

Diabetes Type 2

∞Diabetes Type 2 Reversal Program∞

ATTENTION: Before making any change please contact your health care professional.

Diabetes Type 2 is a lifestyle disease and ALL Lifestyle diseases are 100% reversible. The following information is given for education purposes for a natural alternative towards becoming Diabetes free. It is possible by God's grace to walk away from Diabetes by making changes to your diet and lifestyle.

Note: we do not say to anyone to come off their medication as this is for them and their physician to decide. The program works fast so it is important to test and record your blood sugar levels of morning and evening and work with your physician to reduce your medication or your blood sugar can drop too low.

We have seen evidences in the lives of many individuals who have followed this Plan to lower their blood sugar levels in less than 7 days and be Diabetes free in less than 30 days.

A Gentleman was Diabetic and on 202 units of Insulin and 2000 mg of Metformin daily. We met with him, put him on the Plan, which was an all-green plant-based diet, lifestyle changes such as walking for one hour daily, going to bed on time and in one day he was able to drop off 100 units of Insulin. In five days time he was able to come off all of the Insulin and all of the Metformin simply by making these changes.

What is Diabetes Type 2?

Diabetes Type 2 occurs when the body becomes unable to handle glucose (sugar), which builds up to dangerous levels in the blood.

Usually when we eat food, the food is digested and the complex carbohydrate part is broken down into simple sugars, most of which is glucose. Glucose or blood sugar then enters the blood stream. The body requires a certain amount of glucose for short-term energy for immediate use, but the excess is stored in the liver, muscles or fat cells as long-term energy/glycogen for use at a later time. The Pancreas produces Insulin. Insulin is responsible for ushering blood glucose from the blood into cells to be stored as energy. However, in Diabetes Type II, the insulin does not do its work resulting in excess glucose in the blood stream.

According to the Centers for disease control and prevention (2000), disrupted glucose metabolism

can lead to long-term health risks such as: heart disease, heart attack, stroke, high blood pressure, blindness, kidney disease, amputation, dental disease and death.

Other conditions that increases with diabetes are: sexual impotence, hearing impairment, leg cramps, breast and uterine cancer in women.

Get tested and know your numbers. Don't wait until you lose your vision or a limb to begin taking care of your body. Make your changes today for better health.

What is a normal blood sugar level that we should aim for?

Normal Blood Sugar Level

- normal levels range from 65-99 mg/dl (3.6-5.5 mmol/liter).

Pre-Diabetes Level

- fasting blood sugar levels ranges from 100-125 mg/dl (5.6-6.9 mmol/liter) after an 8 hour fast.

Diabetes Level

- a diagnosis of **diabetes** is usually made when a blood sugar test is consistently above 126 mg/dl (7.0 mmol/liter) after an 8 hour fast.

There are two categories of diabetes:

- Water Diabetes** (Diabetes Insipidus: bland or insipid urine) known as: Central, Nephrogenic, Gestational, Dipsogenic
- Sugar Diabetes** (Diabetes Mellitus: honey-sweet urine) known as: Type 1, Type 1.5, Type 2 and Type 3 (Alzheimer's disease)

Symptoms of Diabetes

The classical symptoms of diabetes Type 2 are:

- polydipsia (excessive thirst),
- polyuria (excessive passage of urine), and
- polyphagia (excessive hunger).

Other symptoms include but aren't limited to: weakness, fatigue, tingling sensation in extremities, blurred vision, dry and itchy skin, unusual weight loss and dark velvet skin on knuckles and body folds of neck, arms etc and both sides of cheeks (Acanthosis Nigricans).

Causes of Diabetes

Studies conducted by James Anderson, M.D., Professor of Medicine at the University of Kentucky concluded that a strong relationship to fat—both fat in the diet and fat on the body causes diabetes. The disease is rare in areas of the world where fat intake is low and obesity uncommon. - **P. 53, Health Power**

Diabetes Type 2 is caused by a 65% high-fat diet—fat in the diet and fat on the body.

Excessive fat and high protein intake in the diet from animal sources will promote diabetes. Foods

high in fiber, whole, plant-based foods will protect against diabetes.

Risk factors that can cause diabetes include: obesity, parent or sibling with diabetes, physical inactivity, giving birth to a baby weighing more than 9 pounds, diagnosed with gestational diabetes—diabetes that develops only during pregnancy, having high blood pressure—140/90 mmhg or above—or being treated for high blood pressure, HDL cholesterol level below 35 mg/dl or a triglyceride level above 250 mg/dL, having polycystic ovary syndrome (PCOS), having pre-diabetes, impaired fasting glucose (IFG), or impaired glucose tolerance (IGT) on an earlier testing.

