

Diabetes SMARTS

7 STEPS TO **Balanced Blood Sugar Levels**

A red ECG line graphic.

By Judd Resnick

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Chapter 1: My Story

“It is health that is real wealth and not pieces of gold or silver.”
- Gandhi

If you're lucky, you can take your good health for granted.

Our health is something we don't think about in our youth...until we get sick.

When you feel bad, *it changes everything.*

I was a young man who got to take his health for granted, but I got several wake up calls.

Maybe you have too.

Maybe someone you love has been diagnosed with rediabetes or Diabetes...

...or you have.

This isn't a problem "out there."

Just in the United States, 30 MILLION PEOPLE have diabetes.

These numbers are rising...

...and rising quickly.

1 in 4 people with diabetes don't realize they have it.

Then... they get sick and develop complications.

We live in a frightening new reality where nearly 10% of the global population is diabetic.

My wakeup calls changed my life, and in fact caused me to write this book and develop a documentary series.

That Diabetes Documentary...

About 20 years ago, I was in Film School in Miami.

Early one morning, I was suddenly woken up by mumbling and crazy kicking from my roommate.

He was thrashing about in his bed.

I hurried over to him and found that he was sweating profusely.

I tried to wake him up, but he was actually awake, just not 'all there.'

He started babbling words that made no sense at all.

Then it hit me.

"Oh crap!" I thought, "This is that thing, the thing he had warned me about!"

He was having a DIABETIC ATTACK.

I sprinted over to the fridge and found his Glucagon.

I raced back and quickly injected it into him as he'd instructed me to do if this ever happened.

Then I called 911, the paramedics came, and they took him to the hospital.

He remained in a confused state for many hours.

People often discover they're prediabetic or diabetic through a scary medical emergency.

Luckily the shot I had given him kept him from going into a coma.

He was in hospital for a few days recovering, and eventually came out of it all right.

At the time, I thought, *sheez Diabetes really sucks.*

Over the years that followed, every now and then I'd see another friend or family member get diagnosed as either diabetic or prediabetic.

One person I met recently even lost an eye due to diabetes.

Living with Diabetes is tough.
That's why I want to save people from that reality.

My Wakeup Call

The first Diabetic emergency was scary, but I still didn't see just how many people can be affected.

But the next wakeup call did...

My father received his diagnosis...

He was prediabetic, and in immediate danger of becoming full blown diabetic.

Things really started to hit home.

The good news was that the doctor had medication for my dad that made him feel better. The bad news was that doctor did not give much emphasis at all on lifestyle changes he could be making.

I thought what anyone would in a time like this: What can we do differently?

Sadly, the emphasis is on the bandage, and not on the solution.

This frustrated me, it actually made me scared, because it was at that moment that I realized... I gotta get to the bottom of this myself.

So I bought a dozen books on the topic. Some were quite good and informative, while others were so hard to read they were like university textbooks.

Diabetes is a group of health problems, and it leads to many different complications. More on this soon.

The big issue, however, was that everyone had an agenda.

Either someone was a conspiracy theorist, and had the viewpoint that the medical industry was bad...

Or someone was a doctor who was very pro-medication.



On many health issues, people are strongly divided into an all natural approach, or relying solely on medication.

My gut feeling was that the real answer will be somewhere in between.

I mean, if I hadn't given my friend that Glucagon shot, he would have died. I'm glad I didn't look for a natural remedy there!

At the same time, though, when doing my research, I uncovered hundreds of stories of people who were Diabetic and turned it around.

They went from being on medication to being healthier than people who aren't diabetic at all.

They did it through making lifestyle changes.

Some people get so healthy in fact that they don't need any medication at all from that point onwards.

Some people would say they 'reversed' their Diabetes.

In medical terms, that's impossible.

But in a 'life' sense, it really is gone for those people. They discovered a very valid solution that worked for them.

If you can live symptom free, you can lead a healthy, happy, long life.

There's one catch...

You have to get educated on how to get healthier!

And the thing is, it was really hard to just get my Dad to want to read any one of these books.

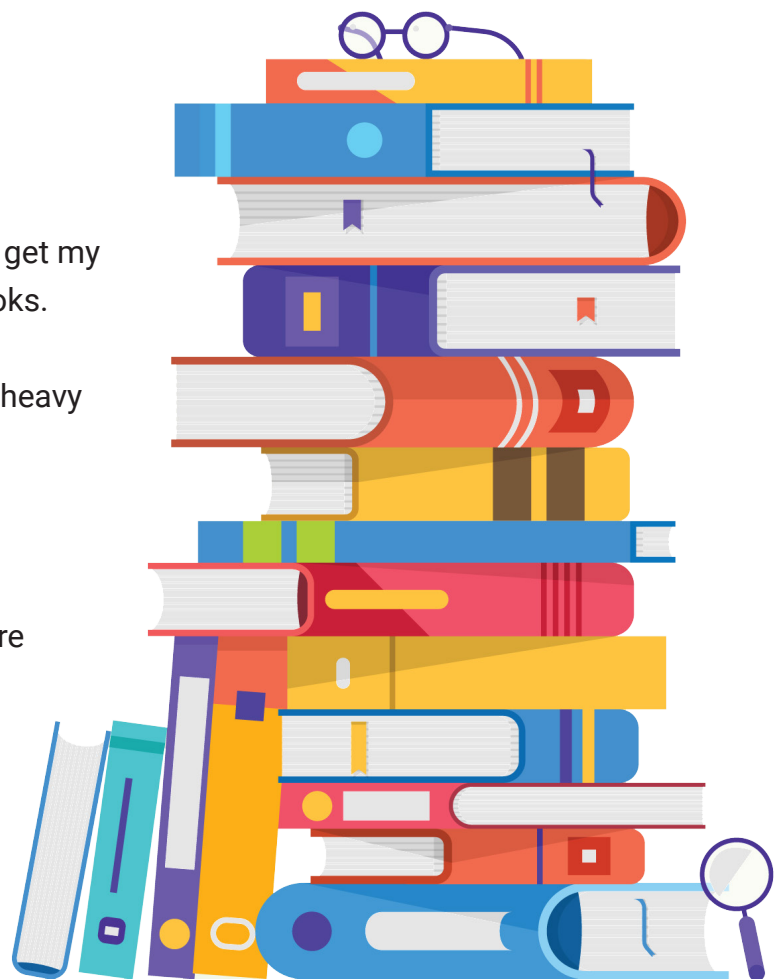
The best books out there were very, very heavy reading.

I thought of another way...

Being a film maker, I wanted to see if there were any documentaries on the topic.

And I was very disappointed to find that I couldn't find any comprehensive series on managing and reversing Diabetes anywhere.

The closest I could find was the



occasional 'episode' on the topic, that was part of another series, and unfortunately these only scratched the surface.

The information is just not out there – and that's what people need to take their health into their own hands.

That made me quite upset.

I knew my father and other people around the world in a similar position were not getting the real answers they needed...

And these answers weren't being given to them in a clear manner that is easy to understand.

It was at that time that my wife and I decided to pack our bags and head to New Zealand for a healthier life.

While we were there we discovered that the nutrition problems that we could see in the US were actually spreading worldwide.

And Diabetes is on the rise EVERYWHERE.

When you learn what's causing the Diabetic epidemic—the high carb, high sugar, and grain based diet—then you might think it's a problem only in the U.S.

But the world is following.

It's a problem in New Zealand and around the world.

Then I came across New Zealander called Mark Ling, who was in the middle of filming a documentary series all about *Food, Health and You*, with Dr Carl Bamlet.

Wow, I thought, finally someone who is dedicated to getting to the bottom of the TRUTH about health from a nutritional standpoint.

He teaches that food is medicine...or poison, depending on what you eat.

We can nourish our bodies for longevity and health, or cut our lives short and live with health problems.

I asked him if he'd consider investing in creating such a series that was specifically about Diabetes.

Mark has a few Diabetic friends of his own, so he was really keen on the idea.

It's been a huge undertaking.

Over the course of the next TWO years, I flew back and forth between NZ, the USA and a few other countries, and filmed interviews with experts on the subject.

I talked to doctors, Nutritionists, Diabetics, authors, and other experts, and produced the world's most comprehensive series on Diabetes.

It's called "That Diabetes Documentary."

During that time, we also created hundreds of Diabetic friendly recipes and this step-by-step guidebook to preventing, fighting, and managing Diabetes.

I want to help people balance their blood sugar so they can live symptom free.

Maybe I've reached you before you developed Diabetes.

Or you're ready to turn things around.

You might be helping a loved one.

Whatever your reason, I hope you learn the tools and knowledge you need to get and stay healthy.

Chapter 2: So You've Been Diagnosed with Diabetes....

It's quite possible that you're reading this book because you got some bad news at the doctor.

First, know that it's not a death sentence.

Medical science classifies Diabetes as a progressive disease, or a chronic one at the very least.

It IS something that you need to get under control...

...and then something to manage and keep an eye on.

But, you can look at it this way:

It's a wakeup call to live a healthier lifestyle.

When my father was diagnosed, it was a wakeup call to me.

You see, Type 2 Diabetes runs in families.

If one of your parents has Type 2 Diabetes, you have a 1 in 7 chance of developing it too.

That meant, I had a 1 in 7 chance.

That's due to genetics making you more predisposed, and because we learn our eating habits from our parents.

If both of your parents are Type 2 Diabetes before they're 50...



YOU HAVE A 1 IN 2 CHANCE.

You have a 50% chance of developing Diabetes if you aren't intentional about your lifestyle.

That's still not a death sentence.

It's a warning sign, a chance to stay on the healthy path.

**1 in 7 Chance of
Type 2 Diabetes**



**1 in 2 Chance of
Type 2 Diabetes**



This guide will help you understand Diabetes better. In fact, we'll explore what Diabetes is in the next chapter.

But first we can look at some first steps you can take to being—RIGHT NOW—to manage and reverse your Diabetes symptoms.

It's commonly understood that Diabetes is caused by too much sugar.

It's actually when we consume too much sugar and produce too much insulin.

We become insulin resistant so insulin can't do its job properly.

So as you begin your new journey, CUT OUT SUGAR.

There's obvious sugar in soda, candy, cake, cookies, mochas, and other treats.

There's also sugar in yogurt, granola bars, health foods, and sauces.

(Yogurt seems healthy, doesn't it? Check the sugar on a small container of fruit yogurt!)

There's also sugar in health foods and fat free foods.

You simply cannot trust the health claims on a food package.



Read the label!

Check the sugar content listed in grams...

And check the order of the ingredients, which are listed in order of amount.

