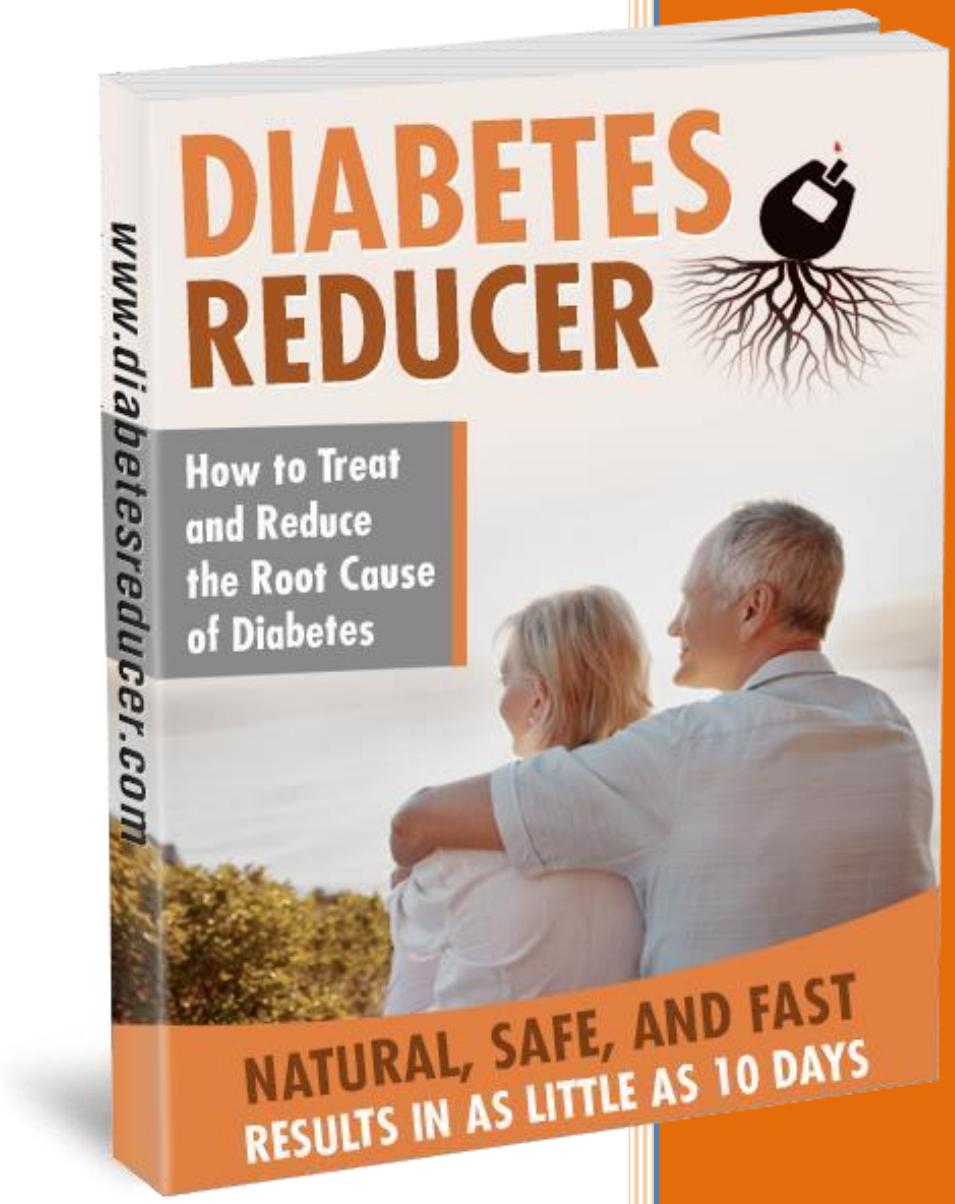
DIABETES REDUCER



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PREFACE

When you first find out that you have diabetes, you will be shocked with the news. Before all else, it is important that you develop an understanding of this condition. Diabetes is a condition in which the body does not have control of the level of glucose in your blood because your pancreas isn't producing enough insulin and your body cells are resistant to the insulin – this is why insulin diabetic syringes are administered. Many are under the impression that diabetes starts with Type 1, and then progresses to Type 2. This is wrong. Type 1 and Type 2 are 2 different types of diabetes. Interesting, right? In this eBook, we are going to take a closer look at the truth about diabetes, the effects, how your body should normally work, causes and much more.

Part I – An Introduction to Diabetes

Symbols

	Closer Look into the subject. We may take a microscopic look or we can explain some scientific words.
	Relevant Statistics
	Your Homework

Deaths among people with diabetes, United States, 2010

- Diabetes was the seventh leading cause of death in the United States in 2010 based on the 69,071 death certificates in which diabetes was listed as the underlying cause of death. In 2010, diabetes was mentioned as a cause of death in a total of 234,051 certificates.

- Diabetes may be underreported as a cause of death. Studies have found that only about 35% to 40% of people with diabetes who died had diabetes listed anywhere on the death certificate and about 10% to 15% had it listed as the underlying cause of death.

- In 2003–2006, after adjusting for population age differences, rates of death from all causes were about 1.5 times higher among adults aged 18 years or older with diagnosed diabetes than among adults without diagnosed diabetes.

How Your Body Should Normally Work?

To understand what doesn't work properly in your body, we need to know how it does work normally.

Digestion

The process in the alimentary canal by which food is broken up physically, as by the action of the teeth, and chemically, as by the action of enzymes, and converted d into a substance suitable for absorption and assimilation into your body.

The travel of the food in your body follows the path: month, pharynx, esophagus, stomach, small intestine, large intestine and rectum.

As you introduce into your ***mouth*** a piece of pizza let's say, you mince it with the teeth – which is called the mechanical digestion. Immediately, the pizza from your mouth mixes with saliva and forms the alimentary bolus. Saliva is the result of parotid gland, sublingual gland and submandibular gland and it contains a very important enzyme called 'ptyalin' that decomposes large polysaccharide molecules in smaller molecules of olihgozaharides. Now the food is ready to be swallowed. Don't worry if you don't understand what these molecules are. I will explain you in a bit.

After you swallow, the alimentary bolus (pizza+ saliva) enters the ***esophagus.*** It can be easily compared with a pipe about 25 centimeters long (How amazing is human body, right?) and it transports the food from month to the stomach. Muscles in the walls of the esophagus move in a wavy way to slowly squeeze the food through the esophagus. This takes no more than 2 or 3 seconds.

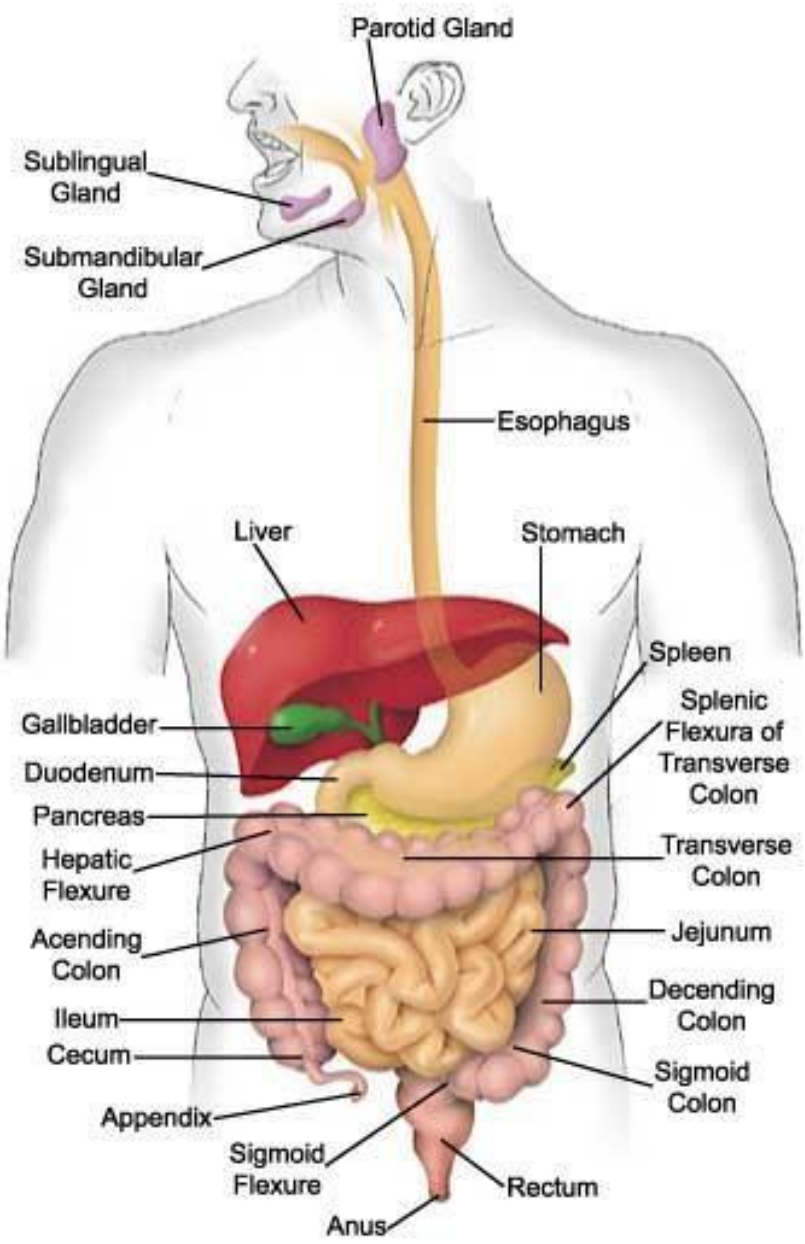


Fig 1.1

How doesn't food go on the larynx since they share the same way?

Esophagus has a little cover called “epiglottis” which closes the way to larynx (and lungs). If it did happen to you to eat or drink something too fast and you started to cough it is because epiglottis didn’t have enough time to flop down, and you cough involuntarily (without thinking about it) to clear your larynx.

Poly- what? Polysaccharide Molecules…

Even though you may have seen ads pledging low-carb foods and diets, your body actually needs carbohydrates. Carbohydrates have 3 forms: Monosaccharides, disaccharides and our polysaccharides. Your body breaks them into simple sugars – a major source of energy for your body.

Despite of the fact that Polysaccharide Molecules are a form of sugar, many of the foods that contain them has a sweet taste You can find them in grains, such as white flour and white rice, have been processed, which removes nutrients and fiber. On a closer look you find them in foods on a starch basis (potatoes, corn, rice, breads and wraps, cereals, pasta), cellulose (Skins of apples and pears, in the covering of whole grains like wheat bran and in plant leaves like spinach.

Seeds and nuts also contain cellulose), pectin (oats, dried beans, nuts, barley, flax seed, oranges, apples, carrots and psyllium husk.)

Food arrives now in the ***stomach***, which is attached to the end of the esophagus. You can imagine it as a stretchy sack shaped like the letter J. From the importance of it we can recall storage, transformation of alimentary bolus in liquid and send the mixture to intestine. It does this with the help of muscles that it has on the inside and on the outside.

The stomach contains an important acid. Hydrochloric Acid. It decomposes the alimentary bolus and it annihilates most of the bacteria that you ingested with the food.

 **If you let a pizza outside in hot (98.6F – the body temperature) for a day it will start to spoil. What happens that it resists well in your stomach?**

Stomach has a substance called “Hydrochloric Acid” which prevents food for spoiling.

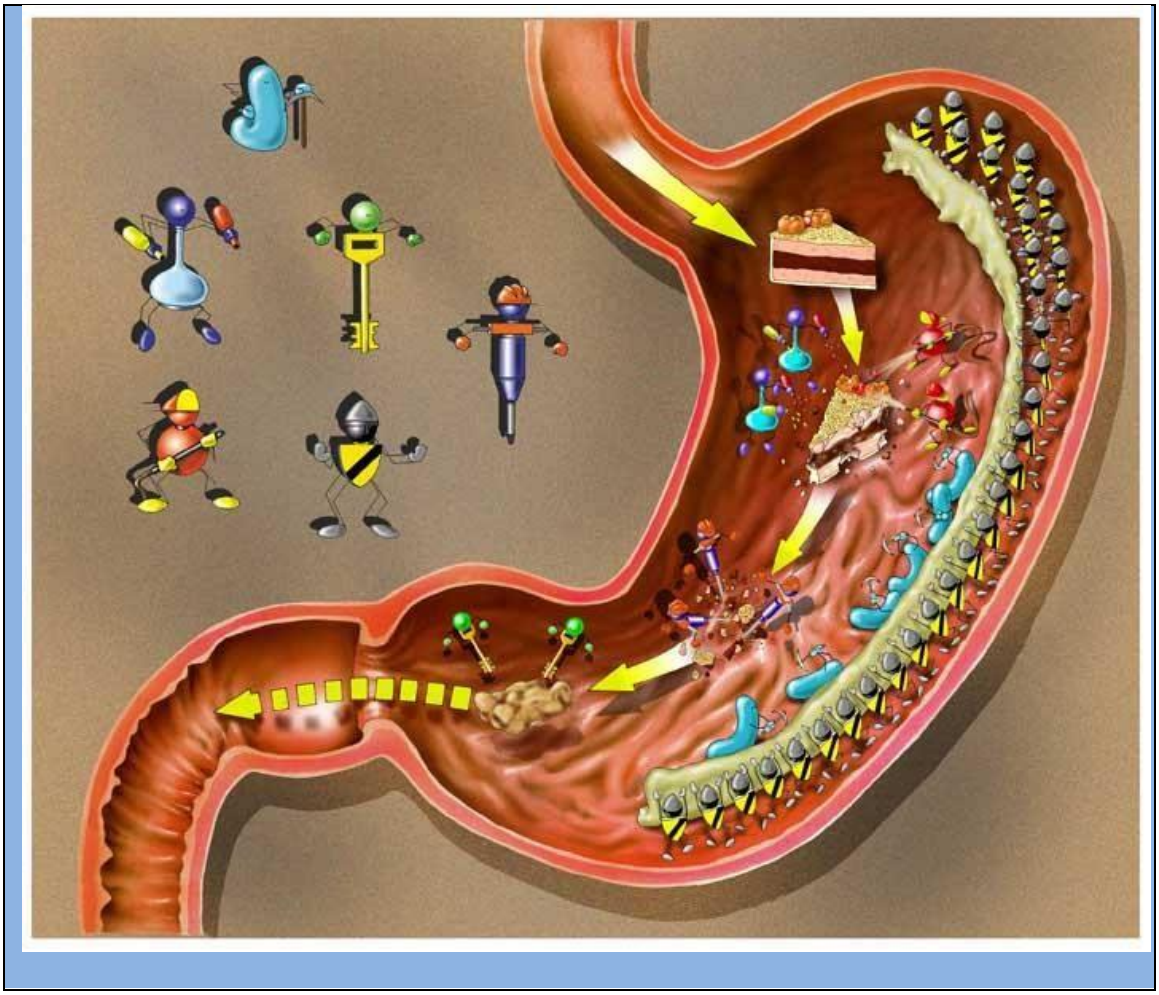


Fig 1.2

The food (under a liquid form now) goes to ***intestine*:** the small one, and the large one. The ***small intestine*** measures more than 6 meters at an adult.

Small intestine decomposes the food mixture even more so your body can absorb all the vitamins, minerals, proteins, *carbohydrates*, and fats. The chicken

or ham on your pizza is full of proteins — and a little fat — and the small intestine can help extract them with a little help from three friends: the pancreas, liver, and gallbladder.

Like we mentioned, after most of the nutrients are removed from the food mixture there is waste left over — stuff your body can't use. This stuff needs to be passed out of the body. Can you guess where it ends up? Well, here's a hint:

It goes out with a flush.

Before it goes, it passes through the part of the large intestine called the ‘colon’ which is where the body gets its last chance to absorb the water and some minerals into the blood. As the water leaves the waste product, what's left gets harder and harder as it keeps moving along, until it becomes a solid. Yep, it's poop (also called stool or a bowel movement).

At 3 or 4 inches around (about 7 to 10 centimeters), the ***large intestine*** is fatter than the small intestine and it's almost the last stop on the digestive tract. Like the small intestine, it is packed into the body, and would measure 5 feet (about 1.5 meters) long if you spread it out.

The large intestine has a tiny tube with a closed end coming off it called the ***appendix.*** It's part of the digestive tract and even if it’s called by the researchers a

useless part of the human body, it collects the substances that can't be digested and during the life it gets inflated, moment in which it has to be removed. If not removed in time it can lead to the spread of infection in the abdominal cavity and complications as peritonitis.

The large intestine pushes the solid substance into the ***rectum***, the very last stop on the digestive tract. The solid waste stays here until you are ready to go to the bathroom. When you go to the bathroom, you are getting rid of this solid waste by pushing it through the ***anus***. . It is the rectum's job to receive stool from the colon, to let the person know that there is stool to be evacuated, and to hold the stool until evacuation happens. When anything (gas or stool) comes into the rectum, sensors send a message to the brain. The brain then decides if the rectal contents can be released or not. If they can, the sphincters relax and the rectum contracts, disposing its contents. If the contents cannot be disposed, the sphincter contracts and the rectum accommodates so that the sensation temporarily goes away. There's the flush we were talking about!

The liver has multiple functions, but its main function within the digestive system is to process the nutrients absorbed from the small intestine. Bile from the liver secreted into the small intestine also plays an important role in digesting fat. In addition, the liver is the body's chemical "factory." It takes the raw materials absorbed by the intestine and makes all the various chemicals the body needs to

function. The liver also detoxifies potentially harmful chemicals. It breaks down and secretes many drugs.

Pancreas

The pancreas secretes digestive enzymes into the duodenum, the first segment of the small intestine. The pancreas makes ***insulin***, secreting it directly into the bloodstream. Insulin is the chief hormone for metabolizing sugar.

Your food may spend as long as 4 hours in the small intestine and will become a very thin, watery mixture. It's time well spent because, at the end of the journey, the nutrients from your pizza, can pass from the intestine into the blood. Once in the blood, your body is closer to benefiting from the complex carbohydrates in the pizza crust.

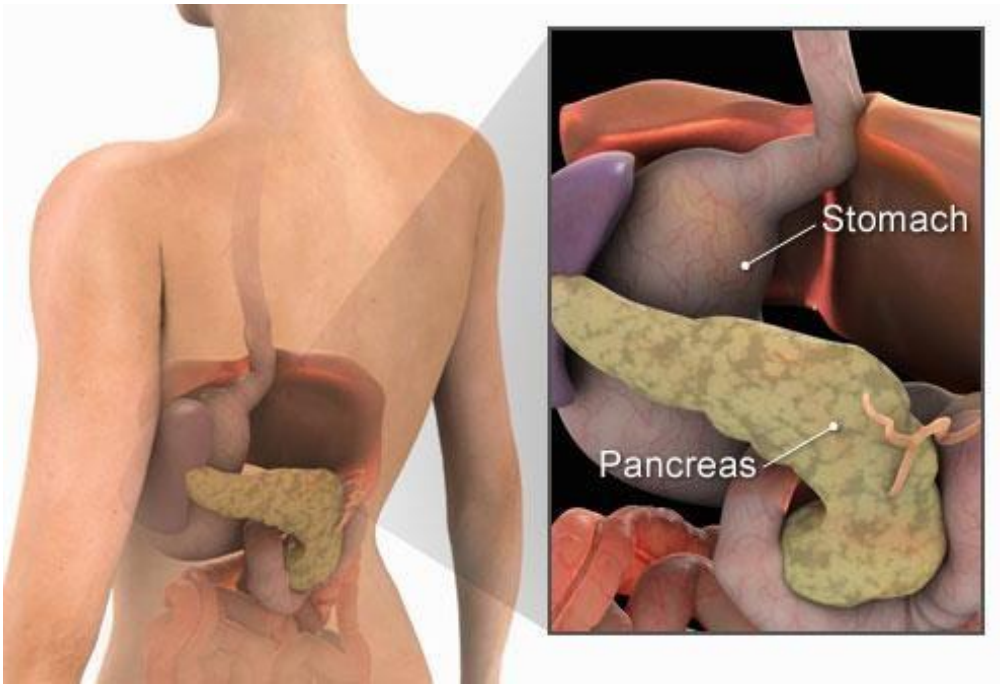


Fig 1.3

Liver

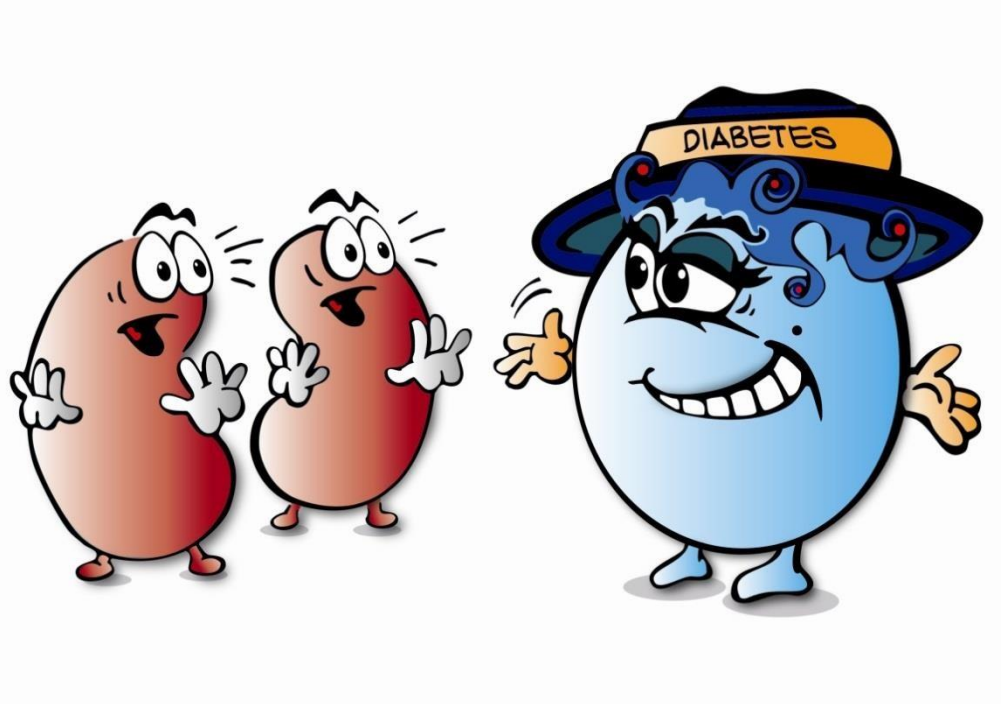
The nutrient-rich blood comes directly to the liver for processing. The liver filters out harmful substances or wastes, turning some of the waste into more bile. The liver even helps figure out how many nutrients will go to the rest of the body, and how many will stay behind in storage. For example, the liver stores certain vitamins and a type of sugar your body uses for energy.

