

Dump Sugar, Eat Fat and Cure Diabetes?

More than 26 million Americans suffer from diabetes. That's 10 times the number from just 50 years ago.

But even with diets filled with sugar and soaring obesity rates, there is hope. Some people are reversing their Type II diabetes, getting off their medications, and feeling great.

This report focuses on Type II diabetes, which represents 90 to 95 percent of all diabetes cases.

Like millions of Americans, Janet Huffstetler felt diabetes was ruining her life. Then she changed her diet.

"I will tell you I have never felt so good," she said. "I think having my body free of sugar and carbs and processed chemicals has made such a difference in how I approach everything. I am just an entirely different person."

It's a far cry from the fear she felt eight years ago when doctors first diagnosed her with diabetes. She had seen what the disease did to her uncle.

"He ended up on full dialysis and blind," she recalled. "He also had coronary bypass surgery. They had started talking about amputation, but he died."

Diabetes is when you have too much sugar in your bloodstream. The standard treatment is largely medication.

More Meds, More Problems

Huffstetler's first doctor put her on medication that led to weight gain and depression.

"[It] kind of made me feel sluggish, it made me dizzy, it made

me lethargic," she recalled. "It was very hard to get motivated to do anything I should have been doing, more exercise and everything."

Daily life became a series of finger sticks, constantly monitoring her blood sugar levels.

"I was doing it four times a day, and they would tell you 'You have to do it on this side, so you can do it on that side the next time.' And your fingers became very sore," she said. "And I work at a computer and it's not fun."

Believing there had to be a better way, she changed doctors.

"I came home and Googled and Dr. Westman's name kept coming up. And I was fortunate enough to get in to see him within a month, which, I must have called and gotten an immediate cancellation," she said.

Diet-Only Approach

That appointment sent her to the nationally recognized Duke Lifestyle Medicine Clinic led by Dr. Eric Westman. He helped reverse Huffstetler's diabetes through his diet-only approach.

"Diabetes and obesity is complicated," Westman explained. "There are lots of factors that are involved, but most experts agree that it's the foods and the beverages that people eat that are the major cause for diabetes and obesity in the U.S., and so that should be the major focus of treatment."

Instead of treating the sugar in his patients' blood with medicine, Westman instructs them to eliminate their sugar intake.

Westman said he gets diabetes patients who are unhappy with the treatment they've received thus far.

"I took someone off 180 units of insulin for their diabetes in two days. And this is not unusual," he told CBN News. "This

individual was on diabetes medicine, injectable insulin, for 10 years. And just by changing the foods that person no longer needs insulin in two days.”

“And that’s because the insulin was treating the sugar in the foods that the person was eating,” he continued. “In that case the individual was drinking two liters of sugar-sweetened beverage every day and taking insulin to treat the sugar-sweetened beverage.

“Now this could be sweet tea in the South, orange juice in the North, any beverage that has sugar in it, this was raising the blood sugar,” Westman explained.

“And the doctor, the clinical doctors, put him on insulin without addressing the food component, the cause from the foods,” he said. “I instructed him to take away all the sugars, the starches in the foods and in the drinks. He never needed insulin again. It’s pretty amazing.”

Westman said his program is tremendously successful for the patients who do it.

A Success Story

Susan Hollowell did it and went from spending \$400 a month on diabetes drugs down to zero.

“I was insulin-dependent, five injections a day,” she recalled. “The third day of my diet my blood sugar dropped to 150 and I asked Dr. Westman, ‘What should I do about my insulin?’ I didn’t want to go over. And he said, ‘Get off of it.’”

Three months later she was 20 pounds lighter and had more energy than before.

“I wasn’t involved in any clubs or organizations, didn’t want to go to church very often, and now that’s not the case,” she said.

Managing Sugar Withdrawals

Westman admitted it's not easy for some people to give up sugar.

"There's a feed-forward, a drive that comes from eating sugar, that eating sugar makes you want to eat more sugar," he explained.

So his patients use artificial sweeteners to manage their withdrawal symptoms. Huffstetler remembers how she did it.

"When I first started, the little individual sugar-free Jello things, I would come and put whip cream on it; it would take care of the sweet," Huffstetler recalled.

"Now I was so amazed with this program," she said. "After a while you don't crave those things any more. You don't want it. When I have family dinners I have to really work on thinking about dessert for Thanksgiving or whatever because my mind just doesn't go there anymore."