If sugar is in the top three, it's mostly sugar.

But, of course, you can't just look for "sugar" on the label.

Sugar by any other name...

There's hidden sugar in most processed foods in stores, listed under an assortment of names.

You're probably familiar with many names for sugar...

But did you know there's over 50 DIFFERENT NAMES?

The basic, simple sugars are usually easy to catch because they end in -ose.

There include the monosaccharides and disaccharides:

- | | | |
|--------------|------------|------------|
| 1. Dextrose | 4. Glucose | 7. Sucrose |
| 2. Fructose | 5. Lactose | |
| 3. Galactose | 6. Maltose | |

There's other sugars that have the name "sugar" in them, or sound natural, such as these solid (or granulated) sugars:

- | | | |
|------------------------|---|------------------|
| 1. Raw sugar | 7. Cane sugar | 12. Date sugar |
| 2. Sugar | 8. Castor sugar | 13. Golden sugar |
| 3. Table sugar | 9. Coconut sugar | 14. Grape sugar |
| 4. Beet sugar | 10. Confectioner's sugar
(aka, powdered sugar) | 15. Icing sugar |
| 5. Brown sugar | | 16. Yellow sugar |
| 6. Cane juice crystals | 11. Corn syrup solids | |

There are even more solid sugars under different names:

- | | | |
|-------------------------|-------------------------|---------------------|
| 1. Crystalline fructose | 5. Ethyl maltol | 9. Sucanat |
| 2. Demerara sugar | 6. Florida crystals | 10. Muscovado sugar |
| 3. Dextrin | 7. Glucose syrup solids | 11. Panela sugar |
| 4. Diastatic malt | 8. Maltodextrin | 12. Turbinado sugar |

Many of the previous sugars aren't as common because the commercial food industry likes to use liquid and syrup sugars.

These tend to make food softer as well.

Liquid or Syrup Sugars include:

- | | | |
|---------------------------------------|--|---------------------|
| 1. Agave Nectar/Syrup | 8. Corn syrup | 15. Invert sugar |
| 2. Barley malt | 9. Evaporated cane juice | 16. Malt syrup |
| 3. Blackstrap molasses | 10. Fruit juice | 17. Maple syrup |
| 4. Brown rice syrup | 11. Fruit juice concentrate | 18. Molasses |
| 5. Buttered sugar, aka
buttercream | 12. Golden syrup | 19. Rice syrup |
| 6. Caramel | 13. High-Fructose Corn
Syrup (HFCS) | 20. Refiner's syrup |
| 7. Carob syrup | 14. Honey | 21. Sorghum syrup |
| | | 22. Treacle |

On top of purposely hidden sugar, there's simple carbs that turn to sugar in our body.

Bread. Potato chips. Crackers.

All of these spike blood sugar, cause inflammation, and Diabetes.

When you cut sugar and simple carbs, you also lower your insulin levels.

We'll talk more about what to eat instead.

And of course, I'll share how to balance your blood sugar later on, once we've looked at what Diabetes actually is.

For now, cutting sugar is going to make a huge difference in your health.

Later I'll even share a story of Rachel Woodrow who cut sugar to reverse her Diabetes symptoms.

Cutting sugar is a big part of the picture...and then comes healthy eating.

After that, add in EXERCISE.

We have a One-Two Combo Punch to fight Diabetes:
Diet and Exercise

I don't mean "diet" as in dieting.

I'm talking about the foods you eat on a regular basis.

When you pair a healthy diet with daily activity, you'll see lower blood sugar.

Your body will be able to use insulin better when you get more activity—this is super important, and I'll cover it more when I talk about balancing blood sugar.

You can use activity to lower your blood sugar after eating, such as a 20 minute walk after a meal.

That's how you STOP and REVERSE your path right now.

Cut sugar and simple carbs...

And get moving!

Chapter 3: What is Diabetes?

Why is it such a growing concern now?

Diabetes is mostly a preventable disease—at least Type 2 Diabetes is.

But it can also strike anyone, anywhere.

As the Diabetes Research Institute shared:

“In the last decade, the cases of people living with diabetes jumped almost 50 percent – to more than 30 million Americans. Worldwide, it afflicts more than 422 million people.

Diabetes is a leading cause of blindness, kidney failure, amputations, heart failure and stroke.

Living with diabetes places an enormous emotional, physical and financial burden on the entire family. Annually, diabetes costs the American public more than \$245 billion.”

To understand what diabetes is, you have to understand what insulin is and how it works in the body.

Let's start at the beginning.



When we eat, our food is broken down in the stomach and turned into glucose (a type of sugar) for our bodies to use as energy.

That glucose goes out into our bloodstream to be delivered to organs.

A process has to happen to make that glucose usable.

The pancreas, located near the stomach, produces insulin, a hormone that helps glucose get into the cells of our bodies.

For Type 1 Diabetics, they don't produce insulin and therefore can't process that sugar.

We'll go over the different types soon.

For most people, the body tries to absorb that sugar with insulin.

But here's the CRITICAL THING you need to understand about insulin.

Insulin doesn't process or break down glucose, aka sugar in the blood.

It doesn't get rid of it.

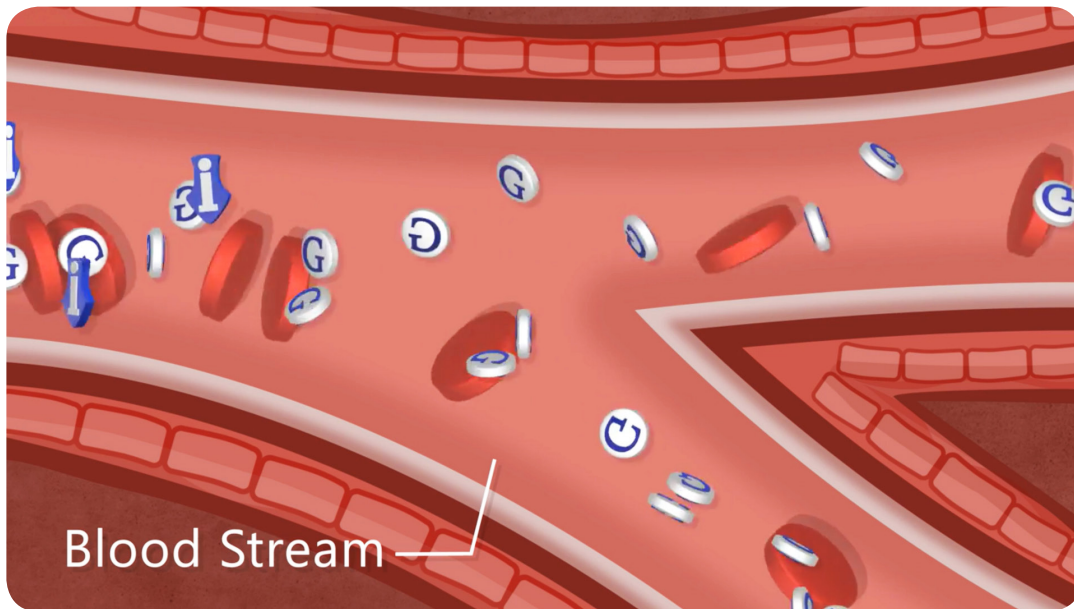
Insulin pushes the blood glucose into organs.

So when we have high blood sugar, insulin pushes that sugar into organs so our blood sugar goes down.

You can test your blood sugar to see that it went down, and it seems to have fixed the problem.

Except...

That sugar is still in your body, in your organs and cells.



The conventional medical wisdom right now says that when you have diabetes, your body either doesn't make enough insulin in Type 1 Diabetes...

Or your body can't use its own insulin as well as it should, as in Type 2.

The real issue is there is JUST TOO MUCH SUGAR floating around your bloodstream.

The body will up its insulin production, over and over, trying to manage all this sugar.

But we can only make so much insulin, and soon there's way more sugar than insulin receptors.

This causes sugars to build up in your blood as the body fights to move all that sugar around.

Insulin is necessary, but the real cure is not adding more insulin...

But taking in less sugar and burning off the sugar you do eat.



Before we really dive into how to manage blood sugar and reverse Diabetic symptoms, it's important to understand the different types.

What are the different types of diabetes?

The three types of Diabetes are Type 1, Type 2, and Gestational Diabetes, which affects pregnant women.

There are a few less common types such as an inherited form called monogenic diabetes, and cystic fibrosis-related diabetes .

For the purpose of this book, I'll discuss the first three types.

Type 1 Diabetes

This is an autoimmune disease, and *not* caused by diet.

Some experts believe Type 1 is caused by a virus or other attack on the body which causes the autoimmune response.

The body is actually attacking its own pancreas and killing off cells that produce insulin.

It was called “Early Onset Diabetes” for a long time because children are much more likely to develop it.

When people have this type, their body does not make insulin, and they need to take insulin every day to stay alive.

They need to monitor their blood sugar to ensure it doesn’t get too low, especially when exercising or between meals.

In children, Type 1 Diabetes symptoms can come on quickly.



What are the symptoms of Type 1 Diabetes?

Frequent urination

Excessive thirst

Unexplained weight loss

Extreme hunger

Sudden vision changes

Tingling or numbness in hands or feet

Feeling very tired much of the time

Very dry skin

Sores that are slow to heal

More infections than usual

Nausea, vomiting, or stomach pains may accompany some of these symptoms in the abrupt onset of insulin-dependent diabetes, now called Type 1 diabetes.

Type 2 Diabetes

When we talk about the obesity and Diabetes epidemic, we're talking about Type 2.

You can develop Type 2 Diabetes at any age, sadly even during childhood, because it's caused by too much sugar intake.

Type 2 is the most common type by far, and it's getting worse.

This disease is caused by diet and preventable...and REVERSIBLE.



Type 2 Diabetes Symptoms

There usually are NO symptoms early on.

Your body compensates for the problem, covering the issue, until you get knocked over the edge and become very sick.

Our grocery stores, corner markets, mini markets, and fast food chains are filled with junk food—basically sugar in a wrapper.

Gestational diabetes

Gestational diabetes develops in some women during pregnancy.

That's why doctors will conduct a simple test where the woman drinks a sugar solution and they test her blood sugar.

If you develop Gestational Diabetes, you have a greater chance of developing Type 2 Diabetes later in life.

Or even staying Diabetic.

Sometimes Diabetes diagnosed during pregnancy is actually Type 2 Diabetes.

“Lorin” developed Gestational Diabetes during her third pregnancy with twins, and she says, “Gestational Diabetes IS Diabetes. You can't expect it to go away. You need to monitor your blood sugar even after delivery.”

