

HERE IS YOUR CONFIDENTIAL DIABETES REPORT!

"KEEP Reading This FREE Report To Discover What Many Doctors Don't Know About Diabetes. Find Out The Truth About Your Problem And How To Get Rid Of It Once And For All... Without Drugs or Insulin!"

Inside This FREE Insider's Report, You'll Learn...

- What Many Doctors Don't Know About Diabetes!
- The Hidden Tests Most Doctors Fail To Check As The Cause Of Your Problem!
- Why Simply Taking Pills Probably Isn't A Good Idea If You Want To IMPROVE Your Blood Sugar Levels Once And For All!
- Why Only Going To Your Family Or HMO Doctor Could Lead To Years Of Misery And Frustration!
- How To Naturally And Safely IMPROVE YOUR BLOOD SUGAR LEVELS NOW! *And Much More!*

Dear Diabetes Sufferer,

First of all, congratulations on reading this FREE report! You're going to discover how to avoid years of misery and frustration – the same misery and frustration millions of Americans suffer every day

because they don't have this seldom discussed diabetes information right in front of them like you do right now!

Diabetes is a sneaky, potentially disabling epidemic that is sweeping America as we speak. Many of your family, friends, and co-workers will experience the same experience that you do because of a number of factors including misinformation and inappropriate care.

That's why this report was written...so keep reading to find out what many doctors don't know about diabetes. The truth WILL shock you!

My name is Dr. Steve Tashiro, M.S., D.C. I have lived and practiced in Colorado since 1999. I earned a Masters in Clinical Nutrition from the University of Bridgeport in 1984 and have worked over 36 years in the health care field in a variety of capacities: nutrition consultant to health professionals, clinical nutritionist, health educator and chiropractor.

I am a current/past speaker on many topics: The Science of Nutrition, Stress, Fibromyalgia, Preventing Diabetes, Brain Based Therapy, Aging Healthy, Peripheral Neuropathy/Restless Leg, Thyroid Disorders and many others.

So I'm intimately familiar with the treatment of chronic conditions using what I know about nutrition, neurology and physiology, and how to get people better without using medication.

You can see testimonials from our patients by going to www.lifechangingcare.com

I am about to reveal to you what I believe is the **ULTIMATE SOLUTION** to your diabetes.

I help diabetics every day in my practice, day in and day out. You see a large part of my practice is devoted to helping patients just like you.

Before we begin, please understand that uncontrolled diabetes can affect...

- √ Your vision! (it can cause BLINDNESS!)
- √ Loss of limbs!
- √ Kidneys!
- √ Heart and cholesterol levels!
- √ Risk factors for stroke and CANCER!

Look at these Type 2 diabetes statistics:

--- In 2007, there are a staggering 23.6 million Type 2 diabetics in the U.S.

--- 1/3 of them are UNDIAGNOSED!

--- Diabetes is the #1 cause of blindness in the U.S.!

--- Diabetes is the #1 cause of kidney failure in the U.S.!

--- 70% of diabetics have peripheral neuropathy (numbness, burning, tingling and pain in the feet and/or hands).

--- 60% of diabetics have some form of sexual dysfunction.

RISK FACTORS FOR TYPE 2 DIABETES: GET TO KNOW THESE EARLY WARNING SIGNS (3 of which you probably never expected)!

--- Family history of diabetes. If your siblings have diabetes, there is a 3 to 4X greater chance that you will too.

--- Increased risk over 45 years of age.

--- 55% are overweight with a BMI of over 25.

---- HDL (good cholesterol) under 35 ml/dL

--- Triglyceride level over 250 mg/dL

--- High blood pressure (hypertension or HTN) and they are on medications.

Reading this FREE Diabetes report may be one of the most important things you've read this year. Why? Because finally, **an authority on diabetes** is breaking his silence and revealing the shocking truth about this problem that most doctors don't know! The information in this report is vital if you want to avoid years of increasing misery, and frustration. So please read this report from beginning to end. It may end up saving your life as you know it right now!

You see, what's so dangerous about diabetes is that it's not an injury like a broken bone or a cut or scrape. Diabetes usually comes on slowly. You don't notice it at first, or maybe you just brush off the initial symptoms such as frequent thirst or urination... thinking it's nothing, and then it slowly builds and builds. You may start feeling numbness and tingling in your extremities and you may become more irritable.

