

## *Letter from your pancreas*



Pancreas  
Health

Thank you, Edward, for completing the Insulin Resistance and Pancreas Health Test with E4 Diabetes Solutions.

Now you know a lot more about me!

I was thinking you had abandoned me! I have kept working for you for years, producing insulin day after day.

I tried to tell you I was tired. I tried to let you know, but I couldn't reach you.

You had no way of knowing how I was doing, so I do forgive you. You thought that because your blood sugar was under control, all was fine. But that was only because I was working double duty to make your blood sugar ok!

I was working non-stop, three shifts a day, to keep producing more and more insulin. I was so tired, but I know that you needed me. I really am sorry I could not keep up anymore. I tried my best, I really did.

Actually, for decades before you knew anything was wrong, I was here working harder day by day.

Thank you for finding the E4 Diabetes Solutions team and connecting with me and finding out how I am doing!

Now you know what we can do together to reverse diabetes and give me a break!  
Thank you for helping me to heal!

Thank you again,

*Your Pancreas*

## *Letter from your pancreas*



Pancreas  
Health

Thank you, Joan, for completing the Insulin Resistance and Pancreas Health Test with E4 Diabetes Solutions.

Now you know a lot more about me!

You knew I was in trouble because of your elevated A1c, and how your blood sugar readings would jump so high after eating those pesky carbs!

Yet you never knew how much your high blood sugar was due to insulin resistance, or how much was due to my inability to make more insulin.

Now you have the good news! I may be weak, but I am still making insulin! And I make enough to control your A1c so that you can reverse diabetes! You just need to make the effort to reverse the insulin resistance and stay focused on a great diet and lifestyle plan.

I'm not about pointing fingers, but this will need to be a team effort... it's not just about me: your muscles and cells need to take up the slack and do the work to overcome the insulin resistance!

Thank you for finding the E4 Diabetes Solutions team, connecting with me, and finding out how I am doing! The team can best guide you on how to feed our whole body with the best nutrients so we can all work together and succeed!

Yeah team! Let's work together to help me heal and improve our whole body's health!

Thank you again,

*Your Pancreas*