Several years after delivery her twins, Lorin noticed her blood sugar was much higher every morning.

She'd been exercising and on the Keto diet, which significantly lowered her blood sugar and symptoms.

After three days of elevated blood sugar levels, something dawned on her.



She took a pregnancy test and discovered she was indeed pregnant.

That meant she needed to keep a close eye on her Diabetes because being pregnant raises blood sugars.

Who is more likely to develop type 2 Diabetes?

As I've said, everyone is at risk due to the Standard American Diet.

If you eat processed foods, eat at fast food chains, or buy snacks at the store, you're most likely consuming more sugar than you should.

You're more likely to develop Type 2 Diabetes if:

- You're 45 or older
- You have a family history of Diabetes
- You're overweight
- You have a low physical activity level
- You have certain health problems such as high blood pressure
- You have Prediabetes or had Gestational Diabetes.

Genes play a role... and so does race...

From CDC:

Blacks are 1.7 times as likely to develop diabetes as whites.

The prevalence of diabetes among blacks has quadrupled during the past 30 years.

Among blacks age 20 and older, about 2.3 million have diabetes – 10.8 percent of that age group.

Blacks with Diabetes are more likely than non-Hispanic whites to develop Diabetes and to experience greater disability from diabetes-related complications such as amputations, adult blindness, kidney failure, and increased risk of heart disease and stroke.

Death rates for blacks with diabetes are 27 percent higher than for whites.

Chapter 4: 7 Steps To Balanced Blood Sugar Levels

I don't like to be the bringer of gloom and doom. That isn't why I'm sharing all this bad news about Diabetes.

I simply want to highlight the problem and give a workable solution.

We've talked about the risk factors, who's at risk, and what happens when your body can no longer handle all the sugar.

So now we can talk about balancing blood sugar for a much healthier life.



I'm so excited about this part—because you can feel GREAT even if you've been diagnosed with Diabetes.

Why Balanced Blood Sugar?

We use glucose for energy, so your body wants blood sugar levels to stay steady within a particular range.

Not too high, not too low.

When we have steady blood sugar, we feel good.

That's so much better than the highs and lows of a carb-filled diet.

As you can guess, blood sugar is influenced on a constant basis by what you eat.

In fact, food's impact on blood glucose is almost immediate.

Luckily we can control what we eat. We can also control our activity level.

Glucose is a fuel for our body, so we can burn excess glucose to keep our level more steady.

The key to controlling your blood sugar level is knowledge, diet, and exercise.

This is also the key to managing and reversing Type 2 Diabetes!

When we don't properly manage our blood glucose levels, and develop diabetes, it can also lead to...

...kidney failure, heart disease, blindness, numbness, loss of limbs, and other illnesses.

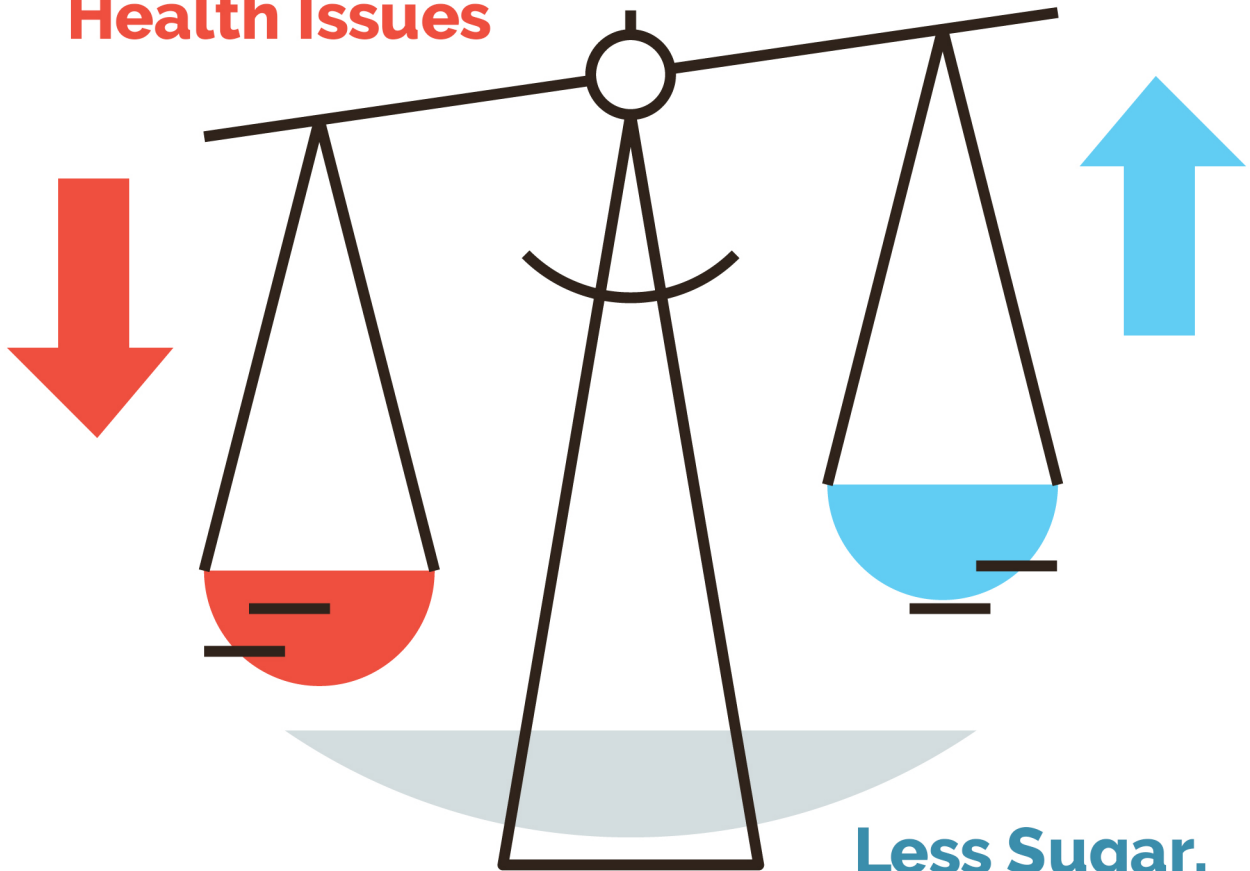
People with diabetes take longer to heal from wounds.

They might not know they have a cut due to neuropathy, where they've lost feeling from nerve damage.

So wounds can become infected easier.

All of these problems begin by high levels of blood glucose, leading to insulin resistance.

**More Sugar,
Health Issues**



**Less Sugar,
Better Health**

Balanced blood sugar leads to more energy, more sleep, higher feelings of happiness, and is highly correlated with a much longer lifespan.



WANT LONGER LIFE?

People who live to be over 100 have one thing in common.

They have steady blood sugar levels!

The best foods for enjoying a healthy weight are those that don't cause a sharp rise in blood sugar levels, aka low glycemic foods.

Balanced blood sugar is associated with physical and emotional health, and long life!

You can work to balance blood sugars by pairing higher GI foods with lower ones, and by burning off sugar in your blood through activity.

I'll cover how to balance your blood sugar soon.

When you master your blood sugar:

- You can get your weight under control
- You'll have better energy
- Your cravings will subside
- Your mood will stabilize
- Your memory will improve
- You can balance hormones.
- You will minimize your risk
Diabetes, heart disease, cancer, and many other diseases.

If you're struggling with mood, weight gain, a constant need for caffeine, you may have a problem balancing your blood sugar.

Again, it's fixable.

Some people need medication in the beginning of their Diabetes treatment, but not everyone, as we'll soon see.

Diabetics who naturally balance blood sugar with lifestyle changes often find that they can reduce or even eliminate their need for medication.

Let's talk about how to do that!

1. Eat More Foods That Rank Low on the Glycemic Index

Most people have heard the terms "glycemic index" and "glycemic load" but not all of us have a grasp on what these means.

Glycemic index (GI) measures how much specific foods raise blood glucose after you eat them.

Glycemic load (GL) tells you both how much sugar a food puts into your bloodstream and how fast it does it.

For Glycemic Index, the smaller the number, the less impact the food has on your blood sugar.

- 55 or less = Low (good)
- 56- 69 = Medium
- 70 or higher = High (bad)

When you know the GI and GL of different foods, you can make better decisions about what to eat.

"That's great..."

...But how do I know the glycemic load of a food?"

If that sounds overwhelming, don't worry—you can download an app on your phone and instantly check the GI and GL of any food.

Luckily, we have apps that we can download on our phone to check the nutritional value of foods.

Many people use Carb Manager or other carb apps to track what they eat.

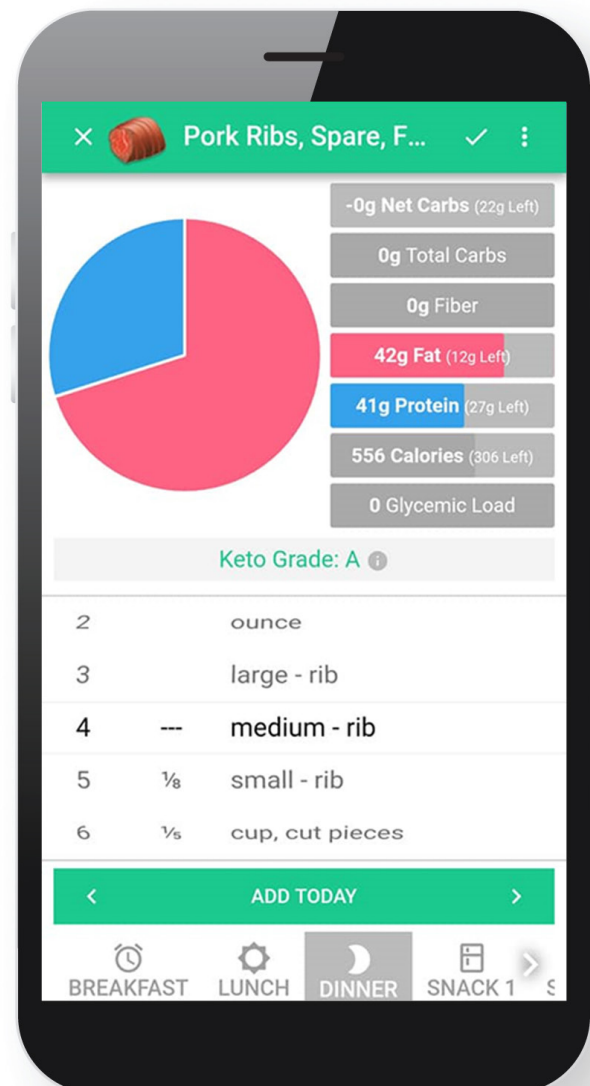
Simply look up a food and check the carbs, net carbs, diabetic carbs, and glycemic load.