And then one day, you realize you just aren't the same person you used to be. And that's when you go to your family doctor to get checked out.

Most doctors do great with general medicine. If you have an ear infection or a severe cold, medical science **can do wonders!** But when it comes to a condition like **Diabetes**, many doctors simply run a fasting blood test, find out that your blood sugar is high and give you a medication (or put you on insulin if your blood sugar level is really high) **BUT they never perform a full battery of tests to get to the very cause of your diabetes!**

THAT'S RIGHT! MOST DOCTORS DON'T RUN ENOUGH TESTS TO GET DOWN TO THE NITTY-GRITTY OF WHAT IS CAUSING YOUR BLOOD SUGAR TO INCREASE EVEN ON MEDICATIONS!

Do you know that there are certain medications increase blood sugar levels?

High blood pressure medications such as Atenolol (Tenormin), Cartrol, Lopressor, and Inderal INCREASE blood sugar levels.

Don't misunderstand me, I am NOT saying to stop taking your HTN medications, I am just giving you the facts!

Did you know that Alzheimer's disease is sometimes referred to as "diabetes of the brain?"

Here is what a recent study found...

Insulin resistant people with type 2 diabetes are more likely to develop plaques in the brain which are associated with Alzheimer's disease.

A study looked at 135 elderly participants who were monitored for signs of Alzheimer's disease for 10 to 15 years.

After they died, researchers conducted autopsies on their brains and that those who had high blood sugar levels while they were alive also tended to have the plaques.

According to Reuters:

"Twenty-one participants, or 16 percent, developed Alzheimer's disease before they died and plaques were found in all of their brains. But the autopsies also found plaques in other participants who had abnormally high blood sugar levels.

Plaques were found in 72 percent of people with insulin resistance and 62 percent of those with no indication of insulin resistance, the researchers wrote.

"The point is that insulin resistance may possibly accelerate plaque pathology (development)," Sasaki wrote."

DO YOU KNOW THE EFFECTS OF INSULIN?

The cells of your body, all 100 trillion of them, need glucose to make energy (aka ATP). In times of stress, your brain tells your pancreas to release insulin. Insulin tells the cells of your body to open up so that glucose can enter but people with blood sugar issues have insulin resistance. Their cells are resistant to insulin. Slowly, sugar piles up in the body (increased blood sugar or glucose levels) and then you will start to suffer from symptoms such as dry mouth, frequent urination, thirst, fatigue, unexplained weight loss, blurred vision, headaches, sexual dysfunction and itchy skin.

Here is the VICIOUS cycle of Type 2 Diabetes...

1: Cells slowly become resistant to insulin over time.

2: Sugar piles up.

3: Excess sugar causes inflammation and swelling that crushes nerves and eventually kills off the pancreas.

4: The stress hormone, cortisol, increases and the cycle starts all over again.

Diabetes is a tricky condition. You see, your diabetes can have a number of causes, and some of those causes aren't even in the area of where you might expect them to be located!! Your **adrenal glands** sit right above your kidneys and they are your “stress” glands..they play a HUGE role in your diabetes! Your **thyroid gland** controls your body metabolism and it plays a HUGE role in your diabetes! Many doctors DO NOT take the function of these organs into consideration when addressing your diabetes!!!

DON'T GET ME WRONG: I AM NOT SAYING TO NOT SEE YOUR FAMILY DOCTOR, CONTINUE WITH HIS OR HER CARE AND FOLLOW THEIR RECOMMENDATIONS...I AM SAYING THAT MORE TESTING NEEDS TO BE DONE!!!

PLEASE DON'T MISUNDERSTAND ME...I AM ALSO NOT TELLING YOU TO STOP TAKING ANY MEDICATIONS! DO NOT STOP ANY CURRENT MEDICATIONS THAT YOU ARE TAKING! PERIOD!!!

With that being said...Here Are The Dark Secrets...

