

“Beekeeper” Trio ENDS Diabetic Foot Ulcers

Reduce Your Risk of Amputation and Repair Your Wounds 12 days Faster!

Diabetes is incredibly hard to manage.

You’re constantly monitoring your blood sugar... your diet... and your medications.

But this is just the beginning of your troubles when it comes to this life-changing disease.

Because there’s one diabetic complication that can flip your whole world upside down.

I’m talking about foot ulcers.

And if you—or a loved one—have ever had one, you know they are nearly IMPOSSIBLE to heal.

Even worse? They are hard to avoid... tough to treat... and can even result in deadly infections or foot amputations.

Until now...

Research shows a powerful “beekeeper” trio can END diabetic foot ulcers FOR GOOD.

In fact, these incredible natural wonders can even MEND your wounds 12 days faster than typical main-stream care... help you fight infections... and even reduce your risk of amputation.

Here’s everything you need to know about these dangerous wounds... and how to STOP them in their tracks.

Diabetics Foot Dangers

Diabetic ulcers are open wounds that can be deep and difficult to heal.

They are typically caused by a minor injury—like a cut, scrape, or puncture—that you may not notice until it’s already turned into an ulcer.

You see, many diabetics suffer from neuropathy, a type of nerve damage that can make it difficult for them to register pain in their feet and legs and poor circulation. These diabetic complications leave them at risk of having one of these injuries go unnoticed until it’s already infected.

And that’s where the real trouble lies.



Many diabetics suffer from neuropathy, a type of nerve damage that can make it difficult for them to register pain in their feet and legs and poor circulation.

Because mainstream doctors only know two ways to deal with diabetic foot ulcers—antibiotics and amputation.

When the first one fails... they jump right to the second option... taking off your toe... foot... or leg.

But you don't have to be their next victim.

Beekeeper Trio ENDS Diabetic Foot Ulcers

Once again, Mother Nature provides where the mainstream fails us.

You see, three natural remedies—**honey, bee propolis, and royal jelly**—can help heal your diabetic foot ulcers FAST... and lower your risk of having a painful and dangerous amputation.

Beekeepers have known about this powerful trio for years... and they've been used in traditional medicine to help treat wounds for eons.

Now, it's time for the mainstream to pay attention to these natural wonders.

And there's research to back them up.

How Honey SAVES Your Feet

Honey has several mechanisms that help beat back the damage caused by diabetic foot ulcers.

It's a natural antibiotic, helps remove water from the wound, and produces hydrogen peroxide, helping heal the damage quickly.

But there's more to the story.

This natural sweetener is especially helpful to hard-to-treat diabetic wounds because it's a powerful antioxidant that **BLOCKS** the type of inflammation that makes these ulcers so slow to heal.¹

One study of 59 patients—most with wounds that did not respond to standard antibiotic and wound dressing treatment—showed that 58 participants saw remarkable improvements in applying honey to their wounds.²

That's nearly the entire group getting REAL results that the mainstream failed to deliver!

In another study, 63 type 2 diabetics with foot ulcers were treated with either standard bandaging or a bandaging that included mauka honey—a type of honey found in New Zealand.

The results of the 16-week trial show that the manuka honey group healed 12 DAYS faster than the standard bandaging group.

Even better? The manuka honey group's wounds became sterile—no longer infected—faster than the others.³

This means manuka honey can **SPEED UP** your healing time... and help disinfect your ulcers!



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*The results of the **16-week trial** show that the **manuka honey group healed 12 DAYS faster** than the **standard bandaging group!***

And finally, a study of 172 patients with non-healing diabetic foot ulcers saw a significant decrease in their risk of a big toe or below-the-knee amputation when honey was used in their wound treatment.⁴

Real results that could save your feet?! Sign me up!

Propolis Helps Reduce Wound Size and Infection

Bee propolis is a resin created from beeswax, plant matter, and tree sap.

Because of its antibiotic properties, this powerful substance has been used in traditional medicine for eons to help heal wounds and other skin diseases.