A juice from the liver called bile helps to absorb fats into the bloodstream. And the gallbladder serves as a warehouse for bile, storing it until the body needs it.

The gallbladder stores and concentrates bile, and then releases it into the duodenum to help absorb and digest fats.

Fig 1.4

The Truth about Diabetes



Diabetes: Diabetes mellitus (DM) is a chronic and progressive illness that affects all ages. It can affect children, young people and adults and is becoming more and more common.

Diabetes means too much sugar in our blood. Sugar comes from the food we eat: bread, cereals, pasta, rice, fruit, and starchy vegetable and dairy items. Sugar is used by the body for energy- to run, play or swim. Insulin is a hormone that is made in the pancreas and works like a key to a door – insulin opens the door of the cells of our body allowing the sugar to go form the bloodstream into the cells where it's then used for energy. If there is not enough insulin or if the insulin cannot open the door to the cell, the sugar level rise in the blood and diabetes occurs.

Diabetes is a group of diseases marked by high levels of blood glucose resulting from problems in how insulin is produced, how insulin works, or both. People with diabetes may develop serious complications such as heart disease, stroke, kidney failure, blindness, and premature death.

Types of diabetes

Type 1 diabetes was previously called insulin-dependent diabetes mellitus juvenile-onset diabetes. Although disease onset can occur at any age, the peak age for diagnosis is in the mid-teens. Type 1 diabetes develops when the cells that

produce the hormone insulin, known as the beta cells, in the pancreas are destroyed. This destruction is initiated or mediated by the body's immune system and limits or completely eliminates the production and secretion of insulin, the hormone that is required to lower blood glucose levels. To survive, people with type 1 diabetes must have insulin delivered by injection or a pump. In adults, type 1 diabetes accounts for approximately 5% of all diagnosed cases of diabetes. There is no known way to prevent type 1 diabetes. Several clinical trials for preventing type 1 diabetes are currently in progress with additional studies being planned.

Children diagnosed with diabetes usually have Type 1 diabetes. You do not get diabetes from eating too much sugar and you do not 'catch' it from sitting next to someone with diabetes. In Type 1 diabetes, the pancreas is unable to make enough insulin. The cause of type 1 diabetes is believed to be:

- Genetics- the genes that come from mom and dad
- Self-allergy- when the body attacks a part of itself
- The environment in which we live- coming into contact with a virus or chemical.

Type 2 diabetes was previously called non–insulin-dependent diabetes mellitus or adult-onset diabetes because the peak age of onset is usually later

than type 1 diabetes. In adults, type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes. Type 2 diabetes usually begins with insulin resistance, a disorder in which the cells primarily within the muscles, liver, and fat tissue do not use insulin properly. As the need for insulin rises, the beta cells in the pancreas gradually lose the ability to produce sufficient quantities of the hormone. The role of insulin resistance as opposed to beta cell dysfunction differs among individuals, with some having primarily insulin resistance and only a minor defect in insulin secretion, and others with slight insulin resistance and primarily a lack of insulin secretion.

It usually occurs at adults; however recently, more children are being diagnosed with Type 2 diabetes. In Type 2 diabetes, the pancreas still makes insulin but the insulin doesn't work very well-like having the wrong key for the door. While our genes and our culture can play an important role, it is also linked with being overweight and not getting enough exercise.

The risk for developing type 2 diabetes is associated with older age, obesity, family history of diabetes, history of gestational diabetes, impaired glucose metabolism, physical inactivity, and race/ethnicity. African Americans,

Hispanics/Latinos, American Indians, some Asians, and Native Hawaiians or other Pacific Islanders are at particularly high risk for type 2 diabetes and its

complications. Type 2 diabetes in children and adolescents, although uncommon, is being diagnosed more frequently among American Indians, African Americans, Hispanics/Latinos, Asians, and Pacific Islanders.

Symptoms:

In both types, the end result is too much sugar in the blood, with little or none getting into the body's cells. As a result of the high blood sugar, you might feel thirsty, tired, and hungry, pass urine frequently and have blurry vision.

Treatment

The good news about diabetes is that it can be treated. Appropriate treatment is important in order to avoid problems to the eyes, brain, heart, kidneys, feet and nerves. Having a healthy eating plan and doing regular exercise are keys to staying well with diabetes. In Type 1 diabetes, insulin injections are needed to control the blood sugar levels.

In Type 2 diabetes, it may be tablets and/or insulin injections that may be required. In both types of diabetes, daily blood sugar checks using a meter helps children to know whether the treatment plan is working or needs adjusting. Diabetes requires a team approach to keep healthy-the child and his/her family working together with their doctor, diabetes educator and dietitian. Education is vital. Diabetes needs close attention but it is manageable. This is what I will teach you. How to manage your disease without daily medicines!

- **29.1 million people or 9.3% of the U.S. population have diabetes.**
- **Diagnosed 21.0 million people**
- **Undiagnosed 8.1 million people**
- **During 2008–2009, an estimated 18,436 people younger than 20 years in the United States were newly diagnosed with type 1 diabetes annually, and 5,089 people younger than 20 years were newly diagnosed with type 2 diabetes annually.**

(All ages, 2012)

3 You are not alone!

I am going to reveal you how to reduce your diabetes in less than 29 days! By looking into causes we derive your next choices concerning your life style. I know you have read loads of Internet pages about your disease but now you just have the right product that will change your life if you act accordingly. Stick with me and change your diet behaviors simple and easy!

How did I take it?

The moment you found out that you have diabetes might have surprised you. Questions like “Why me?”, “Why now?” “How?” and so on bumped in your head. Even though you were quite accommodated with the idea if in your family this disease existed in the past, at your parents or grandparents, you still felt wronged and disappointed.

Well, now it’s the time to look at the exact reasons that you developed this disease.

Part Two: The Brown Fat System – Brown Fat as Therapy and Treatment for Diabetes

Facts about Brown Fat

Facts about Brown Fat

Good news, there are some ways to increase your brown fat to burn more calories. In this section, we're going to go over some of those ways and give you some facts on brown fat.

Brown Fat is Found in Strange Places

Brown fat is found in odd locations in the body. There's a region in the back, as well as the shoulders, which his typically where you can find brown fat, but not everyone has it there. Brown fat could also show up in the chests, and down the spines of a group of healthy young men. It can also be found in some interested places in the abdomen.

The Temperature

Is the weather outside a bit on the frightful side? There could be a fat-burning benefit here! One study was published in the Journal of Clinical Investigation that took 12 young men with lower-than-average amounts of active brown fat and asked them to sit in a room with the temperature turn to 63- degree Fahrenheit – they sat there for a total of two hours over the course of six weeks. It was found that they burned an additional 108 calories in the cold room, compared to normal indoor temperatures. Even better, after those six weeks passed, their bodies were burning

an extra 289 calories in the cold. This has made researchers believe that exposure to lower temps increase the activity of the gene that transforms white fat into good brown fat.

Stimulate the Melatonin Production of Your Body

The hormone melatonin helps you regulate your sleep-wake cycle. It has also been found that it increases the presence of beige fat, which is similar to brown fat when it comes to its calorie-burning capabilities. We understand, you may be tempted to take a melatonin supplement, but it's best to stimulate your body's own natural production by avoiding nighttime exposure to screens, getting sunlight exposure, and consuming foods that are rich in melatonin, such as cardamom, tomatoes, coriander, almonds, and tart cherries.

Don't Stuff – or Starve – Yourself

The hunger-regulating neurons in our brain notify us when we have had enough food. It turns out that those same neurons have another duty they're responsible for. Research has suggested that those neurons encourage fat to turn brown. A study has found that eating too few calories prevented the white fat from turning brown, while eating enough to satisfy hunger, prompting the action of those neurons, took the white fat and turned it to brown. Then, you have other research that suggests eating too much can do more harm than good – it interferes with brown fat's ability to burn calories.

An Apple a Day May Keep the Fat Away

Not only could an apple a day keep the doctor away, it might just keep the fight away as well. Have you ever heard of ursolic acid? It's found in apple peels, it gives apples their sheen. It has been found that they boost brown fat in mice, even when they are given a high-fat diet.

About Glycogen, Insulin, and What Causes Yellow Fat

If you eat too much of any food that is being converted into fat, your body will always store excess calories as fat. It's converted into the kind of bad yellow fat you won't need. Look at your food as if it's coal that you are tossing into a furnace. If you put too much coal in that furnace, the fire will get too hot and then burns out. If you always have too much coal in that furnace, the bottom of the pile will become powdered and useless … it's similar to low-quality yellow fat.

Whenever you consume carbohydrates, your body secretes insulin. As you probably already know, insulin is the hormone that regulates blood sugar to maintain an even blood sugar level. Insulin needs excess sugars out of the blood,

so it immediately spikes and then falls to move the excess someplace less harmful, like your fat cells. Your yellow fat cells. An additional part of the process has to do with glycogen, which is the name for your body's initial stores of carbs.

Most glycogen is being stored in the muscles and live, and is released when your body asks for it. In other words, glycogen is an energy source that is available as soon as your brain asks for it.

If you make it a habit of eating the right amount of food, your body isn't going to need to store any excess calories, which are always stored as fat. Instead of this, it will store those calories as glycogen. When your glycogen storage is exceeded, the extra glucose will be deposited as fat.

At first, it will be deposited into good, brown fat cells. Health brown fat tissue is well contained in a framework of fascia, which is responsible for keeping the fat in a tight cluster, supporting the overlying skin and firmly attached to the underlying muscles.

There is a defined level at which fat tissue can maintain a homeostatic relationship with the surrounding fascia, blood supply, and lymphatic drainage—the three work together to create the shapes of youth in the face and body. Now, fat cells do not increase in number as we gain weight. They only get larger. If you overeat, eat poorly, or don't exercise, excess fat increases in volume. As the fascia stretches, the fat starts to fall off the muscles and does not buttress the skin with the same firmness. If the cells become too enlarged, the fascia stretches along with the connective tissue holding the cells together and thinning of the nutrient blood vessels cannot contain the cell volume and the shape and tone, so they start to look loose and yellow—shapeless. The scale of fat quality is a continuum, from brown to yellow.

Yellow fat is brown fat turned bad. So if you eat too much, your insulin will keep on desperately trying to get the excess sugars out of your blood, and you'll never be able to deplete your glycogen stores to trigger the conversion process from bad yellow fat to good brown fat. Instead, you'll just get fatter and fatter in an endless cycle of blood-sugar highs and lows followed by increased storage of yellow fat.

Turning Yellow Fat into Brown Fat

Your glycogen stores are filled up, so any other calories that you put in your body will automatically be stored as yellow fat. The trick here is to keep this glycogen storage level as close to even as possible. Have too little fat and carbs, and you'll go into starvation mode. Have too much, and you will develop too much yellow fat. Instead, what you want is healthy brown fat. When you add fuel slowly and continuously, the fire in your body's furnace is going to burn evenly and steadily. Our bodies are designed to burn fat preferentially, so if the bad yellow fat becomes the most available form of fuel – in other words, when your body is able to use it up, instead of storing it, it will keep on getting burned up. Does that make sense to you?

Instead of losing muscle, healthy brown fat, and bone, as happens on most restrictive diets, all you will lose is that bad yellow fat that needs to go away. At the same time, when you consume nutritionally sound foods, such as complex cabs, your body is going to crave the fat it must have in order for the cell functions to remain stable.

With a constant and even concentration of glycogen in the muscles and liver, the body will think that glucose is no longer needed, so it is not immediately stores as bad yellow fat. You see, our bodies “produce” brown fat in the same manner that we make all of our tissues healthy anywhere.

What Do Yellow Fat and Brown Fat Look Like?

Brown and yellow fat look, feel, and behave differently. If you take yellow fat and look at it under a microscope, it’s all white. It appears as if it has large vacuoles, which are big spaces inside a cell. The cell walls are stretch, and there’s very little fibrous tissue or blood vessels. During surgery, when a surgeon cuts into the yellow fat, there’s little to no bleeding and that isn’t healthy. This is an indicator of how bad eating habits have a visible effect on the health of your tissues, even when you can’t see them on the surface.

When it comes to brown fat, it gets it color from thick, fibrous tissue that is located between its cells, as well as countless blood vessels. As a result, the fat looks brown … well, more of a tan color, actually. This is because blood is constantly

supplying and replenishing the fibrous tissue and fat. In addition to this, the brown fat is shapely and compact … it looks youthful. Brown fat adheres tightly to the overlaying skin and underlying muscles.

Yellow Fat is Also Pervasive

One of the biggest problems when it comes to yellow fat is the fact that it is pervasive. Yellow fat moves into your vital organs, and particularly into your abdominal region and around your intestines. The pervasiveness is basically why people who are overweight have a large amount of health problems. Their metabolism is sluggish, the quality of their tissues is poor, and there's an increased demand on the heart and lungs.

With yellow fat, the body will feel as if it is a truck dragging a huge house behind it, all the time. Listen, there will never be any need for yellow fat. It's not needed for energy – we have good brown fat and glycogen to give us energy.

So, however you may look at it, it increases your need for insulin, makes you prone to diabetes, and makes you feel sluggish. It may also increase your risk during medical procedures. It's intermingled with all of the tissues of your body – this

includes your liver, your heart … everywhere. It's gross. Yellow fat doesn't have any purpose, except to hang there and make you look older and feel horribly miserable.

The Six Day Eating Plan

Right now, you're probably wondering how it's possible to follow such a diet plan. Well, the plan recommends including both protein and carb in your diet, while you maintain an adequate gap between the two. We prefer incorporating protein after carb, because this is what will help you with those hunger pangs.

Besides that, such a diet will help in speeding up your metabolism rate. Foods that are rich in carbohydrates will spike your blood sugar level, so the plan here is to consume them in moderation, instead of completely eliminating them from your diet. Instead of having a total of three big meals, with our plan, we insist on consuming a total of six small meals in a day. In addition to this, importance of healthy fat should be undermined. Both pre and post workout meals prevent you from becoming the victim of overtraining, the plan we have for you will accentuate both of them equally.

With our Eating Plan, you're going to burn up that old yellow fat on a continuous basis, and get this, you'll still have youthful energy. Your glycogen levels are

controlled by the way you eat and turns you into a metabolic furnace, meaning the old yellow fat you have accumulated over all of these years from eating poorly will be metabolized away, and you will be replacing it with new, brown fat … the type of fat that makes contours and skin look shapely and young!

This is a step-by-step six day meal plan, with the seventh day open to whatever meal you choose.

Step-by-Step Eating Schedule to Follow:

Day One – Protein Day

Meal 1: Wake Up (Preworkout)

(7-8 A.M)

1 protein

1 carb

8 ounces water

1 cup tea

WORKOUT

(8-9 A.M)

8 ounces water

_____

Meal 2 – (Post Workout)

(8-9 A.M)

8 Ounces of Water

_____

Meal 3: Lunch

1 Carb

1 Fruit

8 Ounces of Water

_____

Meal 4: Midafternoon

(12-1 P.M)

1 Protein

2 Vegetable

8 Ounces of Water

_____

Meal 5: Dinner

(3-4 P.M)

1 Fruit

8 Ounces of Water

_____

Meal 6: Evening

(6 – 7 P.M.)

1 Protein

2 Vegetables

8 Ounces of Water

_____

Meal 7

(9-11 P.M)

1 Protein

1 Fruit

8 Ounces of Water

_____

Day Two – Protein Day (with 5 suggested food choices for each meal)

Meal 1: Wake Up (Preworkout)

7 A.M

1. Mushroom Omelet: Neat 2 eggs with 2 tablespoons sliced mushrooms and cook in a nonstick skillet to form an omelet. Serve with 2 slices of multigrain bread and tea.

2. Egg Muffin: Assemble 1 poaches egg, 1 slice low-fat cheddar cheese on 1 whole-wheat English muffin. Serve with tea.

3. Two wedges light cream or soft cheese spread on a multigrain bagel. Serve with tea.

4. Lean Breakfast Danish: Spread low-fat cottage cheese over two slices multigrain toast. Sprinkle it with cinnamon and place under broiler at medium heat for a couple of seconds, or until the cheese has begun to bubble. Serve with tea.

5. 1 Cup Greek-style yogurt, mixed with 1 serving multigrain cereal (cold). Serve with tea.

Workout

_____

Meal 2: Post workout

(8-9 A.M)

8 Ounces of Water

_____

Meal 3: Lunch

(9-10 A.M)

FOR A WORKOUT DAY:

1. One serving of oatmeal, One cup of raspberries.

2. Two slices of raisin bread, one pear.

3. One serving of multigrain cereal (cold) and ¼ cup of raisins.

4. Whole-Wheat crackers and one nectarine.

5. One whole wheat high fiber tortilla filled with banana slices and one tablespoon.

FOR A NON WORKOUT DAY

1. One cup of grape tomatoes, one cup of raspberries or other berries that are in season. .

2. One cup of baby carrots and one pear.

3. One cup of chopped raw vegetables, ¼ cup of raisins.

4. One cup chopped raw cauliflower and one nectarine.

5. One cup chopped red or yellow bell pepper and an apple.

_____

Meal Four: Midafternoon

(12-1 P.M)

1. Slices of cold roast beef, steamed carrots, and steamed Brussel sprouts.

2. Low-fat feta cheese tossed with ½ cup black olives and 1 cup chopped romaine lettuce. Drizzle with one tablespoon extra-virgin olive oil or other allowed oil and two tablespoons red wine vinegar.

3. Hummus Spread on slices cucumbers and endive.

4. Stuffed Tuna Tomato – Hollow out a large tomato. Mix tomato inside with tuna, 1 tablespoon chopped onion, 1 tablespoon of extra-virgin olive oil. Stuff mixture into tomato and serve on a nice bed of lettuce.

5. Grilled Bison or turkey burger, stewed tomatoes, and steamed asparagus.

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Meal Five: Dinner

(3-4 P.M)

1. ½ cup dried figs

2. Two small plums

3. One Apple

4. One orange

5. One cup of watermelon

_____

Meal Six: Evening

(6-7 P.M.)

1. Two lean pork chops either grilled or broiled, one medium sweet potato, steamed cauliflower.

2. Steak, either grilled or broiled), steamed mixed vegetables, tossed salad drizzled with one tablespoon of extra-virgin olive oil and two tablespoons of balsamic vinegar.

3. Baked Cornish game hen, skin removed after cooking and steamed yellow squash.

4. Grilled or steamed shrimp, sliced tomato, and steamed broccoli.

5. Baked turkey breast, ½ acorn squash, and steamed zucchini.

_____

Meal Seven

(9-11 P.M)

1. One cup soy, low fast, or skim milk; 1/3 cup dried figs or raisins.

2. Yogurt Smoothie: Blend together ½ cup Greek-style yogurt, ½ cup low-fat or skim milk, and one frozen banana.

3. One serving of low-fat string mozzarella cheese, two cups of apricots.

4. One serving of low-fat cottage cheese and one cup of grapes.

5. Handful of almonds or pistachios, and one apple.

_____

DAY THREE

(CARBOHYDRATE DAY)

Meal 1: Wakeup (Preworkout)

(7-8 A.M)

1 protein

1 carb

8 ounces of water

Tea

WORKOUT

_____

Meal 2: Post workout

(8-9 A.M)

8 ounces of water

_____

Meal 3: Lunch

(9-10 A.M.)