The main problem with the treatments some doctors prescribe for diabetes is that they never go to the root of the problem, they only focus on the *symptoms*. *That is all well and good but there is more...much more...*

If you are taking pills so you can get through a day of work, then you are probably making your problem worse because you've sabotaged your body's only means of keeping you healthy. Obviously, this form of treatment is not a permanent fix – no matter how many pills you take, you'll never get completely better!

OK, so you've done the pills and they don't seem to be working. What's next?

Typically, insulin injections.

The problem is...insulin at high levels can cause a host of side effects like...

Weight gain

Increased Blood Pressure

Cardiovascular disease

Increased risk of cancer

Increased risk of stroke

All diabetic medications are simply treating the symptom of high blood sugar, while your disease continues to progress to the possible reality of insulin therapy.

It's not that your body is lacking the hormone insulin...**The problem for the majority of diabetics is that insulin resistance has set in...**this basically means that your body has lost the ability to utilize insulin appropriately.

What sense then does it make to continue to bombard the body with something it no longer recognizes and can no longer process? Especially when that substance (insulin) may be harmful to your health and more than likely will cause your disease to progress.

The definition of diabetes according to the American Diabetes Association is two fasting blood tests with a blood glucose level of 127 or higher. 100 to 126 is termed "pre-diabetes" or insulin resistance and anything below 85 is hypo-glycemia. So your **IDEAL** blood sugar or blood glucose level should be 85 to 99. You see, there are "lab normals" and functional or optimal normals. This is why many times the patient's lab tests will be "normal" but they still feel horrible!

HgbA1C FINALLY EXPLAINED SO YOU CAN UNDERSTAND IT...

HgbA1C is considered the “best” marker of blood sugar level by many doctors. Sugar is sticky both outside of the body AND inside of the body. Red blood cells float around in the body for 3 months before they die off. We can measure how much sugar the red blood cells have picked up by testing HgbA1C.

THINK FOR A MINUTE!

Imagine how life would be if you no longer needed the drugs...

Imagine how life would be if you no longer had to inject yourself with insulin...

Imagine if you had the energy to exercise and lose the diabetic weight...

Imagine what life would be like without having to get up constantly throughout the night to use the restroom...

Imagine what life would be like without living in constant fear of the devastating effects of this disease...

Let's start with what makes my office completely DIFFERENT from any doctor that you have seen up to now...

#1: COMPLETE NEUROLOGIC TESTING WITH EWOT (Exercise with Oxygen Therapy):

OXYGEN... your brain and nervous system need TWO things to survive: FUEL and ACTIVATION. Activation comes from the treatments that are

listed below. Fuel comes in the form of OXYGEN and glucose. You get the glucose from the food that you eat, which is why it is important to eat a healthy diet. **AS YOU AGE, YOUR ABILITY TO UTILIZE OXYGEN DECREASES.** One of our treatments is to give patients oxygen to increase their body's fuel delivery system. It's called EWOT or Exercise with Oxygen Therapy and it's like gas in the car... if you don't have any gas in the car, you are not going anywhere. If you don't have oxygen available for your brain and nervous system, most likely, no treatment will work!

UNILATERAL ADJUSTING... the right brain controls the left side of the body and the left brain controls the right side. If there is a decrease of firing or impulses in one side of the brain, I ONLY WANT TO ADJUST YOU ON THE OPPOSITE SIDE. Makes sense, doesn't it? Also, I WILL ONLY USE VERY LIGHT ADJUSTING SO YOU WILL NOT GET WORSE! Have you ever had an adjustment and felt worse afterward? It is because the adjustment was TOO MUCH for your nervous system. It over-stimulated, or (get ready for another \$3 term that neurologists use) it "exceeded metabolic capacity."

AUDITORY STIMULATION... listening to sound in one ear will stimulate the opposite side of the brain and increase impulses.

OLFACTORY STIMULATION... smelling different scents will stimulate the brain. Your sight, sound, taste, and touch all travel through a sensory area of your brain called the thalamus. **SMELL GOES DIRECTLY TO THE BRAIN.**

CALORICS... warm water in the ear will stimulate the semicircular canals in your ear and fire the vestibular nerve back to your cerebellum. The cerebellum fires to the brain, the brain fires to the lower brainstem (ponto-medullary region), and your lower brainstem slows down the upper brainstem (mesencephalon).

