

INSTASHIRED



Companion Guide

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The Rising Tide of **Diabetes**

COMPANION GUIDE

#1

Summary

Diabetes has been around for a long time...

It wasn't common in years past. Now, however...

It seems diabetes is everywhere.

It's no longer an "adult onset" disease because children and teenagers are getting sick with both Type 1 and Type 2.

That was unheard of 50 years ago.

Host Judd Resnick knew people suffering from diabetes so he saw its effects firsthand.

Then, he learned that we had a 70% increase in the disease in the U.S. from 1990 to 2013.

How could diabetes increase so much? Is it just our diet? Our modern food? Our genes?

People are dying from diabetes and the many complications so fast that several died while you were reading this.

Judd wanted to do something...

He had to find out why so many people were getting sick.

He was also determined to stay healthy and to teach his children how they could lead healthy lives too.

His quest for health led him to move from Southern California in America to New Zealand.

He wanted to be more active and eat healthier, for him and his family.

However, Judd quickly realized that diabetes can affect anyone...*anywhere*.

So he set out to seek real answers about how we can solve this crisis both for ourselves and for our loved ones.



THIS EPIDEMIC IS
HURTING EVERYONE.

The cost of healthcare is skyrocketing along with illness.

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

Just in the United States, 30 million people have diabetes.

These numbers are rising...

...and rising quickly.

The even scarier thing is...

1 in 4 people with diabetes don't realize they have the condition!

They don't realize what's going on until they suddenly get very sick and start experiencing complications.

In our first video, we learned the basics of what it means to be diagnosed with Type 1, Type 2, and prediabetes.

Our bodies produce insulin so we can metabolize sugar in our blood. But we can become insulin resistant through diet.

Our genes also play a role.

We met Type 1 diabetic Ryan Provencher, along with former type 2 diabetics Nigel Southam and Rachel Woodrow.

They wanted to tell us that discovering you're diabetic isn't a death sentence.

In fact, it's a reality check.

It can make you take big steps to turn your health around and feel great again, as Rachel Woodrow shared.

Each of these people discovered impactful and lasting methods for successfully lowering their blood glucose levels...

...even to the point that they were no longer classified as type 2 diabetics.

How did they accomplish this amazing feat?

We'll explore their secrets in upcoming episodes.

After learning the basics of diabetes, you'll learn how to prevent this disease...

Or, if you've been diagnosed, **you'll learn how to turn your health around.**

KEY CONCEPTS AND QUESTIONS

- 1 Type 2 Diabetes is the leading cause of _____ in America.
- A. obesity
B. stroke and heart disease
C. cancer
D. flu
- 2 Right now, 30 million Americans have type 2 Diabetes, which is 10% of the population. In addition, 80 million have pre-diabetes and many don't know it. If the trend continues, by 2050, _____ will have Diabetes.
- A. Everyone
B. 1 out of every 2 adults
C. All children
D. 1 in 3 adults
- 3 Diabetes is _____ common than all cancers combined.
- A. less
B. 3 times more
C. twice as less
D. twice as
- 4 We might be born with the possibility printed into our DNA to develop Diabetes, and it can be external factors of _____.
- A. pollution
B. what we eat and drink
C. activity level
D. B and C
E. All of these

KEY CONCEPTS AND QUESTIONS

- 9 The body breaks sugar down into glucose in our bloodstream, the brain detects the glucose and triggers the pancreas to make _____, which allows glucose into our cells to use as energy.
- A. movement
B. fluid
C. cortisol
D. insulin
- 10 When we have too **little** glucose in our blood, and we lose energy, in what's called _____.
- A. Pre-diabetes
B. Diabetes
C. Hypoglycemia
D. Hyperglycemia
- 11 When we have too **much** glucose in our bloodstream, it's called _____ and causes long term damage and diabetes.
- A. overdosing
B. Insulin resistance
C. hypoglycemia
D. hyperglycemia
- 12 A key part of Type 2 Diabetes is _____, when fat blocks insulin from opening the door to muscles and organs. The body makes more insulin but eventually can't keep up.
- A. insulin resistance
B. failure
C. heart attacks
D. blocked arteries

KEY CONCEPTS AND QUESTIONS

- 13** Due to complications of Diabetes, you might lose_____.
- A. your limbs due to amputation
B. your eyesight
C. your life to due to a heart attack
D. All of these
- 14** Symptoms of diabetes include hunger, headaches, increased thirst, blurred vision, confusion, exhaustion or drowsiness, excessive vomiting, and _____.
- A. constipation
B. excessive urination
C. hearing loss
D. all of these
- 15** There aren't symptoms in the early stages of Type 2 Diabetes. Often, the body compensates for symptoms until _____.
- A. a routine checkup discovers the issue
B. it progresses to pre-diabetes (hyperglycemia and eventually Diabetes)
C. a medical emergency throws you over the edge
D. Any of these
- 16** Treating diabetes is _____ and not just a diet.
- A. a choice
B. a lifestyle change
C. impossible
D. none of these

KEY CONCEPTS AND QUESTIONS

17 The percentage of obese people in the US has exploded from around 10% to 30% in the last 20 years. There's sugar in fast food, commercial foods, and even health foods. _____ contributes to insulin insensitivity and eventually Diabetes.

A. Losing weight

C. Eating vegan

B. Gaining weight

D. None of these

18 We fight a _____ to eat and store fat along with social stress or lack of health care that contribute to health issues and diabetes.

A. primitive drive

C. lifetime

B. battle

D. all of these

19 Diabetes is called a modern day illness because it's partially caused by _____.

A. easy access to unhealthy fast and processed food

D. much higher sugar concentration and high fructose corn syrup on most of our foods

B. inactivity

C. a busy lifestyle where we don't cook at home

E. All of these

KEY CONCEPTS AND QUESTIONS

20 Sadly, many children are affected by Type 2 Diabetes, something that was very rare just 20 years ago. Children who develop Diabetes have a life expectancy _____.

- A. that's about the same
- B. that is 10 years shorter
- C. that is 15 years shorter
- D. that is 20 years shorter

21 For the future, we need to _____.

- A. Educate families, both parents and kids
- B. Tax sugar products
- C. Outlaw fast food
- D. Tell people to eat artificial sweeteners instead of sugar

22 With many diseases, the effects make your health go downhill over time. However, with Type 2 Diabetes, you _____.

- A. have some control and can put the brakes on
- B. can get educated about diet, exercise, and medications to reverse the symptoms
- C. can improve your health
- D. can reverse high blood sugar
- E. All of these

ANSWERS

1. B. Stroke and heart disease
2. D. 1 in 3 adults
3. B. 3 times more
4. D. B and C
5. A. fast food
6. C. someone dies
7. A. blind
8. B. overweight
9. D. insulin
10. C. hypoglycemia
11. D. hyperglycemia
12. A. Insulin resistance
13. D. All of these
14. B. excessive urination
15. D. Any of these
16. B. a lifestyle change
17. B. Gaining weight
18. A. primitive drive
19. E. All of these
20. D. that is 20 years shorter
21. A. Educate families, both parents and kids
22. E. All of these

Hidden Sugars & the Rise of 'Bliss Point'

COMPANION GUIDE

#2

Summary

Walk around any mini mart or grocery store, and what do you see?