In addition to sugar, Westman's diabetes diet also limits starches, like bread, pasta, and rice, because they also raise your blood sugar.

Butter and Oil, It's All Good!

Surprisingly, the diet allows patients to eat fats: the unsaturated kind like olive oil and avocados, and saturated fat like coconut oil and butter.

Although this diet might sound revolutionary, it's actually a throwback. If you notice, old medical textbooks dating back to the years before insulin was discovered, advised physicians to put their diabetic patients on a low carbohydrate, high fat diet."

Westman tells his patients not to worry about eating saturated fat because he says the latest science reveals it does not

cause heart disease.

“So now we’re in a phase of education, trying to get the word out about the cholesterol in the blood and the arteries and all that, do not get adversely affected by a high fat diet,” he said.

So to avoid diabetes, or reverse it, put the brakes on sugar and starch. It’s not always easy but well worth the effort.

For the original article, visit .

Overcome the Comparison Monster

I have a monster in my house—and the monster is me!

I opened the door to the sitter’s home and found two children smiling sweetly and talking barely above a whisper. Their halos were brighter than normal. Then my little one runs inside and without any hesitation jumps off the couch! She was ready to play—I mean chase, hide, or jump off anything that could be dangerous.

I immediately thought, *Why doesn’t my kid like to sit quietly reading or sweetly singing to her dolls?* Conviction set in when I began the comparison trap. The little green monster of envy I thought I had rooted out years ago reared her ugly head.

For me, the cycle of envy reaches far beyond my kids’ behavior all the way to the very working of my soul. What about you? How often have you measured your mothering skills to the mothers around you? How about when you start comparing the

skills you carry to the ability of those in the spotlight around you or in your sphere of influence—or to the pastor's wife down the street?

Ecclesiastes 4:4 says, "And I saw that all toil and all achievement spring from one person's envy of another" (NIV). I am tired of all the toil, aren't you?

Romans 2:4 says God's kindness leads to repentance.

Ultimately, His kindness was His definitive movement to come serve humanity by His sacrifice. We have the most consequential, momentous opportunities as ministry wives to serve others. Amazingly, as we serve others, we allow His kindness to encircle us.

We must exemplify the kindness of God not only to others, but also to ourselves! Let His kindness, His servant nature, lead you to genuine change. I predict as we live in response to His kindness that we will see further transformation among those we serve.

What monster is rearing its head in your life? What will you do today to stop allowing that monster to live rent-free in your heart?

© Reprinted with permission from the Assemblies of God Women's Ministry Her Green Room. **Lacey Hartman** and her husband, Troy, serve as the campus pastors at North Point Church East Sunshine Campus. Lacey works as a professional life coach, aiding individuals to discover their God-given potential, mitigate challenge, use tension as a tool to move forward, and unlock the keys to make their future the best it can be. Connect with Lacey at or email hartmancoaching1@.

The Strangest Scripture in the New Testament

As a Jewish person, I can tell you that the word *baptism* conjures up horrible images for my people. From the early years of Catholicism, Jews were forced to be baptized as Christians. Sometimes it was under the threat of death. Other times the consequences of not being baptized was “merely” being thrown out of your home and country.

For example, the Spanish Inquisition declared that Jews who would not convert to Catholicism (and thus be baptized) must leave the country.

In some cases, Jews were kidnapped and forcibly baptized—one being the son of a rabbi in 1762. The worst case was in Russia just two centuries ago. The Russian empire kidnapped Jewish males from the age of 12 for military service. “The number of forced or virtually forced baptisms which resulted, probably exceeded all similar cases in other lands throughout history.”

He Did What?

Because of this thuggish history, Jewish people tend to cringe when they simply hear the word *baptism*. When news gets out of a Jewish person coming to faith in Yeshua and willingly getting baptized, they are disgusted. And it’s understandable, based on the history. But it wasn’t always like that.

And that leads us to what I consider to be the strangest verse in the entire Bible:

“How can anyone object to these people being baptized in water?” (Acts 10:47).

Who are “these people,” and who is talking? The speaker is the Jewish apostle Simon Peter, and he is referring to Gentiles at

the home of Cornelius. It was a major controversy for Gentiles to be baptized as believers in Yeshua. This had not yet been done. For the first nine years, the gospel was preached exclusively to Jews.

Simon Peter, after a vision and a word from the Lord (Acts 10), slightly confused, goes to the house of this Roman soldier and shares with the people in the house the message of Yeshua. The Holy Spirit falls upon these people in the midst his sharing. The Jewish believers witness this and are stunned—Gentiles receiving the Holy Spirit!