Pork Ribs, Spare, Fresh
Serving Size: 4 medium - rib
Serving Weight: 4.9oz (140g)
Source: NCCDB Verified

Here I can look up the macros to see the protein, fat, and carbs in my food.

These ribs, without a high carb sauce, are great for Keto.

A Diabetic would probably want to alter their health goals they put into the app for their own needs.



Nutrient	Value	% Goal
Calories	555.8	39.7%
Total Carbs	---	---
Net Carbs ⓘ	-0.1g	-0.3%
Diabetes Carbs ⓘ	-0.0g	---
Fiber	---	---
Starch	---	---
Sugar	---	---
Added Sugar	---	---
Sugar Alcohols	0.1g	---
Protein	40.7g	42.8%
Fat	42.4g	41.2%
Cholesterol	169.4mg	---
Glycemic Load	---	---

But you can see that the app offers nutritional information that's very useful for a Diabetic.

You can also find this information on many food labels these days.



And of course you can search online for information.

Say for example, I'm choosing between a Caesar salad and a steak. I decide to look up the GI for a salad.

I actually used a website called **www.FoodStruct.com** and looked it up.

My search gave me a page with all the nutrition information for my salad.

A Caesar salad has a GI of 50.

That's under 55, so it's good.

We have many apps and websites to choose from, and these tools can help you manage your diet.

Low glycemic index foods:

Vegetables, legumes, nuts, seeds, whole grains, and some fruits.

They release energy very slowly into your bloodstream once you have eaten them.

By taking in more foods that rank low on the glycemic index, you will be able to stabilize blood sugar by avoiding sudden spikes and drastic drops in your blood sugar levels.

In Contrast...

Eating high GI foods that release energy quickly can actually cause feelings of fatigue, hunger, and irritation.

I'm sure you're familiar with a "sugar crash."

We end up feeling more tired and craving more simple carbs.

Why is it so hard to resist those high GI foods?

Well, the food industry is about making money. That's what all business is about.

So the engineer food to hit the "Bliss Point" – where it has the perfect mix of sweet and salty.

You know that perfect crunch?

Well, the taste and texture of processed snacks are purposefully designed to cause addiction.

So it's not that you're "weak" or not trying to eat healthy.

You're fighting a big industry that wants your money!

One answer to this is cooking healthy, yummy food at home.



This delicious lamb salad takes 30 minutes to prepare.

You could switch in a different protein for personal taste or cost.

But believe me, you can have delicious food that will nurture your health instead of slowly poison you.

In fact, you can eat a diet of mouth-watering food that will REVERSE Diabetes!

Be sure to check out my cookbook, which I'll reference in the coming 30-Day Challenge.

Now, let's get back to Glycemic Index.

Remember, Glycemic Index Can Change

The GI number is a good indication, but you should still monitor blood sugar.

GI can change depending on several factors, such as your serving size, or if you take a walk after eating.

Also consider:

Ripeness affects GI.

The glycemic index of fruits like bananas goes up as they ripen.

Food preparation affects GI.

Fat, fiber, and acids like lemon juice or vinegar lower the glycemic index.

The longer you cook starches like pasta, the higher their glycemic index will be.

Portion sizes matter, too.

If you eat more of a food with carbs, you're eating more carbs, and that will raise your blood sugar.

That's the glycemic load, which translates into the GI for a specific amount of that food.

Glycemic load helps you account for both quantity and quality of your carbs.

Less than 10 is low; more than 20 is high.

Consider what else you're eating.

You can actually lower the overall glycemic index of a meal by combining a high-glycemic index food with foods that have lower ones.

If you mix psyllium fiber into a homemade sauce, the extra fiber will lower the GI.

For a Diet with a Lower Glycemic Load

EAT MORE whole grains, nuts, legumes, fruits, vegetables without starch, and other foods with a low glycemic index

EAT FEWER foods with a high glycemic index, like potatoes, white rice, and white bread

You can still eat foods with a high glycemic index—in SMALLER PORTIONS.

Just eat smaller portions of foods with a high GI, and offset them with nutritious, low-GI foods.

2. Include More Protein in Your Diet

Proteins work to slow down the release of energy in your body after you eat.

Even when you consume sugars or carbohydrates, protein can limit the amount of energy that goes into your bloodstream.

Protein keeps blood sugar levels from spiking.



The benefits keep going. Protein is a satiating macronutrient so you feel fuller for longer.

Carbs will make you hungry again soon.

But protein sends a signal to your brain to let you know you're full, and that prevents overeating.

Protein works to keep blood glucose stable—it works with fiber in this regard.

3. Fiber is your new best friend

A good rule for balancing blood sugar:

Eat fiber and protein whenever you have carbohydrates.



Protein is great, and fiber can even further compound the positive effects.

Fiber will keep you full longer and help you crave less sugar.

Fiber is found in legumes, beans, flax seeds, chia seeds, oats, hemp seeds, nuts, and seeds.

The fiber in complex carbs like vegetables and whole grains takes longer to break down, slowing the process and preventing a blood sugar spike.

A diet of 30% protein, 40% carbs and 30% fat can lower the absorption rate of sugar...

Even in people who already have type 2 diabetes!



4. Exercise is your other new best friend.

You can control your blood sugar through what you eat...

...and how much sugar you burn off.

That's where activity and exercise come in.

Just 10 minutes of exercise, especially right after meals, can bring blood sugar levels down 22%.

The official exercise recommendation for adults is at least 30 minutes, 5 days per week.

You can get that with two short bike rides on different days, a walk, a friendly game of basketball, and an evening of bowling.

Find activities you enjoy so you'll want to exercise more often!

When you exercise, the cells in your muscles take in more glucose than usual from your bloodstream, thus bringing your blood sugar levels down.

Exercise makes the insulin you take more efficient, too.

Fun Exercise Does Exist!

Yoga, cycling, canoeing, paddle boating, swimming, bowling, tennis, racket ball, basketball, football, soccer, speed walking, hula dancing, salsa dancing, ballroom dancing... The list is endless!



5. A Low Carb Diet May Actually Work Wonders

As a Diabetic, sugars and carbohydrates are your worst enemy.

The honest truth is, sugars and simple carbs are bad for everyone.

Consuming too many is what leads to Diabetes in the first place!

So how did we get to such an out-of-balance diet?

You might remember way back when, around the 70s, when medical experts decided that fatty foods were making people fat.

Since then...and until recently...a low-fat diet was promoted.

We were TOLD to eat around 40% of our diet from carbs, and the Food Pyramid showed a wide base of breads and grains.

People finally figured out that a high carb diet wasn't fixing the problem, but actually causing a much worse problem.

We basically went on a sugar diet.

The Standard American Diet – SAD for short – is full of simple carbs that turn to sugar in our body, actual sugar, and sugar listed under 50 different names.



We're living on fast food and processed food.

It didn't help that the government subsidized corn so that now most commercial food products have corn or high fructose corn syrup.

Then along came Atkins and the Keto Diet, which promoted very low carb intake.

They're huge fads right now, so you've probably heard of them.

But being a "fad" doesn't mean they don't work, and these low carb diets actually do wonders for Diabetics.

Many people are cutting carbs and finding they're balancing their blood sugars.



When things turned around...

It's common knowledge now that the Mediterranean Diet is healthy and promotes long life.

But it was a shock back in 1999.

A study on heart disease had two groups of heart attack victims; one group went on a low-fat diet while the other group ate like people did in the Mediterranean.

The latter group ate avocados, nuts, olive oil, and fatty fish.

Sure, you and I know what happened in the study.

But at the time, people were SHOCKED when the fatty diet dropped heart disease and death rates by 75%.

Here we were, running away from fat and eating carbs instead, thinking we'd get healthier.

Now, public health is much worse...

But you have the knowledge to turn that around.

Let's kick sugar and simple carbs to the curb and go toward a more natural diet!

"Kala" wasn't Diabetic, but her father and grandmother on his side were.

For that reason, she always watched her diet.

She thought she was eating fairly healthy, but was steadily gaining weight in her early 40s.

Sound familiar?

She eventually tried the Keto diet. The weight did start to come off, but other good things happened too.

She had been struggling with skin problems all of her life, and they went away.

Her mind fog improved too.

What on earth? She wondered.

Well, sugar and simple carbs have a high glycemic load.

They cause inflammation, which leads to hormone problems among other things.

That inflammation causes all kinds of disease, including cancer.

People often find that a low-carb diet reduces the inflammation and cures many of their problems.

A low carb diet can cure Diabetes too.

How to Eat a Low Carb Diet

Rule #1: Avoid sugar and simple carbs such as bread and pasta.

Rule #2: Remember that junk food is...JUNK!

Rule #3: Focus on healthy protein and fats.

Rule #4: Fill your diet with:

Lean meats (chicken breast, some pork cuts, lean beef)

Wild caught, fatty fish

Free-range, organic eggs

Organic leafy green vegetables

Cauliflower and broccoli are low carb and can be prepared in many ways

Nuts and seeds

Healthy oils: coconut oil, olive oil, sesame oil

Some fruit, such as apples, blueberries, and strawberries.

Eating low-carb is a lifestyle change, but you might be surprised to find it's full of delicious foods.

There are many variations of Keto bread made with almond flour.

There are low-carb so they have a low GI, but they satisfy the need for fresh from the oven, toasty bread.

Keto clam chowder made with heavy whipping cream and cauliflower instead of potatoes is creamy—and you might find it's the best clam chowder you've ever had!

You can make a broccoli, cauliflower, and bacon cold salad with a creamy dressing, and it's low carb if you leave out the peas.



If you love pasta, buy “zoodles” instead—these are noodles cut out of zucchini or other veggies.

You can also buy a “zoodler,” also called a “vegetable noodle” maker or spiral slicer.

[photo of zoodler]

If you love mashed potatoes, you'll have to try mashed cauliflower.

You simply steam the veggie until it's soft, and then mash it, then add butter and seasoning.

After trying this, some people find they prefer it, for the more complex and rich taste.

Chicken stuffed with spinach, cheese, and sun dried tomatoes is low carb too.

Almost any dish with shrimp is—you just have to watch the sauces.

6. Focus on Complex Carbs

Tracking of your carbs is a key element in managing elevated blood sugar and getting it under control.



Free Apps that track Carbs

Senza: Carb Counting

MyPlate Calorie Tracker

Carb Manager

*Ask others what they recommend and search Google Play or your App Store.