And it looks like ancient healers were on to something...

Modern research shows propolis can help reduce infections by attacking the germs that cause them. It also reduces inflammation and wound size—two keyways to speed up the healing process.

In a clinical study of 31 patients with diabetic foot ulcers were treated with a propolis spray in addition to standard wound care or only standard wound care for 8 weeks.

All participants had their wounds tested for inflammation and antioxidant activity during the study to see if the propolis affected these infection markers.

At the end, the propolis group saw the following results:

- ▶ **A greater reduction in wound size,**
- ▶ **Increased levels of the “master antioxidant” glutathione,**
- ▶ **And decreased levels of inflammation.**⁵

These results show propolis can help boost your body’s infection-fighting process!

Another study showed that using a topical propolis ointment on diabetic foot ulcers helped reduce their size quicker than standard wound care.⁶

Finally, a study of 24 participants with diabetic foot ulcers showed that folks in the propolis group had a 25 percent greater reduction in wound size compared to the control group.⁷

Even better? There were no side effects reported!

Can you imagine this level of healing from mainstream solutions? Not. Going. To. Happen.

Royal Jelly BOOST Blood Flow

When it comes to healing wounds, healthy blood flow is crucial.

That’s because blood brings the nutrients and immune components your body needs to heal and—rebuild—your wounds. So, increasing blood flow is a great way to help accelerate wound repair.

And that's exactly what royal jelly does.

This healing substance gets its name from its purpose in the bee world—the sole food of the queen honeybee.

But can help your feet get the royal treatment, too!

Research shows that royal jelly is a natural vasodilator—a compound that helps increase vein size and blood flow. And increasing the amount of blood to the lower limbs is one way to help improve wound healing.

Now we know royal jelly REALLY works!

A study of eight diabetic ulcers treated with a royal jelly dressing helped seven of them completely heal in just 41 days!

And the one that didn't heal? It shrank by 40 percent in size during the study period!

Once again, there were NO SIDE effects.

This means royal jelly delivers results without making your life harder.

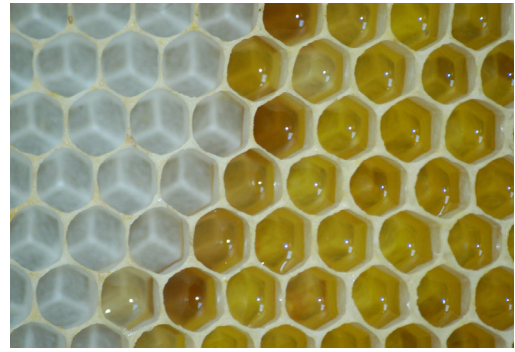
Get The Beekeeper Trio Today!

Manuka honey bandages are available at your local pharmacy. They are a great addition to any medicine cabinet because they can help with everyday cuts, scrapes, and diabetic foot ulcers.

Propolis and royal jelly creams and salves are available at your local natural health store or through natural health providers.

If you or someone you love is struggling with diabetic foot ulcers, NOW is the time to talk to your doctor about how this powerhouse trio can help you BEAT these stubborn wounds once and for all.

Doing so may just save you from years of painful treatment... or even a life-changing amputation. 



Bee propolis is a resin created from beeswax, plant matter, and tree sap.

Extend Your Life with These Holiday Dishes!

Research Shows the Exact Foods for a Long, Healthy Life.

It's just a few days after Thanksgiving. And there's no doubt you've had your fill of turkey... stuffing... and pumpkin pie.

And good for you!

This is the holiday of all holidays to indulge and enjoy that special time with family all gathered around the greatest feast of the year.

But this is just the beginning of the holiday feasts coming your way in the next few months.

There's practically a reason to celebrate with food every day from now to the second week in January.

Luckily, research shows there's a way to enjoy some of your favorite holiday dishes—including some that your mainstream doc has put on the naughty list forever—and LIVE LONGER, too. Even better?

They taste GREAT and can be enjoyed all year long!