#2: COMPLETE AND THOROUGH METABOLIC TESTING:

1. AUTOIMMUNE DISORDER: Has your doctor specifically checked you for an autoimmune disorder? Autoimmune means that your immune system is attacking one or more parts of your body. There are two parts to your immune system, TH1 and TH2.

The first part, called our "T"-Helper 1 System (TH-1 System), is our immediate immune response system. It is responsible for an immediate attack against foreign invaders like bacteria viruses, mold, fungi, or parasites. The cells involved in the TH-1 system are called macrophages, natural killer cells, and cytotoxic T- Cells. It is our front-line defense.

The other part of our immune system is our T-Helper 2 (TH-2) system. It involves the production of antibodies to "tag" onto invaders so our TH-1 system can more easily destroy the invaders. It is our B cells that are responsible for producing the antibodies.

The balance between these two sides of our immune system is very important to look at with many diabetic patients. IF one of these parts is dominant, you could have an autoimmune disorder. An autoimmune disorder is where your immune system is attacking your body and it could be causing your diabetes. For example, you could have an autoimmune disorder in which your immune system is attacking your pancreas and this is why you have increased blood sugar levels.

(PLEASE NOTE: AUTOIMMUNE CONDITIONS TRUMP EVERYTHING THAT I HAVE LISTED BELOW...IT MUST BE HANDLED FIRST AND FOREMOST OR YOU WILL NEVER GET COMPLETELY BETTER!)

2. FIVE FOODS THAT MAY BE HURTING YOU: Has your doctor specifically checked you for any food sensitivities that could increase your blood sugar levels? **Each time that you eat a**

food that you are sensitive to such as gluten (wheat, barley, rye, and oats), dairy, eggs, soy or yeast, it can INCREASE your blood sugar levels. THESE 5 FOODS COULD BE SLOWLY KILLING YOU AND YOU DON'T EVEN KNOW IT BECAUSE YOU HAVE NOT BEEN TESTED! This could be why even though you are taking medications and exercising, you blood sugar levels keep increasing!

3. THYROID: Has your doctor run a COMPLETE thyroid panel? Your thyroid CONTROLS your body metabolism so if you suffer from diabetes...IT MUST BE THOROUGHLY CHECKED! I not talking about an simple test for TSH (Thyroid Stimulating Hormone), I am talking about the COMPLETE BATTERY OF **THYROID TESTS which includes Total T4 (TT4), Free T4 (FT4), Free T3, Free Thyroxine Index (FTI), Resin T3 Uptake, Reverse T3, Thyroid Binding Globulin and the thyroid antibodies...TPO and TGB!** Your THYROID is EXTREMELY important and needs to be checked! Did you know that many doctors consider TSH levels from .35 to 5.0 to be “normal.” Optimal or “functional” TSH levels should be 1.8 to 3.0. What is YOUR TSH level? If it is not 1.8 to 3.0, have you had the FULL battery of thyroid tests? Has it ever been checked? If not...WHY?
4. ADRENAL GLANDS: Has your doctor checked your **adrenal glands?** Your adrenal glands are your “stress” glands and they are JUST AS IMPORTANT as your pancreas in treating your diabetes!!! An ASI (Adrenal Stress Index) needs to be run on you which will check your cortisol levels at 8 am, noon, 4 pm and 10 pm.
5. ANEMIAS: Has your doctor checked you for blood disorders such as anemias??? Anemia simply means you ARE NOT going to get oxygen to your tissues. There are different kinds of

anemias such as iron, B12, Folic acid etc. And we can test for each one. Anemia is very important to find and correct. Without oxygen available for your brain and nervous system, most likely, no treatment will work! No supplement will work. No nutritional program will work.

6. If you are male have you ever been evaluated for Andropause?
7. If you are female has your doctor ever ordered an expanded female hormone panel?
8. If you are female and post-menopausal has your doctor ever assessed your risk factors for developing uterine or breast cancer?

HORMONE LEVELS ARE VERY IMPORTANT IN CONTROLLING DIABETES!!!!

If you answered “NO” to any or all of these questions then there is a good chance that your diabetes is not being managed properly!!!

THESE TESTS NEED TO BE RUN ON YOU TO GET TO THE BOTTOM OF YOUR DIABETIC CONDITION!!! Anything less means that you are in for years of misery!