When you manage your carbs, you're putting less glucose into your blood and organs.

So let's talk about complex carbs.

Carbs with good fiber and necessary nutrients take longer to break down.

Our bodies were designed to eat complex carbs.

When we eat fruit, the fiber that's attached to the fructose actually changes how we process the food.

That's why fruit is good on a limited basis, but fruit JUICE is horrible for us.

Eating WHOLE FOODS makes it easier to get your complex carbs.

Instead of white bread and pasta, switch to whole grain bread and pasta.

Instead of potato chips, grab crunchy veggies and nuts.

Instead of white rice, buy brown rice, quinoa, or beans.



7. Add Fasting as your Final Tool

The medical industry will try to tell you that you need insulin to manage your blood sugar.

What if I told you that you actually have a tool box full of tools to manage blood sugar and bring it down?

We saw that eating low GI foods, eating fiber, and eating a low carb diet all bring blood sugar down.

Those are tools.

Exercise is one more tool to burn blood glucose and lower your blood sugar level—without pushing the sugar back into your body.

Another tool is fasting.

All of these methods either control how much glucose is going into your body...

...or how much you're burning off.

Imagine your body is a glass.



If you're eating the Standard American Diet, you're pouring sugar water into your body—into this glass.

You can change how much you pour in by eating a different diet.

You can also empty the glass by exercising.

And thirdly, you can actually turn off that incoming water through fasting.

Fasting has been around forever. Some have used it to focus better and pray during meditation.

Along with religious uses, fasting has been used as a medical tool for ages too.

If you've believed that there is no cure for Diabetes, you've been thinking about a medical cure.

We don't have an immunization shot to prevent it, and we don't have a medication that cures it.

We might think insulin does, but actually, we know that insulin moves the sugar from the blood and back into the body.

In today's world, we so often look to medicine to fix a problem. Acute symptoms do need medicine, but chronic problems need to be fixed at the source.



You wouldn't take Tylenol for the pain of a broken bone and not try to mend the bone.

Insulin is a medication that helps you cope with too much sugar in your blood.

But it doesn't fix the root problem.

People use fasting for many uses even today.

Weight lifters and body builders use intermittent fasting to burn off fat before competitions.

People with stomach issues will fast to give their stomach a break from digesting food.

We can all use fasting to drastically drop blood glucose and insulin levels.

Let's say you get a diagnosis of Type 2 Diabetes or prediabetes, and you make some big changes.

You go on a low-carb diet, eat less, and exercise more.

You're using those tools, and you'll see results.



But you can super charge those tools with fasting.

And by "fasting," I don't mean cutting back on calories. Remember, you're already doing that.

I mean to actually STOP eating for a while.

When we restrict calories, our body adjusts.

It's not bad to restrict calories, but you'll find that some diets that work well don't.

Atkins and Keto, for example, are two low-carb diets that don't require you to count calories or restrict them.

You'll find that you eat less because your appetite lessons, but you'll be getting full on healthy fats on these diets.

So counting calories hasn't actually been an effective diet method. I mean, you've probably counted calories...and NOT lost weight, right?

Studies have even found that restricting calories to lose weight has a 95% FAIL rate.

Raise your hand if you've lost weight by counting calories... Anyone?

But have you tried fasting?

Fasting decreases insulin.

It does so through hormonal changes that happen when we fast.

Restricting calories usually just makes us hungry all of the time.

You would think that fasting would be harder, but many people find it easier to do a fast instead of restrict calories.

We'll talk about how to do that soon.

Did you know that you already fast? When you eat break-fast, you're breaking your overnight fast.

Now imagine if you stopped eating at six in the evening, and then waited until 10 the next morning to eat again. That's a 16 hour fast.

For now, let's focus on WHY fasting works.

When we fast, we drop our insulin levels, and therefore become less resistant to insulin.

Our body will use insulin better when we do eat.

In studies where one group restricts calories and the other fasts, the fasting group will lose more weight and lose visceral fat.

Visceral fat is the more dangerous fat that's stored in the abdominal cavity and around the liver, stomach, and intestines.

To fast as a tool for managing blood sugar, you can start small by not snacking.

That gives your insulin levels times to reset between meals.

You can go another step and do an extended fast by eating dinner earlier, and then waiting to eat breakfast until later the next day.

Many people do a full day fast twice a week.

This might sound like work, but compare it to taking insulin shots every day and feeling bad.

I'll go into fasting more in our next chapter...on curing Diabetes.

Managing Blood Sugar:

Your Tool Box

Eat Low Glycemic Index Foods
(Use an app to check GI)

Eat more Protein

Eat more Fiber

Exercise!!!
(Exercise especially after meals or when blood sugar is high.)

Eat a low-carb diet

When you do eat carbs, eat complex carbs

Fast to drastically reduce blood sugar and become less insulin resistant.

Chapter 5: Reversing Diabetes

If you made it here to Chapter 5 without reading the 7 Steps to Balanced Blood Sugar, please go back and read the last chapter!

Rachel Woodrow was diagnosed with Type 2 Diabetes. Her doctor wanted to start her on medication to get it under control.

She didn't like that.

Rachel didn't want to take medication, so she made a request.

She asked her doctor to give her 90 days to get it under control on her own, without medication.

Her doctor wasn't sure about it, but agreed.

A Diet Change to Reverse Diabetes

Rachel made a drastic change—she cut sugar completely from her diet.

The amazing thing is she stuck with it for 90 days, avoiding all added sugar.

She went back to her doctor after three months and they rechecked her blood sugar.

It was normal.

Her doctor re-classified her as NON-DIABETIC.

She's been medication-free ever since and living a more active lifestyle, along with eating a healthy diet.



This changed happened in 90 DAYS simply because Rachel cut added sugar from her diet.

She admits that it's taken her four years. She didn't do it overnight.

But she took steps all along the way, like throwing out all the treats in her house.

Rachel doesn't want people to think "there is no cure for Type 2 Diabetes" because people won't try.

They'll accept their diagnosis and not try as hard as they can to change their health.

If you have a doctor who says there's no cure for Diabetes, get a different doctor!

Find someone who will support lifestyle changes to reverse Diabetes...

Because that's the ONLY way!

She doesn't consider herself "non Diabetic" because she knows that once you develop Diabetes, you need to keep an eye on it.

However, she's healthy, happy, and living a normal life.

In fact, she's healthier and happier than she was before her diagnosis.



Don't ignore this wakeup call! If you're headed down the path toward Diabetes or have it, decide and commit right now to turn your health around!

Other people have reversed their Diabetes too!

Having Diabetes takes time to develop.

It's a disease caused by too much sugar coming into the body and flooding the blood and then organs with sugar.

So it can take some time to reverse, but you can also see benefits right away.

"Jennifer" thought she ate a healthy diet, but she couldn't stop her slow and steady weight gain.

It concerned her because Diabetes ran in her family.

And sure enough, she was prediabetic by the time she had her doctor check.

She tried a carb counting app and began to track everything she ate...

And she was shocked at how many carbs she ingested every day!

These simple carbs were turning to sugar.

By tracking her carbs and avoiding added sugar, she's stopped her weight gain.

In fact, she lost weight, built muscle through exercise, and felt amazing.

She took the news that she was headed toward Diabetes as a chance to change things.

Even many health foods are full of carbs or even hidden sugar.

You may be eating way more carbs than you realize, and tracking them gives you the power to balance your blood sugar.

That prevents Diabetes and reverses it.

Getting More Exercise to Reverse Diabetes

Nigel Southam was diagnosed with Type 2 Diabetes and made life style changes.

However, he didn't lose weight or "reverse" his condition as he hoped...until he started a part time job and was more active.

He lost 20 pounds in 5 months on the job, and now he's on the cusp of being prediabetic instead of full-blown Diabetic.

This shows that upping your activity level has a huge impact on your blood sugar level and Diabetes.

Reverse Diabetes by Balancing Blood Sugar

At the beginning of this chapter, I asked if you had read the last chapter about balancing your blood sugar.

That's so critical.

You see, that's the key to reversing a Diabetes diagnosis.

When you cut down on sugar and carbs, you diminish the sugar going into your body.

When you exercise, you burn off glucose.



When you fast, you actually turn off the incoming flow and use up what's in your body.

Fasting has been a treatment for Diabetes for over 100 years, but doctors went away from recommending it when insulin became available.

We have an array of medication to treat high blood sugar, including Metformin, with the hope that the patient won't need to go on insulin.

Medication is useful and helps people get their condition under control, but if they don't make lifestyle changes, they need more and more medication.

Doctors will turn to prescribing medication for people because people are much more likely to take a pill... than exercise or make big changes.



Whether or not you take medication—which is a decision between yourself and your doctor—you should make life changes.

If you use the 7 tips to Balance Blood sugar, you will see a HUGE difference.

There are several diets that will guide you, such as:

The Keto Diet – eating less than 50 net carbs (or less) a day

A whole foods diet where you eat more natural, whole food and get more fiber

The Aktins Diet

A “No added sugar” or junk food diet.

A Keto Diet where you avoid sugar, empty carbs, and restrict healthy carbs will make a jaw-dropping difference in your blood sugar levels.

The 30-Day Challenge

This month long challenge is designed to guide you one day at time in eating healthy meals, drinking more water, and raising your activity level.

Apply the 7 Tips to Balance Blood Sugar, avoid added sugar and most simple carbs, and you're on your way to losing weight, lowering blood sugar, and feeling better.

Day One – Take Stock

Record your weight, blood sugar, and measurements around your waist and thighs.

How would you rate your energy level?

Poor..... Okay..... Sometimes Good.... Good

What health issues do you want to improve, in addition to reversing Diabetes if you've been diagnosed?

Now you have a starting point for your health!

It's also time to take stock of your home.

Do you have a lot of empty carbs, unhealthy snacks, and treats?

Clean out the pantry. Go shopping for nuts, vegetables that you like, and berries for any sweet cravings.

A Simple Meal Plan

Breakfast: Bacon, eggs, and tomatoes.

Lunch: Shrimp salad with olive oil and avocado.

Snack ideas: nuts, string cheese, or salted avocado.

Dinner: Pork chops with Parmesan cheese, broccoli and salad.

(Or a delicious dinner from *That Diabetes Cookbook!*)

A Healthy Home

It can be intimidating to start a new lifestyle. So consider purchasing some of these items for your new healthy kitchen:

- Dark, leafy vegetables
- Broccoli and cauliflower
- Beans and lentils
- Nuts, avocados, and olive oil
- Lean meat or fish
- Organic, free-range eggs
- Cheese and sour cream
- Almond milk (very low carb)
- Almond flour – great for baking low-carb bread
- Low carb tortillas
- Spices if you need any
- No-sugar-added ketchup and other sauces
- Erythritol, a granulated sweetener that we don't digest so it doesn't raise insulin or blood sugar

Keeping Track

I've mentioned apps to count carbs, and I highly recommend that you download one.