Sugar.

We don't realize how much we eat because it's in everything.

Even foods that aren't sweet often have hidden, added sugar.

Foods that aren't sweet – like potato chips and bread – are full of carbs that turn to sugar.

You might be eating sugar in EVERY MEAL and not realizing it.

Yogurt, crackers, granola bars, sandwiches, energy drinks...

These are all FULL of sugar.

We're surrounded by food products full of refined sugar.

It's so easy to grab a treat or snack from a machine, a fast food restaurant, a mini mart, and even the grocery store.

If you need to check this, walk through a store, pick up a product and check how many carbs it has.

The truth is...

The main culprit for the alarming rise in diabetes is the dramatic increase of sugar (or "carbs") in our diets.

But are carbs bad for us all of the time?

Don't we need them to fuel our bodies?

Yes, we do, but as we'll discover in this episode, there are many forms of sugar.

There are good types sugar, such as whole fruit, and also bad, hidden sugars that spike insulin and cause insulin resistance.

Food makers study how to make food that causes us to crave more sweet, salty food.

So if you find yourself craving soda and potato chips, it's because they were designed to get you addicted...

...and then they cause diabetes.

People are eating processed and packaged foods instead of whole foods that supply fiber, natural vitamins and minerals, and better nutrition.

In our video, we met author Megan Kimble, who changed her lifestyle to eat completely "unprocessed" foods.

It changed her life...and changed her health for the better.

Learn the truth about sugar so you can make smart choices and be healthy.



DIABETES IS PREVENTABLE!

Diabetes is even reversible if we make big life changes.

Your health is your choice.

KEY CONCEPTS AND QUESTIONS

1 Companies have designed food to _____ with a perfect ratio of sugar, fat, and salt, which they call the bliss point. Two examples are soda and potato chips.

- A. last longer
- B. be healthier
- C. cause cravings
- D. all of these

2 Food is black and white; there is no gray area. You are either feeding your body or _____, which breaks your body down.

- A. not
- B. giving it negative nutrition
- C. following a fad diet
- D. drinking too much

3 Commercially prepared foods from stores and meals from restaurants have _____, which you will learn when your blood sugar sky rockets after eating them.

- A. hidden ingredients
- B. better nutrition
- C. all the vitamins we need
- D. less ingredients

4 People are eating way too much sugar, and it's _____.

- A. feeding the wrong bacteria in the digestive track
- B. causing inflammation
- C. breaking down muscle and making it hard to build muscle
- D. lowering immunity
- E. All of these

KEY CONCEPTS AND QUESTIONS

5 People used to consume 8 pounds of sugar a year. Now we consume _____. Most people are shocked when they track their actual sugar consumption.

- A. 20 pounds a year
- B. 40 pounds a year
- C. 80 pounds a year
- D. 120 pounds a year
- E. 150 pounds a year

6 All this sugar puts a huge strain on the _____.

- A. food industry
- B. sugar growers
- C. pancreas
- D. none of these

7 Sugar also promotes _____.

- A. better health
- B. cancer
- C. less food waste
- D. all of these

8 Glucose tastes _____, but both are sugars and used for fuel. Glucose causes an insulin response but isn't stored as fat.

- A. bitter
- B. sour
- C. sweeter than fructose
- D. Less sweet than fructose

KEY CONCEPTS AND QUESTIONS

- 9** Fructose tastes sweeter, and is processed in the _____ and then absorbed directly into the bloodstream. Too much fructose is stored as fat and makes you gain weight.
- A. liver
B. stomach
C. muscles
D. brain
- 10** Table sugar is made up of both glucose and fructose, so it has the properties of both. That means it causes a high insulin response AND _____.
- A. makes you sleepy
B. dehydrates you
C. high energy response
D. can be stored as fat
- 11** Men should consume less than 38 grams (9 or less teaspoons of ADDED sugar) a day while women should consume _____.
- A. the same amount
B. 25 grams (6 teaspoons) which is found in just one Snickers bar.
C. 30 grams of sugar
D. more sugar to help them with childbearing
- 12** A 120 gram bag of potato chips has _____. That might explain how Americans consumer around 20 teaspoons of sugar per day.
- A. 5 teaspoons of sugar
B. 11 teaspoons of sugar
C. 16.5 teaspoons of sugar
D. 19.5 teaspoons of sugar

KEY CONCEPTS AND QUESTIONS

- 17** A sign that your body may be inflamed is _____.
- A. pain
B. fatigue
C. Congestion
D. Obesity
E. All of these
- 18** Bread today is much _____ and turns into sugar very quickly in the body. White bread is the worst, health wise, so look for whole wheat most of the time.
- A. more nutritious
B. lighter
C. harder to digest
D. all of these
- 19** There is a direct and proven link between soft drinks and _____.
- A. thirst
B. Diabetes and obesity
C. Economic status
D. hunger
- 20** Regular soft drink consumption over 6 months increases _____ by over 150%. Sugary drinks are bad for everyone.
- A. your weight
B. your ability to burn fat
C. disease
D. the fat deposits on the liver

KEY CONCEPTS AND QUESTIONS

- 25** Sweet potatoes are a very healthy alternative to _____.
- A. salad
B. regular white potatoes
C. other vegetables
D. All of these
- 26** You can cut way down on your sugar intake simply by _____.
- A. avoiding soda
B. replacing soda and other sugary drinks with sparkling water
C. sweetening foods at home so you add less sugar (and not high fructose corn syrup)
D. All of these
- 27** Look at the _____ to see if it contains a lot of sugar.
- A. color of a processed food
B. top three ingredients on a food label
C. last ingredient on a food label
D. health claims on the front of a package
- 28** You can retrain your taste buds to sense sugar by cutting back on it. People then notice better skin, more energy, and _____. Sugar is addictive, and eating more makes you crave more.
- A. fewer anxiety attacks
B. less gas
C. better willpower
D. more muscle

ANSWERS

1. C. cause cravings
2. B. giving it negative nutrition
3. A. hidden ingredients
4. E. All of these
5. E. 150 pounds a year
6. C. pancreas
7. B. cancer
8. D. Less sweet than fructose
9. A. liver
10. D. can be stored as fat
11. B. 25 grams (6 teaspoons) which is found in just one Snickers bar.
12. C. 16.5 teaspoons of sugar
13. D. extremely high in added sugar
14. B. measures how much your blood sugar will rise
15. D. added sugar
16. B. on the liver
17. E. All of these
18. C. harder to digest
19. B. Diabetes and obesity
20. D. the fat deposits on the liver
21. A. liquid form
22. C. sparkling water
23. A. much worse
24. D. All of these
25. B. Regular white potatoes
26. D. All of these
27. B. top three ingredients on a food label
28. C. willpower

Pairing the **Right Foods** to **Maximize Insulin** Response

COMPANION GUIDE

#3

Summary

Most of us know about micro nutrients such as vitamins and minerals.

But not everyone thinks about balancing their macro nutrients such as Fat, Protein, and Carbs.

These macro nutrients are listed on the Food Pyramid...