Simon Peter declares, “How can anyone object to these Gentiles being baptized in water?” This was a major controversy that wasn’t settled for another 10 years at the Jerusalem Council (Acts 15).

Reverse Controversy

But since when is baptizing Gentiles controversial? Can you imagine someone objecting at, say, First Baptist Church that they are baptizing non-Jews? That would be ridiculous. However, if they were baptizing large numbers of Jews, that might make some waves.

What most people—Jews and Gentiles—do not know, is that baptism (or water immersion) is Jewish. Long before Queen Isabella sought to compel the Jews of Spain to convert and be baptized, the Jews of Israel would wade through the waters of immersion.

When John the Baptist, the Jewish prophet, came preaching repentance through baptism, we have no record of anyone protesting, “What is this strange new tradition you are evoking?”

Water immersion was already a major part of Judaism. The Torah teaches that priests would need to be immersed in water as part of their consecration (Ex. 29:4-9). Before any Jewish man

could bring a sacrifice to the temple in Jerusalem, he would first have to walk through a *mikvah*, a water immersion tank, to symbolize ritual cleansing.

Immersing 3,000 People Without a River

Furthermore, have you ever wondered how Simon Peter and the apostles immersed 3,000 Jewish men in one day in Jerusalem? Jerusalem is not Tel Aviv or a city in Galilee, where the Mediterranean Sea or the Jordan River could be utilized. Jerusalem sits on a mountain. There are no lakes, rivers or seas nearby. However, archeologists have unearthed nearly 50 *mikvot*—immersion tanks—that were used in temple worship. With 50 tanks receiving 60 people each, 3,000 could be immersed in a matter of hours. Without these Jewish *mikvot*, it would have been impossible.

Today, mixing Judaism with an act of water immersion, as we see among the Jews of the New Testament, is like mixing oil and water. But in the first century, it was not like that. The controversy of their day had nothing to do with Jews being immersed, but *Gentiles!* And Simon Peter heard from other Jewish people almost immediately after he did the “unthinkable”—baptizing Gentiles into the body of Yeshua.

The apostles and the believers throughout Judea heard that the Gentiles also had received the word of God. So when Peter went up to Jerusalem, the circumcised believers criticized him and said, “You went into the house of uncircumcised men and ate with them.” (Acts 11:3)

How strange is this?

Ron Cantor is the director of *Messiah's Mandate International* in Israel, a Messianic ministry dedicated to taking the message of Jesus from Israel to the ends of the earth (Acts 1:8). Cantor also travels internationally teaching on the Jewish roots of the New Testament. He serves on the pastoral team of *Tiferet Yeshua*, a Hebrew-speaking

congregation in Tel Aviv. His newest book, Identity Theft, released last year. Follow him at @RonSCantor on Twitter.

For the original article, visit .

Dads, Do You Laugh With Your Kids?

I have always loved to laugh with my kids. Who doesn't, right?

A dad named Richard tells about one night when he was reading books with his 4-year-old son. Little Matt wanted one more book, but Richard said it was time for bed.

Now, Richard and his wife typically offer their children choices to help shape their behavior; the two choices, both of which are agreeable to Richard and his wife, establish appropriate boundaries while giving the children a sense of power in day-to-day matters.

Well, on this night Richard found out that Matt was catching on to his system ... sort of. When Richard said again, "Sorry, son, that's enough for tonight," Matt came back with, "OK, Dad. Would you rather read me another book or have me poke your eye?"

Fatherhood brings lots of those priceless moments of humor and joy to our lives—among many other benefits. But too often the serious and sober realities of raising responsible children overwhelm our spontaneous, witty and playful sides.

But we need to remember that humor and laughter promote health—physically, developmentally and relationally. Physically, laughter relaxes muscles, releases stress

hormones, reduces pain and may even enhance our immune systems—according to Paul McGhee, Ph.D., who has done extensive research on humor.

As children grow, if they learn to appreciate humor, they will develop higher creative skills because humor and creativity both draw on divergent thinking—they bring new and unique insights to problems and situations. That capacity also helps children deal well with the unexpected, which is beneficial for coping in day-to-day situations.

Surely you've surely seen the power of laughter in relating to your children. In tense situations, a good dose of laughter can open doors and restore a sense of hope. When you're having fun with your child, you both let your guard down and you're likely to have better communication and just enjoy each other's company. Laughter makes you more approachable—especially if you can laugh at your own shortcomings.