This Mainstream Diet Advice is a LIE

When I discuss diet with a patient for the first time, I always hear the same thing:

“My GP told me to eat a low-fat, low-carb diet.”

And every time, it makes me MAD.

Because this is terrible advice that not only ruins your dinner plans... but it can ruin your health, too.

You see, research shows that eating MORE carbs—and FAT—could be the best way for some folks to live longer... and stay cancer-free.

But you will NEVER hear a word about it from your mainstream doctor for many reasons.

One could be they simply just toe the line on nutritional guidelines set by the government (and are likely sponsored by Big Food).

And another is that they are simply just too lazy to pick up a journal article and read it. So, they spew the same bad advice they heard in medical school for their entire careers.

You deserve better than this...

Now, the truth is here.

The TRUTH About Your “Unhealthy” Diet

If you're like many of my patients, you've probably been convinced that your diet is “unhealthy” if it contains anything other than boneless skinless chicken breast and steamed vegetables.

Well, this all ends TODAY thanks to some shocking new research.

For the study, researchers from Nagoya University in Japan examined the diet and mortality rates of more than 81,000 adults nine years, looking for a link between carbohydrate and fat intake and longevity.

And the results were fascinating!



Focus on high-quality fats and carbs to build the healthiest holiday dinner plate.

Add A Decade to Your Life?!

A 2022 meta-analysis shows that folks who follow the Mediterranean diet—lean meats, seafood, grains, nuts, vegetables, fruits, and olive oil—can live up to ten years longer than folks who don't!⁶

This is just one more reason to focus on healthy carbs and fats this holiday season!

In men, those who consumed LESS than 40 percent of their calories from carbohydrates saw a significantly increased risk of dying from any disease or cancer.

In women, a carbohydrate intake that was greater than 65 percent of their diet saw an increase in all-cause mortality. (This is a HUGE amount of carbs.)

Fat intake also had different health impacts on each sex.

Men who consumed more than 35 percent of their calories from fats saw a higher risk of dying from cancer.

But here's where things get interesting...

Those with low unsaturated fat intake also saw an increase in all-cause and cancer mortality.

You see, saturated fats—like those in steak, eggs, and butter—have been the dietary punching bag for the mainstream for decades.

Instead, they've endorsed unsaturated fats—mostly oils from plants—as the best fat choices for people wanting to increase their longevity. And there was more interesting news when it came to the women's results, too.

Those with a higher fat intake had a LOWER risk of all-cause deaths. Another contradiction is the mainstream's hard line against fat.¹

Even better? This isn't the first research to show that conventional medicine is gaslighting you on the best way to eat for a longer life.

Low-Carb Diets CAUSING Cancer and Diabetes?!

A 2019 study of nearly 500,000 people reports that those with the lowest carb intake are 32 percent more likely to die of any cause and 36 percent more likely to die from cancer.²

Another study of more than 15,000 seniors found that folks with a carb intake lower than 40 percent or higher than 70 percent of their caloric intake were more likely to die early.

This data also showed that folks with diets in the 50 to 55 percent carbohydrate range saw optimal longevity results.³

And other research shows why cutting carbs could harm your health.

A 2023 study of 120 participants showed that eating a diet that is less than 45 percent carbs can negatively impact your insulin resistance and increase inflammation—two of the key drivers behind both cancer and diabetes.⁴

This means reducing your carb intake could actually do more HARM than good.

But, again, you'll never hear a word of this from your mainstream doc.



In one study, men with low unsaturated fat intake also saw an increase in all-cause and cancer mortality.

In men, those who consumed LESS than 40% of their calories from carbohydrates saw a significantly increased risk of dying from any disease or cancer!

Making the Perfect Plate for Longevity (And the Holidays)

Now, here's what you really need to know about carbs and fat... quality matters!

High-quality fats—like nuts, organic dairy, grass-fed beef and poultry, and wild-caught seafood—are packed full of nutrients and the type of fats that can help boost your health instead of hinder it.