...and we've been using this guide for decades to form food choices.

But, diabetes has been on the rise in the last few decades.



IS THIS CORRELATED?

Well, the Food Pyramid has grain products on the bottom.

That means, we *thought* we should be eating a lot of bread and pasta...

However...

Now we know that eating so much grain actually LEADS to diabetes!

We're consuming deadly amounts of processed grains, which equate to simple carbs.

The new Canadian Food Guide recommends having half of your diet as a plant based diet.

We should have a quarter of our diet from protein foods...

...and the other quarter from WHOLE grains, not the overly processed white grains that turn into sugar in our blood.



This episode covered the main food groups, including the benefits and dangers in each.

We need carbohydrates, and there are healthy carbs we can and should consume on a daily basis.

Brown rice, quinoa, beans, and other whole grains are good for us.

Complex carbs break down more slowly and don't cause insulin spikes.

Of course, it's not just about carbs.

We learned the importance of fiber and protein in managing diabetes.

This is one lesson we've gained from studying "Blue Zones" and how certain lifestyles can lengthen our life.

So, instead of counting calories, remember to think about food quality and what type of food you're eating.

We need healthy carbs, fat, protein, fiber, and plenty of water in our diet.

KEY CONCEPTS AND QUESTIONS

1 We think of a balanced meal as following the government's 1992 _____ that recommends a base of carbohydrates, which convert to sugar in our body and can lead to Diabetes

- A. Keto Diet
- B. nutrition label
- C. food pyramid
- D. Dr. Oz Diet

2 To live, we _____ protein, carbohydrates, and fat.

- A. need to consume all three:
- B. don't need
- C. only need two out of
- D. have to avoid

3 The USDA, or United States Department of Agriculture, _____ while also giving money to wheat farmers.

- A. grows produce
- B. makes nutrition recommendations to the public
- C. promotes a carb based diet
- D. Both B and C
- E. All of these

4 People would be much healthier if they _____.

- A. Avoided carbs all together
- B. flipped the food pyramid and put carbs at the top
- C. would eat only protein
- D. all of these

KEY CONCEPTS AND QUESTIONS

5 Carbs are _____.

- A. essential to our diet but should not be the main part of our diet
- B. our main form of energy that we need throughout the day
- C. A quick source of energy (especially simple carbs)
- D. All of these

6 _____ are best for diabetics (and most people) because they provide sustained energy and a slower insulin response.

- A. Simple carbohydrates
- B. Complex carbohydrates that contain sugar, starch, and fiber
- C. Artificial sugars
- D. Sweet fruits

7 Fiber doesn't contribute any _____ to our diet but fills us up, helps remove waste, and slows introduction of glucose into the bloodstream.

- A. calories
- B. flavor
- C. benefit
- D. none of these

8 Normally, non-diabetics should eat between _____ of fiber per day but most people only get about half that amount. We should also think about getting both soluble and insoluble fiber for more health benefits

- A. 5 and 10
- B. 10 to 20 grams
- C. 20 to 40 grams
- D. 30 and 60 grams

KEY CONCEPTS AND QUESTIONS

9 However, diabetics should strive to eat as much _____ as possible to regulate their blood sugar. They should still limit fruit to healthy portions, and eat whole fruit and not drink juice.

A. wheat

C. fruit

B. fiber

D. protein

10 Beans and lentils have _____ so people and especially diabetics should monitor portion size and how much they can tolerate.

A. too much protein to be healthy

C. Carbohydrates (so they do contain sugar)

B. lower nutrition

D. All of these

11 If we eat _____ we'll get all the fiber we need, so we don't have to turn to breads for fiber.

A. grass

C. nuts

B. fruit juice

D. plenty of fruits and vegetables

12 Like fiber, _____ so it keeps blood sugar levels more stable and also helps satisfy us for longer.

A. protein slows the absorption of glucose

C. fruit juice provides energy

B. fat is mostly not digested

D. carbohydrates fuel us

KEY CONCEPTS AND QUESTIONS

13 Women need roughly 46 grams of protein while men need 56, but it's determined by our weight—we need 0.36 grams per pound of body weight. Protein _____.

- A. is a basic building block of life
- B. slows release of insulin
- C. is built from amino acids, which we need from our diet
- D. All of these

14 Protein can be found in _____.

- A. meat
- B. nuts
- C. some vegetables
- D. all of these

15 Too much red meat raises our risk of Diabetes by 20%, but corn-fed beef (instead of organic, grass fed) is much worse for us. Some processed meats raise our risk of Diabetes by _____.

- A. 25%
- B. 35%
- C. 50%
- D. 75%

16 Look for foods high in _____ because it's our natural anti-inflammatory.

- A. fat
- B. omega 3s
- C. protein
- D. vitamin D

KEY CONCEPTS AND QUESTIONS

- 17 We eat way more _____ than people did 100 years ago, and way more than we actually need. It's also not the same product it used to be.
- A. meat
B. fruit
C. vegetables
D. fiber
- 18 _____ are specific communities around the world known for increased life expectancy rates because people eat high amount of vegetables and beans and small amounts of meat. They eat until they are only 80% full, so they eat less meat and less food in general. They're also active.
- A. Communes
B. Cults
C. Blue Zones
D. Gated communities
- 19 To reduce your risk of diabetes, eat 80% _____ and only 20% lean, organic (non-industrialized) meat and fish.
- A. nuts
B. vegetables
C. healthy fat
D. grains
- 20 We all need healthy fats which are _____ and come from plant and meat based foods. Just remember that fat is high calorie. Seeds are a great source of Omega 3s.
- A. nonfat
B. hard fat
C. saturated
D. unsaturated

KEY CONCEPTS AND QUESTIONS

- 21 _____ are made in a lab, are super unhealthy, and hidden in margarine, fast food, and many other commercially packaged foods. They're sometimes called partially hydrogenated fat.
- A. Unsaturated fats
B. Trans fats
C. Saturated fats
D. All of these
- 22 Being healthy is not about a diet to lose weight but rather about choosing healthy, organic, whole foods and avoiding the _____ in commercial food.
- A. High calories
B. Toxins and chemicals
C. Bad fats and lab created fats
D. All of these
- 23 We should all strive to be more _____ with our diet. Think of more than leafy greens to add to a smoothie. Look for a wider variety of veggies and more colors.
- A. conservative
B. plant-centric
C. meat focused
D. fruit focused
- 24 Look for whole grains such as quinoa or brown rice that _____ so they're low glycemic.
- A. cook slower
B. are high in energy
C. break down slowly
D. all of these

KEY CONCEPTS AND QUESTIONS

25

Food is _____ for your body, and what goes in your body is what you'll get back out. We should figure out what makes us feel best.

A. fuel

C. poison

B. a treat

D. dangerous

ANSWERS

1. C. food pyramid
2. A. need to consume all three:
3. D. Both B and C
4. B. flipped the food pyramid and put carbs at the top
5. D. all of these
6. B. Complex carbohydrates
7. A. calories
8. C. 20 and 40 grams
9. B. fiber
10. C. carbohydrates (so they do contain sugar)
11. D. plenty of fruits and vegetables
12. A. protein slows the absorption of glucose
13. D. All of these
14. D. All of these
15. C. 50%
16. B. omega 3s
17. A. meat
18. C. Blue Zones
19. B. vegetables
20. D. unsaturated
21. B. Trans fats
22. D. All of these
23. B. plant-centric
24. C. break down slowly
25. A. fuel

‘Healthy’ Supermarket Foods to **AVOID**

(And What to Have Instead)

COMPANION GUIDE

#4

Summary

In today's busy world, it's harder than ever to eat healthy meals.

