



## Knicht Family Farm Newsletter – October 24, 2016

Next time include price list at bottom and stick a note at the top saying send email to [info@knightfamilyfarm.com](mailto:info@knightfamilyfarm.com) if you want to receive these newsletters in email.

### Know someone with diabetes that really wants to get better?

I realize that a person's health, and what a person eats, are extremely personal things. So I'm a little nervous as I write this. But at the same time, a lot of people that receive these messages are already on board with two basic but super important concepts. 1) What you put into your body has a dramatic effect on your short-term and long-term health. 2) A person is wise to question the "accepted/traditional" advice often dispensed by "experts."

I had already been planning on writing about this when I saw a new study in the news just today with this title: "*Drinking two sweetened drinks per day? You could be doubling your risk of diabetes*"

<http://www.cnn.com/2016/10/22/health/sweetened-drinks-double-diabetes-risk/index.html>

I admit right up front that I don't know a lot about diabetes and I'm certainly not trying to give medical advice. Each person's situation is different and there are different types of diabetes. I am just passing on some information that I think might help some people.

I have had several friends and family over the years that have diabetes and have suffered a lot. I'm an optimistic person, and to me, the worst part of it is the prognosis that "it will only get worse over time."

I think it's safe to say that most people think once a person has diabetes they will always have it. That's what I always thought, and a 1 minute internet search confirms that mainstream sources say diabetes can't be "cured."

### People with diabetes are getting better! :)

Over the past few months while I've been at Mill Pond Wednesday afternoons, I have personally met 3 people (and another already-existing friend) who are well on their way to being cured of diabetes and other associated illnesses – or are already cured. I have met others over the past couple of years – just a lot more recently.

They're getting off of lots of prescription medications (including diabetes medications), losing lots of weight and feeling better than they have in many years. In general, they have all said the same basic thing. Two were diabetics and one was "pre-diabetic." One person said he had maxed out one or more diabetes drugs and had been moved to stronger medications, with stronger side-effects. After just a couple of months (or less) at Mill Pond they were seeing huge improvements.

I don't know a lot about their treatment protocols, but from what I understand, dramatically changing what a person eats and ensuring they are getting the proper nutrition are one of the biggest parts of it. I think some other things involved are eliminating toxins from the body and neurological care. I also know they do lab work and use that to help tailor and assess the treatment.

It's worth pointing out that there is no connection between our farm and the doctors at Mill Pond Integrative Health and Wellness Center. We simply sell our products there a couple of hours a week. They didn't ask me to write this and don't even know I'm writing it. But after happening to meet and talk with the last gentleman and hearing the same story, again, I really felt like I had to share this with you all. If you know someone with diabetes I would encourage you to have them check out Mill Pond.

Please send us any orders by Tuesday night, or very early Wednesday at the latest – preferably by 8:00 am. We will be at Gluten Free Miracles Wednesday from 2:30 – 3:30 and Mill Pond Chiropractic from 4:00 – 6:00. Delivery to Hamburg is available if you let us know ahead of time. Call if you have any questions. Let us know if you are interested in delivery to your home, work place or another location.

For the family,

Adrian  
[www.KnightFamilyFarm.com](http://www.KnightFamilyFarm.com)