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Greetings!

We hope that the approaching holiday season is filled with joyful celebrations with your family and friends. Many of these celebrations will no doubt include food, while in the case of Thanksgiving the main point of the celebration is giving thanks for the bounty afforded to us as represented by the feast of food. This can be a difficult and challenging time of year for those who are on restricted diets for health reasons. This time of year can also make it difficult to maintain important routines like exercise regimens. However, when taken in the spirit of the season, we can give thanks for having become aware of dangerous health conditions and warning signs, and for having committed to certain regimens and lifestyle changes in time to avoid potentially catastrophic consequences.

[The six week program](#) of Cardio Renew, which we recommend to first time customers, is one such commitment to a regimen. If you have recently ordered Cardio Renew for the first time or if you are repeating the six week program, it is important to follow the dosage instructions for optimal results. Read carefully the instruction brochure that accompanied your order. There are recommendations regarding the consumption of food, alcoholic beverages and over the counter and prescription medications. When taken properly and coupled with a healthy diet and exercise routine, we are confident that Cardio Renew will restore your good health.

This message is sent to you with wishes of peace, health and happiness. It is intended as a reminder of the virtues of moderation and commitment. It is not intended in a way that would dampen your appreciation of the holiday season, but rather to enhance it with a message of support and encouragement in regards to the positive lifestyle changes that you have made and your commitment to beneficial regimens. If our message is effective, your New Year's resolutions will have nothing to do with committing to new or fad diets, or with addressing the overall state of your heart health!

Wishing You Good Health and Vitality,
The Cardio Renew Team

P.S. As always, we value your feedback, so please feel free to send any questions or comments to:
newsletter@cardiorenew.com

Feature Health Topic



How Much do You Know About Diabetes?

Someone, somewhere in the United States is diagnosed with diabetes every 20 seconds. So why is it that as a nation, we know so little about this disease? It's time to take a proactive stance on this potentially fatal disease.

In a recent study completed by the American Diabetes Association (ADA), Americans scored a 51% in their knowledge of the causes and effects of diabetes. Many people associate diabetes with high sugar intake or obesity which is a common misconception. Type 1 Diabetes has nothing to do with overeating, overindulgence, or a non-active lifestyle. People with Type 1 diabetes have a body that does not produce enough insulin on its own. This form accounts for only 5-10% of all diabetics. Whereas Type 2 Diabetes can be associated with an unhealthy lifestyle, it can also be a direct result of genetics or other factors. Uncontrollable life instances such as ethnicity, age, and family history play a direct role in your increased

susceptibility of diabetes. High sugar intake does not result in diabetes of any kind.

Being unhealthy-either overweight or inactive-does not mean you are guaranteed to get diabetes someday, another common misconception. Diabetes can happen to anyone and not always does it happen to those at high risk. We have no real knowledge of why it occurs in one person and not in another. To rephrase this, doctors cannot say that one will for surely get diabetes and say that another person will not. Watching for symptoms and living a healthy lifestyle is important to warding off this deadly disease. Also it is important to increase your knowledge so that you are aware of the effects diabetes can have on your life or the lives of your loved ones if it does occur.

This is not to say that obesity does not lead to diabetes. Living an unhealthy lifestyle (i.e. smoking, overindulgence, and inactivity) can be a direct result to this deadly disease. It is important to eat healthy and to consider portion control in every meal. Meals high in whole grains, vegetables and fruit are as important for diabetics as they are for everyone else. Exercising daily is also important, doing simple things like dancing with your kids, parking far away from the entrance, or taking the stairs instead of an elevator can greatly increase your physical activity. Every little bit counts and grooving your body everyday can be fun rather than a chore. Another form of diabetes is Gestational Diabetes which occurs in about 4% of all pregnancies. Gestational diabetes does not necessarily mean you previously had diabetes or that you will have it once your pregnancy is over. However, for women diagnosed with this disease, managing your glucose levels during pregnancy is extremely important to keep both mother and baby healthy.

Typical initial diabetic symptoms include increased thirst and urination, increased hunger, blurred vision, and tingling in the hands and feet. Getting a yearly physical greatly increases your ability to manage this disease if you get it and potentially wards off the disease if you do not have it.

Diabetes causes more deaths than AIDS and breast cancer combined, yet we know so little about it. 2 out of 3 people with diabetes will die from heart disease related issues or a stroke as a direct result of having this disease. With increased awareness as a nation, we could reduce the statistics and fatalities attributed to diabetes.

Do your part! Visit the ADA's Stop Diabetes campaign website. In just 24 hours, 4,320 people will be diagnosed with diabetes. It's time to step up and actively fight this deadly disease. To learn more, visit the American Diabetes Association.

You can also try Cardio Renew's 6 week oral chelation therapy program to help with the conditions that occur with diabetes. We believe our product can truly help you and back it up with a no risk, money back guarantee. Try oral chelation therapy today to increase blood flow in your body which provides oxygen and rich nutrients to your internal organs. Oral chelation therapy relieves your body of toxicities and heavy metals, increasing your heart functionality. For more information, contact us! Our qualified customer service representatives will answer all of your questions.