Sadly, it's very easy to grab lunch or dinner at a drive through, where you don't really know what's in the food you're eating.

A fast food hamburger can sit out on a shelf for years...*and still look the same.*

It's considered a safe food, but if it has that many preservatives, do you really want to eat it?

Even without preservatives, that hamburger comes on a white, processed bun that's made up of simple carbs.

You're consuming around 1,000 calories and many are basically sugar calories.

Eating at a restaurant has some of the same dangers.

You're not sure what's in the food.

But you can make healthier choices when eating out by avoiding processed bread and reading the calorie content (when provided) for different dinners.

You can also ask your server questions.

Of course, you can do more than that for your health...

We can take our health into our own hands when we learn to decode food labels and learn to cook at home.

At home, we can control what's in our food and how big our portion sizes are.

Healthy eating starts with the foods we buy to cook with...

It's so critical to learn the hows, whys, and wheres for eating "the right" foods.

In other words, don't rely on those health claims you see on packaged foods!

Learn about what foods provide good health, like foods with a low glycemic index.

Use healthy oils and more vegetables in your meals to improve your health.

Healthy food is normally at the edge of the grocery store in the produce and meat sections.

The interior store shelves are filled with row after row of processed, packaged foods that are full of chemicals and sugar.

So shop the perimeter of the store first, looking for whole foods.

But even if you shop for whole foods, you still need to look for **QUALITY** whole foods.

Those foods include grass fed grain, wild caught fish, organic fruits and vegetables, and foods that don't have a shelf life of years and years.



COOKING AT HOME IS THE FIRST LINE
OF DEFENSE AGAINST DIABETES.

In our video, we saw an example of a delicious and healthy pasta alternative you can cook in under half an hour.

When you eat high quality food, you can sometimes eat MORE food while you consume LESS calories.

KEY CONCEPTS AND QUESTIONS

- 1 Food products can sometimes appear healthy but _____ because food manufacturers try to make food brighter and tastier to sell more.
- A. are even better than we realize C. we should eat what we feel like
B. actually do us harm D. none of these
- 2 Most stores display _____ on the edge of the store while the middle shelves are full of packaged foods. The old way of “farm to table” is vastly gone, replaced with giant stores full of convenient food.
- A. fruits and vegetables C. older food
B. posters D. All of these
- 3 Most foods that we eat today have _____. We’ve been counting calories when we need to think about this, and how it affects our blood sugar level.
- A. more nutrition than in the past C. lower calories so we can eat more
B. health benefits D. a huge glycemic index
- 4 Cooking at home helps you control your diet and know what you’re eating. Just remember that the worse oils to use are _____.
- A. olive oils with omega 3 C. any oils
B. vegetable oils with omega 6 in them D. all of these

KEY CONCEPTS AND QUESTIONS

5 You can replace high glycemic noodles with _____, which are also naturally gluten free and provide antioxidants.

- A. carrot noodles
- B. squash noodles
- C. zucchini noodles
- D. all of these

6 One problem with dining out is how we've lost sense of _____. So even if you eat the right things, you can still have problems.

- A. eating with others
- B. normal portion sizes
- C. our past
- D. none of these

7 To eat healthier when you eat out, drink water with your meal, and _____.

- A. ask questions about ingredients
- B. look at portion size and calories if listed
- C. avoid deep fried and otherwise unhealthy dishes
- D. make healthy substitutions when possible, such as sweet potatoes for white potatoes
- E. stay away from desserts and soda
- F. All of these

8 Most restaurant meals are actually _____.

- A. two meals, so ask for a takeout box with your meal
- B. better for us than home cooked food due to health laws
- C. lower calorie than we think due to food's lower nutrition these days
- D. made from powder

KEY CONCEPTS AND QUESTIONS

- 9 It's equally important to think about _____ of what we eat.
- A. taste
B. quality and quantity
C. quality
D. quantity
- 10 The key to managing Type 2 Diabetes is _____. Too much food is the problem, which is why vegetarians in India even get Diabetes.
- A. drinking lots of water
B. avoiding fruit
C. portion control and looking at caloric intake
D. All of these
- 11 You can eat _____ by eating foods that fill you up but have less calories, such as a healthy salad instead of a hamburger.
- A. candy
B. "more for less"
C. fries with your meal
D. anything you want
- 12 You can limit your calories to a certain number, and then feel satisfied and good, or hungry all of the time, depending on _____.
- A. the types of foods you eat
B. how well you chew your food
C. how fast your metabolism is
D. when you eat

KEY CONCEPTS AND QUESTIONS

13 Most people feel they're an expert on food because we all eat. So we think we can lose weight simply by eating less. But clearly, it's not that _____ or else we wouldn't have a weight and Diabetes epidemic.

- A. important
- B. meaningful
- C. complicated
- D. simple

14 Get healthier by eating half a plate of _____.

- A. non-fat food every day
- B. non-starchy vegetables every day with the skins intact
- C. noodles
- D. protein

15 Be careful of pesticides. To avoid them, you can _____.

- A. wash fruits and vegetables in water with 4 teaspoons of apple cider vinegar
- B. look up the Clean Fifteen and Dirty Dozen list
- C. buy organic when buying
- D. go to farmer's markets and grow your own food
- E. All of these.

16 Dieticians are trained to help people eat healthily even on _____. You don't have to be rich to eat healthy, just committed to it.

- A. diet foods
- B. fast food
- C. bigger budgets
- D. a limited budget

KEY CONCEPTS AND QUESTIONS

- 17** To eat healthy on a smaller budget, you can _____.
- A. buy fruit and vegetables in season to eat and freeze
 - B. buy in bulk
 - C. Find cheaper but still healthy ingredients to bulk up meals
 - D. Use frozen vegetables and fish when needed
 - E. Find soups loaded with vegetables
 - F. All of these
- 18** Even fruits and vegetables _____ are a healthier option than packaged convenient foods because they still offer health benefits and a lower glycemic effect.
- A. treated with chemicals and pesticides
 - B. that are starting to mold
 - C. canned with sugar
 - D. none of these
- 19** Always read food labels, and carefully check the _____. Most commercial products list very small serving sizes so the product looks healthier. But, more importantly, look at what kind of energy you get in that.
- A. maker
 - B. serving size
 - C. weight
 - D. color

KEY CONCEPTS AND QUESTIONS

- 20 Buy items with fewer ingredients, and _____ foods at home so you add less sugar.
- A. eat
B. store
C. never keep
D. sweeten
- 21 All the diet foods in stores _____ the global weight problem.
- A. have helped
B. have not helped
C. have not changed
D. All of these
- 22 We should question foods such as Twinkies that can sit on the grocery store shelf _____.
- A. without a warning label
B. without refrigeration
C. for six years
D. for six months
- 23 Artificial sweeteners in diet soda _____.
- A. are a good alternative
B. aren't better than sugar but aren't worse
C. may raise the risk of cancer and thyroid disease
D. raise our glycemic index faster, which can cause Diabetes even earlier.
E. Both C and D

KEY CONCEPTS AND QUESTIONS

24 Yo-yo diets make people gain more fat afterwards, and the body starts to replace _____.

A. bone with cartilage

C. nutrients with calories

B. muscle with fat

D. all of these

25 Eat the _____ of any food in a plant-based diet for the best health. Eat real food, shop the edge of the market for fresh food, and learn to cook delicious food that nourishes your body.