Diet for Preventing and Reversing Diabetes Type 2

- Animal Products** are the highest source of fat in the diet. Stop eating all flesh foods such as chicken, fish, beef, turkey, pork, crab, lobster etc., and dairy such as cheese, ice cream, milk, butter, pizza, eggs etc. If you would like to make your own milk, or cheese from nuts and grains; **see our website for recipes.**
- Fats.** Especially for diabetics, it is important that you have natural plant-based fats at the end of a meal, to sustain the glucose levels until the next meal. Nuts, seeds, except peanuts, or avocado are great sources, however, do not overdo on these fats.
- Stop use of all oils in the diet** even the good ones like olive or coconut oil should be avoided while cooking or on salads.
- Sweeteners.** There should be no free use of any natural or artificial sweeteners (honey, splenda, agave nectar, sweet n'low, mints, candy etc.). It is important also to stay away from all dried fruits as the sugar content is higher. **Avoid all forms of juices, whether natural or processed.** Natural fruit when juiced is higher in glucose than if eaten raw. Research shows that 1 tablespoon of grape juice elevates the blood sugar by 10 points; so when

an individual drinks 1 glass of grape juice, this will elevate the glucose level by an additional 160 points.

- **Caffeine, tea and alcohol.** Please refrain from consuming all forms of alcohol, vinegar, green tea, chai tea, black tea, sweet tea, lipton iced tea, coffee, decaf tea, white tea.
- **Use in moderation, Pink Himalayan Sea Salt** with potassium, iodine and trace minerals which will support your endocrine system, including your pancreas that supports insulin production and slows the infusion of glucose into your bloodstream.

GO ON A TOTAL PLANT BASED DIET

Did you know that flesh foods are high in sodium, fat, cholesterol and have no fiber?

- **Fiber.** All Refined items, such as white rice, white bread, etc. cause a rapid rise and fall in blood sugar levels and therefore should be avoided. Plant fiber increases the sugar level in the blood gradually, thus preventing this rapid rise and fall. Use more complex carbohydrates found in whole foods, which also contain more fiber such as **whole grains, oats, millet, buckwheat, quinoa, brown rice, all forms of beans, lots of green leafy vegetables and fresh fruit.** Studies show that dietary fiber supplements did not have the same effect as a plant-based whole foods diet.
- **Flax seeds:** 2 tablespoons freshly grounded daily (lowers diabetes/high blood pressure/cholesterol/improves memory)
- **Pumpkin seeds and Sunflower seeds:** eat 1 handful or 1/4 cup twice daily
- **Lecithin granules:** use 1 tablespoon with meals – this dissolves fat and is also useful for lowering high blood pressure and cholesterol)
- **Artichokes, String beans, Prickly pear, onions, cucumbers, parsley, celery, cauliflower, eggplant, carrots, apples** lowers blood sugar
- **If at night/morning your blood sugar level drops below 80mg%, eat a piece of fruit (e.g. an orange). If your blood sugar level is less than 140mg% be cautious when taking the medication; because your blood sugar levels can drop below the normal ranges.**

Lifestyle for Preventing and Reversing Diabetes Type 2

- **Exercise:** Fat buildup around the cells prevents glucose from entering the cells that make up your muscles and tissues thus leaving too much sugar in the blood stream. Walking for one continual hour daily help to prevent the fat buildup around the cells, thereby enabling insulin to put glucose into the cells for storage, which will be released as energy later on when you need it. **PLEASE NOTE: Before starting an exercise regimen, consult your physician.** It has been shown that 1 hour of continual walking, is essential to reversing Diabetes Type II. **As a diabetic, when you go walking, you must take a whole fruit with you.** This is important because if while walking, you experience any symptoms of low blood sugar (headache, trembling, lightheadedness, anxiety, nausea, etc.) you can start to eat that fruit to increase the blood sugar levels. If you feel that you cannot walk for one continual hour, start walking as much as you can.
- **Every hour of continual walking is equivalent to 20 units of insulin.** If you want to double the amount of insulin in the body, walk for 1 hour, 2 times a day. Once the diabetes is reversed, the walking can be broken up into maintenance walks of two thirty-minute sections.
- Your **digestive walk** is extremely helpful: It is very important to walk casually for 15 to 30 minutes after each meal as this will help to prevent the sugar level from spiraling too high after a meal and stabilize it.
- To improve circulation in your feet do the **Circulatory Rock:** Hold on to a sturdy object (wall, bed, or table); tiptoe on both feet, then go down and back on your heels. Repeat this for 300 to 400 times every day.
- All meals should be **eaten on a regular schedule**, 7 days a week, with no more than a 30 minutes time difference in schedule. Meals should be eaten at least 5-6 hours apart. For example, 6:00am, 12:00pm and if a third meal is desired, 6:00pm.