"How Will I Know That My Body Is Improving? Will This Work For Me?"

It's ALL about re-testing. That's how you and I will both know if you are improving and if our treatment is working. Our action plan is...test, treat and re-test.

We can't spend all of this time and effort getting to the root of your problem and then just hope that our treatment protocols made the changes. We have to measure, and if necessary, change our treatment, and measure again. Not that you won't be feeling

better as we make these changes, but we have to measure our change so we keep moving toward the goals we set together.

It takes time to make these changes because of the test, treat, re-test scenario. **Our job is to get to the root of your problem and correct it.**

The reason you are reading this report and you have not been helped is because no one was willing to sit down and listen to you, no one was willing to take the time to understand your problem, no one has done a thorough workup on you, and no one has take the time necessary to make changes.

"What If It Doesn't Work For Me?"

I will be right up front with you, the number one factor that determines success and failure with a case, is how closely the patient follows our care recommendations. If you do the things that I prescribe, then you are going to go down the road you have been wanting, probably for a long time, which is...moving toward "normal" again.

You are reading this because you are one of the smart few who wants to take control of your health, and do what it takes to help your body. Nothing else matters when you lose your health. I love working with patients like you because you are willing to sit here and learn about your problem, and listen, and make the changes necessary to get your health back on track. To get back to the business of living the good life again.

What About Cost?

The cost of our initial review of your case and consultation is \$198 (but if you schedule your case review within 2 weeks of requesting this report the fee will only be \$39. You will receive 2 visits.) As we discussed, our protocols steps out of the "medical box" so we can do what is necessary, and take the time necessary, to help YOU. Until we know the specifics of your case, what labs we need to run, and how long we anticipate it taking to make the functional changes we need, there is no way to say what the cost is going to be.

Just rest assured that I am on your side. My job is to work with YOU, to help you improve your condition. My job is to deal with all of the specifics of your case, listen to you, and work with you to make the proper functional changes.

Everything can be done in steps. The first step is a case review and consultation so we can get to specifics.

We have financing available through our office, and many different payment options to help out-of-pocket expenses have a very minimal impact on your financial situation. We can make it work.

Your main concern should be on getting well and feeling better again. You have the rest of your life in this body, and you can be energetic, healthy, and enjoy it, or suffer with your current symptoms. **The best choice is to get to the cause of your problem!**

You can be one of the fortunate few who get the proper support and management and live well OR you can continue feeling like you do now. The choice is yours...but the correct option is staring right at you. It's here. I believe you know in your "gut" that this is what you need to do.

"I'm Ready To Get On Track, and Start Feeling Good Again, What Do I Do?"

At this point you should realize that your condition has not been managed in the most optimal way, and your current medication or therapy protocol is not going to get you where you want to go. You really should be asking, "How can I get this type of functional support approach? How can I get the kind of management you describe?"

"How Does Consulting With Your Office Work?"

Every new client we work with begins with a case review and consultation like I spoke of previously. There is *only* a **\$39 charge** to find out if I can help you IF you call now. When you schedule your case review and consultation, we will send you our comprehensive case history and dietary & nutritional questionnaire. This will allow us to learn everything about your case and your history. We will need you to send us all of your lab tests that you have had done by other doctors.

We will have you fax or mail both of the questionnaires and the previous labs to our office, prior to your scheduled consultation. This allows us to have adequate time to review your case prior to your scheduled phone appointment. **This makes our time together extremely efficient and productive for you.**

During that consultation we are going to thoroughly discuss your case and talk about the dietary, lifestyle, and supplemental changes **we can make immediately to make a positive impact on your condition.**

We are also going to discuss the specific lab tests that will give us the specific information needed to uncover the mechanisms (causes) of your condition. We will direct you to the proper labs locally and have the results sent back to us. Most tests are done via a home collection kit so we will just send you whatever we determine is needed. For labs that require a blood draw we use a company called Lab Corp.