What are some ways to do this? From what I've seen, play and humor come natural for most dads. I've provided some suggestions in the Action Points below, but I'm really hoping you'll provide me (and other dads) with a bunch more ideas by leaving a comment either below or on our Facebook page.

Please let us know: How do you and your kids have fun and laugh together most often?

Action Points for Dads on the Journey

- Humor is a great strategy with children of any age, if you know how to get to their funny bone. Figure out how to have fun on your children's level by immersing yourself in their world. Hang out together, read their books, play their games, listen to their stories, etc.
- Play make-believe with your young child. Let yourself go! Shake hands with "imaginary friends"; use your silly voice; make the chair talk and the flowers sing.

- When something funny happens, capture it on video, audio, in a photograph or in a journal. Relive that memory when everyone is frustrated, depressed or just needs to laugh.
- What common interests do you have with your child when it comes to humor, and what you enjoy? What causes laughter and silliness in your daughter? What brings that mischievous grin to your son's face? Find out, and then capitalize on it for the benefit of your relationship.
- Tell each child about the joy you felt at his or her birth. Recall other specific times since then when they have brought you joy.

Carey Casey is the CEO of the National Center for Fathering, a nonprofit organization dedicated to changing the culture of fathering in America by enlisting 6.5 million fathers to make the Championship Fathering Commitment. NCF believes that every child needs a dad they can count on, and uses its resources to inspire and equip men to be the involved fathers, grandfathers and father figures their children need. Subscribe to his weekly email tip by clicking here: ["Yes! I want tips on how to be a great dad who lives out loving, coaching and modeling for my children."](#)

For the original article, visit [.](#)

10 Men Christian Women Should Never Marry

My wife and I raised four daughters—without shotguns in the house!—and three of them have already married. We love our sons-in-law, and it's obvious God handpicked each of them to

match our daughters' temperaments and personality.

I have always believed God is in the matchmaking business. If He can do it for my daughters, He can do it for you.

Today I have several single female friends who would very much like to find the right guy. Some tell me the pickings are slim at their church, so they have ventured into the world of online dating. Others have thrown up their hands in despair, wondering if there are any decent Christian guys left anywhere. They've begun to wonder if they should lower their standards in order to find a mate.

My advice stands: *Don't settle for less than God's best.* Too many Christian women today have ended up with an Ishmael because impatience pushed them into an unhappy marriage. Please take my fatherly advice: You are much better off single than with the wrong guy!

Speaking of "wrong guys," here are the top 10 men you should avoid when looking for a husband:

1. The unbeliever. Please write 2 Corinthians 6:14 on a Post-it note and tack it on your computer at work. It says, "Do not be bound together with unbelievers; for what partnership have righteousness and lawlessness, or what fellowship has light with darkness?" (NASB). This is not an outdated religious rule. It is the Word of God for you today.

Don't allow a man's charm, looks or financial success (or his willingness to go to church with you) push you to compromise what you know is right. "Missionary dating" is never a wise strategy. If the guy is not a born-again Christian, scratch him off your list. He's not right for you. I've yet to meet a Christian woman who didn't regret marrying an unbeliever.

2. The liar. If you discover that the man you are dating has lied to you about his past or that he's always covering his tracks to hide his secrets from you, run for the nearest exit.

Marriage must be built on a foundation of trust. If he can't be truthful, break up now before he bamboozles you with an even bigger deception.

3. The playboy. I wish I could say that if you meet a nice guy at church, you can assume he's living in sexual purity. But that's not the case today. I've heard horror stories about single guys who serve on the worship team on Sunday but act like Casanovas during the week. If you marry a guy who was sleeping around before your wedding, you can be sure he will be sleeping around after your wedding.

4. The deadbeat. There are many solid Christian men who experienced marital failure years ago. Since their divorce, they have experienced the Holy Spirit's restoration, and now they want to remarry. Second marriages can be very happy. But if you find out that the man you are dating hasn't been caring for his children from a previous marriage, you have just exposed a fatal flaw. Any man who will not pay for his past mistakes or support children from a previous marriage is not going to treat you responsibly.

5. The addict. Churchgoing men who have addictions to alcohol or drugs have learned to hide their problems—but you don't want to wait until your honeymoon to find out that he's a boozer. Never marry a man who refuses to get help for his addiction. Insist that he get professional help and walk away. And don't get into a codependent relationship in which he claims he needs you to stay sober. You can't fix him.