- **Avoid snacking.** Eating two larger meals a day (breakfast and lunch) is more effective than six smaller meals for patients with type 2 diabetes and obesity: it place less stress on the liver and pancreas; a randomized crossover study. 9 April 2014 [[Diabetologia](#)], BBC May 2014
- **Water dilutes blood sugar.** Upon awakening, drink at least 2 to 4 glasses of very warm water as a bolus. One of those glasses should have **2 teaspoons of lemon juice** in it, but remember to always use a straw to drink lemon to prevent your tooth enamel from wearing away. You should drink enough water until the urine is clear (even if you are urinating excessively). The best way to drink room temperature water during the day is gradually, such as mouthfuls at a time, as this will help your cells to absorb that much needed water. To ensure proper digestion of food, drink water 15 – 30 minutes before mealtime and 2 hours after a meal.
- It has been proven that proper breathing of fresh pure air and **deep breathing** techniques help in the lowering blood sugar and pressure.
- **Bedtime should be before 10:00pm.** Research shows that going to bed after 10:00pm at night continually for two weeks elevates blood glucose, blood pressure, and cholesterol levels.
- Stress is a major factor that can trigger Diabetes. Keep your stress levels to a minimum and don't let stress take control of your life.
- Stop smoking and avoid smoking exposure. This increase toxins and sugar levels.
- Keep your teeth and entire body thoroughly clean to avoid infections.
- Keep your feet clean and dry every day.
- Use wide-fitting comfortable flexible footwear.
- Ensure you have regular bowel movements.

PLEASE MAKE SURE YOU CONSULT YOUR PHYSICIAN, BEFORE FOLLOWING THESE INSTRUCTIONS.

THIS PROGRAM WORKS EXTREMELY FAST, SO THE UTMOST CARE SHOULD BE TAKEN IN FOLLOWING THIS PROGRAM.

Supplements and Herbs for Reversing Diabetes Type 2

Consistent healthful diet and lifestyle changes can give you the results you need to lower your blood sugar; however there are some herbs when added are useful in giving you great results sooner.

- **Gymnema Sylvestre:** 2 tablets twice a day with each meal
- **GTF Chromium:** 1 tablet twice a day with each meal. Chromium can also be derived from consuming brown rice.
- **Garlinase:** 2 tablets twice a day with each meal or **4 cloves of fresh garlic** daily (lowers diabetes/cholesterol/high blood pressure). Be careful with the amount of garlic you use if you are on blood-thinning medication.
- **Sugar balance:** take 2 tablets twice daily after meals
- Cleansing your blood and liver is helpful especially if you were/are on drug medication. A great supplement is **Liverclean**. Some helpful herbs are **Burdock** or **Chicory root** or **Red Clover** with **Dandelion** or **Milk thistle**. (2 tablespoons to 4 cups water)
- **Seaweed Cure:** use as directed on the bottle or **Kelp capsules** or 1 tablespoon **Kelp powder** twice daily with meals. These help with nourishing the pancreas and balancing sugar levels in the blood.
- **Hibiscus Tea:** steep 7 flowers in 32oz of hot water and drink daily (lowers blood pressure, cholesterol, diabetes)
- **Bay leaf:** steep 7 leaves in 32oz of hot water
- **Fenugreek:** 2 tablespoons to 32oz water boil for 15 minutes has six compounds for lowering blood sugar and high cholesterol levels
- **Turmeric Tea:** 2 tablespoons added to 4 cups of water, boil for 15 minutes and draw for at least 40 minutes to 4 hours
- **Other herbs:** Uva Ursi, Echinacea, Black Walnut capsules
- **Vitamin B12:** 10mg daily
- **Vitamin D:** Your body can make vitamin D naturally. When the sun shines on your skin, it converts cholesterol under the skin into pre-vitamin D, which is then converted by your liver and kidneys into vitamin D. Therefore daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient time for exposure whereas for darker-skinned individuals, 45

minutes to 1 1/2 hours daily is required between the hours of 10:00am and 3:00pm when the UVB rays is at the highest. Vitamin D deficiency is a direct cause for increasing your cells' resistance to insulin. Correct Levels of vitamin D are between 40 to 100 ng/mL. Do Not exceed this recommended vitamin D level. (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine). The 25-hydroxy vitamin D test is the most accurate way to measure your vitamin D. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line. For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May and October** take **1000iu** daily, **April and November** take **2000iu** daily, **March and December** take **3000iu** daily, **January and February** take **5000iu** daily. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat soluble vitamin, so it requires fat in order for it to be absorbed).**

If you live in a warmer climate please use the natural sunlight (45-90 minutes daily between the hours of 9:00am – 3:00pm).

PLEASE COMBINE THIS SHEET WITH THE FACT SHEET TO GET THE BEST RESULT.

For further information, please visit our website call us.

Natural Healing Through the Laws of Health

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General instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: Bring water to a BOIL add herbs and SIMMER for 15 minutes, and then draw for 40 minutes to 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a BOIL then DRAW/STEEP for 40 minutes to 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep together for 40 minutes to 4 hours.
- Drink tea through the day.