

Managing Your Diabetes

Where to Start?



Our Bridge Blog provides the missing information every diabetic wants to know. How do we keep from getting Diabetes Complications? MissionDiabetes bridges this gap of information by focusing on technology and safe dietary supplements which can help Prevent, Improve and Reverse Diabetes Complications. Remember it is easy to Prevent than to Reverse complications. Preventing just takes a little time and mostly knowledge to accomplish. Improving and Reversing diabetes complications takes weeks to months to a see improvements as you have to provide your body with all the nutrients, minerals, vitamins and clean water to begin to heal and rebuild new cells. Without one of these it isn't going to happen. There are no prescription drugs which can Prevent, Improve or Reverse diabetes complications!

Hello, I just want to introduce myself. My name is Robert Santoyo and I am the founder of MissionDiabetes.com. I have been a Type I diabetic for more than 35 years. I lost several of my immediate family members to diabetes complications. I didn't want this to happen to me, so I started doing research over 25 years ago on how to prevent diabetes complications. And Yes, I know how to do it! I have reversed kidney disease, diabetic retinopathy, macular degeneration, frozen shoulder, diabetic neuropathy and many other diabetes related health issues. Each time I was diagnosed with a diabetes complication I was told there was no cure and each time I was able to Reverse and Eliminate the medical condition. I also want to make you aware, these medical conditions I have reversed can come back if you are not vigilant in maintaining your health! I had diabetic retinopathy twice in 20 years because I failed to maintain the nutrients to prevent the problem. I won't make that mistake again. Staying healthy with diabetes **MUST BE YOUR MISSION!**

My first success with diabetes came when I designed the first diabetes management

software and released it at the American Diabetes Association Convention in 1997. Using my diabetes app, you could easily maintain normal blood sugars. But even with normal blood sugars I still started to develop diabetes complications years later while still having normal blood sugars. However, reading diabetes medical research from around the world I gained the knowledge I needed to protect my own health. I successfully reversed ALL of my diabetes complications, and you can too!

I would love to share the information I found researching diabetes studies and make it available to anyone who wishes to learn how to protect their health from complications. I assure you it is possible to even have high blood sugars and still protect yourself from diabetes complications. But diabetics must rethink the Diabetes Guidelines and the diabetes Standards of Care doctors use for maintaining our health. Just know this, there are no pharmaceuticals to Prevent, Improve or Reverse Diabetes Complications.

Some of the topics I will be discussing:

- Do You Have A Method To Track Your A1C?
- What Causes Complications?
- The Best Way To Protect Your Health From "Free Radicals" Is FREE?
- What's The Advantage Of Using An Insulin Pump?
- The Safe Way To Manage Your Blood Sugar!

These are just a few of the topics I will be discussing in the coming weeks here at MissionDiabetes Bridge Blog. Share this information with your friends so they can also learn how to stay healthy, with or without diabetes. Also I look forward to your comments, you can add comments on our MissionDiabetes FaceBook page.

Get started now - FREE!

MissionDiabetes has developed a diabetes management app called the Basic Mission App for Apple iPhones. You can download it Free from the Apple App Store. Just use the Button link below. We also have helpful tutorial videos on "How to Use the Basic Mission App" here: <https://missiondiabetes.com/Learn/App-Videos/>

[Get FREE Diabetes Management App](#)

Thank you for Subscribing to the MissionDiabetes Bridge Blog and Congratulations! You're On Your Way To Preventing, Improving and Reversing Diabetes Complications!

Robert Santoyo
Founder of MissionDiabetes, LLC

P.S. If you were forwarded this newsletter and would like to receive The MissionDiabetes Bridge Blog, use Button below below to Subscribe.

Actions to Protect Your Health!

Health Assignment



Download the Basic Mission Diabetes Management app to monitor the improve of your A1C and to provide more information to help you and your Diabetes Medical Team adjust your therapy.



Take time to learn some of the basics in logging in your diabetes therapy. With this information you can improve your A1c quickly. Use the videos below to learn how to use the Basic Mission App.

<https://missiondiabetes.com/Basic-Mission-App/>

<https://missiondiabetes.com/Learn/App-Videos/>



Robert Santoyo,
Type I Diabetic
and Founder of
Mission Diabetes

I've presented you with some great health tips, now it's your turn to Prevent, Improve and Reverse diabetes complications for yourself! Please be sure to share this information with your diabetes friends and family on Facebook and let us know what you think in the Facebook comments below the article.

Post your health results on the MD Facebook page:

<https://www.facebook.com/missiondiabetesllc/> and tag your comments with @missiondiabetesllc so others can learn how this information has helped you improve your A1c.

If you were forwarded this article and you find it helpful. Please consider Subscribing to the Mission Diabetes Bridge Blog. Our mission is Preventing, Improving and Reversing Diabetes Complications. Just use the "Join the Community" button below to Subscribe to the MD Bridge Blog.

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