If you don't, find another way to look up nutritional information—including GI—and write it down as you record what you eat.

With an app, you can record what you eat, the portion size, when you exercise, and how much water you drink.

You can even track your macros, so you can check how much fat, protein, and carbs you're eating.

You can also go online and search for a "habit tracker" or "water tracker" and click on "Images."

You'll find sheet you can download and print, and then you can check off your water or your daily habit.

Day Two – Cut the Sweetened Drinks

Today, find a way to track how much water you drink.

If you have an app to count carbs, it probably has a tab for water.

You can also mark it on your calendar or even buy a special mug that counts for you.

Drink water throughout the day: in that afternoon slump, before meals, and when you're thirsty.

This will make it easier to skip the sweetened drinks like mochas, energy drinks, soda, and even diet drinks.

You might like sparkling water, or water with lemon or another flavoring.

Commit to cutting sugary drinks from your diet.

These are the biggest sugar and calorie contributor for many people!

What's for Dinner?

We've talked about different foods that are good for staying healthy and reversing Diabetes.

I've shared a few meals, too.

You can find these recipes in *That Diabetes Cookbook*.

For instance, Coconut Chili Chicken With Roasted Vegetable Salad on page 10.



I'd recommend finding some recipes that look good to you and make a shopping list for the next few nights.

A Simple Meal Plan

Breakfast: egg, tomato, basil and goat cheese omelet.

Lunch: beef stir-fry cooked in coconut oil with vegetables.

Snacks: berries, deviled eggs, or sliced sweet peppers.

Dinner: Coconut Chili Chicken with Roasted Vegetable Salad on page 10 of *That Diabetes Cookbook*

You can still eat many of your favorite meals if you take out the simple carbs, such as using cauliflower for mashed potatoes or fried rice, or zucchini noodles for pasta.

Eating on the go?

Fresh, whole fruit is an easy snack and healthy in moderation.

Jerky can be a good snack when you check the carbs—sometimes the marinade adds a lot of sugar.



You can easily take a hamburger patty, lettuce, tomato, and other veggies to create a lettuce wrap.

Many people use Keto shakes as a meal replacement on the go to manage blood sugar because they're low carb.

Day Three – Time to Get Moving

Make a list of ALL the activities you like to do.

They don't have to be “exercise” to be...well, exercise.

Any activity that gets your heart rate up counts.

It's okay to start slow as long as you START.

So take a short walk once a day, if that's all you can do.

Listen to your body—if your knees are aching or you have trouble breathing, rest and try again later.

Commit to adding in an activity every day, from taking a walk, riding your bike, or a ten minute dance break at home.

A Simple Meal Plan

Breakfast: yogurt (buy unsweetened and sweeten yourself with fruit or stevia.)

Lunch: ham and cheese slices with nuts.

Snacks: Keto bread and butter, handful of almonds, broccoli dipped in healthy sauce

Dinner: Deconstructed BLAT



Love BLTs? Crunchy bacon, crisp lettuce, and ripe tomatoes.

You don't have to give it up.

You can make this simple, healthy, delicious meal for lunch or dinner.

The ingredients are:

- 5 tomatoes core removed and sliced
- 2 large orange kumara sliced thin
- 6 avocado stone removed, and flesh smashed
- 100 grams of mixed greens
- 4 parsnips peeled and sliced
- 8-12 rashers of bacon (2 per person)
- ¾ cup of olive oil
- 2 teaspoons of chili flakes
- 1 teaspoon of turmeric
- 1 lemon
- Salt and pepper

Instructions:

Preheat the oven to 350 degrees Fahrenheit.

Line 2 large baking trays with aluminum foil.

Lay thin sliced kumara flat on the lined baking tray. Brush each side with olive oil then season with chili flakes, salt and pepper.

Place in the oven and cook for 40 minutes.

Next, place thinly sliced parsnips into a large bowl, drizzle with olive oil and season with turmeric, salt and pepper. Mix till coated and lay flat on a lined baking tray, bake in the preheated oven for 30 minutes.

Place avocado flesh in a large bowl, add the juice from 1 lemon and season with salt and pepper. Mash till slightly chunky.

In a large frying pan add 1 teaspoon of oil and heat.

Cook of the bacon to desired degree. Remove bacon onto a plate with paper towel to absorb extra grease.

Add 1 tablespoon of olive oil to the bacon pan and heat. Add peeled asparagus and cook till tender.

To plate add mixed greens to the bottom of the plate, layer on fresh tomato, sliced kumara, parsnips, bacon and asparagus.

6. Serve and enjoy!

Day Four – Don't Be Afraid of Fat and Fiber!

As you read some of the meal suggestions and recipes here, you might shake your head.

They seem too fatty to be healthy, right?

But good fat is your friend now.

We've learned that we can be much healthier by eating fats and whole foods instead of carbs.

People are also afraid of fiber—because it can cause gas.

So raise your fiber intake slowly.

Fat helps you feel full longer and it doesn't raise your blood sugar.

Fiber helps with digestion and feeling full too.

So use them to your advantage!

Today, do some meal planning.

A Simple Meal Plan

Breakfast: steel cut oats with berries. (Cinnamon is an anti-inflammatory and lowers blood glucose!)

Lunch: Tuna salad

Snacks: walnuts, cheese slices, unsweetened yogurt flavored at home.

Dinner: chicken stuffed with pesto and cream cheese, along with vegetables.

How are you doing?

Still drinking over 8 glasses of water a day?

Are you continuing to buy healthy food? You can make this easier by not going down the parts of the store full of unhealthy choices.

Are you doing an activity every day?

Day Five – Be Prepared

So one of the hardest things about eating healthier is eating that way at work or on the go.

Many people work in a building with fast food or they drive or walk by a place offering delicious...yet very unhealthy...options.

Take a trip to the store and buy Tupperware that comes with dividers.

Look for a few different sizes, and get separate containers too.

Get a reusable and insulated lunch bag.

Now, as you cook these healthy and delicious dinners, make enough to have leftovers.

Also keep lean meat you can chop, cheese, unsweetened yogurt, and other healthy options to take.

A Simple Meal Plan

Breakfast: scrambled eggs

Lunch: a shake of fruit and dark green leafy vegetables.

Snacks: melon, nuts, or cheese.

Dinner: lettuce wrap (bun-less burger) with bacon, egg, and cheese.

*Try out Keto Bread recipes to find your favorite. The almond flour makes it low-carb so it's low glycemic.

Many recipes also add psyllium husk powder to add fiber, further reducing the glycemic load.

If you use a Keto Bread recipe and make rolls, you can flatten them into buns. Just cool, slice in half, and enjoy.

Day Six – Add in Fasting

Now that you know the benefit of fasting, you might want to try it.

You have almost a week under your belt of healthy eating, which is a huge accomplishment in itself.

I wanted you to wait a week before fasting so you could adjust to not having sugary drinks or treats.

Eat dinner a little early tonight. Drink a glass of water, and then brush your teeth.

You might eat dinner at 6 and then fast till breakfast...and you could eat breakfast a few hours late as well.

This will really drop your blood glucose and insulin levels.

A Simple Meal Plan

Breakfast: Meat and eggs. (This is great with left over steak.) Add avocado or wilted spinach.

Lunch: Mixed veggies and healthy dip.

Snacks: Cauliflower crackers, small sandwich with low-carb bread, whole fruit like an orange.

Dinner: Salmon with asparagus cooked in butter. Cauliflower for mashed potatoes.

Day Seven – Celebrate

You've been living a healthier life for a week!

You might feel some of the benefits already.

Now it's time to tell yourself, "Good job!" and then up your game.

Do you have any sweetened drinks left to cut out?

Have you been sticking to whole grains, whole foods, and foods with a low GI?

If you tracked your carbs and exercise, you can look over how you did this week.

What about your activity level?

The important question is: how do you feel?

Did you lose weight?

You might have changed your shape without losing weight—or even gaining weight—so measure to check.

And remember, it can take a while to see the results, but that doesn't mean that there's not there.

A Simple Meal Plan

Breakfast: Eggs, keto bread, bacon, and tomatoes.

Lunch: salad with a lean meat topping.

Snacks: quesadilla with a low carb tortilla and cheddar.

Dinner: Zucchini noodles with creamy Alfredo sauce.

What meals did you like from last week?

Start keeping track of foods you like so you can build a healthy recipe list.

Consider making a meal plan for this coming week based on the suggested plans here, and what meals you like.

Day Eight – Working Up

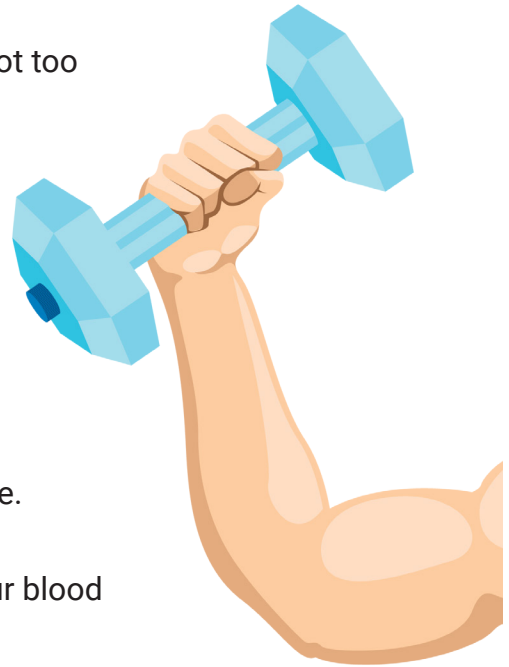
You're just a week into your transformation, but it's not too early to slightly increase your activity.

You can lengthen your work out, add in more activity or exercise, or find new activities to add.

When you planned meals yesterday, did you remember to get more healthy snacks?

Record your progress this week as you work out more.

Exercise burns glucose so you can use it to bring your blood glucose down.



A Simple Meal Plan



Breakfast: Yogurt (buy unsweetened and sweeten yourself with fruit or stevia.)

Lunch: Zoodles and sauce.

Snacks: Keto bread and butter, shake, nuts

Dinner: Roasted Drumsticks with Roast Seasonal Vegetables on page 12 of *That Diabetes Cookbook*.

Day Nine – Connect for Support

So many people are eating according to the Keto Diet or a low-carb lifestyle now.