After we direct you to the appropriate labs we will usually receive your results in 2 to 4 weeks. At that time, we will have a follow-up consultation to review the results. Then, we will **make very specific lifestyle, nutrition, and supplemental changes according to the results of YOUR labs, custom tailored to your exact needs.**

How we continue our relationship after our initial consultation and follow-up appoint is completely up to you. After we have completed our initial consultation, and made our initial set of treatment recommendations we will decide on our next step.

Usually we will prescribe to you a series of diet, lifestyle, and supplemental changes, and then schedule another consultation in the future. This will allow us to review your progress, review your most recent lab findings, and move onto the next phase of care.

"What do I mean by the next phase of care?"

When we are working in the functional model (looking at the mechanisms for dysfunction) there is usually a logical progression of changes that we have to make in order to improve your condition. We may identify three imbalances, let's call them A, B, and C. Your particular case may require correcting imbalance B before we can be effective with A and C. For example, you may have an autoimmune condition and we need to correct the autoimmune condition before we can correct other conditions.

This is an advantage to you!

What usually happens is a practitioner will ONLY look at imbalance C, because it's their "specialty", and after two or three attempts to support that imbalance they will give up with no results achieved. Had the "specialist" looked at the big picture and had done specific lab findings like we do, they would have known that imbalance B was the area that must be corrected before they ever had a chance to fix imbalance A or C.

We can work together to truly improve your condition. Just remember that this work takes time and we are going to take the necessary steps to help you reach your goals.

Initial Consultation with Steve Tashiro, M.S., D.C.,
- \$198 (**ONLY \$39.....NOW**)

"What Is Included In These 2-Visits?"

- 1. A consultation with me, Steve Tashiro, M.S., D.C. to discuss your problems and concerns.**
- 2. A complete case history, including dietary and nutrition questionnaires.**
- 3. A review and in-depth evaluation of your medical records and lab tests..... We'll go over them with a fine-tooth comb.**
4. We are going to determine whether you have had the appropriate lab tests done, and make a decision of what further testing is required.
5. A neurological evaluation.

6. At visit #2, we'll tell you if you're a good candidate for our program and if so, give you our treatment recommendations and costs.

If you are sick and tired of living with your symptoms and slowly watching them get worse over time... If you would like to take a natural and functional approach to help and enhance your health and feel great again..... then call us at 303-9885-5540 and schedule your 2-visit Complete Case Review and Consultation. We will get you scheduled and send out our new patient history and questionnaires. Our offer includes the review of your history, review of past medical records, our consultation, and treatment recommendations.

DON'T continue feeling bad for another day, when the potential answer to your SUFFERING is here, right in front of you. How would you feel, finding out years from now that the answer to your problem was right in front of your face all along...and you let it slip through your fingers! You won't regret it.

At this point, ask yourself the following questions:

#1: How have your diabetic symptoms affected your job, relationships, finances, family, or other activities?

#2: What has it cost you in time, money, happiness, sleep?

#3: Where do you picture yourself in the next one to three years if your diabetic problem is not taken care of?

#4: What is it worth to you if we could improve your condition?

**NOW, IMAGINE YOUR LIFE WITHOUT DIABETIC SYMPTOMS!
THINK OF FEELING LIKE YOURSELF AGAIN, AND DOING ALL
OF THE ACTIVITIES AND THINGS THAT YOU USED TO DO.**

Here's What To Do Next...

Call my office at **303-985-5540** and tell my staff that you are interested in setting up a **Consultation for only \$39** to discuss alternative treatments for your diabetes condition with me, Dr. Steve Tashiro.

Our office is located at 12051 W. Alameda Pkwy., Unit D4 in Lakewood, CO, Market Square/King Soopers Shopping Center.

Yours in Health,

Dr. Steve Tashiro, M.S., D.C.
Doctor of Chiropractic & Nutritionist

Disclaimer: This Free Report is for informational purposes only. We do not claim to treat or heal any specific disease. The information here is not designed to diagnose or treat any problem and is *not* designed to substitute for professional and individualized health advice. Please do not stop or start taking prescription medication without the advice of your prescribing doctor, as this can be very dangerous to your health. (You should always consult your prescribing doctor regarding prescription drugs.) We at HealthSource of Lakewood focus on improving your health and the imbalances that are affecting you. We do not declare to be better than any other provider, just very *different* in our approach and treatment. **(Different approaches lead to different results.)**