Choose these foods over foods like chips, fries, processed meats, and cheeses full of low-grade fats.

And the same is true for carbs.


Low-quality carbs—like processed cookies, candies, and white breads—have little nutritional value and can spike your blood sugar.

Instead, focus on whole grains, sweet potatoes, rye bread, and fruits. These delicious foods can fill you up and provide essential vitamins and nutrients to fight off disease.

So, as you build your dinner plates this holiday season, remember these two points.

Start with a generous helping of prime rib or salmon. Next, add in a delicious helping of mashed sweet potatoes. And top it off with a heap of flambéed cherries.

And don't forget to add in a spoonful of roasted green beans or broccoli for an added boost of vegetable power.

Focusing on these foods—like the Mediterranean diet does—can extend your life and keep you healthy for the holiday seasons to come.⁵ 

“Aristocrat” Veggie SINKS Blood Sugar and Cholesterol

It Works Without the Side Effects of Mainstream Drugs.

Heart disease and diabetes are two of the biggest plagues to the health of our country.

And they will continue to be as long as the mainstream continues to treat the symptoms of these two life-ruining diseases instead of their sources.

Because their risky, expensive medications only Band-Aid these diseases.

But you don't have to solely rely on their drugs to take control of your blood sugar or heart health any longer.

Research shows a certain “aristocrat” veggie can help SINK your blood sugar... LOWER your cholesterol... without the dangers of mainstream drugs.

Plus, it's delicious and easy to get your hands on today!

I'll tell you all about how it can turn your blood sugar and heart health around...

First, let's talk about the REAL issues with mainstream drugs.

Statins Put 30 Million Patients at Risk for Diabetes

I've said it before, and I will say it again...

When it comes to correcting cholesterol, the mainstream is a one-trick pony!

Because their first—and often only—method is to put you on a statin drug.

And they **SHOULDN'T**.

We've known for years that this class of drugs isn't as safe as conventional medicine wants you to believe it is.

In fact, these drugs are linked to kidney damage, muscle pain, and liver issues.¹

But that's not the worst of it...

Rosuvastatin is one of the most prescribed statins in the world, clocking in with 30 million prescriptions written in the US during 2020.²

And if you're one of the many taking it, you need to keep reading this newsletter.

In a 2023 study, researchers gave folks with heart disease one of two statins—either rosuvastatin or atorvastatin for three years.

At the end, they found that folks taking rosuvastatin were at HIGHER risk of developing DIABETES!

Plus, there's more bad news...

This group was also at increased risk for cataract surgery!³

Can you imagine getting diabetes... or having vision issues... all because you took your cholesterol medicine?!

You shouldn't have to risk one part of your health to improve another.

But that's exactly what the mainstream asks you to do with just about every drug they prescribe.

You see, diabetes drugs are no different.

Diabetes Drug Dangers

By now, you've heard about **GLP-1 diabetes drugs**.

These injectable medications help lower blood sugar levels by mimicking a hormone called glucagon-like peptide 1, which stimulates the body to produce more insulin when blood sugar levels rise.

It's thought that the drugs work for weight loss and diabetes because they help slow down the digestive process in the stomach and delay the movement of food to the small intestine.⁴

The only issue? This process can make you sick!

Many folks who use GLP-1 drugs often complain of nausea, vomiting, stomach pain, fatigue, and diarrhea.

Plus, these drugs also come with a black box warning for early-stage thyroid cancer.⁵

And this is just the tip of the iceberg...

A new study of 16 million American patients shows that taking GLP-1 agonists is linked to a 9.09 times higher risk of pancreatic inflammation, 4.22 times higher risk of bowel obstruction, and 3.67 times higher risk of stomach paralysis.

YIKES!

These are very dangerous—and potentially deadly—side effects that you won't hear a word about from your mainstream doc.



Rosuvastatin is one of the most prescribed statins in the world, clocking in with 30 million prescriptions written in the US during 2020. It's also linked to a higher risk of diabetes.