B. cheapest

D. smallest amount

C. fastest

E. lowest calorie

ANSWERS

1. B. actually do us harm
2. A. fruits and vegetables
3. D. a huge glycemic index
4. B. vegetable oils
5. D. all of these
6. B. normal portion sizes
7. F. All of these
8. A. Two meals
9. B. quality and quantity
10. C. portion control and looking at caloric intake
11. B. "more for less"
12. A. the types of foods you eat
13. D. simple
14. B. non-starchy vegetables with the skin intact
15. E. All of these
16. D. a limited budget
17. F. all of these
18. A. treated with chemicals and pesticides
19. B. serving size
20. D. sweeten
21. B. have not helped
22. C. for six years
23. E. Both C and D
24. B. muscle with fat
25. A. best quality

Daily **Movements** That Maintain **Glucose** Control

COMPANION GUIDE

#5

Summary

We often hear that we should get moving more.

But why?

Here's one reason:

Today, 45% of new childhood diabetes cases are TYPE 2 – that means they're not the autoimmune type but brought on by DIET.

It's actually a combination of poor diet and lack of exercise.

Children are obese and developing diabetes at an alarming rate.

Adults are too.

That's because everyone is sitting more and eating more high-calorie and unhealthy food.

A can of soda has more sugar than we should consume in a day...

Yet, many people have several sodas, or mochas, or energy drinks...

And that's on top of many unhealthy foods.

The problem is compounded by our lack of activity, which is what we focused on in our fifth video.



WE'RE SITTING FOR HOURS...
SOMETIMES FOR MOST OF THE DAY!

Properly managing – or avoiding type 2 diabetes – is not just accomplished by consuming healthy foods...

We **MUST** also add movement to our daily lives.

Activity after meals helps us control glucose levels and manage diabetes.

Of course, getting exercise is a huge component of being healthy and preventing diabetes in the first place.

So you can imagine how destructive it is for people to sit and play video games or watch tv for hours while eating potato chips, candy, and drinking soda.



WE NEED TO GET MOVING!


Muay Thai instructor Dougal McKenzie showed us the types of exercise we should incorporate into our daily routines.

Any activity helps our health.

There are many types of movement you can do every day...and you might not even realize they count as exercise.

Everyone can find ways to get moving that they enjoy, from cycling to gardening, or even walking your dog or with a friend.

In the video, Chef Ronnie showed us two delicious meals we can cook at home to aid our bodies both before and after exercise.



Taking control of your health means making a commitment to eat healthy and get moving.

KEY CONCEPTS AND QUESTIONS

1 Americans average about _____ hour of TV a day.

- A. 1
- B. 3
- C. 5
- D. 7

2 _____ was once called “adult onset” because people generally got this condition later in life. Sadly, it affects teenagers and even children now.

- A. Type 2 Diabetes
- B. Diabetes
- C. Type 1 Diabetes
- D. Hyperglycemia

3 Obesity related complications are now _____ of the younger generation.

- A. shortening life spans
- B. lowering quality of life
- C. the biggest global health threat
- D. All of these

4 Young people think food is _____ when it’s labeled sugar-free, fat-free, and low-carb but they don’t understand the risks of artificial sugars and other chemicals.

- A. bad for us
- B. healthier
- C. cheaper
- D. None of these

KEY CONCEPTS AND QUESTIONS

5 It's important to teach young people that _____ will prevent future illnesses.

A. medication

C. drinking lots of water

B. drinking sports drinks

D. good early lifestyle choices

6 Kids need at least _____ minutes of activity per day and should get at least 20 minutes of recess. Most states fall under this recommendation.

A. 50

C. 150

B. 100

D. 200

7 For newly diagnosed Type 2 Diabetics, losing _____ of their body weight can actually reverse the condition. It becomes much harder to reverse over time.

A. half

C. 10%

B. 35%

D. 5%

8 Kids had more opportunities to _____ in the past.

A. eat

C. play video games

B. diet

D. get outside and play

9 We can easily get way more _____ than we could in years past for much less work, sometimes no work at all.

KEY CONCEPTS AND QUESTIONS

- A. calories
- B. money
- C. exercise
- D. all of these

10 In the past, people worked for work and even to get information by walking to the library. Now, we get way less _____ throughout the day than people used to, meaning we need less calories.

- A. rest
- B. nutrition
- C. movement
- D. none of these

11 Constantly looking _____ puts strain on our necks and back, leading us to take medication to cover the pain instead of fixing the problem.

- A. down to text
- B. at other people
- C. outside
- D. up

12 Exercise _____ Diabetes and helps you feel better as a Diabetic. However, it's important to monitor blood sugar levels while exercising if you're Diabetic.

- A. causes
- B. prevents
- C. doesn't affect
- D. all of these

13 Just _____ is a great way to start a healthier lifestyle and then you can work up to more exercise.

KEY CONCEPTS AND QUESTIONS

- A. eating
- B. dieting
- C. running every day
- D. getting your body in motion

14 Exercise helps your health even if _____.

- A. you don't lose weight for a while
- B. quit right away
- C. you over-train
- D. none of these

15 You can be active through _____.

- A. aerobic exercise
- B. cardiovascular, i.e. cardio
- C. anaerobic, i.e. strength training
- D. All of these

16 _____, where you get your heart rate to spike and then recover, is the most effective way to burn fat.

- A. Running
- B. Interval training
- C. Weight lifting
- D. Fasting

17 _____ is a great way to get exercise without injury or strain while still burning a lot of calories. This is especially good for people that need to take extra care of their joints.

- A. Swimming
- B. Running
- C. Weight training
- D. All of these

KEY CONCEPTS AND QUESTIONS

- 18** One way to get intense exercise without a lot of equipment or space, that you can do almost anywhere, is to _____.
- A. run
B. weight lift
C. jump rope
D. take a dance class
- 19** Whether or not you're Diabetic, your _____ use glucose when you exercise.
- A. eyes
B. muscles
C. brain
D. feet
- 20** The more _____, the faster your metabolism, and you're more sensitive to insulin so you need less.
- A. you eat
B. you drink
C. fat you have
D. muscle you have
- 21** Slow and steady wins the race. If you're starting out, _____ your strength and stamina to avoid injury and get better results.
- A. challenge
B. build up
C. push
D. none of these
- 22** There are _____ to get activity and exercise in the home, outside, at the gym, or in a class. Getting active 3 or 4 days a week will keep you in shape and healthy. Just find something you enjoy doing.