6. The bum. I have a female friend who realized after she married her boyfriend that he had no plans to find steady work. He had devised a great strategy: He stayed home all day and played video games while his professional wife worked and paid all the bills. The apostle Paul told the Thessalonians, "If anyone is not willing to work, then he is not to eat, either" (2 Thess. 3:10). The same rule applies here: If a man is not willing to work, he doesn't deserve to marry you.

7. The narcissist. I sincerely hope you can find a guy who is handsome. But be careful: If your boyfriend spends six hours a day at the gym and regularly posts closeups of his biceps on Facebook, you have a problem. Do not fall for a self-absorbed guy. He might be cute, but a man who is infatuated with his appearance and his own needs will never be able to love you sacrificially, like Christ loves the church (Eph. 5:25). The man who is always looking at himself in the mirror will never notice you.

8. The abuser. Men with abusive tendencies can't control their anger when it boils over. If the guy you are dating has a tendency to fly off the handle, either at you or others, don't be tempted to rationalize his behavior. He has a problem, and if you marry him you will have to navigate his minefield every day to avoid triggering another outburst. Angry men hurt women—verbally and sometimes physically. Find a man who is gentle.

9. The man-child. Call me old-fashioned, but I'm suspicious of a guy who still lives with his parents at age 35. If his mother is still doing his cooking, cleaning and ironing at that age, you can be sure he's stuck in an emotional time warp. You are asking for trouble if you think you can be a wife to a guy who hasn't grown up. Back away and, as a friend, encourage him to find a mentor who can help him mature.

10. The control freak. Some Christian guys today believe marriage is about male superiority. They may quote Scripture and sound super-spiritual, but behind the façade of husbandly authority is deep insecurity and pride that can morph into spiritual abuse. First Peter 3:7 commands husbands to treat their wives as equals. If the man you are dating talks down to you, makes demeaning comments about women or seems to squelch your spiritual gifts, back away now. He is on a power trip. Women who marry religious control freaks often end up in a nightmare of depression.

If you are a woman of God, don't sell your spiritual birthright by marrying a guy who doesn't deserve you. Your smartest decision in life is to wait for a man who is sold out to Jesus.

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You Are a Prize to Be Won

Wendy Griffith is beautiful and has a glamorous job but has experienced a devastating heartbreak and the ups and downs of dating. She shares her story in *You Are a Prize to Be Won*, which has been released in time for Valentine's Day. A CBN news anchor, Griffith shares advice learned the hard way of dating a noncommittal man who broke up with her because he knew he was going to marry her.

My favorite chapters are "The Dangers of Recreational Kissing" and "Purity Is Sexy." Griffith is in her 40s and knows the challenges of dating with standards set by the Bible as far as physical intimacy goes. The book is chock full of sound advice on how to date without compromising your Christian faith. In the chapter "Avoid the Counterfeit," she offers these three steps:

- 1. A man's intentions and feelings about you should be clear.** You shouldn't be forced to guess how he feels about you. The counterfeit guy I dated told me month after month, "God keeps telling me, 'One day at a time.'" But if a guy doesn't know what his intentions are after several months of dating, he's "playing you, not planning with you," as author and comedian

Steve Harvey says. Yes, I bought the “one day at a time” thing, and now I know what was happening—I was being played! Sometimes we have to learn things the hard way.

2. Listen to God. God will warn you. He loves you. He wants you to make good decisions, especially when it comes to your love life. I ignored numerous warning dreams from the Lord because they didn't fit in with my fairy-tale plans. Don't ignore the little promptings, the red flags and the warning dreams. However God speaks to you, pay close attention. We often need God's help to discern the real thing from the counterfeit.

3. Make sure a man's words are consistent with his actions. “I love you,” “I miss you” and “I need you” all sound wonderful, but they only ring true if a man's words match his actions. After months of “I love you,” if a guy's not popping the question to you, chances are that he's not really serious about you. Sincerity is proven by action. If you find a man consistent in his pursuit of you who puts his words into action, you may have just found “the one.”

Griffith includes entries from her journal and stories of covering Hurricane Katrina and visiting the Philippines to follow up the Gracia Burnham story. Every chapter ends with questions for personal reflection. This is a great read for singles in every situation—widowed, divorced, young or older—as there is wisdom for everyone. [Click here to order the book.](#)

Below is a video of Pat Robertson interviewing Wendy Griffith on the *700 Club*.