About Cardio Renew



Cardio Renew Inc. is a family owned and operated company located in Minnesota. Cardio Renew was developed to offer you safe, effective and economical oral liquid EDTA chelation programs. Our #1 goal is to provide you quality products at

an affordable price, while supplying the great customer service that you need and deserve. Here are a few items that we feel are important to the success of your oral chelation program:

- **Quality Product**-We purchase our products in liquid form and have our formulas blended, bottled, labeled and tamper-evident sealed at a professional manufacturing facility. This ensures you receive consistent, high quality products that provide safe and effective chelation therapies.
- **Customer Service**-Our goal is to answer e-mails, return phone calls and ship orders within 1 business day. Most times within a few hours or less.
- **Best Value**-Because Cardio Renew is a family based business, we keep our overhead and operating costs at a minimum. We do not promote sales, discounts or specials. We offer the best price to everyone, all year.
- **No Multi-Level Marketing**-We know that this not only raises the cost of products, but also takes away from the quality of customer service that you receive. We believe in helping our customers, not just making a sale.
- **Honesty**-We will always be truthful with our customers. We don't believe in scare tactics or deceptive marketing practices. We are an honest company, that takes pride in selling quality products, at an affordable price.

We believe in our products and programs and sincerely care about our customers. We truly feel that Cardio Renew can improve your health and therefore the quality of your life.

Top 10 Holiday Diet Tips of All Time

Holidays bring family and friends together to celebrate traditions and spread good cheer. They also bring lots of opportunities for socializing, eating, and drinking. Even the most disciplined people struggle with temptation during the holiday season. To navigate the party landmines with your healthy diet intact, you need a strategy. Experts agree: Having a plan in place will help you handle night after night of eating and drinking. "Think of your appetite as an expense account, and figure out how much you want to spend on drinks, appetizers, entrees, and dessert," advises Michelle May, MD, author of *Am I Hungry? What to Do When Diets Don't Work*. She suggests giving yourself permission to enjoy your favorite foods -- in sensible portions. To help you survive the seasonal parties without packing on the pounds, WebMD consulted diet gurus across the country for their best holiday diet tips. Here are their top 10 recommendations:

- Trim back the trimmings. Go all out and deck the halls with boughs of holly, glitter, and lights, but when it comes to holiday food, accessorize with care. To shave calories, go easy when adding nuts, cheese, cream sauces, gravy, butter, and whipped cream -- additions that don't add much to the meal, but can add plenty to your waistline. Trim calories wherever you can so you leave the party feeling satisfied, but not stuffed, recommends Carolyn O'Neil, MS, RD, author of *The Dish on Eating Healthy and Being Fabulous*.
- Wear snug clothes and keep one hand busy. When you wear snug-fitting attire, chances are you'll be too busy holding in your stomach to overeat. While you stand around looking posh in your holiday finery, hold a drink in your dominant hand so it won't be so easy to grab food, recommends obesity expert Cathy Nonas, MS, RD.
- Chew gum. When you don't want to eat, pop a piece of sugarless gum into your mouth. This works well when you're cooking or when you're trying not to dive into the buffet, says Nonas.
- Be a food snob. If you don't love it, don't eat it, says American Dietetic Association spokeswoman Melinda Johnson, MS, RD. Scan the buffet for foods you truly treasure and skip the everyday dishes that are available all year long. And don't think it's your responsibility to sample everything on the buffet. Go ahead and indulge in your personal holiday favorites, then find a seat and, slowly and mindfully, savor every mouthful.
- No skipping meals. Always eat normally on the day of a party. "People who skip meals to save up calories tend to overeat everything in sight once they get there," says Katherine Tallmadge, MA, RD, author of *Diet Simple*. "Eating sensibly throughout the day will take the edge off the appetite and empower a bit of restraint." Start with a

nourishing breakfast, have a light lunch, then a small snack or salad shortly before the event.

- Check it out. First things first. When you arrive at the party, grab a sparkling water with a twist, and wait at least 30 minutes before eating. This will give you time to relax, get comfortable in your surroundings, and survey your food choices on the buffet before diving in, says Tallmadge. A buffet is an invitation to eat all you can, and unless you carefully scrutinize it and make wise choices, you're likely to overeat.
- Add fun and games. Cynthia Sass, MPH, MA, RD, co-author of *Your Diet Is Driving Me Crazy*, proposes taking the focus off food and getting family and friends more active during holiday parties. Think horseshoes, badminton, sledding, ice skating, or building snowmen. Indoors, try a spirited game of charades, or rent an instructional dance video followed by a dance-off. "The best parties include dancing, so why not make dancing after eating a new holiday tradition for a great form of fun and recreation?" asks David Katz, MD, MPH, author of *The Flavor Point Diet*.
- Alternate alcohol with nonalcoholic beverages. Alcoholic drinks are loaded with calories -- especially holiday favorites like eggnog. "Cut your alcohol calories in half by alternating water or seltzer between alcoholic beverages," Katz advises.
- Skip the appetizers. "Eschew the appetizers rather than chewing on them," says Katz. If you need a little nibble before the meal, go for the veggies, fruit, salsa, or a small handful of nuts.
- Limit the variety. Brian Wansink, PhD, author of *Mindless Eating*, suggests putting only two items on your plate when you go to the food table. Return as many times as you like, but only take two items each time. "Variety stimulates appetite, and if you limit your choices to just a few items and stick with these, it will be easier to control than eating a little bit of 20 different dishes," agrees Katz.