1 carb

1 fruit

8 ounces of water

_____

Meal 4: Midafternoon

(12-1 P.M)

1 protein

1 carb

2 vegetables

8 ounces of water

_____

Meal 5: Dinner

(3-4 P.M)

1 fruit

8 ounces of water

_____

Meal 6: Evening

(6-7 P.M)

1 protein

1 carb

2 vegetables

8 ounces of water

_____

Meal 7:

(9 -11 P.M)

1 protein

1 fruit

8 ounces of water

_____

DAY FOUR

CARBOHYDRATE DAY

(With five suggested food choices for each meal)

Meal 1: Wake up (Preworkout)

(7-9 A.M)

1. Cheese omelet – Mix together one egg and one slice of low-fat cheddar or low-fat Swiss cheese. Pour into a nonstick skillet and heat through to prepare the omelet. One serving cooked oat bran cereal served with tea.

2. Two slices of turkey bacon, two slices of multigrain toast served with tea.

3. One serving of oatmeal cooked with two tablespoons of chopped walnuts and ½ cup of low-fat milk. Served with coffee.

4. Two hard-boiled eggs, one whole-wheat English muffin with two teaspoons of natural peanut butter. Served with tea.

5. Bagel Breakfast Sandwich: Serve two scrambled egg whites between a sliced whole-wheat bagel. Served with tea.

_____

Meal 2: Post workout

(8-9 A.M)

8 ounces of water

_____

Meal 3: Lunch

(9-10 A.M)

1. One whole-wheat English muffin, ½ cup unsweetened chunky-style applesauce.

2. One whole-wheat bagel, and one pear.

3. One small bran muffin, and one orange.

4. One serving cooked multigrain cereal, and ½ grapefruit.

5. One cup oat bran, microwaves, served with one cup sliced strawberries.

_____

Meal 4: Midafternoon

(12 – 1 P.M)

Tuna Pita Pocket: Mix tuna with one cup shredded lettuce, two tablespoons chopped tomato, two tablespoons chopped onion, and one tablespoon extra-virgin olive oil. Stuff into one piece of whole-wheat pita pocket bread.

2. Mini-Pizzas: Spread fat-free sugar-free marinara sauce on both halves of a lightly toasted whole-wheat English muffin. Top with shredded low-fat mozzarella cheese and two tablespoons of sliced mushrooms. Season to taste using Italian seasoning. Place under the broiler at medium heat until the cheese has melted.

Serve with a tossed salad of greens and salad veggies drizzled with one tablespoon of extra-virgin olive oil and balsamic vinegar.

3. Grilled Chicken Caesar: Take two cups of romaine lettuce and top it with grilled chicken, slices of red onion, and one tablespoon of grated Parmesan cheese. Drizzle with one tablespoon of extra virgin olive oil and balsamic vinegar and serve with whole-wheat crackers.

4. Egg Salad Sandwich: Chop two hard-boiled eggs and mix with one teaspoon yellow mustard, one teaspoon unsweetened relish, and one tablespoon extra-virgin olive oil. Spread egg mixture on two slices of multigrain bread. Serve with baby carrots and chopped raw cauliflower.

5. Tofu Pasta: Mix together one serving tofu, ½ cup chopped zucchini, ½ cup chopped tomato, ½ cup chopped onion, and ½ cup sugar free, fat-free marinara sauce. Heat until vegetables are soft. Server over one cup whole-wheat pasta.

_____

Meal 5: Dinner

(3-4 P.M.)

1. Baked Apple: Bake an apple in a small baking dish with ¼ cup water at 400 degrees until it is soft. Sprinkle with cinnamon and serve.

2. One cup of blackberries.

3. One cup of mango.

4. ½ of a honeydew melon.

5. ½ banana mixed with ½ cup sliced strawberries.

Meal 6: Dinner

(6-7 P.M)

1. Eye of round steak, 3 small red potatoes, boiled; tossed salad with salad greens and salad veggies, drizzled with one tablespoon extra-virgin olive oil and two tablespoons of red wine vinegar.

2. Broiled swordfish or mahi-mahi, ½ cup brown rice, steamed asparagus, and steamed yellow summer squash.

3. Burger and Fries Dinner: Serve broiled lean ground turkey patty on a whole-wheat hamburger bun with lettuce, sliced tomato, and one tablespoon low-carb ketchup. Serve with sweet potato fries. Cut one sweet potato in eighths, then slice each piece into strips like French fries. Place on a cookie sheet that has been

sprayed lightly with vegetable cooking spray. Bake in a 400-degree oven for a half hour or until fries are cooked thoroughly.

4. Vegetarian Plate: Mix pinto beans or black beans with cooked brown rice, heat and top with two tablespoons of salsa. Cooked corn, and steamed spinach.

5. Ahi tuna slices or grilled tuna steak, brown rice, steamed Brussels sprouts, and steamed cauliflower. Serve with wasabi or low-sodium soy sauce for seasoning.

_____

Meal 7

(9 – 11 P.M)

1. One serving of tofu, one cup of strawberries.

2. One cup of Greek-style yogurt, two sliced kiwifruits.

3. Peach Shake: Blend together one cup of soy, low-fat, or skim milk with one cup of frozen (unsweetened) peach slices.

4. One handful of almonds, one cup of blueberries.

5. Tuna mixed with ¼ mashed avocado.

Now, for the fifth and sixth day meal plan, go back to day one and day two and repeat the steps. This meal plan is pretty easy to follow and is packed full of delicious food that is good for you.

Part Three: Causes

Causes consists of Stress, Obesity, Genetic, Increasing Age, Unhealthy diet, the lack for Physical Activity, Alcohol, Smoking, Viruses or any disease that affects pancreas or liver). It is also known that **some races** are prone to develop diabetes at a greater percentage than others.

Stress – or what you think about it!

Simply out, stress is a state of emotional strain or tension that occurs when we feel that we can't cope with pressure. When you become stressed, the body quickly responds by releasing hormones that give cells access to stored energy – fat and glucose – to help the body get away from danger. This instinctive

The stress – in certain level is very useful for the body. We become productive, and therefore more satisfied with our work and life. The satisfaction feeling itself releases a hormone in our body – that's why we feel happy. It is scientifically proved that stress in certain levels keeps us happy. – continue to read!

My mission is to help you be happier and healthier. But I fear that something that you've heard about the last 10 years is doing more harm than good, and it has to do with stress. For years you've heard in media, books, at your psychologist or doctor that stress makes you sick. It increases the risk of everything from the common cold to cardiovascular disease and diabetes. Basically, they say that stress is your enemy. But you have to change your mind!

How many times in the last year did you feel stressed, thinking at your health, at financials, at your job or anything else? What did pound in your head the moment you realized you are stressed? Your subconscious mind believes what you read and see in newspapers, radio, books, TV. That stress is so damaging, isn't it? And the statistics are unbelievable!

Let me explain. A US study tracked 30,000 adults over an 8 year Period. They were asked two questions:

1. How much stress have you experienced in the last year?
2. Do you believe that stress is harmful to your health?

The surprising results were as follows: People who experienced a lot of stress in the previous year **and believed that stress was harmful for their health** had a 43% increased risk of dying.

However, people who experienced a lot of stress in the previous year but **didn't believe stress was harmful to them** had the lowest risk of dying of all the stress

level groups, including those with very little stress. So the research suggests that how we think about stress can make us healthier, changing the body's response to stress.

Under stress our heart may be pounding, we're breathing faster and sweating, and we usually interpret these changes as anxiety or signs that we aren't coping well with the pressure.

We could choose to re-frame these feelings and believe that the physical changes are a positive change, preparing us for action and getting more oxygen to our brain. The study showed that if you view your stress response as helpful to your performance, you will be less anxious, less stressed out and more confident.

It has long been acknowledged that our belief systems are extremely powerful and affect our physical health and well-being. The placebo effect is an example.

Can changing how you think about stress make you healthier? And here the science says yes. When you change your mind about stress, you can change your body's response to stress.

But what if you viewed them instead as signs that your body was energized, was preparing you to meet this challenge? Now that is exactly what participants were told in a study conducted at Harvard University. Before they went through the social

stress test, they were taught to rethink their stress response as helpful. That pounding heart is preparing you for action. If you're breathing faster, it's no problem. It's getting more oxygen to your brain. And participants who learned to view the stress response as helpful for their performance, they were less stressed out, less anxious, more confident, but the most fascinating finding was how their physical stress response changed. Now, in a typical stress response, your heart rate goes up, and you blood vessels constrict. And this is one of the reasons that chronic stress is sometimes associated with cardiovascular disease. It is not really healthy to be in this state all the time. But in the study, when participants viewed their stress response as helpful, their blood vessels stayed relaxed. Their heart was still pounding, but this is a much healthier cardiovascular profile. It actually looks a lot like what happens in moments of joy and courage. Over a lifetime of stressful experiences, this one biological change could be the difference between a stress-induced heart attack at age 50 and living well into your 90s. And this is really what the new science of stress reveals, that how you think about stress matters.

To understand this side of stress, we need to talk about a hormone, oxytocin, and I know oxytocin has already gotten as much hype as a hormone can get. It even has its own cute nickname, 'the cuddle hormone', because it's released when you hug someone. But this is a very small part of what oxytocin is involved in. Oxytocin is a neuro-hormone. It fine-tunes your brain's social instincts. It primes you to do

things that strengthen close relationships. Oxytocin makes you crave physical contact with your friends and family. It enhances your empathy. It even makes you more willing to help and support the people you care about. Some people have even suggested we should snort oxytocin to become more compassionate and caring. But here's what most people do not understand about oxytocin. It's a stress hormone. Your pituitary gland pumps this stuff out as part of the stress response. It is as much a part of your stress response as the adrenaline that makes your heart pound. And when oxytocin is released in the stress response, it is motivating you to seek support. Your biological stress response is nudging you to tell someone how you feel instead of bottling it up. Your stress response wants to make sure you notice when someone else in your life is struggling so that you can support each other. When life is difficult, your stress response wants you to be surrounded by people who care about you.

So how is knowing this side of stress going to make you healthier? Well, oxytocin does not only act on your brain. It also acts on your body, and one of its main roles in your body is to protect your cardiovascular system from the effects of stress. It is a natural anti-inflammatory. It also helps your blood vessels stay relaxed during stress. But my favorite effect on the body is actually on the heart. Your heart has receptors for this hormone, and oxytocin helps heart cells regenerate and heal from any stress-induced damage. This stress hormone strengthens your heart, and the cool thing is that all of these physical benefits of oxytocin are enhanced by

social contact and social support, so when you reach out to others under stress, either to seek support or to help someone else, you release more of this hormone, your stress response becomes healthier, and you actually recover faster from stress. I find this amazing, that your stress response had a built-in mechanism for stress resilience, and that mechanism is human connection.

The bad news first: for every major st4erssful life experience, like financial difficulties and family crisis, that increased the risk of dying by 30%. But that was not true for everyone. People who spent time caring for others showed absolutely no stress-related increase in dying. Zero. Caring created resilience. And so we see once again that the harmful effects of stress on your health are not inevitable. How you think and how you act can transport your experience of stress. When you choose to view your stress response as helpful, you create the biology of courage. And when you choose to connect with others under stress, you can create resilience. Now I would not necessarily ask for more stressful experiences in my life, but this science had given me a whole new appreciation for stress. Stress gives access to our hearts. The compassionate heart that finds joy and meaning in connecting with others, and yes, you're pounding physical heart, working so hard to give you strength and energy, and when you choose to view stress in this way, you are not just getting better at stress, you are actually making a pretty profound statement. You are saying that you can trust yourself to handle life's challenges, and you are remembering that you do not have to face them alone!

MANAGE THE STRESS

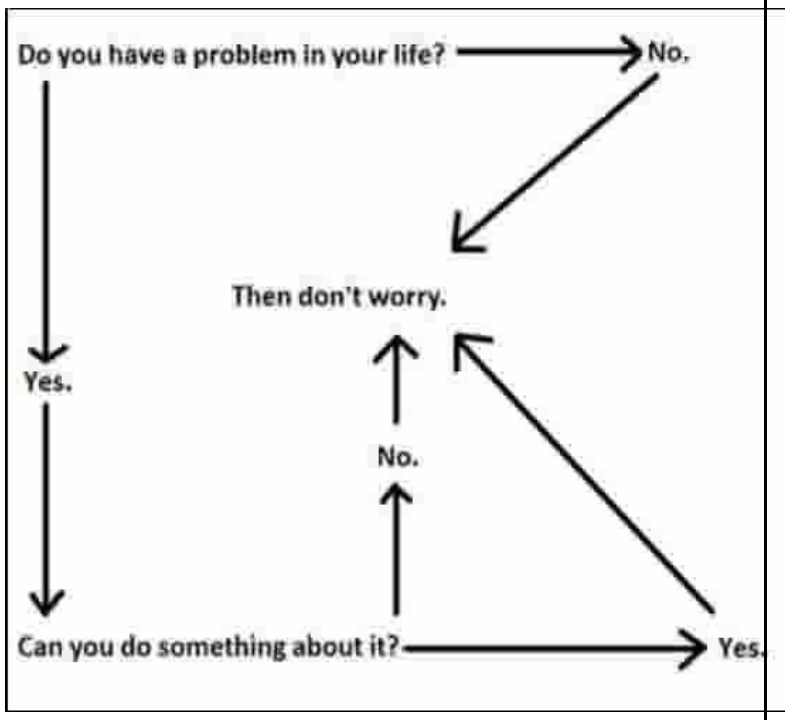
-Take more breaks

-Think positive about it!

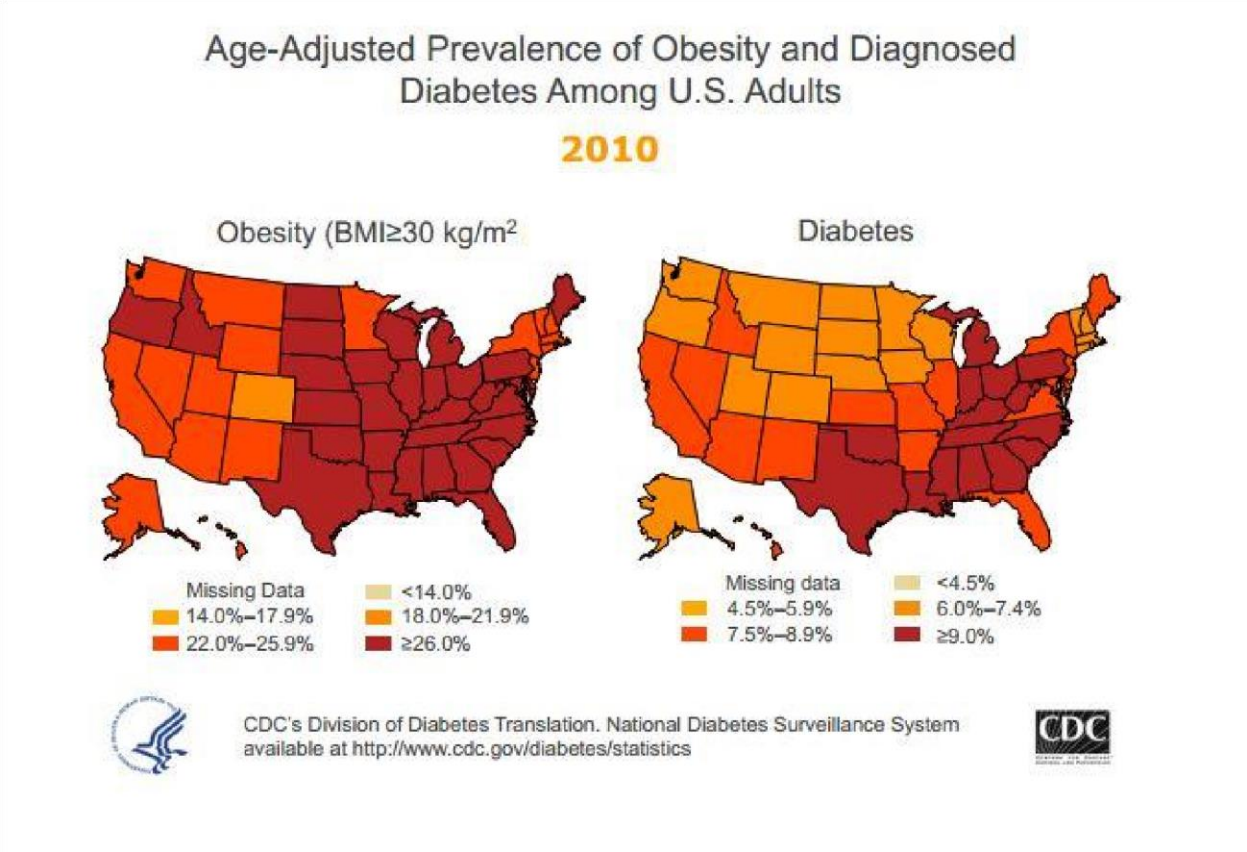
- **Every problem has a solution**. Does the solution depend on you? Get up and solve it!

-**Start complaining and ACT NOW!**

-Love and enjoy the life and people around you! You are lucky!



Obesity



More than a third of America's population suffers from obesity.

Although both diabetes and obesity risk factors are often associated with race, age and family history, it is becoming more and clearer that the conveniences of modern life also contribute to the development of both diseases. For example, sedentary lifestyles (reduced physical activity) and the popularity of high fat, high

energy diets (think ‘Super-Size Me’) and convenient food are known to lead to obesity – but do they also cause diabetes?

Of the people diagnosed with type 2 diabetes, about 80-90% are also diagnosed as obese. This fact provides a doubtful thought to the link between diabetes and obesity. Being overweight places extra stress on your body in a variety of ways, including your body’s ability to maintain proper blood glucose levels. In fact, being overweight can cause your body to become resistant to insulin. If you already have diabetes, this means you will need to take even more insulin to get sugar into your cells. And if you don’t have diabetes, the prolonged effects of the insulin resistance can eventually cause you to develop the disease.

The most dangerous type of obesity is the abdominal one which happens to be the male pattern type of obesity, because it is so strongly associated with diabetes and heart disease and a variety of other illnesses as well. It is interesting to note however that there is a female pattern of obesity, that is the lower body fat, and that has the opposite associations; you are actually protected as a woman with big hips. Women don't like to hear that but it is actually the case!

Genetics

Genetics plays an important role if you developing a type of diabetes. But if you are aware of this, you can control your lifestyle thus you don't wake up the inactive diabetes genes that you already have. Your risk of developing the condition is increased if you have a close relative – such as a parent, brother or sister – who has the condition. The closer the relative, the greater the risk. A child who has a parent with type 2 diabetes has about a one in three chance of also developing it.

Increasing Age

Your risk of developing type 2 diabetes increases with age. This may be because people tend to gain weight and exercise less as they get older. Maintaining a healthy weight by eating a healthy, balanced diet and exercising regularly are ways of preventing and managing diabetes.

White people over the age of 40 have an increased risk of developing type 2 diabetes. However, despite increasing age being a risk factor for type 2 diabetes, over recent years younger people from all ethnic groups have been developing the condition. It's also becoming more common for children, in some cases as young as seven, to develop type 2 diabetes.

Unhealthy diet

Research indicates that fast food promotes insulin resistance, which can lead to type 2 diabetes, as well as weight gain.

A 15 year study published in 2005 showed that people which ate at fast food restaurants more than twice a week had significantly greater weight gain and had twice a week had significantly greater weight gain and twice the insulin resistance of that ate at fast food restaurants less than once a week.

I think we do really do not need to spend more time on this. We both know that this is one of the mains and we have to work on it.

Physical Activity

The physical activity has lots of benefits releasing the toxins in your body, equilibrating the level of hormones and insulin.

Alcohol

Alcohol too is linked with diabetes. Drinking alcohol makes hypoglycemia (low blood glucose levels) more likely to occur, especially if your diabetes is treated with insulin or certain tablets. If you drink more than a few units during an evening,

you will have an increased risk of hypos all night and into the next day too, as your liver continues to get rid of alcohol.

- Avoid low-sugar (sometimes called ‘diabetic’) beers and cider. Although they contain less sugar, alcohol content is higher. As little as one pint of a low-sugar beer can bring your blood alcohol level above the legal limit.
- Low-alcohol wines are often higher in sugar than ordinary ones, so if you do choose these, just stick to a glass or two.
- Drinks with a high sugar content, e.g. sweet sherries, sweet wines and liqueurs should be limited.
- Mixer drinks should be ‘diet’ or ‘sugar-free’.

Smoking

Beyond the usual reasons, why shouldn’t I smoke if I have diabetes?

Smoking is now proven to be an independent risk factor for diabetes, and amongst diabetes it increases the risk of complications.