KEY CONCEPTS AND QUESTIONS

- A. not many ways
- B. too many ways
- C. many ways
- D. not enough ways

23 The movement of a _____ is like sitting in a chair, with feet apart and squatting down.

- A. squat
- B. push up
- C. lunge
- D. stretch

24 To do a _____, take big step forward, bringing back knee down 90 degrees.

- A. leg curl
- B. push up
- C. squat
- D. lunge

25 To do a _____, place your hands on a chair behind you, and your feet on the floor. Using your arms, lower your body down and back up.

- A. squat
- B. dip
- C. lunge
- D. push up

26 Push ups are very effective, full body exercise. A _____ is with your knees on the ground, to help you work up to a full push up.

- A. squat
- B. mini push up
- C. half push up
- D. lunge

KEY CONCEPTS AND QUESTIONS

- 27** Weights don't have to be heavy to help you work out. In fact, you can use _____ as weights.
- A. items around your home C. every day items or even a jug of milk
- B. anything you can hold D. All of these
- 28** At 155 pounds, a person can burn _____ calories with half an hour of weightlifting.
- A. 50 C. 100
- B. 75 D. 115
- 29** You can burn around _____ calories in half an hour on an elliptical trainer—or outside on your bike.
- A. 100 C. 300
- B. 200 D. 400
- 30** All you need is _____ to work out. Virtually all types of physical activity will help us burn the extra calories we eat.
- A. a weight bench and weights C. a gym membership
- B. your body D. a teacher and class

KEY CONCEPTS AND QUESTIONS

31 Nutrition and exercise are _____ in managing Diabetes and having good health. You need both. That's because you can't out train a bad diet.

- A. not important
- B. somewhat important
- C. everything
- D. all of these

32 Eat _____ with your meals to regulate blood sugar. It's also good to eat about half an hour after you exercise.

- A. sugar
- B. fat
- C. carbs
- D. protein

33 A 10 minute _____ after meals can bring blood sugar levels down.

- A. walk
- B. nap
- C. rest
- D. massage

34 The best thing you can do for your body is to _____. It keeps you healthy, helps to balance hormones, prevents Diabetes, and helps you get healthy again when you learn you have Diabetes.

- A. eat less carbs
- B. diet
- C. eat within a 8 hour period each day
- D. move

ANSWERS

1. C. 5
2. A. Type 2 Diabetes
3. D. All of these
4. B. healthier
5. D. good early lifestyle choices
6. C. 150
7. C. 10%
8. D. get outside and play
9. A. calories
10. C. movement
11. A. down to text
12. B. prevents
13. D. getting your body in motion
14. A. you don't lose weight for a while
15. D. All of these
16. B. Interval training
17. A. Swimming
18. C. jump rope
19. B. muscles
20. D. muscle you have
21. B. build up
22. C. many ways
23. A. squat
24. D. lunge
25. B. dip
26. C. half push up
27. D. All of these
28. D. 115
29. C. 300
30. B. your body
31. C. Everything
32. D. protein
33. A. walk
34. D. move

The **Science** of Diabetes

Part 1 of 2

COMPANION GUIDE

#6

Summary

We've heard a lot about diabetes so far in this series.

But what exactly is diabetes, and what does a diabetes diagnosis mean?

The answer lies inside our body.

We've talked about outside forces, and now we'll look inside to see what's happening in the body.

That will explain why diabetes adversely affects so many organs within our bodies.

We consume food for energy. It's broken down and glucose is released into our blood.

From there, organs use the energy to do their job and take care of us.

So all of our organs are affected by the sugar in our blood – even our eyes.



HIGH SUGAR LEVELS IN OUR BLOOD
WRECKS OUR BODIES OVER TIME!

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.

But ALL OF THIS is avoidable.

It happens through choices we make over time.

For some, it's an autoimmune disease that can start in childhood, and then Type 1 diabetics need to monitor their sugar level and take insulin and possibly other drugs to manage their diabetics.

Women can develop gestational diabetes, which can raise their chances of Type 2 Diabetes later on.

Most diabetes develop Type 2 due to genetics and lifestyle.

So learning how to eat healthy can prevent diabetes.

People should get checked periodically as well, especially if diabetes runs in your family or they had gestational diabetes.

It's a simple blood test, and you can request it as a part of your check up.

Having diabetics in your family means that your genes might pre-dispose you to develop the disease.

That simply means you should get educated about diabetes and how to stay healthy to avoid it.

We can learn how to have a healthy blood sugar level long before we develop diabetes.

Both eating healthy foods and getting exercise keep blood sugar levels lower.

Watching this video series is a huge step in the right direction to live a long, healthy life!

KEY CONCEPTS AND QUESTIONS

1 Insulin is not a _____ for Diabetes, but only a treatment.

A. good idea

C. cure

B. medicine

D. none of these

2 Diabetes can cause nerve damage, leading to loss of feeling and pain. It's also the #1 cause of _____.

A. Kidney failure

C. Both of these

B. Adult macular degeneration (a type of blindness)

D. None of these

3 60% to 70% of Diabetics have some form of _____.

A. cancer

C. blindness

B. bone spurs

D. neuropathy

4 Gestational Diabetes occurs during _____ and often goes away, but not always so it's important to monitor blood sugar over time.

A. pregnancy

C. adulthood

B. childhood

D. stressful periods

KEY CONCEPTS AND QUESTIONS

5 About _____ of the risk of Diabetes is inherited, meaning caused by our genes. It's complicated and what is passed on is a genetic pre-disposition to the disease

A. 10%

C. 50%

B. 25%

D. 65%

6 Type 1 Diabetes is less likely to be passed on than Type 2, partly because there are still _____ that would need to happen.

A. growth spurts

C. emotional triggers

B. environmental triggers

D. All of these

7 Type 2 Diabetes is much more likely to be _____ than Type 1, with a 1 in 7 chance when 1 parent has it before the age of 50.

A. passed on

C. contagious

B. ignored

D. skipped for a generation

8 If both parents are Diabetic, the children have a _____ chance of developing Diabetes.

A. 15%

C. 50%

B. 25%

D. 75%

KEY CONCEPTS AND QUESTIONS

9 Obesity and Type 2 Diabetes runs in families and has a huge genetic link. For some people, it's harder _____. They will have a greater chance of developing it even if they exercise and eat right.

- A. to lose weight
- B. to develop diabetes
- C. to identify their symptoms
- D. all of these

10 With Type 2 Diabetes, genes load the gun while the environment pulls the trigger. Nature will bring you to the cliff, but _____ will push you over the ledge.

- A. your actions
- B. your friends
- C. waiting
- D. nurture

11 Children mimic the eating and activity habits of their _____.

- A. friends
- B. parents
- C. siblings
- D. teachers

12 Kids might get _____ movement at school, but they sit for six hours, and then often sit at home to play videos games and do homework.