It's exciting to see the positive change!

There are also many Diabetics out there, which is sad, but we're turning that around too.

You probably know people who are striving to be healthier.

Tell people what you're doing—you'll find others that are on the same path.

Ask about their experiences and share yours.

You probably have loved ones that don't know how much sugar is in our diet...or that so many of us are on the path to Diabetes.

You have a chance to share this powerful knowledge!

A Simple Meal Plan

Breakfast: Steel cut oats

Lunch: Tuna cup – mix Greek yogurt, Kalamata olives, red onion, lemon juice, fresh cucumber, and garlic salt.

Snacks: Avocado, scrambled eggs in low-carb tortilla, or smoothie.

Dinner: Paleo Crumbed Red Cod with veggies, from page 14 of That Diabetes Cookbook.

You'll find a wealth of recipes online for Diabetes, including Keto recipes.

I've included gourmet recipes in my cookbook that are actually easy to prepare.

Day 10 – Fasting for Faster Results

Remember that fasting will supercharge what you're doing with these lifestyle changes.

I'm sharing a meal plan every day, but you can mix and match, and skip meals or days.

These are a resource for you to keep so you always have ideas about what you can safely eat.

Try fasting today. Stop eating after lunch and fast until breakfast.

You can also use fasting to correct a high glycemic meal or when your blood sugar is rising.

On a smaller scale, you can fast between meals and not snack.

Even that few hours of not eating lowers blood glucose and insulin, so even though I provide snack ideas in this book, you don't have to snack every day.

Day 11 – Quality Check

If you're a car guy (or person) or have bought a new car, you probably paid attention to the quality of the oil and gas you put into it.

Well, I hate to break it to you, but we can't trade in our body.

We should choose the premium foods to feed ourselves.

That means whole foods, organic whenever possible, free range and hormone free meat products.

Take a look at the food in your house. Is it the best quality you can get?

You deserve the best!

Are you keeping up on your activity level and water intake?

A Simple Meal Plan

Breakfast: Cottage Cheese and fruit

Lunch: Sandwich with low carb bread

Snacks: Zucchini chips – slice thin with a mandolin slicer, then coat with sesame oil and salt, or your favorite seasoning.



Spread out on baking sheet and bake at 250 until crisp.

Dinner: Ginger Chili and Coconut Amino Stir Fry from page 20 of *That Diabetes Cookbook*.

Day 12 – Your Motivation

If you haven't thought about this...why do you want to be healthier?

Is it for your spouse? Your children?

Do you have dreams you still want to achieve?

Life has so much to offer, but we can't enjoy much of it if we suffer from bad health.

Share your progress with the people you love!

Keep up the great work!

A Simple Meal Plan

Breakfast: smoothie

Lunch: salmon and avocado

Snacks: fruit and yogurt

Dinner: Creamy Tuscan Garlic Chicken

Ingredients

- 1½ pounds boneless skinless chicken breasts, thinly sliced
- 2 Tablespoons olive oil
- 1 cup heavy cream
- ½ cup chicken broth
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- ½ cup parmesan cheese
- 1 cup spinach, chopped
- ½ cup sun dried tomatoes



Instructions:

In a large skillet add olive oil and cook the chicken on medium high heat for 3-5 minutes on each side or until brown.

When no longer pink in the middle, remove chicken and set aside on a plate.

Add the heavy cream, chicken broth, garlic powder, Italian seasoning, and parmesan cheese.

Whisk over medium high heat until it starts to thicken.

Add the spinach and sundried tomatoes and let it simmer until the spinach starts to wilt.

Add the chicken back to the pan and serve over pasta if desired.

Day 13 – Self Reflection

How is your 30 day challenge going so far?

Are you tracking progress, eating healthier, and getting more exercise?

You're almost two weeks in, so consider raising your activity level again.

These steps don't have to be big—just keep pushing yourself in small ways.

How can you up your game a little bit today and moving forward?

A Simple Meal Plan

Breakfast: Oatmeal with berries

Lunch: Skewer shrimp

Snacks: Deviled eggs, berries and whip cream

Dinner: Lemon Garlic Chicken, mashed cauliflower with herbs, and asparagus.

Omega 3s fight inflammation. That's one reason why seafood is so healthy.

Diabetes, in part, is a disease of inflammation, so taking Omega 3s and eating fish really helps.

Day 14 – Two Weeks!

You're halfway there!

How do you feel?

Measure yourself and mark down your progress.

Reflect on what has gone well and what you've struggled with.

It's perfectly fine to adjust your plan.

Remember, it's not about a number on the scale but how you look and how you feel.

You can see progress in your weight, your measurements, your blood sugar level, your mood, your sleep, and improvements in bodily aches.

A Simple Meal Plan



Breakfast: Oatmeal and chia seeds and fruit.

Lunch: Enchilada bowl – chicken, seasoning, avocado, cheese, and jalapenos. (Could also bake with low-carb tortillas)

Snacks: Cottage cheese, nuts, crunchy veggies

Dinner: Kabobs with your favorite meats and veggies. Just check your marinade for added sugar.

Day 15 – A New World

After cutting sugar for two weeks, you will most likely notice a difference in:

- Your cravings
- Your appetite
- Your taste and preferences
- Your weight (even if it's only water weight coming off because you cut carbs)

Many people notice it fixes hormonal problems.

Take a few minutes to acknowledge how it's changed your life to cut sugar out of your diet.

This might surprise you, and it'll motivate you to keep going.

A Simple Meal Plan

Breakfast: Egg omelet with sour cream—could include shrimp or ham

Lunch: Whole grain English muffin with low-carb jam. (Soak chia seeds in water so they gel, add smashed fruit)

Snacks: Cheese, fruit, and nut tray

Dinner: Stuffed mushrooms (with cream cheese and herbs), broccoli, and a lean meat.



Day 16 – Supporting Yourself

It might sound odd to think about “supporting yourself,” but the truth is, we often struggle with self sabotage.

You start something, but a little doubt comes along.

It might happen when you slip up...or when someone says something to you, or about you.

But somehow, you start to realize that maybe you can't do this.

Focus on the positive!

Track your progress, and think about how you feel and look. There are many ways to see your results.

Also remember that this is still very early on. So any change is exciting!

Think of ways to reward yourself and acknowledge all you've done in this challenge.

A Simple Meal Plan

Breakfast: steel cut oats with flaxseed

Lunch: Shrimp, sausage, and zucchini skillet

Snacks: shake, veggies, nuts, cheese tray

Dinner: Burger, cheese, and guacamole. Can be served as a lettuce wrap, or by itself as a hamburger pizza and eaten with a fork.

Day 17 – Challenge Yourself Some More

One great way to overcome doubt or a slump is to find another challenge.

It can be small.

But find something new you can accomplish or beat.

We love progress. We thrive on it.

So we can feel stagnated when we don't have new goals or challenges.

Find a new class, exercise, or physical game.

Maybe you can take up a new hobby or join something you couldn't do before—THAT feels AMAZING!

A Simple Meal Plan

Breakfast: Whole grain English Muffin, butter, and cottage cheese

Lunch: spinach salad topped with warm chicken slices, cut up peach, and your favorite cheese.

Snacks: whole grain crackers (low carb), berries, or lean meat

Dinner: Eggplant and Zucchini Tacos from page 24 of *That Diabetes Cookbook*.

Hey... Do you need to stock up on healthy snacks and ingredients?

Day 18 – Inspire Yourself

Your own story might inspire you right now.

We also love to hear about other succeeding so we can see the path ahead.

Do you know anyone personally who's lost weight and reversed Diabetes?

I shared stories of people who did through diet, cutting sugar and carbs, and getting more exercise.

Search online and read about how other people have turned their health around.

Talk to the fit people you know.

Think about what you've learned...what's worked for you...and write it out.

A Simple Meal Plan

Breakfast: fruit salad and cottage cheese

Lunch: Cauliflower mac (chop up ends of cauliflower, cook until soft, and melt cheese over it.)

Snacks: Keto bread and jelly (soaked chia seeds and smashed fruit)

Dinner: Grilled shrimp on zucchini noodles with a butter, cream sauce and pesto. Try Keto Bread with it!

You can live a healthy life without giving up the foods you love—you just need to alter them!

There are so many healthier options when preparing food.

Simply by cooking at home, you can make your food better for you.

Day 19 – Test Time

You've been measuring your progress.

Let's track it another way.

Get a timer or stop watch—like on your cell phone—and change into workout clothes.

Using a timer, see how many sit ups you can do in a minute.

How many pushups?

How many jumping jacks?

Pick some exercises you can do without pain and record you the number of reps you can do.

This gives you a baseline so you can take this test again later on.

Sometimes you'll want to fast to reduce blood sugar. Other times exercise is a quick way to burn off that glucose.

A Simple Meal Plan

Breakfast: Fried egg, bacon, avocado or fruit

Lunch: Chili (try to prepare with low sugar)

Snacks: apple, carrots, low-carb quesadilla

Dinner: Fajitas with low-carb tortillas.

*Remember, when you eat sweeter foods like carrots or apples, try to get a walk in afterwards to keep blood sugar balanced.



Day 20 – How to Handle Eating Out

You've probably encountered this problem.

You're doing great...and then you go on a trip or out with friends.

How do you order a health meal in a restaurant?

You can usually get your favorite burger as a lettuce wrap.

You can also go with a salad and get the dressing on the side.

It's the portion sizes that get many people, so ask for a box with your meal. Box half of it up before you eat!

The sauce is the other hidden danger, so ask for your meal without sauce or make sure you get a healthier option.

Consider buying Keto bars for times when you're out, and you're just aren't sure what to eat.

A Simple Meal Plan

You can invite others over to your home for dinner instead of eating out!

Breakfast: Whole grain cereal

Lunch: Creamy broccoli and vegetable soup from page 40 of *That Diabetes Cookbook*.

Snacks: small helping of zoodles and butter sauce, smoothie, fruit

Dinner: Sausage, Pepper, and Cauliflower Fried Rice

Ingredients:

- 1/2 cauliflower head, cut into small florets (optional)
- 1/2 red bell pepper, sliced
- 1/2 yellow bell pepper, sliced
- 1/2 green bell pepper, sliced
- 1/2 onion, sliced
- 9 ounces smoked sausage, sliced (not ground sausage)
- 3 tablespoons olive oil
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon garlic powder or minced garlic
- 1 teaspoon Italian seasoning
- 1/2 cup low-sodium chicken broth
- Salt and fresh cracked pepper
- 1/2 teaspoon Cayenne pepper, optional
- 1/2 teaspoon paprika, optional
- Fresh parsley, chopped

In a food processor, chop cauliflower florets to a rice consistency.