Diabetes complications already include heart disease, stroke and circulation problems. Smoking adds to the risk of developing all of these things.

In some cases, smoking can double the likelihood of these conditions, as well as doubling the chances of suffering from kidney problems and erectile dysfunction.

For type 2 diabetes, the major cause of death is cardiovascular disease.

Smoking and diabetes both increase the risk of heart disease in very similar ways, and so when combined, they greatly exacerbate the chances of suffering a heart related condition such as a heart attack or stroke.

Both high levels of glucose in the blood and smoking damage the walls of the arteries in such a way that fatty deposits can build up much easier. As this occurs, the blood vessels narrow and make circulation blood much harder.

When this happens to the coronary arteries (the arteries that supply the heart muscle with blood and therefore oxygen) a heart attack can occur. Similarly, a stroke is when not enough blood can get to the brain, and so anything that may limit blood flow increases the risks of a stroke.

High blood glucose levels also have this effect on the blood vessels and blood flow, so if you smoke when you have diabetes, you are putting yourself at a much greater risk of suffering a heart attack or stroke.

Viruses or any disease that affects pancreas or liver

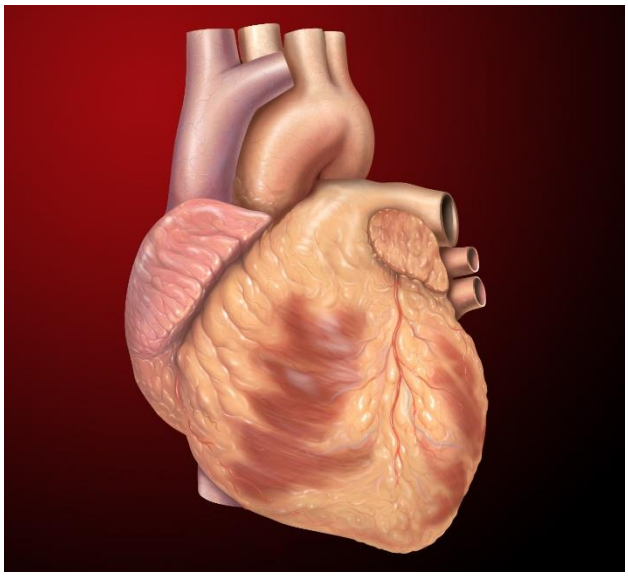
A number of viruses have been associated with type 1 diabetes and/or type 1 –associated autoantibodies in humans, including enterovirus, rubella, mumps, rotavirus and cytomegalovirus (CMV). Many viruses have also been shown to affect the development of diabetes in laboratory animals.

We will not discuss this too much because researchers are still working on more exact papers on the matter.

Race:

American Indians/Alaska Natives, Non-Hispanic blacks and Hispanics are the races with the highest rate of diabetes. (National Diabetes Report).

EFFECTS Heart



3 Heart disease and stroke

Cardiovascular diseases are common in people with diabetes. Studies demonstrate that 68% of people over 65 who have died as a result of heart disease suffered from diabetes and 16% of those who died due to stroke manifested diabetes too. In general, the risk that a person died as a result of stroke or cardiovascular disease is 2-4 times higher in people with diabetes.

Although all people with diabetes are prone to developing heart disease, the condition is more common in those with type 2 diabetes Framingham Study was one of the first to have shown that people diagnosed with diabetes are more vulnerable to heart disease than those who do not have diabetes. This paper analyzed several categories of patients, including those with diabetes to try to determine the risk factors because of which might trigger cardiovascular disease. Besides diabetes, other health problems associated with heart disease include hypertension, smoking, high cholesterol and a family history are present early onset cardiovascular disease.

What are the symptoms of a heart attack?

The symptoms of a heart attack include:

- Shortness of breath;
- Feeling faint;
- The feeling of dizziness;
- Excessive sweating and unexplained;
- Pain between the shoulders, jaw and left arm;

- Pain or pressure in the chest (especially during the progress of various activities);
- Nausea.

However, not everyone manifests these classic symptoms or pain of a heart attack. This is especially true for women.

If a person is experiencing any of these symptoms, you should call the doctor or go to the emergency room of the nearest hospital.

How can we prevent cardiovascular disease people diagnosed with diabetes?

The best ways to prevent heart disease are:

- Take care of the health and control of diabetes;
- Keeping the sugar levels in the normal range;
- Controlling blood pressure with medication, if necessary. In people with diabetes should not exceed the value of 130/80;
- Maintaining normal cholesterol levels, drug therapy may be necessary, for this purpose;

- Weight loss if overweight people;
- Will ask the doctor about administering an aspirin every day;
- Regular exercise;
- The diet will contain healthy food with low fat and salt.
- To be quit smoking.

- In 2003–2006, after adjusting for population age differences, cardiovascular disease death rates were about 1.7 times higher among adults aged 18 years or older with diagnosed diabetes than among adults without diagnosed diabetes.
- In 2010, after adjusting for population age differences, hospitalization rates for heart attack were 1.8 times higher among adults aged 20 years or older with diagnosed diabetes than among adults without diagnosed diabetes.
- In 2010, after adjusting for population age differences, hospitalization rates for stroke were 1.5 times higher among adults with diagnosed diabetes aged 20 years or older compared to those without diagnosed diabetes.

(National Diabetes Report, 2012)

Eyes

One of the possible long term complications of diabetesis's retinopathy, which effects the eyes. Diabetic Retinopathy is the leading cause blindness for people of working age.

What is retinopathy?

Retinopathy causes changes of retina. In order to see, the light has to pass through the retina without encountering any obstacles.

Retinopathy appears when the blood vessels from the retina are blocked, removed the liquid grown randomly. This impairment stands between the light and the retina and can affect the vision if it is not treated.

Types of Retinopathy

There are 3 types of retinopathy depending on the disease’s level of advance.

1) The background retinopathy- it describes the early visible symptoms of changing the retina. The background retinopathy doesn't initially affect the sight. Nevertheless, the background retinopathy can progress to more serious types of retinopathy, so it has to be monitored by your team of doctors.

2) Proliferative retinopathy- in this case, a couple of big parts of the retina don't get an adequate quantity of blood, which can cause sight problems.
3) Maculopathy- this is the name given to changes that take place around the macula. Macula represents the center of the retina and is used for the near vision. People with maculopathy usually complain about a loss of vision which can lead to blindness.

How can I tell if I have retinopathy?

During its first phases, the retinopathy doesn't have obvious symptoms so you aren't able to know if you have retinopathy until it progresses.

Symptoms manifest differently from one person to another. Some people describe the following:

- Sensation of seeing “flies” (black stains that move once the eye moves) or spider web shaped stains.
- Sensation of seeing stains
- Blurred vision

Detecting the retinopathy in its initial phase is essential.

The sooner you trace and treat the retinopathy, the better. To make sure that the retinopathy is detected during its initial phase, you must do an eye screening once a year.

How is the eye screening done?

The screening for retinopathy is differently than an ophthalmologic consultation.

The diabetics can do the annual screening free. Screening is usually done by taking a picture of the retina using a special digital camera. For some people, photography is not sufficient. In this case, it will be necessary to visit a specialist for screening.

How is it treated / cured?

Retinopathy cannot be cured and the treatment cannot restore the vision that has already been lost - but it can prevent further deterioration. Retinopathy is treated by laser therapy, which uses short pulses of laser light to scar broken blood vessels, preventing worsening thereof. Laser treatment is performed by a specialist and almost always in an outpatient, giving you the permission to go home after the intervention. For some people, simple treatment laser is not sufficient and requires intervention surgery.

How to prevent retinopathy?

The good news is that, by maintaining blood glucose levels, blood lipids (including cholesterol) and blood pressure as close as possible to the normal values (with the adoption of a healthy lifestyle), you can help protect against retinopathy. It is important to carry out regular health checks by your prescriber's team to identify in advance any problems, so that it can be effectively treated.

Other disorders of the eye

Diabetics may suffer from other diseases of the eye. There are two other eye diseases associated with this disease.

- Blurred vision - can be a symptom of undiagnosed diabetes and may increase the blood sugar. This is due to the fact that when blood glucose levels are

too high, the lens absorbs liquid and glucose, causing its swelling, which causes blurred vision. This differs from retinopathy and disappears when the blood sugar returns to normal.

- Cataracts - clouding of the lens and it is strengthening. Diabetics are more likely to develop cataracts at a younger age. Cataracts require treatment only if it affects the vision; treatment is performed by an operation to remove lens and replace it with an implant.

3 Blindness and eye problems

In 2005–2008, of adults with diabetes aged 40 years or older, 4.2 million (28.5%) people had diabetic retinopathy, damage to the small blood vessels in the retina that may result in loss of vision.

- In 2005–2008, of adults with diabetes aged 40 years or older, 655,000 (4.4%) had advanced diabetic retinopathy—with conditions such as clinically significant macular edema and proliferative diabetic retinopathy—that could lead to severe vision loss.

Kidney

Kidney disease is one of the possible long-term complications of diabetes and now, almost a third of people with diabetes can develop kidney disease.

Kidneys

The kidneys are important organs that act like sieves for filtering and cleaning the blood and removing waste substances and excess liquid by producing urine. They regulate the quantity of salts in the body fluids and various helping to control blood pressure.

Kidneys also release, several hormones and vitamin D, which controls the absorption of calcium in the bones.

What is kidney disease?

Renal disease occurs when the kidneys begin to manifest renal failure. Each kidney contains about a million tiny blood vessels called nephrons. Kidney disease is caused by damage to these blood vessels. This damage may cause leakage of blood vessels, or in some cases, stopping the operation thereof, which results in a less efficient operation of the kidneys.

Kidney disease can be a very serious illness, so it is important to be diagnosed as soon as possible.

Kidney disease can be developed by anyone, but is more common in people with diabetes, people with high blood pressure and in Black or South Asian origin.

Kidney damage from diabetes is called diabetic nephropathy.

Why people with diabetes pose a higher risk of developing kidney disease?

If diabetes is not properly treated, high blood glucose levels can damage blood vessels in the kidneys, causing their leakage, while high blood pressure in the blood vessels prevents them to filter waste substances. Kidney disease caused by diabetes develops slowly, over many years, and is very common in people suffering from this disease for over 20 years.

About a third of people with diabetes at risk of developing kidney disease. However, as the monitoring and treatment improve and the disease is cared more efficiently, there are fewer affected people than in the past.

How to reduce the risk of developing kidney disease

1) Inspect well blood glucose levels, blood pressure and blood fats (cholesterol). Your personal targets must be approved by the doctors treating you diabetes.

2) Follow the same healthy eating plan recommended for all persons - foods with reduced fat, salt and sugar, including fruit and vegetables in abundance.

3) Make regular physical exercise.

4) Take your medications as prescribed. If they do not do well, communicate this to your doctor as soon as possible.

5) If you monitor your blood sugar at home, do this test regularly and act in accordance with the findings. If levels are higher than normal, try to identify the cause. If in doubt, consult with your team to find solutions prescribers.

6) Stop smoking. Nicotine damages the inside walls of blood vessels and allows blood lipid deposition and plate them.

Symptoms of kidney disease

You will not present any symptoms when the kidney disease installs, so annual evaluation is important. The first symptom that you will manifest is swelling, particularly of the legs and ankles due to kidney disease that causes changes in blood pressure and fluid balance within the body. Because kidney disease is detected and treated at this early stage, most symptoms will not manifest. If you damage your kidney function has not been detected, symptoms exhibited may include, among others, the following: the elimination of much larger quantities or less urine, fatigue, itching, nausea and vomiting.

If kidney disease is detected and treated at this early stage, most symptoms don't not manifest. If the damage of your kidney function has not been detected, symptoms exhibited may include, among others, the following: the elimination of much larger quantities or less urine, fatigue, itching, nausea and vomiting.

Treating the diagnosed kidney disease

There are many ways to treat kidney disease when the kidneys cannot function properly. Your doctor should speak to you about any treatment, before you start it and explaining how is it going to act and how it will help.

If the kidneys have been damaged, filtering and cleaning the blood cannot be performed normally. In some cases, dialysis may be required to fulfill this kidney's task. There are numerous types of dialysis, and the doctor will discuss with

you which of these would be the most suitable option. As kidney disease progresses and if dialysis is not working effectively for people suffering from renal doctors may consider the possibility of a kidney transplant. However, a decision to transplant depends on the degree to which diabetes has affected other parts of the body, especially the heart and other blood vessels.

Kidney

Diabetes was listed as the primary cause of kidney failure in 44% of all new cases in 2011.

- In 2011, 49,677 people of all ages began treatment for kidney failure due to diabetes.
- In 2011, a total of 228,924 people of all ages with kidney failure due to diabetes were living on chronic

Dialysis or with a kidney transplant.

Feet

Because people with diabetes have a high level of glucose (sugar) in the blood a long period of time, they can develop serious complications, including foot

problems but also skin disorders, cardiovascular disease, strokes, kidney disease, diseases of the eye and other injuries.

How can feet be affected by diabetes?

Diabetes can cause two problems that could affect the feet:

Diabetic neuropathy – diabetes which is not kept under control can damage nerves. If you have leg nerves harmed, you might not feel heat, cold or pain. Lack of these sensations is called diabetic neuropathy.

Peripheral vascular disease - diabetes affects the flow of blood circulation.
When blood circulation is inadequate, it will take more time for a wound to heal. The decreased blood flow to the arms and legs is called peripheral vascular disease. If you have an infection that will not heal because of decreased blood flow, there is the risk of developing gangrene, which means tissue death from lack of blood.

To prevent the spread of gangrene, the doctor may consider necessary surgical removal of a foot, toe or part of this member. However research concludes

that more than half of the amputations performed annually could be prevented by a foot care.

What are the problems of the foot commonly found in people with diabetes?

Anyone can show some leg disorders listed above. But in people with diabetes, these common problems could cause possible serious complications and infections such as amputation.

- Athlete's foot - This condition involves the presence of a fungus that can cause itching, redness and cracking of the skin. Germs can enter through cracks and can cause skin infections. For treatment use drugs that destroy fungi. They may be available as pills and creams applied directly to the problem area.

- Fungal infection of nails - nails that are infected with a fungus may become discolored (yellow-brown or opaque color) will thicken and become brittle, can detach from the nail bed or could even fall. Medium dark, moist and warm shoes can be conducive to fungal growth. In addition, any injury to the nail may be a risk factor for fungal infection. Your doctor may also prescribe oral medicines. The treatment can include periodic removal of the damaged nail tissue.

- Corns - A corn is a thickened and hard storage located near the bone of a finger or between the toes. Corns may be the result of pressure from shoes.

Proper care is necessary if you have a corn. After bath or shower, use a pumice stone to remove or easily remove thickened tissue. Do not use other methods to remove corns at home. Do not try to cut or remove the corns with a sharp object.

- Dry skin - Dry skin can result if the legs do not get nerves impulses (messages) from the brain (due to diabetic neuropathy) to sweat, trial after which the skin is soft and moist. Dry skin can crack, which may allow to perceive the germs inside her. Use soap and moisturizer to keep skin moist and soft.

- Ulcers of the foot - foot ulcer is a break in the skin or deep wound that can become infected. Foot ulcers can cause minor injuries, cuts that heal slowly or be caused by rubbing the wrong shoes. Ask your doctor for tips on care of the wound.

- Finger-shaped hammer - is a toe that is bent because of a weakened muscle. The weakened muscle tendons shorten, causing twisting one side of the fingers. This condition can be found in the same family and can be caused by wearing shoes too tight or small. Shaped mallet finger can cause problems with walking, and foot problems such as blisters, calluses and sores. The use of splints and shoes with corrective role may help in treating mallet finger shaped. In severe cases surgery may be required.

- Ingrown Nails - These occur when the edges of the nail grow into the skin. Ingrown nails can cause pressure and pain along the nail edges. This can cut skin, can cause redness, swelling, pain, infection and drainage. One of the most common causes of ingrown toenails is pressure from shoes. Other causes are improperly treated nails, toenails crowding and repeated trauma after various activities like running, walking or aerobics. Proper care and cutting toenails

(without cut corners) is the best way to prevent ingrown toenails.

- Plantar Warts - Plantar warts appear on the sole of the foot and may have small spots in the middle. They are painful growths that can develop individually or in groups. Plantar warts are caused by a virus that infects the outer layer of skin. Do not use drugs not prescribed to treat plantar warts. If you are not sure whether or not you have a plantar wart or a callus, it is best that the diagnosis be made by the physician.

Feet

Amputations

- In 2010, about 73,000 non-traumatic lower-limb amputations were performed in adults aged 20 years or older with diagnosed diabetes.
- About 60% of non-traumatic lower-limb amputations among people aged 20 years or older occur in people with diagnosed diabetes

Love Your Liver

People suffering from diabetes have up to 70% more likely to die from liver disease than a healthy person.

Diabetes increases the risk of liver disease, the poor control of blood sugar level increasing the risk. In time, you can get to cirrhosis or liver cancer. People with diabetes should pay attention at food. Foods consumed by a diabetic should have low sugar. Sugar assaults the liver, being transformed by it into fat. A well-controlled diet will protect the liver, because it will accumulate less fat.

The risk of liver disease, including liver cancer is higher in patients who had diabetes for a longer period of 10 years.

How to prevent diabetes liver disease

To reduce your risk of liver disease, it is necessary to follow some measures related to a healthy and balanced lifestyle.

First, the person suffering from diabetes should take care of its' diet. As I said, food has to have a low sugar level. The same attention should be given to the alcohol consumption. Drinking alcohol in people with diabetes is recommended to be limited because of the impact it can have on blood sugar levels, and the risk of weight gain (alcohol liver turns into fat).

Non-alcoholic fatty liver disease is more common among people with diabetes. The major risk of non-alcoholic fatty liver and type 2 diabetes is the excess weight. Non-alcoholic fatty liver disease increases the risk of cirrhosis. In turn, this increases the risk of liver cancer. Therefore it is necessary to prevent the occurrence of fatty liver in a healthy lifestyle. This is all the more so as treatment options are currently limited.

If you are diabetic, beware of the living arrangements that we have. Nutrition, physical movement and periodic medical examination must be your priority.

Part Four: SOLUTIONS Release Your Brakes

The problem with diabetes is that it doesn’t come one at a time with all its effects. They generally appear in clusters and sometimes they even have puppies. When one is taken care of, another pops up to take its place and you wonder to yourself, "What did I do to deserve this?"

No, it isn't Karma- you aren't being punished- it's just life. Combine genetics that we can't seem to fix, health issues that arise in any normal life due to unbalanced life style, plus the unexpected upsets that besiege our day and the upcoming stress, and it's understandable that there will be times when your mood reaches a low point and you feel sick.

There's no quick fix or Pollyanna affirmation that's going to change things. The truth is that you have to trudge forward until you can make them change. Perhaps someone else can help, but chances are they can't take away your troubles.

Finding out that you have diabetes is a big deal. And even if you're doing great with it now, there may be moments where you feel bad about what has happened to you. I know you have being facing energy loses when the fall is coming or you fear about the time left to spend with your loved ones. It's a great idea to talk to family, friends, or your doctor about how you're feeling. Sometimes just putting your thoughts into words makes dealing with them easier. Other people may be able to help you see the positive side of things, or figure out ways to reduce the stress. Remember that you can always talk to one of our ***customer service*** people. Whatever you have in mind, they are here for you. You don't have the courage to tell your loved ones the news? Do you fear that they will treat you differently?

Lift the weight off your shoulders. Discuss your worries!

Letting it go is important to your physical and mental well-being. It's a great idea to talk to family, friends, or your doctor about how you're feeling. Sometimes just putting your thoughts into words makes dealing with them easier.

Other people may be able to help you see the positive side of things, or figure out ways to reduce the stress.

It’s scientifically proved that telling other people about your problems makes your brain diminishes releasing cortisol (the hormone of stress) which makes you feel more free and positive.

Not wanting to look bad in the eyes of the person you admire or worrying about how they will react may keep you from sharing what's on your mind. The truth is that if someone loves you, they will help you deal with your issues. Talking about it can help shed light on how to get through the problem. That’s how therapy works.

You may find that brainstorming with another person or even a group will help you find new ideas to help you move forward. When you know someone has your back, that emotional support can make all the difference.

If you have been sitting on your stuff to the point where it's starting to hurt, it's time to let it out. How you choose to do it is up to you, but just keeping your pain inside will eventually lead to some kind of a meltdown.