- A. half an hour of
- B. two hours of
- C. an hour of
- D. hardly any

KEY CONCEPTS AND QUESTIONS

- 18** Type 2 Diabetics can try other _____ to encourage the body's insulin production and to help the body manage glucose. This helps them not need to take insulin.
- A. foods
B. drinks
C. medications
D. shots
- 19** Metformin is the _____ prescribed for Diabetics around the world because it improves insulin sensitivity and therefore reduces excessive insulin production. IT even delays glucose absorption.
- A. Only medication
B. most common medication
C. worst medication
D. least common medication
- 20** Long term Diabetes that isn't managed will cause _____.
- A. heart attacks and strokes
B. stroke
C. high blood pressure
D. All of these
- 21** Statin drugs, which lower lipids, have revolutionized the treatment of _____.
- A. heart disease for Diabetics
B. cancer
C. thyroid conditions in Diabetes
D. All of these

KEY CONCEPTS AND QUESTIONS

22 People in the U.S. are spending over _____ on healthcare related to Diabetes, and that was back in 2013. A handful of huge companies are making a lot of money on treating, NOT curing diseases.

- A. 500,00
- B. 1 million
- C. 10 million
- D. 1 billion

23 America and New Zealand are the only two countries in the world that allow _____.

- A. people to leave the country for medical treatment
- B. direct to consumer drug marketing
- C. their doctors to practice in both countries
- D. people to try untested medications for Diabetes

24 Newly diagnosed Type 2 Diabetics can reverse their high blood glucose through _____.

- A. exercise
- B. eating right
- C. medication
- D. All of these

25 Change your eating, change your exercise, and change your _____.

- A. mind
- B. life
- C. doctor
- D. All of these

ANSWERS

1. C. cure
2. C. Both of these
3. D. neuropathy
4. A. pregnancy
5. C. 50%
6. B. environmental triggers
7. A. passed on
8. C. 50%
9. A. to lose weight
10. D. nurture
11. B. parents
12. C. an hour of
13. B. blood sugar levels
14. B. fasting blood sugar
15. A. insulin
16. D. and are resistant to it
17. C. insulin resistant
18. C. medications
19. B. most common medication
20. D. All of these
21. A. heart disease for Diabetics
22. D. 1 billion
23. B. direct to consumer drug marketing
24. D. All of these
25. B. life

The **Science** of Diabetes

Part 2 of 2

COMPANION GUIDE

#7

Summary

We've learned how diabetes happens and what goes on inside the body.

It's also important to understand how to treat and manage diabetes.

Many diabetics are prescribed medication to help them manage their blood sugar levels.

These can be hugely helpful, and certain medications help prevent the need for insulin injections.



BUT MEDICATION ISN'T A
"CURE" BY ITSELF.

It's a way to manage the illness while improving your health.

Along with medication, we have many advances in technology to help manage diabetes.

We went to Sorrento Valley, California, and talked to pharmaceutical technologist Dr. Christopher Rhodes about the future of diabetes medications and technology.

Similar to medication, technology should be a tool to manage diabetes, but not a crutch so people can remain sedentary and continue to eat a poor diet.

We shouldn't use technology and medication to replace life style changes.

We need both to combat diabetes.

We watched many examples of people making lifestyle changes in addition to taking medication – or sometimes without medication – and reversing their diagnosis.

You can begin a whole food diet, avoid sugar and most carbs, get more activity, and cook at home.

But, even when you return to normal blood sugar levels...

You should always consider yourself diabetic so you'll monitor blood sugar levels and continue to live a healthy lifestyle.

Pharmacist Dr. Jennifer Lamoureux created shakes for her father to help him lose weight.

She shared what we need to put into a shake and how to use it properly, as a meal replacement and not on top of meals.

She incorporated spices into his every day diet for their flavor and health benefits.

This is one way to get healthy.

We've gone over many ways to change your lifestyle through the foods you eat, your activity level, and how you take care of yourself.



INSULIN AND OTHER MEDICATIONS ARE HELPFUL, BUT LIFESTYLE CHANGES ARE THE KEY TO REALLY TURNING THINGS AROUND.

KEY CONCEPTS AND QUESTIONS

1 Medications help _____ Diabetes but they might not help you get your body and your health back.

A. cure

C. you deal with

B. manage

D. you forget you have

2 Rachel Woodrow didn't want to go on medications so she avoided all _____ for 3 months. It made a huge difference in her health, and she has stayed off medication.

A. processed sugar

C. dairy products

B. meat products

D. fast food

3 Surgery to reduce stomach size originally helped severely obese people, but now doctors are discovering it can help _____.

A. everyone

C. less active people

B. younger people

D. Diabetics

4 Researcher Chris Rhoades posed two questions for improving patient therapy: How to make treatments such as injections less frequent (once a week or month instead of hourly or daily) and how to make them _____.

A. less potent

C. less invasive

B. less expensive

D. All of these

KEY CONCEPTS AND QUESTIONS

5 New technology allows Type 1 Diabetics to read their blood sugar level _____, which sends the information to an app on their phone.

- A. without piercing the skin
- B. with an implant that has a sensor
- C. all the time
- D. All of these

6 _____ gives you insulin throughout the day, acting like a pancreas. Some models also read your blood sugar level and alert you of highs and lows.

- A. An insulin pump
- B. A doctor
- C. A nurse
- D. A syringe

7 Young people adapt to using technology fairly easily to treat Diabetes, however there's some tradeoffs. Technology to monitor blood sugar and give insulin keeps the disease _____.

- A. at bay
- B. on your mind
- C. treatable
- D. in secret

8 Because Type 2 Diabetics aren't directly dependant on insulin, there are _____.

- A. no real reasons to change their diet
- B. many foods they can eat without worry
- C. a host of other things that can be done to improve their care
- D. no side effects or interactions from other drugs

KEY CONCEPTS AND QUESTIONS

- 9** There are phone apps to help Diabetics _____.
- A. monitor blood sugar
 - B. track what they're eating
 - C. plan meals and shopping
 - D. track how much activity they're getting
 - E. All of these
- 10** We're seeing many exciting developments in Diabetes care. Companies are developing _____ for insulin delivery, different kinds of sensors and monitors, and even under-the-skin pumps that deliver hormones that promote insulin production.
- A. special trucks
 - B. genetically modified pancreases
 - C. better needles
 - D. smaller pumps
- 11** We might even see what is effectively _____ worn outside the body that monitors blood sugar and delivers insulin for Type 1 Diabetes. It might be then modified for Type 2 Diabetics.
- A. a new heart
 - B. an artificial pancreas
 - C. a medical vest
 - D. all of these
- 12** Medicine is helpful but it doesn't address _____.
- A. your needs
 - B. your symptoms
 - C. lifestyle changes
 - D. medical history

KEY CONCEPTS AND QUESTIONS

- 17** Poorly managed Diabetes is the leading cause of many horrible diseases, but well managed Diabetes is the leading cause of _____.
- A. cancer
B. weight loss
C. nothing
D. all of these
- 18** Medication provides a _____ so we need to pair that with lifestyle changes that treat and manage the disease.
- A. permanent solution
B. quick fix
C. better way
D. boost to your health
- 19** Lifestyle change starts in the _____.
- A. hospital
B. bedroom
C. bathroom
D. kitchen
- 20** Make a healthy seaweed sashimi at home by substituting kale for _____ to eliminate processed sugars and carbs.
- A. rice
B. the seaweed
C. vegetables
D. meat

KEY CONCEPTS AND QUESTIONS

21 Remember, medication treats acute symptoms to get you back on track, while _____ treats chronic conditions and improves health.

