feel fresher, too.

Balance Problems and Aging: The best exercise to perform in later life is to simply stand on one foot for as long as possible, and then switch to the other foot and repeat.

Easy as it sounds, this drill helps improve balance, muscle strength and flexibility—traits that are known to decline in late life when not used (and possibly cause falls).

The so-called Stork Test has also been used by researchers at the National Institute on Aging to gauge subjects rate of aging. Start at 15 seconds per foot, graduating to 15 minutes or more.

Better Blood Flow: Of all the medical uses that have been cataloged for the ancient ginkgo tree, the one that mystifies herbalists even today is that it can cure dizziness in a matter of minutes. Theory has it that because ginkgo biloba helps speed blood flow throughout the body, the brain gets a fresh blood boost as well.

This would, again in theory, nourish the parts of the brain that are temporarily short on oxygen.

Refer a Friend – Reward Yourself

Refer a friend or relative to receive the Medicare covered supplies and we will send you a free gift. It’s our way of saying Thank You!

Two good reasons why you made the right decision in making US Healthcare your Medicare provider.

WE CARE: US Healthcare will help you with your diabetic needs, whether it is supplies, or to help you outline a treatment program. Our goal is to offer cutting-edge information you would not be able to find with any other Medical Supply Company.

With your supplies, every three months you will receive The Healthcare Advisor. It will show you how to tackle this disease through lifestyle intervention, and how you can dramatically decrease your risk of the complications and other diseases associated with diabetes.

WE TRAIN: US Healthcare will provide a step-by-step program that will help you manage your blood glucose level. We will motivate and encourage you to take control of your health. We will show you fitness shortcuts. Simple meal plans that work, and much more.

As you are integrating preventive measures into your lifestyle, please take the next and most important step: tell your diabetic friends about US Healthcare. We will provide them with free information that will help them fight this disease.

IT’S EASY

1 Have your friend or relative mention your name when they call to enroll
2 If they are eligible to enroll, we’ll call you to select your free gift
3 Thank you… and enjoy your gift!

THEY CAN CALL US TOLL FREE!

1-877-521-1555

Patients must be eligible for Medicare benefits and not enrolled with a Medicare HMO.
A Safe Alternative to Sexual Performance Drugs

Vacuum Therapy Has Helped Over A Million Couples Resume A Normal Sex Life

Over 30 million men in the U.S. suffer from the common problem of impotence or erectile dysfunction.

US Healthcare can provide you with a vacuum therapy system, which is recommended by Urologists as the first, safest and most successful treatment for impotence.

ADDED BENEFIT

The Encore Vacuum Therapy System has therapeutic benefits. This system can be used as a daily exercise to prevent non-use penile atrophy. It improves penile health and restores adequate blood flow to the penis.

Do You Suffer From Back Pain?

Back pain affects 80% of Americans at some time in their lives, making it the fifth most common reason for visiting the doctor.

Back pain is our No. 2 neurological disorder, according to the National Institutes of Health. The question is “Who gets back pain?”

Back pain is more common the older we get.

Back pain is more common in people who are not fit.

Being overweight: Too much weight can stress the back and cause pain.

Heredity, a form of arthritis that affects the spine, can have a genetic component.

Injuries from sprains, fractures, accidents and falls.

The VertaLoc Pro LSO back brace can effectively treat arthritis, herniated disks, mechanical lower back pain, and more.

Medicare or your health insurance carrier covers this product. Call today toll free and see if you qualify 1-877-521-1555
Is it Time to Talk About Incontinence?

Do worries about “leakage” or other urinary concerns keep you from getting out and enjoying yourself? You’re not alone. Incontinence, urinary tract infections, and related issues account for over 8.3 million doctor visits a year.

Talking with your doctor can make a world of difference. And if your doctor recommends a treatment plan that includes catheters or products to protect against embarrassing leakage, rely on US Healthcare for everything you need:

• High-quality supplies, including Cure Medical Catheters
• Delivered discreetly to your door
• Knowledgeable staff to help with questions and insurance claims

Talk with your doctor, then give us a call. We’ll give you outstanding service and value on supplies to help you regain your freedom, confidence and quality of life!

Take Your Health to a Higher Level!

If you would like to receive additional health care advice on a regular basis, subscribe to the US Healthcare Advisor Health Tip of the week.

Fill out and return this form and we will e-mail you new information each week.

Help us so we can help you. What is your primary health interest? (Select one or two)

☐ Auto-immune Disorder – Arthritis, Lupus, Fibromyalgia
☐ Cancer ☐ Candida ☐ Depression
☐ Allergies ☐ Obesity ☐ Heart Disease
☐ Diabetes ☐ Osteoporosis

Product Information

☐ I would like more information on the Encore Vacuum Therapy System
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☐ I would like more information on the VertaLoc Pro LSO back brace

Send To: US Healthcare
60 Bridge Street
Milford, NJ 08848

1-800-408-1480

1-877-521-1555