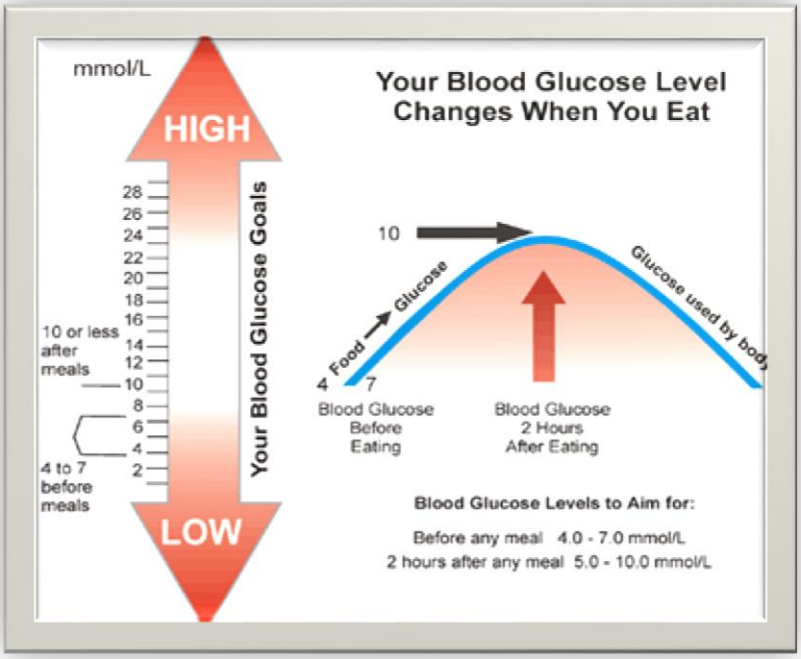
Learning that it's okay to talk about our problems can feel a bit like a trip to the dentist. You know that the discomfort will stop once you get the tooth fixed, but you don't want to go through the process because it hurts too. And sometimes, with emotional issues, you may be embarrassed to share what's really going on for you. That's why it's so important to talk with someone who is comforting and nonjudgmental.

Just know that you can minimize your problems by discussing them with those you trust. Give your pain a voice, and let someone listen. You will be amazed at how much weight will be lifted off your shoulders.

Additional Ways to Self-Release your Pain

1. Write an angry letter and burn it.
2. Paint. Take a piece of paper and some colors and express yourself.
3. Keep a journal of your daily thoughts. This helps you feel better after you write down your emotions and also it’s a very good mirror for the past, so you can see how you evolve.

DIMINSIH THE SUGER LEVELS



ALIMENTATION

Alimentation is one of the most important parts of our lives. It keeps us alive as well as being a reason for us to meet the entire family for a lunch/dinner.

What I'm going to tell you is what they don't want you to know.

Keep in mind and never forget this. Are you with me? Hope you do, because otherwise you lose important information I gathered along the years and now I'm sharing it with you.

The most important aspect of food is to offer to a full sensation of smell, visual (clean, nice arranged in the plate), taste and sound. It might sound fancy but it's as simple as you see. If all these conditions are fulfilled, you don't need to have the biggest sandwich from McDonalds. You need small and tasty meals.

You may want to follow a detox cure, to prepare your organism for the new better way of life but this is not compulsory.

Here is a detox cure that I personally recommend.

Detox

Here are some recipes for detox diets: **DAY_1**

Oil pulling with coconut oil

500 ml water with the juice of lemon (1/2)

500 ml apple juice

500 ml carrot juice

500 ml spring water with 2 tablespoons of pollen and juice of 1 lemon

Peach nectar 500ml

500ml green juice (from parsley, celery, spinach) combined with orange juice 50% -50%

1 hour aerobic

500 ml spring water

500 ml of carrot juice, red cabbage, beets, and potatoes

intraday walk 4 km **DAY_2**

Oil pulling with coconut oil

500 ml water with the juice of lemon 1/2

500 ml grape juice

500 ml spring water with 2 tablespoons of pollen and juice of 1 lemon

500 ml spring water

700ml green juice (from parsley, celery, dill, spinach) combined with orange juice 50% - 50%

700 ml apple juice with carrot

500 ml spring water 500 ml

pineapple juice during the day

walk 3 km

DAY_3

Oil pulling with coconut oil

500 ml water with the juice of lemon 1/2

500 ml spring water with 2 tablespoons of pollen and juice of 1 lemon

500 ml spring water

500 ml peach juice

500ml green juice (leaf parsley, celery, dill) combined with orange juice 50% -50%

500 ml cucumber juice with ginger

700ml tomato juice 500 ml

spring water during the day walk

7 km

Applied, could provide remarkable results in terms of maintaining or improving the health, or even "miraculous" cures.

Determined to seek some simple methods of treatment, which are also devoid of any noxious substances or harm to human body, after many years of research and studies, he was able to cure various diseases using a method whose practice is at your fingertips: sucking oil cure.

It must be emphasized the fact that this method effectively heals all tissues and organs of the human body, managing to eliminate all organic substances, inorganic and harmful microorganisms for him, as microbes, salts etc. The method is applied continuously until healing. Then the treatment can stop, although its continuation, at least periodically, if not permanently, is an effective health maintenance.

So each one can determine how many times will do the proposed procedure, making a comparison between his health before and during treatment. Should be emphasized that, on a case to case, during the treatment it may occur or an increase of the symptoms or certain crises, especially in people suffering from chronic illness or a clear improvement of health. Both types of reactions mean that disease outbreaks began dissolving in the body. To some people, the body can react as heating up, and this is a signal that the patient's body began to react

vigorously and defend. If there is an accentuation of the disease, it is absolutely necessary to continue the proposed procedure, which ultimately will help to heal the sick and heal other diseases besides the one for the subsequent treatment. This is due to the fact that therapy with oil treats the whole human body, giving very good results.

Here is what this procedure treated:

- Headaches;
- Toothache;
- Bronchitis;
- Thrombophlebitis;
- Diseases of the blood;
- Tumors of the stomach;
- Heart disease;
- Intestinal diseases;
- Kidney disease;
- Gynecological diseases;
- Tumors in general;
- Arthritis etc.

Some diseases may heal very quickly, in a few days, and in chronic diseases, the treatment may need to be completed even a year. Dr. Karskuc himself applied this method when he suffered from lumbago and in only three days

he healed. And his wife, following the same method, was cured of a blood disease she suffered for 15 years.

It should be pointed out that this method does not present any risk. His efficiency is remarkable because it can heal a whole range of diseases.

The treatment

It is used edible oil, preferably sunflower oil. Take a tablespoon of oil in your mouth without swallowing any drop. Suck like a candy for 15-20 minutes. The procedure should be done calmly, without tension and nerves; push oil with the tongue into the mouth, back and forth, pass it between his teeth, without swallowing any drop of it. It is preferable to make the procedure morning on an empty stomach. If you want to get faster results, you should repeat 2-3 times a day, but always on an empty stomach. Oil, which at first is viscous, becomes milky after 10-20 minutes. Mouth sucked and spat out all traces of oil. After the procedure, you must spit the oil directly into the toilet, because it is full of germs and can be a very dangerous source of transmission of various diseases. Pay attention cleaning your mouth, you must spit it all out. The first visible results of the procedure are teeth whitening and a general revival of the whole body. Cure can be considered complete when the tongue became clean and returned to its normal

color. According to these observations, it can easily reach the conclusion that the method is absolutely harmless and does not require any restrictions.

So oil, one of the main and most healthy human food, is also an excellent remedy, which can reach maximum results if it is obtained by cold pressing, without further processing or refining.

Water

Importance of water

Here are 19 reasons to drink plenty of water:

- it speeds up your metabolism
- it diminishes your appetite
- it eliminates your bloating
- it gives you energy
- it helps maintain fluid balance in the body
- it helps maintain muscle shape
- it helps you maintain a healthy and beautiful skin

- it helps in proper functioning of the kidneys
- it helps maintain normal functioning of the intestines
- weight loss
- natural remedy for headaches
- greater labor productivity
- more effective exercises
- it aids digestion and against constipation
- less cramps and sprains
- less likely to get sick, and more to be healthy
- alleviate the fatigue

Home Made is Best Made

Easy, fast and healthy. Does it sound like a fantasy? Better find out that it's not. I will give you recipes 100% healthy so you will be happy eating whatever you want again. No more dietary requirements! You are healthy eating healthy, just as everyone else is!

You will observe that most of the recipes I will give you contain nuts and I feel indebted to explain you why. Latest research in the alimentation industry in conjunction with other dietary changes can improve blood sugar levels in

individuals with non-insulin dependent, or type 2, diabetes and also improve blood cholesterol levels in these individuals. In one study, published in "Diabetes Care" in 2011, researchers found that subjects with type 2 diabetes had increased energy after consuming 2 ounces of mixed nuts daily, compared to a control group. These individuals also had changes that indicated their blood sugar was lower during the study and their levels of "bad," LDL-cholesterol also dropped. The researchers concluded that nuts are a good replacement for carbohydrate foods that can improve glycemic control and blood cholesterol. However, I recommend you to be careful of nuts with added sugar in any form, such as honey or chocolate, since these components are high in simple carbohydrate. You can have any of the cookies that I am going to reveal you but preferable share it with your family. (just a sublime way to say “Better not eat it all”).

So fancy something sweet?

1. Do you miss **the taste of Nutella?** You don’t have to do it anymore! I have the perfect recipe for you, natural and no sugar or preservatives added.

Ingredients:

1 avocado

2 bananas

1-2 spoons of simple cocoa

1 table spoon of honey (or more, depending on the size of the fruits and your tastes)

How to prepare them:

Add them in a bowl and mix them with a mixer.

Bon appetite!

2. Tart with lemon, strawberry and mint

Ingredients:

- 500 g raw cashews (soaked in water for 3-4 hours)
- 1 avocado (ripe, but green, no brown traces)
- 4 large lemons (juice and zest finely race) (if not organic, then lemons should be well washed and scrubbed with a brush to remove wax)

- 2 tablespoons coconut oil (heated easily over a pot of hot water to become liquid; do not heat more, will become immediately liquid)
- 1 tbsp. vanilla essence
- 4-5 strawberries (diced small)

Add strawberries and mint for the decor

Tart base:

- 250 g raw almonds
- 4-5 tablespoons golden raisins (held one hour in cold water) 4-5 tablespoons maple syrup.

Method

Mix the almonds in a mixer with raisins and maple syrup drip of water to obtain a mixture fairly consistent, but not very fine (taken to be slightly crunchy flan).

Put dough into shape and press it better to get flan base.

Mix well in blender the drained cashews, avocado, vanilla, lemon juice and lemon peel. When you get a cream with a smooth consistency, like a mousse, add coconut butter and mix again. Incorporate strawberries, stirring gently with

a silicone spatula. We put cream over cake tart. apply a light pressure and then keep in the refrigerator for at least 1 hour.

Just before serving decorate with mint and strawberry tart, possibly a little more lemon zest. Enjoy your meal!

3. Chocolate and cherry tart

Ingredients

•cherry or other red fruits, depending on taste and season
Blat

•225 g almonds, ground, but not very fine 3 tbsp. coconut butter, brought to room

Temperature for liquid ((can be heated by placing the bowl with coconut butter over hot water one))

- 40 g of coconut flakes
- 2-3 tbs honey

Cream

- 110 g cocoa and carob

- 250 ml of honey

125 ml of cocoa butter, brought to room temperature

Method

Mix all the ingredients for the dough and then press the obtained mix in tart shell (diameter 25-28 cm). Refrigerate.

Mix all ingredients for chocolate cream, put the cream over the dough and level with a spatula. Decorate with fruit. Keep the tart in the refrigerator.

4. Chocolate doesn't ask. Chocolate understands

.

Ingredients

150 g raw cashews, ground

4 tbsp raw cacao

2 tbsp butter coconut

2 tbsp honey (or more to taste)

1/2 tbsp. ginger

1/2 tbsp. green cardamom (freshly ground) fine

zest of an orange race

Cocoa for "wrapping" the truffles

Method

Mix all the ingredients to obtain a very dense chocolate cream. With a teaspoon we form equal pieces of chocolate, size of a truffle, then refrigerate. After about 30 minutes remove the chocolate from the fridge, give the truffles a round shape, dress them in cocoa and savor them. Store in the refrigerator. Enjoy your meal!

Ingredients

- 2 carrots (peeled, wash well, give the grated)
- 140g walnuts (cut large pieces)
- 45 g coconut flakes (fine)
- 15 dates, pitted (if too dry, then keep them in a little cold water 10 minutes)
- 3 tbsp coconut oil (at room temperature, if it is solid, then you over a pot of hot water until it becomes liquid, without direct heat on the stove)
- 1 tbsp. ground cinnamon
- 1/2 tbsp. ground ginger
- 1/2 tbsp. ground allspice

- 1 orange (peel finely race and fresh juice)
- little Himalayan salt
- Cream of Coconut
- 1 can coconut milk, well chilled in a refrigerator (use only the densest)
- Vanilla 1/2 tbsp. good quality
- 3 tbsp maple syrup or honey

Method

We put all the ingredients for the cake in a food processor and mix well. Add a little orange juice to taste. Wallpaper a form with parchment paper or plastic wrap cloth (or even no wallpaper at all, if we serve directly from the pot or bowl cake is made of silicone) and then press the mixture into the bowl well. We keep the carrot cake in the refrigerator at least 2 hours.

Mix the dense creamy mixture of coconut milk box with maple syrup and vanilla.

Serve the carrot cake with cream of coconut. Enjoy your meal!

These receipts are Very healthy and would do no damage to your body. They will make you eat what you want, healthy and keeping your glucose level in equilibrium. No more strict diets but equilibrated ones!

Drinks? 2 please!

A very simple idea –take a mix of food, stick it in a blender and drink it.

Some mixtures work better than others and it can be fun to find out which do work.

For the dedicated, making smoothies can be quite an art form to get the color and consistencies just right. For us, with diabetes, we also need to consider the carbohydrate content to our own requirements.

Here are some ingredient ideas to get you started for your own smoothies – be they savory or fruity:

- Cucumbers
- Carrots
- Avocados
- Berries
- Citrus fruits –oranges, pineapple, limes
- Bananas
- Cashew nuts
- Yoghurt
- Cottage cheese

- Cream
- Coconut milk

1. **Apple pie smoothie:**

   Ingredients:

   - 100 g raw cashews + 320 ml cold water
   - 300 g applesauce (apples peeled and pits, races grated glass as puree for babies)
   - 1 tbsp. cinnamon + 1/4 tbsp. allspice
   - 4 tbsp. honey vanilla cream (from Kzarinne.ro)
   - few sea salt **Method:**

   Mixing well the cashews and water in a blender, then add the remaining ingredients and continue to mix. Serve immediately.

2. **Vermillion-the morning juice**

   Ingredients for 5 cups of juice:

   - 1 grapefruit
   - 1 orange
   - 2 small beets

- 10 small apples
- 2 carrots **Method:**

After thoroughly washing the fruits and the vegetables, cut them into smaller pieces. There is no need to clean the apple's seeds, you can leave as they are.

3. **Green apple and lime juice**

Ingredients: 2 large green apples,

1/4 lime,
2-3 ice cubes, optional 1/2

teaspoon brown sugar

Method: Transform the apples in apple juice using a juicer. Put juice in a glass with ice. Before cutting the lime. Rub it between the palm and the table. Squeeze the juice by hand and cut the peel into the glass and add flavor / appearance. Prepare right before being served for that oxidizes.

Main dishes

1. Scrambled eggs and omelet

A great breakfast for keeping insulin requirements low and another choice for which you can let your imagination go by adding any of the following:

- Mushrooms
- Tomatoes
- Peppers
- Fresh leafy spinach
- Cheese

2. <u>Tomato, peppers and cucumbers soup</u>

Ingredients:

- 500g tomatoes (peel and remove the seeds)
- three cucumbers
- 3 red peppers
- Tomato Juice 0,25 l
- basil, oregano, pepper, salt
- juice of half a lemon
- 5 tablespoons olive oil

Mix everything with a regular mixer, decorate with diced peppers and basil.

Enjoy your meal!

3. Carrot soup with herbs

Ingredients

- 2kg carrots
- 50 gr. celery root
- 20 gr. yellow onion
- 1 medium red
- 1 teaspoon ground coriander seeds
- 1-2 teaspoons lemon juice
- 1 clove garlic
- Herbs: parsley / dill / lovage / Branch sunflower, clover, cress, etc.

Method:

Squeeze the carrots, celery root, onion, garlic and tomato on the sieve with large holes. Add the spices and we have the base soup. In this soup, add greens by preference. We added parsley, dill, chopped lovage leaves for a few offspring with clover and sunflower.

It is a nourishing soup that can completely replace a meal.

Preparation time: 30 min.

4. Vegan shaorma:

Ingredients:

- Shaorma sheets (Wrap sheets)
- 200 grams of vegetable mayonnaise; either buy it or do it
- 500 grams of mushrooms
- 10 cloves of garlic

Method:

Start by cooking the mushrooms and chop them finely, and then make a sauce of mayonnaise and garlic bulbs. When finished these two meticulous processes, put filling in worksheets shaorma, add pickles or whatever you heart desires, rolling them and enjoy!

5. Fried vegetables: Ingredients:

170 gr cauliflower,

170 gr brown champignon,

50 gr red pepper,

10 cherry tomatoes (120g),
2 tablespoons soy sauce,

3 tbsp. Worcester sauce.

Method:

Clean the mushrooms and cut into 2 cauliflower florets in 2 or 4 long. In a hot pan nonstick "quality" water vegetables (except tomatoes). When the mushrooms shrank (about 5 minutes), add the sauce, mix well, then put the tomatoes. May fry another 2-3 minutes then serve.

SOS

6. <u>Vegan mustard and mayonnaise:</u>

Ingredients for the **mayonnaise**:

-1-2 Tablespoons mustard;

- Lemon juice;

- Cold pressed oil;

- Garlic, herbs and spices you like to you

I put mustard in a bowl and mix it with a wooden spoon and put the oil drop by drop, later alternated with lemon oil.

Ingredients for the **mustard:**

- 4 tablespoons of yellow mustard flour;

- 1 tablespoon of honey, agave syrup or other sweetener;

- 1 tablespoon olive oil;

- 2 tablespoons apple cider vinegar,
- 1 pinch of salt, pepper and water.

Mix mustard flour with 2-3 tablespoons of water and leave 10 minutes to "draw".

Add the honey, vinegar, salt, and pepper and then rub the oil and mayonnaise. Place in a jar with lid and consume it after 2 days.

Wonder Aliments

Cinnamon

Chances are you have a bottle of cinnamon in your spice cupboard. And chances are you never thought of cinnamon as medicine!

There are two types of cinnamon: *Ceylon* and *cassia,* both derived from the bark of evergreen trees.

Ceylon cinnamon is grown in South America, Southeast Asia, and the West Indies, while cassia cinnamon is grown in Central America, China, and Indonesia. Ceylon cinnamon bark looks like tightly

rolled scrolls, while cassia cinnamon is more loosely rolled. Cassia is the variety most commonly sold in the United States.

Most people think of cinnamon as a flavoring for desserts or as a warm, robust scent for candles and potpourri. But this spice may do more than make your house smell good. Cinnamon has been shown to help lower blood glucose levels in people with Type 2 diabetes.

Cinnamon may help improve glucose and lipids levels in patients with type 2 diabetes, according to a study published in *Diabetics Care*.

The study authors concluded that consuming up to 6 grams of cinnamon per day "reduces serum glucose, triglyceride, LDL **cholesterol**, and total cholesterol in people with type 2 diabetes." and that "the inclusion of cinnamon in the diet of people with type 2 diabetes will reduce risk factors associated with diabetes and cardiovascular diseases."

In addition, a certain cinnamon extract **can reduce fasting blood sugar levels in patients**, researchers reported in the *European Journal of Clinical Investigation*.

Cinnamon Cure

Ingredients:

2 apples

1 tablespoon of Cinnamon

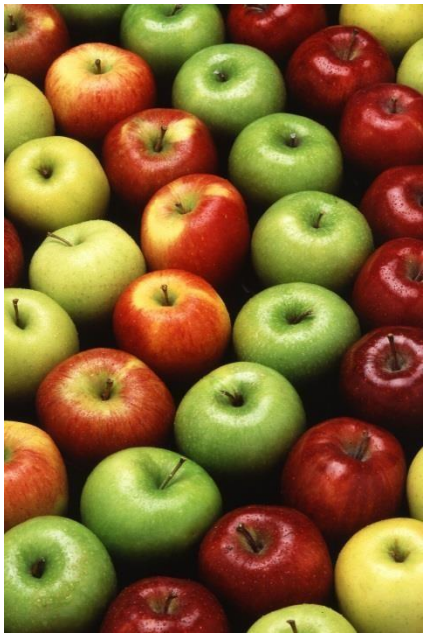
1 tablespoon of honey (or you can give it up if you like without) **How**

to prepare them:

Mix them in a mixer and eat it once a day, 29 days.
Your cholesterol and glycaemia will be under control and your doctor will be amazed!

Apples

An apple a day keeps the doctor away!



Apples are so good for diabetics that research done on people with pre-diabetes found that apples could even keep people from developing diabetes. In the twenty-four hours after "apple consumption", prediabetes symptoms were fewer. It seems that an apple a day can really be as good at keeping the doctor away as the old saying says it is.