- A. only a specialist
- B. a nutrition expert
- C. your lifestyle
- D. insulin

22 You can dial down the Diabetic genes so they're not expressed by _____.

- A. improving diet with fresh and whole foods
- B. exercising
- C. getting sunshine
- D. drinking plenty of water
- E. managing stress
- F. All of these

ANSWERS

1. B. manage
2. A. processed sugar
3. D. Diabetics
4. C. less invasive
5. B. with an implant that has a sensor
6. A. An insulin pump
7. B. on your mind
8. C. A host of other things that can be done to improve their care.
9. E. All of These
10. D. smaller pumps
11. B. an artificial pancreas
12. C. lifestyle changes
13. B. spices
14. A. low glycemic
15. B. why the symptoms happened in the first place
16. D. diet and exercise
17. C. nothing
18. B. quick fix
19. D. kitchen
20. A. rice
21. C. lifestyle
22. F. All of these

How to **Live** Happier, **Healthier**, Longer

COMPANION GUIDE

#8

Summary

A diabetic dies from complications every 6 seconds.

It's a terrifying disease...

But do we have to accept that?

No!

There is hope for all of us...

For people who want to prevent diabetes, manage blood sugar levels, and people who want to reverse their symptoms.

The future does not have to be one where we are all unhealthy!

Even if you have diabetes right now, life is not over.

It's an illness that you must manage.



THE CURRENT EPIDEMIC OF OBESITY
AND DIABETES IS A WARNING SIGN.



We have a chance to turn things around. We all have the opportunity to take stock of our lifestyle.

Diabetes is family diagnosis.

Diabetes psychologist Dr. Susan Guzman explained how stress affects those with diabetes.

That makes treating it harder.

People who love diabetics are affected as well.

When someone develops diabetes, everyone in the household can support them...and join them in a journey to better health.

In fact, a diabetes diagnosis is wake up call to the entire family, and a chance to get healthy together.

Even people without diabetes can benefit from a healthier diet and more activity.

That will prevent them from developing diabetes.

Families should come together and work toward better health for all of them.

And remember, if one person in the household has diabetes, others might too.

Many people don't know they're prediabetic or diabetic.

Type 2 diabetes does NOT have symptoms early on.

This series worked to put all the pieces of the diabetes puzzle together.

We wanted to reveal the big picture of how we can all live healthier, happier, and longer lives - lives beyond diabetes.

You can change your health and your diabetes diagnosis starting TODAY.

You can work to prevent this disease TODAY.

We can all live long, healthy lifestyles. Make the choice TODAY!

KEY CONCEPTS AND QUESTIONS

1 One person dies of Diabetes every _____ but we can combat Diabetes.

- A. hour
- B. six hours
- C. Six seconds
- D. day

2 Type 2 Diabetes is _____.

- A. an insulin resistance disease
- B. the person's own fault when they get it
- C. the outcome of Type 1 Diabetes
- D. All of these

3 Correcting Diabetes is a lifestyle correction. It's difficult because our bodies—our biology—tell us to _____, so we have to fight our body to lose weight.

- A. Starve ourselves
- B. store energy for later
- C. sleep all day
- D. drink more water

4 America leads the world with its number of Diabetics. In other countries that are becoming more Westernized, the number is also increasing. This happens as people _____.

- A. get less exercise and do less physical work
- B. have constant access to food
- C. gain weight due to a sedentary lifestyle and many high sugar foods
- D. all of these

KEY CONCEPTS AND QUESTIONS

5 A diet high in sugar changes your _____, which sets you up for a long list of diseases, including auto immune diseases.

- A. attitude
- B. gut bacteria (micro biome)
- C. perception
- D. eyesight

6 In order to have a healthy digestive system, pay attention _____.

- A. to this whole eco system of your gut and what you eat all of the time
- B. to your water intake
- C. to if your food is organic
- D. none of these

7 We are what we _____, not just what we eat; A healthy gut makes a huge difference in how we take in nutrients and how we feel.

- A. watch on tv
- B. think
- C. absorb
- D. drink

8 _____ can cause a dramatic rise in blood glucose levels.

- A. Stress
- B. Running
- C. Dieting
- D. Purging

KEY CONCEPTS AND QUESTIONS

- 9** Four big reasons we're stressed out are past trauma, current trauma, sleep deprivation, and _____.
- A. lack of sunlight
B. family
C. Using Facebook
D. inflammation in the body
- 10** We have to take care of our _____ as a part of our overall health because it affects our physical health.
- A. skin
B. children
C. mental health
D. All of these
- 11** Our high levels of constant stress make us _____ high-energy foods that feed our adrenal glands during stress, but they cause even more stress and health problems.
- A. crave
B. hate
C. get sick from
D. need
- 12** Adrenal glands decide where calories go, either into muscle or fat, based on _____.
- A. how well you chew your food
B. how stressed or relaxed you are
C. how fast your metabolism is
D. when you eat

KEY CONCEPTS AND QUESTIONS

- 13** Lack of sleep plays _____ in developing Diabetes because it's our primary detox and regeneration time, and when insulin levels can reset.
- A. a small role
B. a part
C. a vital role
D. none of these
- 14** When we suffer from bad health, what looks like depression can actually be _____ related to Diabetes due to having to manage so much with this disease.
- A. Sadness or hopelessness
B. emotional hardship and overwhelming
C. Stress, also called Diabetes Distress
D. All of these
- 15** The best way to battle depression, stress, Diabetes, and other health issues is _____.
- A. A medication regime managed by your doctor
B. Exercise and good sleep
C. A diet
D. None of these
- 16** To manage stress, ask yourself, are you in _____ or are you flourishing? We need time to relax, manage our finances, have personal time, have fun, and take care of ourselves.
- A. shape
B. pain
C. denial
D. survival mode in any area

KEY CONCEPTS AND QUESTIONS

- 17** Diabetes is a _____ disease, meaning it affects everyone and takes everyone to care for the person together.
- A. fake
B. new fade
C. family
D. all of these
- 18** Children _____ like their parents, which means Diabetes can be passed down through habit, family culture, and food in the house.
- A. eat
B. sleep
C. run
D. all of these
- 19** People and families are all _____ and have different nutritional needs.
- A. healthy
B. different
C. the same
D. separated
- 20** The best remedy for health issues is _____.
- A. to wait for the government to change laws and the available food
B. get surgery and take medication
C. avoid carbs and certain types of meats
D. how we treat ourselves and take care of ourselves

ANSWERS

1. C. six seconds
2. A. insulin resistance disease
3. B. store energy for later
4. D. All of these
5. B. gut bacteria
6. A. to this whole eco system of your gut and what you eat all of the time
7. C. absorb
8. A. Stress
9. D. inflammation in the body
10. C. mental health
11. A. crave
12. B. how stressed or relaxed you are
13. C. a vital role
14. D. All of These
15. B. Exercise and good sleep
16. D. survival mode
17. C. family
18. A. eat
19. B. different
20. D. how we treat ourselves and take care of ourselves