Microwave 7 minutes with 2 tablespoons water, and set aside.

Heat 1 tablespoon of olive oil in a large skillet over medium-high heat.

Add sausage and cook until browned on both sides, about 5 minutes. Remove from the skillet and set aside.

In the same skillet with 2 tablespoons olive oil, add the peppers and onion, and sauté for 4-5 minutes.

Add garlic, Italian seasoning, salt, and pepper, cook until fragrant, about 1 minute.

Add a half cup of chicken broth and whisk to combine.

Allow the mixture to simmer for 1 minute, then add the paprika and cayenne.

Stir in the cooked cauliflower rice and sausage until combined.

Garnish with chopped parsley and serve immediately.

Day 21 – Gearing up for the Home Stretch

You've made it three weeks!

Now what?

Check how you're doing on your water intake and activity level.

Listen to your body and allow yourself a rest day when you need it.

But always keep moving forward. Rest, and then make sure to continue with daily activity.

Celebrate reaching three weeks by going out and doing something really fun and active.

How do your clothes fit now?

What other improvements have you noticed?



A Simple Meal Plan

Breakfast: Whole grain English muffin with butter and a slice of melon.

Lunch: Asparagus, lemon, and ricotta stuffed salmon

Snacks: almonds and fruit

Dinner: Mediterranean Salad on page 44 of *That Diabetes Cookbook*.

Day 22 – Remember to Strength Train

Building muscle is good for everyone.

It helps you burn more calories along with being stronger.

You don't need to go to the gym or buy equipment, although you certainly can.

You can also do pushups, lunges, and use items around the house as weights.

You might enjoy resistance training with a stretchy rope.

Make a list of ways you can strength train and incorporate that into your weekly exercise schedule.

A Simple Meal Plan

Breakfast: steel cut oats with flax seed

Lunch: cashew chicken

Snacks: berries, whole grain bread, celery

Dinner: loaded Cauliflower.

Steam the cauliflower until soft and mash. Spoon into dishes, top with cheese, bacon, green onion, chives, and other veggies if desired and bake just long enough to melt cheese.

Day 23 – Time to Tweak?

Even when people don't see a difference in their weight, they usually feel a big difference.

But, if you don't see any results by now, or you're feeling bad, it might be time to tweak what you're doing.

Visit your doctor if you need to.

Check your food labels and ingredients for any hidden sugar, artificial sugars, or carbs.

Make sure you're drinking plenty of water.

And if you haven't, start using an app!

That's the key for a lot of people because we're not that great at mentally tracking what we eat.

A Simple Meal Plan

Breakfast: oatmeal and fruit

Lunch: Roasted Beetroot and Mushroom salad from page 52 of That Diabetes Cookbook.

Snacks: cottage cheese, smoothie, nuts

Dinner: Creamy Cauliflower chowder.



Use cauliflower for the potatoes in your favorite recipe.

Day 24 – Supercharge Your Motivation

As I've said, we thrive on progress.

And now you've seen that you can put your mind to something and make a big change.

What else do you want to change?

Where in your life do you want to improve?

Are there things you want to learn about?

Keep yourself excited about life by constantly learning and finding new challenges.

It's great to pause and celebrate your progress, and it's also great to always grow.

Make sure you're doing both!

A Simple Meal Plan

Breakfast: scrambled eggs and whole grain toast

Lunch: tuna or chicken salad

Snacks: whole grain muffin

Dinner: Baked cod or other fish, veggies, low-carb bread

Day 25 – Mix it Up

Our bodies adjust to new demands, and try to conserve energy.

So your body might be getting used to more activity.

You can mix it up by fasting for a day or half day, upping your exercise, or adding in a new exercise.

You can even shock your body by pairing two things together.

“Kelly” liked to go to her dance class, and then afterwards go on a bike ride at sunset.

Just going to her dance class didn’t make her sore. Neither did her bike ride.

In fact, they were relaxing.

But when she did them together once a week, she could tell it pushed her body more.

Mix up your exercise, your diet, and your routine—it has surprising benefits.

A Simple Meal Plan

Breakfast: Chia seed jam on whole grain toast

Lunch: zucchini boats

Snacks: broccoli, mushrooms cooked in garlic salt and butter, fruit

Dinner: Shrimp and Cauliflower grits. Pair with a veggie side.

How can you mix up your menu? Have you been trying new foods?

Day 26 – Test Day!

Take some time to look over your progress.

Are you exercising longer?

Take the test we conducted earlier, and see if you can do more pushups, sit ups, or whatever exercise you used.

Are your new activities starting to feel like a routine?

That's what we want!

By the end of this challenge, it's my hope that you'll have new, healthy habits.

I hope you'll continue with your activities and eating a low-carb, low-glycemic diet.

The point of this Challenge is to show you that YOU CAN LIVE A SUPER HEALTHY LIFE!

A Simple Meal Plan

Breakfast: Oatmeal with chia seeds and fruit or berries.

Lunch: Avocado and egg salad on whole grain toast

Snacks: cherry tomatoes, yogurt, or carrots

Dinner: Garlic Butter Brazilian Steak with Keto Cheese Bread and zoodles.

Ingredients

- 6 medium cloves garlic
- kosher salt
- 1.5 lb. skirt steak, trimmed and cut into 4 pieces
- freshly ground black pepper
- 2 tablespoons canola oil or vegetable oil
- 2 oz. unsalted butter (4 tablespoons)
- 1 tablespoon chopped fresh flat-leaf parsley

Instructions

Peel the garlic cloves and smash them with the side of a chef's knife. Sprinkle the garlic lightly with salt and mince it.

Pat the steak dry and season generously on both sides with salt and pepper. In a heavy-duty 12-inch skillet, heat the oil over medium-high heat until shimmering hot. Add the steak and brown well on both sides, 2 to 3 minutes per side for medium rare. Transfer the steak to a plate and let rest while you make the garlic butter.

In an 8-inch skillet, melt the butter over low heat. Add the garlic and cook, swirling the pan frequently, until lightly golden, about 4 minutes. Lightly salt to taste.

Slice the steak, if you like, and transfer to 4 plates. Spoon the garlic butter over the steak, sprinkle with the parsley, and serve.

Day 27 – How's Your Sleep?

With more activity and exercise, it's likely your sleep improved.

Our insulin goes down during sleep, and our body repairs itself.

When we're excited about life and making positive change, we might feel more energetic.

That can help with sleep because you wake up more rested, and you feel more ready to get out of bed.

You can help your sleep by:

- Having a routine before bed
- Going to bed around the same time
- Getting up and not hitting snooze for half an hour
- Avoiding electronics an hour or two

A Simple Meal Plan

Breakfast: whole grain (high fiber) muffin with a layer of yogurt and berries.

Lunch: Antipasto salad with olives

Snacks: jerky, cheese tray

Dinner: Stuffed bell peppers.

Cut peppers in half, remove seeds. Cook peppers in the oven for 30 minutes before stuffing.

Stuff with cooked hamburger and baked with cheese, or a sausage and cheese mix.

Bake until everything is soft and melted.

Day 28 – How's Your Emotional Life?

All this positive change is probably spilling over into other areas of your life.

It's so true that stress and emotional hardship effects our health, and vice versa.

Well, I have a surprise for you...

Exercising boosts your mood, your thinking, your memory, and emotional health.

And I have a challenge for you.

Now that you've seen how to do a 30-Day Challenge, you know how to enact positive change in other areas of your life.

So don't stop with balancing your blood sugar.

If you have other areas you want to improve, be intentional about it!

A Simple Meal Plan

Breakfast: breakfast burrito with low-carb tortilla

Lunch: Turkey and bacon wraps

Snacks: sliced bell peppers or other veggies

Dinner: Chicken and snap pea stir-fry

It's Been Four Weeks!

If you've been increasing your activity level and eating healthy, GREAT JOB!

If you've struggled or missed days, don't get down.

It's about the end result, not ticking off every day.

If you're healthier, feeling better, and have a more steady blood glucose level, congratulate yourself!

Day 29 – Celebration Time!

Plan a party!

(A healthy party...)

Buy a new bike or new dress
or new something.

Because you did it!

You might need new clothes to match your new outlook.

Measure and weigh yourself today—but this isn't the end.

It's a stepping stone in your healthy journey.

It's a lifestyle.

This is YOUR NEW HEALTHY LIFESTYLE!

A Simple Meal Plan

Breakfast: Whole grain toast and a egg or fruit

Lunch: Fajitas, by themselves or with low-carb tortilla

Snacks: salmon dip and veggies

Dinner: Fish and mashed cauliflower paired with veggies



Day 30 – Looking Ahead

Did you reach your goals?

What would you change if you redid this challenge...and ARE you going to go through again?

You might want to invite your spouse or a friend and do the 30-Day Challenge together.

Or if you already did, you can discuss how to continue with a healthy lifestyle.

Remember:

Whole foods with fiber are your best friend!

Cut down on carbs and avoid added sugar, and you CAN REVERSE DIABETES.

I'm so happy and excited for you, and I hope you can enjoy many more activities and do even more things.

Oh, and our last meal plan includes a simple low-carb pizza recipe to celebrate!

A Simple Meal Plan

Breakfast: Meat or shrimp omelet

Lunch: Shake

Snacks:

Dinner: Savory Low-Carb Pizza

Pizza Crust Ingredients:

- 2 large Eggs
- 2 tbsp. Parmesan Cheese
- 1 tbsp. Psyllium Husk Powder
- 1/2 tsp. Italian Seasoning
- Salt to Taste
- 2 tsp. Frying Oil

Toppings

- 1.5 oz. Mozzarella Cheese
- 3 tbsp. Rao's Tomato Sauce
- 1 tbsp. Freshly Chopped Basil

Measure out all dry ingredients.

Add 2 eggs and mix all ingredients together using an immersion blender for at least 30 seconds to allow psyllium husk to absorb some of the liquid.

Heat 2 tsp. frying oil in a pan over medium-high heat.

Once very hot, spoon your mixture into the pan and spread out into a circle shape.

When the edges have started to set and look slightly brown, flip the pizza crust.

(It can help to use a plate to flip.)

Turn the broiler on high in the oven. Cook on the opposite side for 30-60 seconds, then turn the stove off.

Spoon 3 tbsp. Rao's or other low carb tomato sauce over the pizza crust and spread.

Add cheese and put the pizza into the oven on broil.

Crack the oven door so you can keep an eye on it. Once it's bubbling, remove from the oven.

Serve with freshly chopped basil on top