Apples are an excellent source of dietary fiber. Eating one medium-size apple has the same effect as eating a bowl of bran cereal. In fact, just one apple contains 20% of the daily recommendation for fiber. Because an apple has so much fiber, it is good at controlling blood sugars by releasing them more slowly into the blood. This can give you energy over the long-term and not the quick spike of glucose given by a lot of other fruits and juices.

Green Tea

Tea is one of the nation's favorite drinks and research suggests it is also a healthy drink. Tea brings a number of health benefits including improving insulin sensitivity.

Teas such as black tea, green tea and oolong tea contain polyphenols which researchers believe may increase insulin activity.

Vinegar

Research suggests that just two teaspoons of vinegar, taken with a meal, may help keep better blood glucose control. Vinegar contains acetic acid. Acetic acid inhibits the activity of carbohydrate-digesting enzymes. With the presence of vinegar in the intestines, some sugars and starches pass through without being digested, so there is a lesser impact on blood sugars. According to a recent study people consuming a tablespoon of vinegar before lunch and dinner were able to lose an average of 2 pounds over four weeks.

Studies also report average decrease in hemoglobin A1C in people with type 2 diabetes over the course of 12 weeks, taking two teaspoons of apple-cider vinegar daily.

In each fresh salad you're making, add a tablespoon at vinegar.

Meditation

There is no magic pill to help you. You have to work for it and you will achieve it. Just by reading this book your heart beat slows down because this is the way I wrote it for you. It is making you fell calm and relaxed.

Feel grateful

Think at what amazing things happened that day

Why to meditate?

Meditation – scientifically proved helps you get rid of all the negative emotions that you accumulate over the day.

Decreases blood pressure and hypertension

Lowers cholesterol levels

Efficient oxygenation of the body

Increases production of anti-aging hormone DHEA

Acupuncture

Deep sleep

Which one do you think will help you heal your disease? Yes, ALL. Meditation is a practice that you have to do daily.

It is not a sci-fi activity, magical or mystical. It is pure science. I know you 'don't have time' / 'your family will look strange at you when they find out'/ 'you don't believe in such things' etc. It's your health in the game! You are Saving Yourself and you are extending your life with the loved ones.

How to meditate?

1. A first exercise that you could make is to lie down on the floor (not on the bed, because it is soft and it's likely to fall asleep). Then breathe for 2 minutes. Slow down your breath. Don't think at anything else than your breath. After you feel more relaxed, start thinking at each part of your body and tell it to relax.

Left feet: relax

Right feet: relax

Left hand: relax

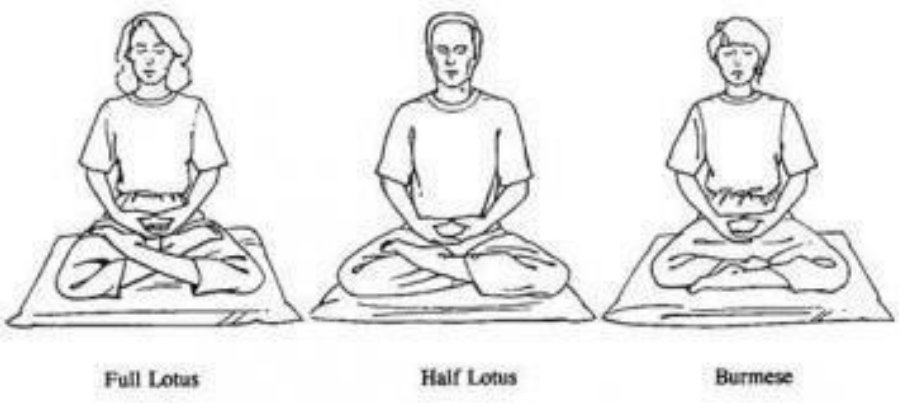
Right hand: relax

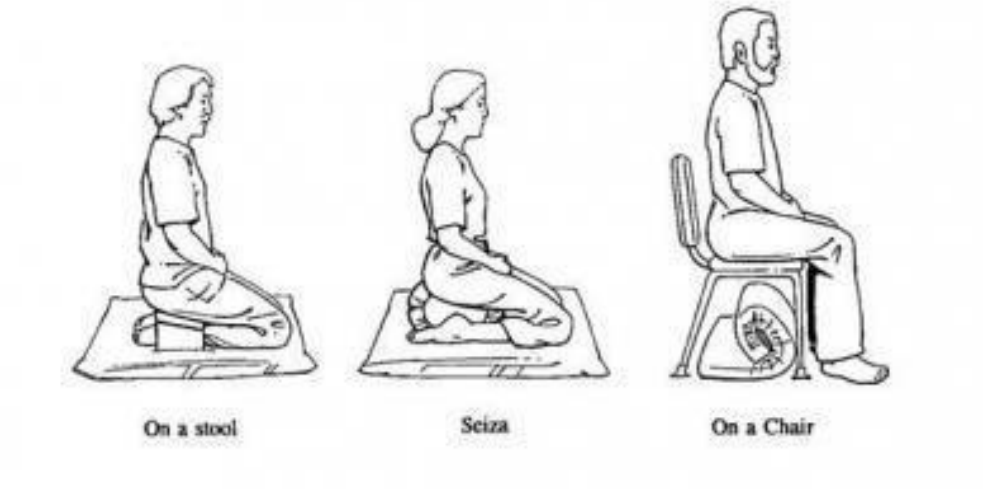
Head: relax

Try doing this at least once a day. Concentrate to relax. You fill feel a lot better after you finish.

2. **After doing this 1 week, you are ready to step to the actual meditation.**

1. **Find a place** where you will not be disturbed and where you don't hear any other sounds (traffic, phones, computer, TV, pets)
2. **Keep a straight spine, but feel comfortable**. Well…not so comfortable to the point you are falling asleep. Here you have few examples.





3. **Audio –** It's up to you if you want to do this in perfect silence or using audio. Binaural Frequencies

It's very important to be quite, otherwise you will not get relaxed. Also, if there are sudden sounds – like a phone ringing, you will get scared because your mind will expect perfect silence and peace and will not be prepared to catch up sounds like this one.

4. **Breath**
   Try to feel your lungs with as much air as you can and hold it there for a few seconds. Then exhale. Do this repeatedly.

5. **Focus on Breath**

   After few times when you control your breath, allow it to become more natural. Try to focus on what it feels like to breath. Notice a tickling as the air enters your nose.

   You may notice the subtle rise and fall as you inhale and exhale.

6. **Observe without Judgment**

   During meditation you may find your mind wondering a lot of questions. You may think at the reasons you got ill and other day to day worries. Let them go. You are healthy. This is how you should be finding yourself to think about you.

   When your mind, during the meditation, without focusing on the idea of health, will think about you that you are healthy, you can check with your doctor, and you will be surprised! Your blood analyzes will be better than they have ever been.

   Dedicate at least 5 minutes / session with 2 sessions a day. Go check yourself at a doctor after 29 days and I am waiting your message afterwards! Respecting

what I have told you in this book will make you healthier and energetic than you have ever been!

After you finish with this, I can provide you with one more sketch of a more advance technique to meditate. Just write me on email and I can send it to you.

Heal your Life

You may think that what I am going to tell you is sci-fi or whatever. That you don't believe in this kind of things. I suggest you to take your time and read this chapter few days, repeatedly and think about your life. You might find a link between what I am going to reveal you.

In the specialist literature, it is called German Medicine because they are the ones that research and discover these things now.

According to them, there is a probable cause of your diabetes the great need of control that you have had during your life, followed by a deep sorrow.

Therefore no sweetness left.

I will let you read a chapter from one of my favorite authors, Louise Hay:

What you can do?

Repeat this Affirmation daily: This moment is filled with joy. I now choose to experience the sweetness of today.

Repeat it until you feel it, until you believe it!

CLEANING THE PANCREAS

The pancreas' main function is to assist in transforming and transporting foods and fluid throughout the body, purifying the blood and chi (life force/energy) in the body. So the pancreas has a nurturing, nourishing energy about it.

In Chinese Medicine, the pancreas is paired with the Spleen Meridian. This meridian is feminine (Yin); its element is Earth, relating this body-centered organ to the archetypical Mother.

For most of us our mother was the first encounter we had with being nurtured and loved, we were dependent on her care. Constantly we had to watch, anticipate and respond to her needs and wants, trying our best to make her happy. What an emotional rollercoaster! A smile or a frown can change our perception that the world is safe or dangerous. And we carried these emotions, these feelings and our ways of coping with them all through our life.

The brain is the first to record traumatic events and experiences. When the brain can't handle the excess stress it passes it on to an organ in the body, which immediately records the emotion.

The need to be loved is a secret hunger for the Pancreas. Eating is a social act that has deep emotional meanings. Early in life food somehow got mixed up with love and caring — we started eating because we felt undernourished and/or didn't get enough nurturing. There are also some of us who eat to feed the hungers caused by stress or loneliness. All this has an impact on our pancreas, affecting our energy, our attitudes and blocking our metabolism.

When a mother/parent is emotionally distant, the child soon learns to keep his/her own distance as well. Rejection from a parent can lead to a child rejecting the parent which can lead to rejecting his/her own life-force. To survive, he/she numbs their body, numbs their feelings, constricting and minimizing their life energy. Holding it in, they look and appear independent, others admire their independence, but they are virtually alone in their own world, determined to avoid, at all costs, being vulnerable to rejection.

The Pancreas is also extremely vulnerable to intense emotions and feelings caused by a reaction to an outer event. In fact both the spleen and pancreas react to serious events that can affect us for life. These two organs absorb most of our severe shocks.

Emotional shocks felt physically and emotionally by the body are recorded by the unconscious mind in two-thousandths of a second! Physically we can dress and heal our outer wounds but the memories of the trauma become imprinted in the unconscious mind. When something or someone triggers that memory, it resurfaces activating a rush of adrenalin, fear and stress in our lives.

THE PLANET VENUS

This leads us to Astrology, especially the planet Venus. Venus rules the secretion of insulin, the assimilation of sugars and carbohydrates in the body. She also rules the saliva in relation to digestion, the swallowing reflex as well as the sense of taste, touch and smell.

DIABETES: Mental Attitude: Refusing to give. Takes the form of deliberately withholding Self from others. Fear of never being able to have enough. Thinking Self does not have enough to give, therefore being stingy with how one gives.

Suggestions for Improvement: Be courageous. You can't hide your Self forever, and fear is a limitation. Bring the real you out where others can see you. You may find you are a pretty valuable person. Practice giving something away every day to a stranger. It must be a stranger so you will not expect something from them in return. Choose to give to someone you will not see again. This is a place to begin.

Pancreas

Mental Attitude: Desire to give and holding back on this. Fear of losing from giving. Attitude of Self-righteousness which is selfishness. Conditionally giving and receiving. Jealousy. Suggestions for Improvement: Have the courage to reveal the Real you. Give to ten people each day. Find a present for someone each week, a present that is very special and just exactly for that person.

You don’t have to believe it all right now because you are not prepared to do so. However, my advice for you is to read and re-read this chapter. You may refuse at the first time, but as you dig in your experience, it is very likely to find this true.

Conclusion – Enjoy Your Life – You Are Free!

Finally, I am telling you: go, walk, talk, take pictures and make movies of the simple and daily things that make you happy, read and do whatever makes you happy. You are healthy. If you respect what I have gathered and put together for you in this book, in 29 days you will be another person! I guarantee you this!

You are in control of your own state of mind. Make the day worth living! Choose to treat everything with positive energy. Think about what you are grateful today: family, friends, sun, good weather, a good sleep whatever makes you grateful. You are lucky, I can tell you that. Be aware and start the day positive. Everything will

1. CHOOSE TO BE HAPPY

When you wake up make a choice to be happy. Happiness is a state of mind. be easier afterwards. Also, this helps you dealing with stress, as previously discussed.

2. SURROUND YOURSELF OF HAPPY PEOPLE

It is usually said that you are the sum of the 5 friends that you have. You need to get rid of negative thinking people and go with the other ones. This influences

your daily state of mind as well as your success in reducing your disease. Positive people have an amazing input in your life. Choose them!

3. READ POSITIVE BOOKS

I know it's difficult to keep your state of mind positive, especially at the beginning when you still don't have a good exercise of resisting to the exterior negative pressures. For this, I recommend you to read books, blogs and listen audio books. They are very important to give you, from time to time, a reminder that you are /or not on the good path.

Because your state of mine is not quantifiable, so we cannot really see when you feel good or less good, it would be awesome that from time to time to read positive stuff so you can remind about the lessons learned in this book and put them regularly in practice.

This book, if understood and followed properly leads to miracles! I want you to be one of them! Underline, color and do whatever you have to do on it, but keep in mind to be happy every single day.

4. DON'T WATCH THE NEWS

Some people say it's ignorant from you. I say that you will find out somehow whatever happens in the world from Facebook /Instagram/ Twitter etc. The news is a continuous flow of negative energy. You can't change anything in case of a plane crush/ economic fall / politic crush / wars etc. You don't need to know exactly in that moment what's going on in the world. News posts will not give you too much positive news. They will be full of killers, lowers of wages, rise of prices, wars and so on. Go away from day and choose to read 15 minutes a day some news.

5. MEDITATION

It is scientifically proven that Meditation actually heals people life. This is not something magical, it's scientifically proven. When you're sleeping, you're healing. When you're meditating, you're also healing. But your heart sometimes beats slower during meditation, which makes it a 'must-do' daily, along with eating healthy. As you go daily and brush your teeth, you need to brush your soul by negative energy, fears, anger and all the emotions that you have.

6. HUG PEOPLE

Hugging is proved that it makes you feel better. They say to hug 6 people a day. This exchange of energy makes both of you feel better. Do this exercise as much as you can!

7. JOURNAL

Keep a journal. Write every day, in the very moment that you woke up, the reasons that you are grateful for. After that, you can meditate for few minutes. It will definitely change your life this exercise.

8. EAT HEALTHY - FEEL BETTER – LOOK GOOD

We have already debated this in this book.

9. DRINK LIQUIDS

Plain water makes wonders. Have a glass of water in the morning, before eating anything else. We have also talked about this in a previous chapter.

If you want to be happy, you really have to work for it.

There is nothing that stops you to be happy and to find a balanced life to enjoy a long life, with your family and friends, looking at your children and grandchildren growing and realizing their dreams. And you are there, with them!

What can be more beautiful than this?

Part Five: The Answers to Type Two Diabetes

An Introduction to Part Five

I'm going to just jump to the chase here – when I was first diagnosed with type 2 diabetes, I felt as if my life was coming to an end. I admit, when you are first diagnosed with this disease, it can be scary, especially if you don't even know what it is! Mind you, I didn't even know what type 2 diabetes was … I simply thought "diabetes" was a diagnose that was the equivalence to "cancer" and I thought I would never live life the way I wanted to ever again … if at all. I had so many questions for my doctor and he answered them all, without hesitation. I then followed his lead and for years, I blindly took the prescriptions he handed me and did everything I was told to do.

Then, one day, someone told me how they HAD type 2 diabetes at one point in their life. The keyword that stood out for me was "had." My question was "what did you mean, you HAD it? Did you reverse it?" Their answer was "Yes."

That is why I have decided to sit down and take time to write this eBook – I want to introduce you to type 2 diabetes and give you the diet I and many others have followed in order to reverse our type 2 diabetes.

Are you ready to finally take back your life and reverse your type 2 diabetes?

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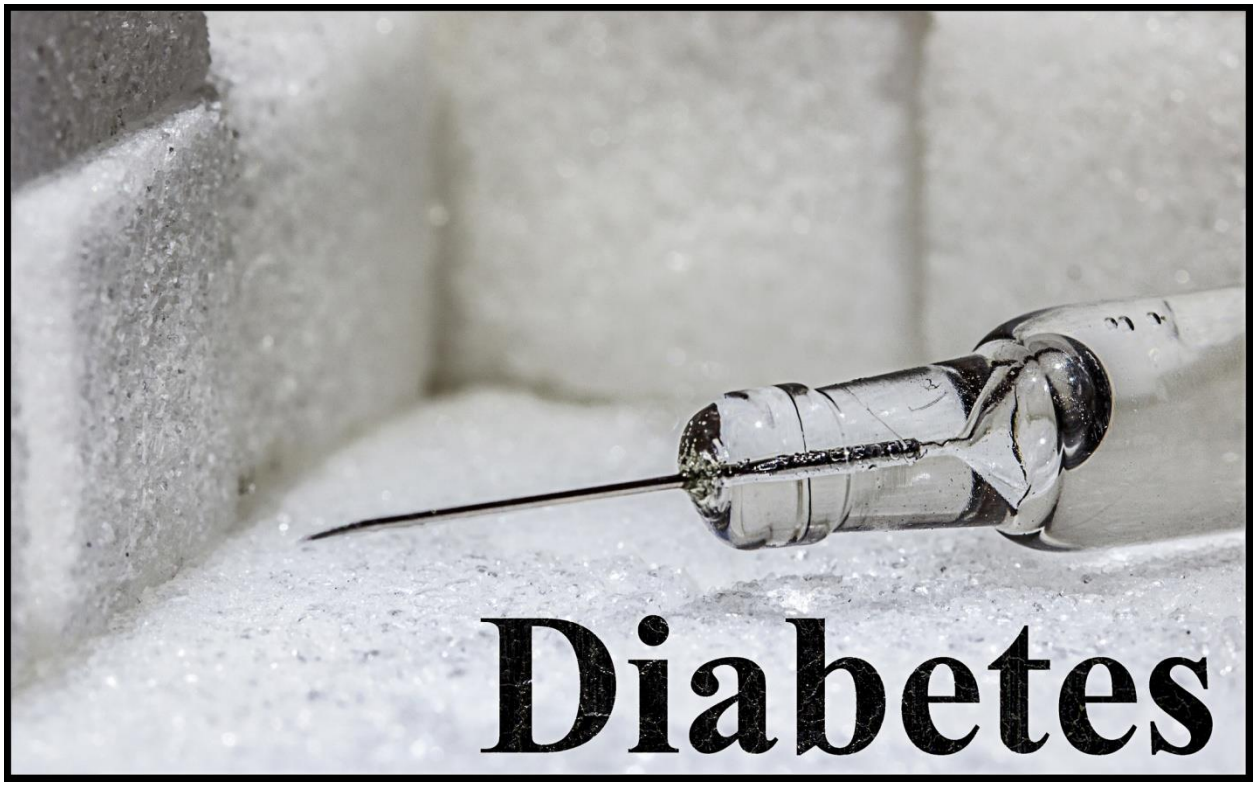
What is Diabetes?



In this day and age, it seems as if “diabetes” is a word that is on everyone’s lips these days – it is one of the fastest growing diseases out there. Did you know the World Health Organization (WHO) has described the disease as being an epidemic? Despite it all, while it is a popular term, some still may not know exactly what it is. If you or your loved one has recently been diagnosed with diabetes, let me explain the disease to you so that you will have a clear picture of what is going on.

Diabetics – High Level of Sugar in Their Blood

Most of the times, diabetics have a high level of sugar in their blood. Since they aren't able to bring the sugar level down, if left untreated, there can be further health complications. This is why I tell you guys and girls that you cannot leave diabetes untreated (a big reason I have decided to write this eBook).

When we metabolize food, sugar gets into the bloodstream – the body's cells use it as energy. Without that energy, those cells would starve.

Some are under the impression that eating too many sweet foods can lead to diabetes. That statement isn't true. Simply by eating sugary foods, you cannot get diabetes. However, eating a lot of sugary foods can lead to you gaining a large amount of weight and if you do not have enough exercise to go with that food intake, you will increase your risks of developing diabetes.

If you consume sugary foods day in and day out, without exercise, there is a good chance that you will eventually become obese. One of the main links to people with type 2 diabetes is obesity. Besides, why would you want to consume so much sugary food? A diet that is high in sweet foods isn't a balanced diet like your body needs – it will leave you needing vitamins and nutrients. Without proper vitamins and nutrients, there can be further health issues, besides diabetes.

Many Do Not Realize They Have it

Here's the scary thing about diabetes – some individuals who have it don't even realize they have it. Often times, there are no symptoms or the symptoms are ascribed to another illness, such as stress, the flu or even overworking.

When Your Body Stops Producing Insulin – Type 1-Diabetes

When your body stops producing insulin, it could lead to type 1 diabetes. This is the more severe form of diabetes and is often referred to as insulin-dependent diabetes. Some may know it as "juvenile" diabetes, because type-1 diabetes has a tendency to develop in children and teenagers, but it can develop at any age.

When it comes to type 1 diabetes, the body's immune system will be attacking part of its pancreas. Even after a large amount of research, scientists are still not sure why this happens. However, by accident, the immune system sees the cells that are producing insulin in the pancreas as foreign and fights to destroy it. This attack is what is called an "autoimmune" disease.

Insulin is the key that opens your cells in order to allow glucose to enter – this allows you to use the glucose for much needed energy.