Even worse? There's at least one reported case of a GLP-1 user dying from a gastrointestinal illness.⁶

But there's more bad news...

These drugs are so popular, that a counterfeit market has emerged, which comes with its own set of dangers.

According to one report, there are at least 38 cases of adverse effects caused by counterfeit semaglutide. Of these, 28 were classified as serious outcomes, including kidney issues, pancreatitis, and two deaths.⁷

You shouldn't have to risk your life—or end up taking dangerous fake drugs—to lower your blood sugar!

Now, you don't have to.

Because there's a natural way to lower your blood sugar... and ZERO drugs are involved.

Plus, it sinks your cholesterol at the SAME TIME!



The artichoke was once considered the "food of the gods" and was even served exclusively to royalty during the Middle Ages due to its health benefits.

Aristocrat Veggie Lowers Blood Sugar and Sinks Cholesterol

You may think of the humble **artichoke** as being ordinary.

But that couldn't be further from the truth!

This Mediterranean staple was once considered the "food of the gods" and was even served exclusively to royalty during the Middle Ages due to its health benefits.

And with good reason.

Artichoke has been shown to lower your blood sugar—and cholesterol—WITHOUT any serious side effects... or long-term health risks.

It works against both diseases because of its high fiber content and unique combination of antioxidants and nutrients that help your body better process sugars and fats—the main villains behind cholesterol and blood sugar issues. Here's what the research shows...

Blood Sugar

A 2020 review of nine randomized clinical trials finds that artichoke can help reduce the fasting blood sugar level—a clear indicator of prediabetes and diabetes—in folks with blood sugar control issues.



*Artichoke has been shown to **lower your blood sugar & cholesterol WITHOUT any serious side effects... or long-term health risks!***



Data from this review also revealed that artichoke supplements can also help reduce insulin resistance, another key driver of diabetes.⁸

Another study found that consuming boiled artichokes helps decrease blood sugar and insulin levels for at least 30 minutes after consumption.⁹

This is an amazing benefit for anyone who wants to prevent blood sugar spikes after meals!

Finally, a 2020 double-blind, placebo-controlled, randomized clinical trial of 54 overweight and obese adults with a recent diagnosis of blood sugar issues were given either 1,000 mg of artichoke extract or placebo daily for eight weeks.

And the results were incredible!

The artichoke group reduced their fasting blood sugar by 13 percent and improved their insulin resistance.

But there's more good news...

The artichoke extract also helped the participants lower their cholesterol, waist circumference, and fat mass—all crucial factors for improving your blood sugar... and heart health!¹⁰

Plus, more research shows how effective this veggie is against cholesterol.

Cholesterol

A clinical trial of 143 patients with high cholesterol showed that folks taking 1,800 mg of artichoke extract daily for six weeks saw incredible results including:

- ▶ **An 18.5 percent decrease in total cholesterol,**
- ▶ **And a 22.3 percent reduction in LDL or “bad” cholesterol.**¹¹

Another study of 15 diabetics given artichoke powder in cracker form shows that the supplement was able to reduce their triglyceride levels by 10 percent in just 90 days.¹²

Plus, other research finds that artichoke supplements can also increase HDL or “good” cholesterol levels.¹³

This means artichoke has you covered on all fronts when it comes to having better cholesterol!

And the best part? There are NO side effects!

Something you can't say for statins.

Get More Artichoke Today!

Artichokes are available at your local grocery store.

They are a great addition to any salad or dip. Or are great when steamed and eaten as a side dish to any meal.

Artichoke hearts—the soft innermost part of the vegetable—are also sold at specialty grocers and make a great snack on their own.

If you don't care for artichokes, you can opt for an artichoke extract supplement instead.

These are available through online retailers, such as iHerb.com. 

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Reduce Your Risk of Amputation and Repair Your Wounds 12 days Faster!

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Extend Your Life with These Holiday Dishes!

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It Works Without the Side Effects of Mainstream Drugs.

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