When there is no insulin, there is no key. So, the sugar stays …and builds up in the blood. The result? The cells within the body starve due to the lack of glucose. If this goes untreated, due to the high level of blood sugar in your body, it can

damage the kidneys, eyes, nerves and even the heart. This, unfortunately, can lead to coma and death.

Insulin Therapy

Individuals with type 1 diabetes probably already know about insulin therapy – this is where they take insulin injections day in and day out, just as I did and I must say, this gets very tiring. When you put insulin into your body, it serves as the “key” that I just told you about and it brings the glucose into the body’s cells.

With this treatment, I have noticed a big challenge – it isn’t possible to know exactly how much insulin you need to take. The amount of insulin you need to take is based on many factors, such as:

- Stress
- Food
- Exercise
- General health

As you know, the above factors change throughout the day. So, yes, deciding how much insulin you need to take is a big balancing act.

You see, if you overdose on insulin, your body will be burning too much glucose, causing your blood sugar level to drop to a dangerous level. That condition is referred to as hypoglycemia and if that is left untreated, it can be life-threatening.

Then, on another note, if you don't take enough insulin, your body will be starved of the energy it needs, causing your blood sugar level to rise to a dangerous level – this is a condition that is called hyperglycemia. This condition can also be life-threatening.

Pancreas Continues to Produce Insulin, but the Body is Resistant – Type 2 Diabetes

When the pancreas continues to produce insulin and your body has become resistant to it, it will negate the sugar and reduce the affect it has on your blood. This is often referred to as type 2 diabetes. A similar condition happens to women who are pregnant – it's called gestational diabetes and can start during pregnancy, but stop right after birth.

The Truth about Diabetes

In the USA, diabetes has hit epidemic proportions and the truth is that many people who are currently suffering from this disease aren't going to enjoy the truth very much.

The truth is that regardless of what you have been told, diabetes is primarily a lifestyle disease that, for the most part, can be preventable.

The truth is that by making informed health choices, you can reduce your chances of developing diabetes, minimize the effects and in some cases, like mine, reverse it.

I'm telling you right now, it is our lifestyle that is making us sick (I'm not saint to this). Look at it this way, there's around 23.6 million people in the USA who have diabetes – that's 11.2% of the population and that cost $174 billion in the USA back in 2007. As years have gone by, those numbers have increased.

Reverse Diabetes Naturally Could Save Thousands

The way I see it, and this is what the health industry hides from you, is the fact that reversing diabetes naturally could save millions of lives. Reversing diabetes could save taxpayers billions of dollars a year. That's some harsh stuff, isn't it?

Originally, type 2 diabetes was thought to be a condition that was due to genetic factors, like type 1 diabetes. However, health research is starting to eliminate this myth.

Genetics isn't the main cause for someone to get diabetes after they have reached the age of 55 and then 25 in the next generation. The cold hard truth to the matter is that diabetes is more so linked to the lifestyle choices than to genetic factors.

Yes, I understand, you may have a family history of type 2 diabetes, but the truth to the matter is that most people have a tendency to develop this disease when their eating and exercise habits are poor.

To change your life, you need to get better informed, make different choices and take the correct action.

Let me give you a brief explanation here (stay with me, because I'm trying to help you understand the truth about diabetes) …

Insulin is a hormone that is naturally produced by the body. It is produced in order to break down the glucose in our diet and like I said before, convert it into energy.

The islets of Langerhans are the cells in the pancreas that are producing insulin. When you have a large amount of sugar in your diet, these cells will have a tough time working to produce more insulin.

When the demand for insulin starts to be too high, those cells won't be able to keep up and they will get tired and fail. Does that make sense to you?

That's the first key element in the truth about this disease.

Still not convinced? Okay then, try this:

Get down on the floor. Now, do as many push-ups as you possibly can. Rest for a total of 20 seconds, then repeat. Rest for another 20 seconds and do as many as you can until you're no longer able to do any more.

Regardless of how in shape you are, you will feel that muscle burn right away.

Now, let me ask you a question – if you repeat this same process 5 times a day (training your muscles to fatigue), what might happen?

Would you get stronger, bigger muscles or would you lose energy and muscle mass?

Research has indicated that overtraining without the correct amount of recovery time will weaken your muscles and make them smaller. In fact, this type of training can cause long term damage.

The same principles of diabetes apply to the Islets of Langerhans (those cells that are responsible for producing insulin in your body).

If you have too much sugar in your body day in and day out, you will be overloading those cells. Eventually, those cells will fatigue and start to produce less insulin and overtime, they will be destroyed – this is a process that is called beta cell destruction. That is the first part of the truth when it comes to diabetes.

Like I said, solely eating sugary foods won't cause you to get diabetes, but if you do it day in and day out, you will gain weight, which will increase your chances of developing this disease.

In other words, the truth is that diabetes is a result of your own habits.

The main factor that causes the depletion of the target cells is being overweight. Why is this? This is because when there is a buildup of excess fat in the body, normal physiological function will be disrupted.

Along with having extra sugar in the diet, when there is excess fat, there will be a disruption in the normal metabolism, which inhibits the absorption of key nutrients like Magnesium, Potassium, Zinc and other vitamins that are responsible for promoting healthy cell growth and immune function.

So, the truth is, excess sugar and excess body fat can increase your chance of developing type 2 diabetes. Mind you, like I said before, you CAN eat sugary foods, just don't do it on a regular basis day in and day out.

Let me say this again, the truth about diabetes is that it is largely a result of your own daily habits.

Let me give you some additional facts to help eliminate your confusion about diabetes …

The Main Cause

I'm going to tell you again, you can have some sweet foods, please don't let me scare you off from the sweets. It is not the main cause of diabetes. The main cause is our bodies failing to respond to insulin or insulin deficiency. Yes, sweets can cause diabetes indirectly, because like I said, they can cause obesity, which is the main cause of type 2 diabetes.

Happen at Any Age

Diabetes can happen at any age. Yes, kids are also known to get it. When a child is obese, they could develop type 2 diabetes, which is caused by physical activity.

Type 2 is Preventable

Type 2 diabetes can be prevented. However, at the moment, type 1 diabetes cannot be prevented. If all of your family members have type 2 diabetes, you can prevent it by living a healthy lifestyle.

Diabetics Can Eat Anything

Individuals who have diabetes can eat anything, but they are required to limit their carb intake. While you can eat anything, it should never exceed the allowed carbohydrate intake. The recommended amount of carbohydrates is nesting between 40 to 60 grams for women and between 60 to 75 grams for men.

Diabetes Won't Result in …

Blindness, kidney disease, heart attack and amputation, as long as it is properly controlled.

Stress

Stress is never good for you, regardless of who you are. If you have diabetes, it can worsen the disease. Depression and stress have direct effects on the blood sugar level. If you experience stress, your blood sugar could increase. Therefore, it would be a good idea to make sure you put yourself in a positive atmosphere in order to stay healthy.

Too Many Carbohydrates

Eating a large amount of carbohydrates and unhealthy fats can increase the risk of complications of diabetes, even if you are taking extra medication. I have noticed taking extra medication for diabetes makes you gain weight, which increases your insulin resistance.

The "Sugar Free" Label

Early on, when I first got diagnosed with diabetes, I learned not to put too much trust in those "sugar free" labeled products. You see, those type of products contain just as much carbohydrates, fats and sugar as the products you are replacing.

Exercising

Exercising is good for you, plus, it makes insulin more effective. If you don't exercise, the medicines you take are going to be useless. Exercise will make your body respond better to medicines and improve your metabolism.

It's Not the End

Just because you have diabetes, it doesn't mean it is the end of your life, so don't live it that way. Don't get depressed. Having this disease is just a cruel way to telling you not to abuse your body

Symptoms of Type 2 Diabetes

Diabetes has been labeled the silent killer because the symptoms are easy to miss. The best way to officially determine if you are dealing with type 2 diabetes would be to have a blood sugar test done.

Here are some of the most common symptoms of diabetes:

- Always thirsty
- Always tired
- Have a big appetite
- Urinate often

- Nauseous
- Male Impotence
- Yeast Infections
- Blurred Vision

If you have noticed any symptoms, you need to seek treatment as soon as possible and please continue to read the rest of this eBook because I have some important things I need to tell you.

Here's an in depth look at the symptoms of diabetes type 2 …

Excessive Thirst, Increased Urination

Do you find yourself getting up multiple times during the night in order to use the bathroom? This could be a symptom of diabetes.

When an individual has diabetes, their kidneys kick into high gear in order to eliminate the additional glucose that is in the blood.

You will be thirsty, because that is your bodies way of trying to replenish those fluids you lost.

Yes, these are two symptoms that go hand in hand and are your body's natural ways of trying to manage the high blood sugar.

Weight Loss

When your blood sugar levels are overly high, you may lose weight at a rapid pace – you could lose up to 20 pounds in a two month period. Sure, you may think losing weight is a good thing, but rapid weight loss is never healthy.

Why is there a rapid weight loss? The insulin hormone stops getting glucose into the cells, which is where it can be used as energy. Due to this, the body is under the impression that it is starving itself, so it starts to break down protein from the muscles to use as fuel.

Due to having to eliminate the excess sugar, the kidneys will also be working overtime, which can lead to a loss of calories (this can harm your kidneys).

Excessive Pangs of Hunter

Another sign that you have diabetes involves excessive pangs of hunger. This may be due to sharp highs and lows in the blood sugar levels. When the blood sugar levels increase, the body will be under the impression that it has been fed, then it craves more of the glucose the cells need in order to function properly.

Itchy Skin

Itchy skin can form due to poor circulation or dry skin. Often times, this can be a warning sign of diabetes. There may also be a darning of the skin around the armpit or neck area. Individuals who have this symptom are already dealing with

the insulin resistance process, even though their blood sugar may not be high. If you see this on your body, you should check your blood sugar.

Slow Healing

When an individual has diabetes, they may not heal like a normal person does – cuts, infections and bruises that do not heal quickly is another classic sign of this disease.

Why does this happen? This normally happens due to the blood vessels being damages by a large amount of glucose that is traveling through the arteries and veins. Due to this reason, it will be hard for the blood to reach different areas of the body needed to facilitate healing.

Yeast Infections

When you have diabetes, your body will be more susceptible to various infections, such as yeast infections. Bacteria and fungi thrive in environments that are rich in sugar.

Irritability and Fatigue

When an individual has high blood sugar levels, they may not feel well. Having to get up multiple times throughout the night will make you tired and being tired means you will be irritable.

Blurry Vision

Yes, blurry vision can be another symptom of diabetes type 2. If you are seeing occasional flashes of light or floaters, this could be a result of your blood sugar levels being too high.

Basically, having blurry vision is a refraction problem. You see, when the glucose in your blood is too high, it changes the shape of the eye and the lens.

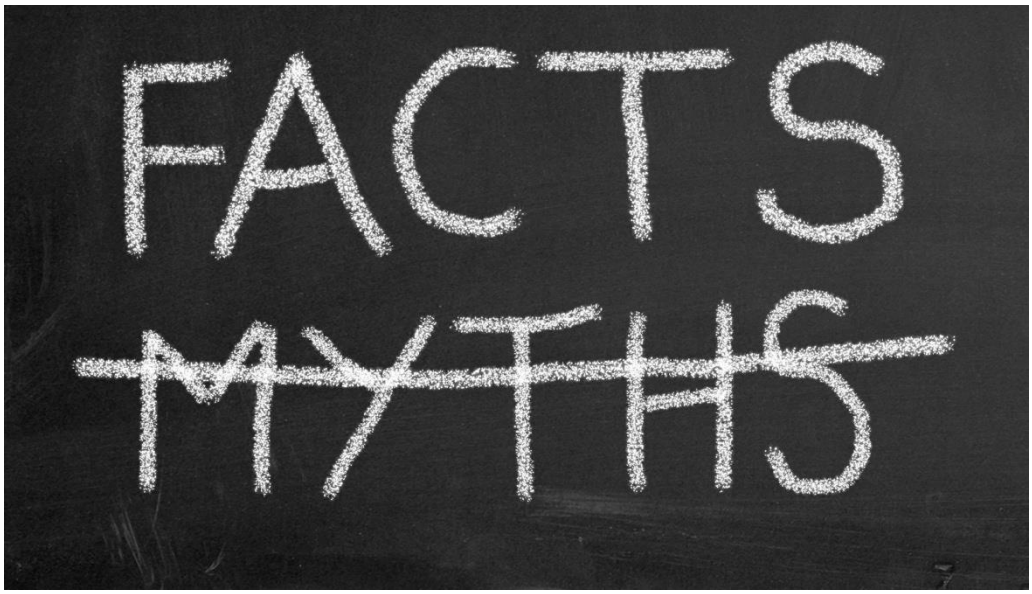
Having distorted vision and seeing floaters or occasional flashes of light are a direct result of high blood sugar levels. Once the blood sugar levels return to normal, this symptom is reversible. However, if you let this problem continue, without help, it could permanently damage your eyes and possibly cause blindness, which will not be reversible.

Numbness or Tingling

Do you have numbness and tingling in the hands and feet? Do you also have pain or swelling? This could be a sign that your nerves are being damaged by this disease.

As with your vision, if this problem continues, nerve damage could be permanent. This is why you need to get your blood sugar level under control as quickly as possible

Myths about Type 2 Diabetes



Everywhere I turn, I find misinformation about diabetes. The first step to treating this condition is to learn the facts. Reach out and do some research in order to find out which notions about exercise, diet, weight gain and more are true and which ones are false. In this chapter, I am going to lend you a helping hand by debunking some myths about type 2 diabetes.

Myth: It's Not a Serious Disease

Yes, Diabetes can be controlled, however, two out of three people with diabetes die from a stroke or a heart attack. This is why I am telling you right now that you need to get this under control – this isn't something you can just push to the side and forget about.

Myth: It's a Death Sentence

Okay, I said it is a serious disease, but this doesn't necessarily mean that it is a death sentence. The progress of this disease is nesting in your hands … in your lifestyle choices. While there are medications that are provided by doctors, the initial treatment is exercise and diet. It may be difficult to change your lifestyle you are so used to living, but for a healthier you, it is well worth it.

Myth: If You Are Overweight, You Will Get Diabetes

Yes, like I told you in the chapters above, weight plays a big role in diabetes, but there are other factors that also play an important part, like family history. Most people who are overweight will never develop type 2 diabetes and there are many who are not overweight that develop type 2 diabetes.

Myth: You Can't Exercise if You have Diabetes

Some are under the impression that they cannot do too much exercise if they have diabetes, because it can cause a low blood sugar attack. If you are on medication or insulin that increases the amount of insulin your body produces, you will need

to have a balance between insulin, exercise and diet. However, many who have type 2 diabetes are not on insulin and commonly use oral medications. Exercise is crucial when it comes to controlling this disease, along with weight loss (if you are overweight).

Myth: Diabetes Means You Don't Produce Enough Insulin

For type 1 diabetes, this is true because the pancreas will stop producing insulin. However, people who have type 2 diabetes (the most common) normally have sufficient insulin when they are first diagnosed with the disease. The problem is that their insulin isn't working properly. The cells in their bodies are absorbing the glucose that comes from the food they eat. Eventually, their pancreas could stop producing the insulin that is needed, so they turn to injections.

Myth: You Have to Give Yourself Shots

Personally, I cannot stand needles. You do not have to give yourself shots, unless you are using injectable medications. Today, there are insulin pens that do not require you to inject yourself.

Myth: I Know When My Sugar is Not Normal

This is a silent disease, for a reason. You cannot always rely on how you are feeling when it comes to your body's blood sugar level. Sure, you may feel dizzy, light-headed and shaky when the blood sugar is low, or you could just be coming down

with something, such as the flu. You may have to urinate a lot due to your glucose levels, but the only way to know for sure, whether or not your blood sugar is high or low would be to check it.

Myth: You Can't Eat Sweets

Many believe that when an individual has diabetes, they have to avoid sweets all together. Honestly, there's no reason an individual who has type 2 diabetes can't eat sweets, as long as they do so in small portions. Having diabetes doesn't mean you have to avoid eating cake, it simply means you just have to have a smaller piece of that cake and be careful what you eat with it. Having a dessert a couple of times each month is okay, but you cannot have it every night.

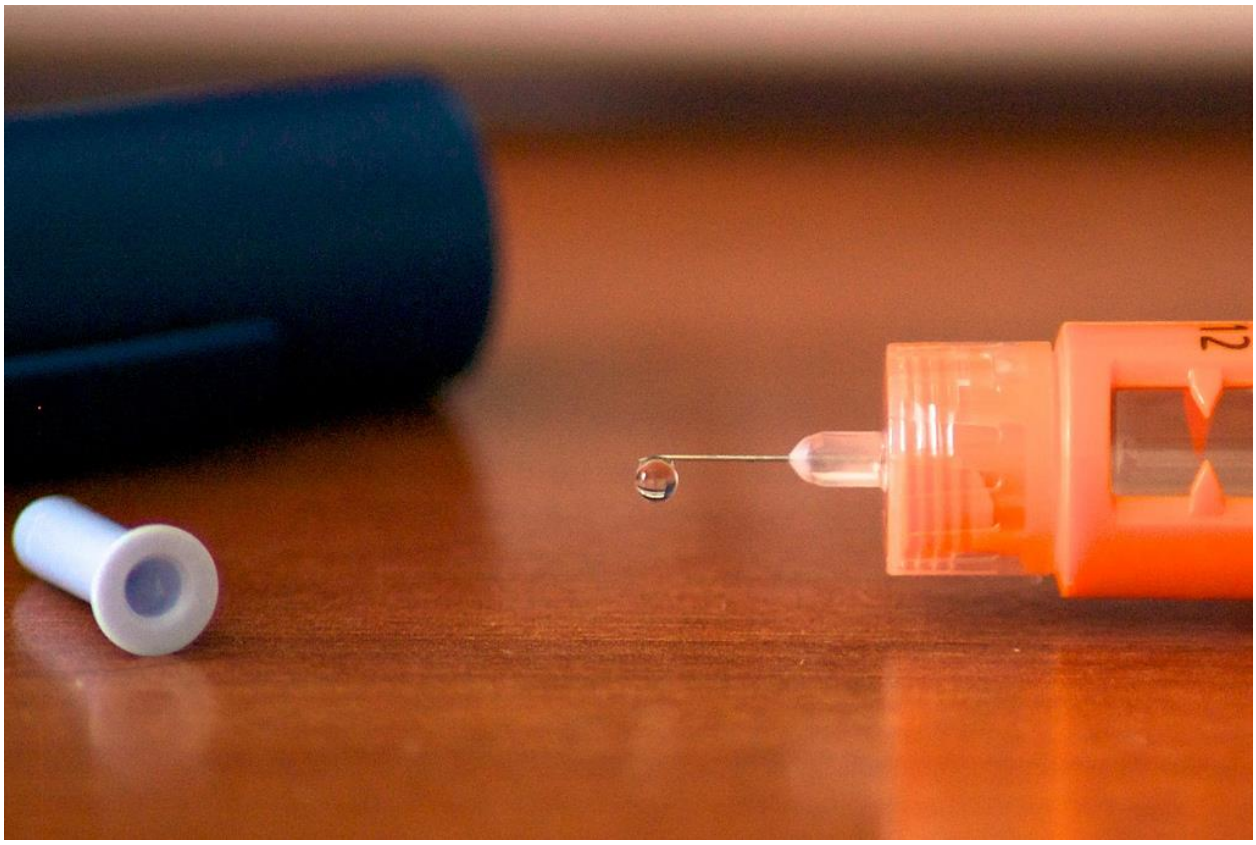
Myth: Diabetics are more Likely to get Colds

When you have diabetes, it doesn't mean you are going to be more vulnerable to contagious illnesses. However, if possible, you should get flu shots, because people with diabetes can suffer serious complications if they were to get the flu.

Myth: Diabetics Always Need Insulin

This isn't always true. According to the CDC, 57% of adults who have diabetes take medication only – 16% are known for controlling their blood sugar level with exercise and diet alone. 14% of people with diabetes use insulin, while 13% use insulin with oral medication.

Drug Companies Bribing Doctors



Okay, now it is time to get down to business - drug companies have been bribing doctors. Yes, you heard me, it's true, they have been bribing doctors for a long time. Wait, let me explain …

Have you ever taken a chance to look at the health care industry? There is a reason as to why it is in such shambles. This is because the medical establishment is being bought off by the pharmaceutical industry.

Drug companies have always pushed drugs on doctors

The drug company's main objective is profits – the medical establishment continues to work closely with these drug multinationals.

In order for the profits to come in, a large amount of drugs will need to be sold. How do they do this? Through fraud, lies and kickbacks, of course.

You see, to a pharmaceutical marketer, the doctor is the first link in the chain when it comes to getting their medication from manufacturer to consumer. Any physician is able to legally prescribe any medication for any use – it is entirely up to them.

Doctors are handed gifts, research grants and lavish perks you could only dream up – the principle buyer are the public – everyone from infants to the elderly.

It all started back in 1850. This is the year the first "detail man," knocked on the door of an American doctor – this was a pharmaceutical sales representative.

It has been a century and a half since these so called representatives have become the main “stealth bombers” of medicine.

Looking at the statistics, I found that there are around 100,000 drug representatives and that is in the United States alone. These drug representatives visit doctors on a daily basis in order to “educate” them on the new and/or existing products they have.

The choices a physician makes has a major impact on the sales of a drug company’s product. So, these manufacturers focus on making sure their marketing budgets are set to influence those choices. On a yearly basis, drug companies spend around 10 to 15 billion dollars in order to promote their drugs. This number includes gifts for physicians along with generous salaries – believe it or not, many of these representatives bring home a six figure salary.

It really is something to think about …

Look, doctors make more incentives for attending a lecture, simply watching a video or giving a sales representative a couple of minutes of their time.

I was shocked when I saw a national survey that was published in the New England Journal of Medicine not too long ago. To sum it all up, it was discovered that physicians received free travel, drug samples, and sometimes, even payments

solely for enrolling patients in drug trials or for simply consulting with a drug company.

Drug companies have stated that the attention given to physicians is a way for the doctors to be educated on new drugs that are coming out – products that would take doctors a long time to look into, according to Pharmaceutical Research Manufactures of America.

You see, doctors are working around the clock in order to try to help their patients – they work hard in order to quickly make the decisions they make. However, they are relying upon the word of drug companies. In a way, I look at it in like relying on beer companies to teach their consumers about alcoholism.

Mind you, I'm not telling you doctors don't care about their patients. That's the thing, doctors care about their patients and many of them would do anything in their power in order to help people, so they rely on what they are told.

The decisions that are made are a matter of life and death. Therefore, for this reason, we need to make sure we are a part of this decision making process. We need to educate ourselves and be aware of the consequences and where all of this information is coming from.

If the main source of education for our doctors is coming from drug advertising companies, don't you think there could be a slight chance of dissonance on the side of the drug company?

Let me ask you something – is there a drug that has been declared safe and promoted and later on, we found that the drug should have never been put on the market?

Yes, actually, there are many drugs out there that should have never been put on the market, yet they were redeemed safe at one point in time. Just look at all of the class action lawsuits in regards to medications …

At the end of a commercial, or at the bottom of an ad, in small print, do you see the sentence "ask your doctor about this new drug?" Have you ever wondered why that sentence is there? Why did lethal drugs make it into the homes of many?

The drug called DES is a good example for all of this.

DES is a drug that was given to millions of pregnant women. DES is a synthetic hormone that was labeled the "wonder drug" and prescribed in order to prevent miscarriages from happening.

In the United States alone, hundreds of drug companies were making and distributing this drug because it was easily produced and unpatented. From the

start, studies have indicated that DES promoted cancer based on a study that was done on lab animals.

Despite the evidence based on lab animals, the FDA still reached out and approved the use of DES for human consumption.

Back in the 1960s and early 70s, all of the top medical textbooks told us that DES has no effect in preventing miscarriage in any group of people. Yet, it was still prescribed to pregnant women and labeled the wonder drug.

How does this stuff even happen?

In 1971, DES was banned, but even then, it was still sold overseas. To this day, there are still companies that are selling DES outside of the United States.

There are millions of women that are angry because their doctors are now diagnosing them with cancer, reproductive difficulties or miscarriages, because their pregnant mother was prescribed DES in order to prevent miscarriage back in the day.

Unfortunately, this is a drug that was prescribed to a large group of women – over 3 million, to be exact. Currently, there are 300 companies that are being sued by women throughout the United States, but honestly, suing them will not bring back their ability to have children, or fight cancer.

This is only one of the many examples of drugs that have injured or even killed people. Here's a list of some of the well-known cases (you are free to research them yourself, if you like):

Orabilex – causes kidney damages and has a fatal outcome – caused cataracts.

Paracetamol – This is a painkiller that had 1,500 people hospitalized in Great Britain back in 1971.

Thalidomide – This was a tranquillizer that caused 10,000 malformed children.

Methaqualone – This was a hypnotic that caused psychic disturbances. It led to around 366 deaths.

Isoproterenol – This was prescribed for asthma. It caused 3,500 deaths back in the 60s.

Trilergan – This was an anti-allergic that caused viral hepatitis.

Eraldin – This was heart medicine that caused digestive tract and severe eye damage. There were many deaths linked to this drug.

Flamamil – This was a drug that was prescribed for rheumatism. It caused loss of consciousness.

Valium – This was is a tranquillizer that was addictive in moderate doses.

Plaxin – This was a tranquillizer that killed many babies.

Amydopyrine – This was a painkiller that caused blood disease.

Reserpine – This was any anti-hypertensive that increased the risk of cancer in the pancreas, brain, uterus, skin, ovaries and breasts.

Urethane – This was prescribed for leukemia. It caused cancer of the lungs, bone marrow and liver.

Mitotane – This was another drug that was prescribed for leukemia. It caused kidney damage.

Cyclophosphamide – This was a drug that was prescribed for cancer. It caused lung and liver damage.

Kanamycin – This was prescribed for tuberculosis. It caused kidney destruction and deafness.

Isoniazid – This is another drug that was prescribed for tuberculosis. It caused liver destruction.

Debendox – This was prescribed for nausea. It caused many birth defects.

Accutane –This was prescribed to help acne problems. It caused kidney destruction and deafness.

This is a small list of a greater number of prescription disasters that have taken place – more recently, there were cases of Vioxx, Premarin and Avadia, which were responsible for around 200,000 excess cardiac deaths since they were first introduced back in 1999.

It's a dangerous world we are living in and many drug reactions aren't noticed. Honestly, only a small portion of medical errors are reported. There are more than likely 20 times more medical mistakes than are actually reported. Many times, doctors choose not to report them, because they fear retaliation due to those mistakes.

Did you know having a medical procedure or diagnostic performed by a medical establishment is a leading cause of death in the United States? The medical industry has a long history of giving misinformation, but they also go out of their way to hide any kind of natural substance that could reverse a disease.

Exactly why does the medical industry hide the natural remedies that are readily available?

I will tell you again, the main goal of pharmaceutical companies is to make money from "treating" diseases … finding a cure for those diseases will destroy them.

The cold hard truth to the matter is that the big pharmaceutical companies continue to thrive by keeping you sick. They deliberately look at the sick human body as their profit.

What is sickening is the fact that there are no laws that can prevent this type of thing.

The bottom line is that this industry does not want you to get healthy – they want you to stay sick. If you were healthy, there would be no reason for you to buy drugs. The drug industry needs people to buy more drugs and as you know, healthy people don't really have any reason to use drugs. If everyone was healthy, how would this industry stay in business?

Let's take a look at the facts …

There are around 700,000 doctors in the United States. Back in 2011, 2.7 trillion dollars were spent on health care.

The result from all of this spending> The US leads the developed world in deaths from prostate cancer, heart disease, colorectal cancer, breast cancer, and diabetes.

I've noticed something and I'm sure you have as well – the countries that are known for using the most medicine tend to be the most unhealthy – is that a coincidence? I think not.

The countries that are using the most medicine are the unhealthiest and I have some facts to back up that statement. Did you know the American medical system is the leading cause of death in the United States?

Back in 1968, the United States declared war on cancer. Then, by February of 1994, the war on cancer was a failure, according to the Journal of the American Medical Association. Cancer isn't just found in adults – it is increasing throughout all age groups.

On top of that, at the number 4 cause of death in the USA, we have adverse drug reaction. So please, take it from me, when it comes to your health, don't just look at what the experts' are telling you, do your research and think every step through. Reach out and get a second and a third opinion, then decide what you think is right, because after all, it is your life. How your life turns out is all based on what you decide – for your benefit, make those decisions consciously.

Getting Out of This Trance

I've been thinking a lot about this and I have decided that we need to get out of this trance. We are continuously being told what we should believe and what we should do when it comes to our health. We watch advertising through television, for example, and we see pharmaceutical companies that are trying to sell their drugs.

As patients and doctors, we let the pharmaceutical companies take us over. These salespeople become our health gurus, even though they have no interest in making us healthy.

The industry that is telling you "we are making you healthy again" is causing an epidemic. The leading cause of death in the USA.

So, let me sum this up for you:

- The pharmaceutical industry is the biggest investment industry in the world.
- The pharmaceutical industry would like to expand their market – both patients and diseases.
- In these advertisements, we are promised "health," yet those same individuals/companies that are making such promises have invested in the existence and expansion of diseases.
- Finding the root cause of diseases are bad for the pharmaceutical industry, so they try to cover them up.

- ✦ As a result to this, diseases such as high blood pressure, cancer, osteoporosis and diabetes are spreading at a rapid pace.
- ✦ Modern medicine is the leading cause of death in our society today. Per year, the healthcare system causes an estimated 783,936 deaths in the USA.

- ➢ **As a direct result, the ills of civilization**, such as heart and circulatory diseases, high blood pressure, cancer, diabetes, osteoporosis and others **are spreading.** (Starfield, B. JAMA. 2000 (July 26): 284, 4. Also: Death by Medicine - Gary Null, PhD; Carolyn Dean MD, ND; Martin Feldman, MD; Debora Rasio, MD; and Dorothy Smith, PhD).

I've been thinking, and maybe you will agree with me on this one – if we took all of the medicine in the world and tossed it in the sea, humankind would be much better off … but unfortunately, the fish wouldn't be.

I have some good news for you! You can find a good solution for yourself. This good solution involves claiming your rights to be able to make your own decisions in regards to your health.

Have you heard about the story of Isaac Jennings, M.D? Well, back in the 1899s, he started a revolution in health care when he noticed some changes in his lifestyle produces amazing results.

Here's the story …

For 20 years, Dr. Jennings had been practicing traditional medicine. Back in 1815, he was dealing with a shortage of drugs during a fever outbreak. People in town were visiting him with all types of different symptoms. However, he wasn't able to treat them simply because he didn't have any drugs available to give them.

All he could do was speak with them and tell them to go home, drink a lot of fluids and get some rest.

Can you guess what happened next? Even though he was not able to prescribe medicine to his patients, people got well!

During this time, due to this, he decided to do some experiments of his own. He was going to treat people using dummy pills and some instructions that were common sense. For example, he would advise the individuals to change their lifestyle and diet to something that was more natural.

His discoveries were astonishing. His patients recovered quicker compared to the patients he had medicated.

Then, in 1822, he decided to give up medical pills, powers, plasters and potions. Instead, he used bread and colored water in order to treat people.

He practiced this for an additional 20 years. Yale University conferred an honorary degree in recognition of this success as he substituted actual pills with placebos.

Now we know the body is self-healing, as long as we make some simple adjustments to our lifestyle. You won't be able to poison your body into being healthy.

How Diseases Occur

In this chapter, I am going to explain to you how diseases occur in the first place …

Basically, a disease occurs when an individual allows themselves to become “enervated.” In other words, they get low in nerve energy. Due to this, the organs of elimination no longer function like they should be, causing waste material to build up in the body. As the waste continuously builds up, it starts to exceed the toleration point and this is when a crisis arises. In order to offset the extra poisonous matter, the body starts to react. This is a reaction to what we call a disease.

The human body is amazing if you think about it. It is continuously burning fuel, constantly rebuilding tissue by replacing dead cells with fresh ones and eliminating waste material of combustion.

Every seven years, almost every cell in your body is replaced. This means that throughout a seven year period, you shed a couple hundred pounds of dead cells from your body. Alone, this would be a lot of waste that would require a large amount of energy for your body to be able to handle.

Due to lack of water, lack of rest, or simply trying to digest junk food, you create a large amount of waste products that your body has to put up with. When you overload your body with more than it can possibly handle, you will have more toxins coming in than going out. The accumulation of toxins can harm you because your body lacks the energy it needs in order to eliminate those toxins. Remember – your body needs energy in order to eliminate those toxins.

Regardless of what happens, your body will need to preserve the vital organs – that's your heart and your brain, so the first thing it does it shut down the process of elimination. Unfortunately, toxins start to build up "toxaemia."

When your body has too many toxins in it, a safety valve opens in order to release those toxins. You have a total of four elimination channels:

- The Skin
- The Lungs and respiratory tract
- The urinary tract
- The bowels and colon

This safety valve is referred to as "disease" and is your body's natural attempt to eliminate its toxins. Every disease is what I refer to as a "healing crisis." It's your bodies attempt to eliminate the toxin overload.

Now, let's put out thinking caps on and reach into our pockets for some common sense. If I were to take poison and put it into my bloodstream, my body would do whatever it could in order to eliminate it from my body as fast as it could – fever, acne, coughing, throwing up, sweat, etc. It would use any channel available.

Due to that poison being in my body, it would use every single ounce of energy it had in order to get the poison out of my system. I may experience low energy, headaches, joint pain, kidney problems, insomnia, burping, irritations, convulsions, etc.

Now, think about it – do you know of any disease that does not have those symptoms attached to it?

Disease, regardless of whatever it is, causes the body to work harder in order to throw off the morbidic matter and thus, recover the patient. Instead of letting the body go through the natural process and eliminate the toxins, we try to speed up the process by taking medicine, which in return, may stop the natural process, pushing those toxins back into our body. Instead of supporting this natural cleaning process, we call it a disease and try to stop it as fast as we can. By trying to suppress the symptoms we are having, we are actually interfering with our body's natural ability to heal itself.

Yes, your body is struggling with a large amount of "normal" toxins. However, at the same time, it is being injured by even more toxins … those toxins come in a small white bag …prescriptions your pharmacist hands to you.

What we call "disease" is actually "The Reverse." Most of us have been taught to think in terms of the dominant allopathic paradigm. This makes it hard for an individual to realize that the "disease symptoms" are the body's natural attempts at healing itself.

Let me go over this one more time with you:

- The human body can naturally heal itself, without medicine.
- The reason the body is not able to detoxify itself is because it lacks the vital energy due to an unhealthy lifestyle, stress and the wrong treatment.
- What we refer to as a "disease" is the bodies way of naturally eliminating toxins – this is your body's attempts to make itself healthy again. The most common symptoms are mucus, fever, eruptions, vomiting, coughing and inflammation.
- Your body views drugs as poisons.

> The main cause of humankinds so-called "diseases" starts with activities that strip our body of life force that is needed – enervating habits of the body and mind. The MAIN SOLUTION to those disease involves correcting the habits of life.

When it comes to achieving good health, there is no such thing as "magic potion," (drugs). Good health is the result of healthy living and making the right choices day in and day out.

Chapter 7: The True Cause of Diabetes

At one point in time, diabetes was a disease that was commonly heard of in the middle-aged folks. Now, even children are starting to develop this disease. Look at the statistics here – in 1982, around 4 percent of children in the United States had this disease. However, in 1994, the number increased to 16 percent. Similarly, in Britain, it appears that children with diabetes increases by 4 percent a year, since 1984. It appears as if diabetes are on the rise throughout the world.

For many years, obesity has been thought to be the main cause of diabetes. This is because 90 percent of people who have developed diabetes were seriously overweight.

However, there is increasing evidence that this is not true. New studies have suggested that the obesity-diabetes connection is more simplistic than it should be.

Here are some uncontrollable risk factors of type 2 diabetes …

- Your age – As you get older, the risk of developing type 2 diabetes will increase. Diabetes commonly affects those who are over the age of 40 and those who are over the age of 65 are at higher risk.
- Your family history – Some evidence has indicated that diabetes runs in families. If your sibling or parent has type 2 diabetes, your risk of developing this disease will increase.

- Your race –Certain ethnic groups, such as American Indians, Asian Americans, Hispanic Americans and African Americans are more at risk of developing type 2 diabetes.
- Your Health History – Women who develop gestational diabetes when they are pregnant have a 50% chance of developing type 2 diabetes within 10 years. When a woman gives birth to a baby that is over nine pounds, it will also increase her risk. Other illnesses and conditions, such as pancreatitis, high blood pressure, metabolic syndrome and unhealthy cholesterol can also cause you to develop type 2 diabetes.

You may fall into some of the categories above, or maybe you don't fall into any of them. Either way, you should pay attention to your lifestyle habits so that you can change your chances of developing type 2 diabetes.

Here's some controllable risk factors …

These are factors that you can control – they are related to your lifestyle choices you make day in and day out. Even if you are at a high risk of developing diabetes, you can take control of these factors in order to reduce those chances …

Your weight – Yes, your weight can be an issue here. Over 80 percent of those dealing with type 2 diabetes are overweight. When you have a large amount of weight in your abdomen area, it increases your risk of diabetes. If you are overweight, you can do things in order to improve the shape of your body.

Your activity level – People who are inactive physically are at a higher risk of developing type 2 diabetes. If you do not exercise on a routine basis, you are putting yourself more at risk.

The medications you take – There are numerous types of medications, such as antipsychotic drugs and antidepressants that will put you at a higher risk of developing this disease. You should talk to your doctor about finding an alternative treatment for the condition you have – something that does not have a negative side effect hooked to it.

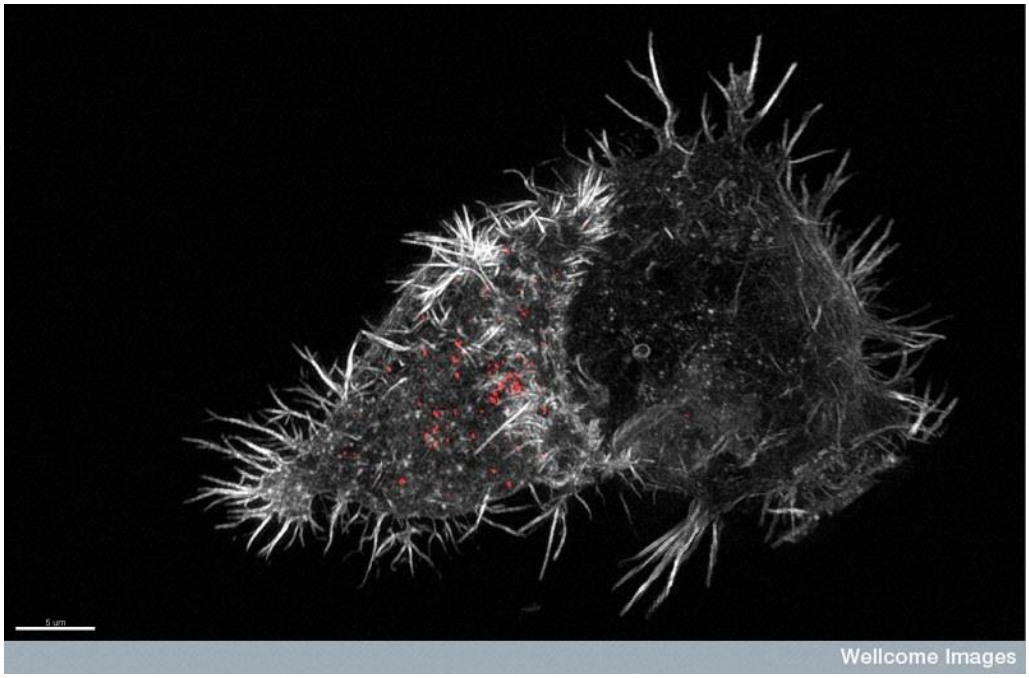
Your diet – Mind you, the type of foods you consume aren't exactly to blame for your diabetes. However, what you choose to eat on a routine basis can have an impact on your weight and your health. If your diet is high in calories and unhealthy, packed full of saturated fat, sugar, trans fats and cholesterol, then your diet could put you at a high risk of developing type 2 diabetes. Change your eating habits, if they are unhealthy.

Your drinking habits – If you consume a large amount of alcohol on a daily basis, you could cause damage to your pancreas and impair the ability to secrete insulin, which in return will result in type 2 diabetes.

Your smoking habits – Individuals who smoke are 90% more likely to develop diabetes than those who do not smoke.

The good thing here is that you can work on changing your poor lifestyle choices in order to lower your chances of developing type 2 diabetes.

The Quality of Our Cells Involves the Quality of Our Lives



“The quality of our cells involves the quality of our lives.” There’s a lot of truth behind this saying. Why? Well, think about it. Exactly, what is healthy? Health is energy and we all know that energy is life. Without energy, we don’t have much of a life.

Where does that energy come from? It comes from our cells. Life is energy and our cells are the building blocks of life. The state of health that our cells are in dictates out energy levels, our overall health and our wellbeing. If our cells are sick, then guess what, our body will be sick as well.

Think of cells as small factories where an amazing product is being created – this so-called “product” is none other than life itself.

Each and every single living thing, you, plants, animals, are made of cells.

Cells are the one-stop place where organs and living tissue are made, so, in order to understand and get rid of a disease, you must be familiar with those building blocks.

Okay, so what are cells?

Cells are functional and structural units of all living matter. We are cells. Do you know how many cells we have in our body? Over 75 trillion!

These biological blocks compose our organs of sound, sight, smell, taste and every nerve that is in our bodies and brains. They make up our beating hearts, the lungs we use in order to breathe air, our skin and yes, even our blood.

If you want a healthy body, each one of your single cells will need to be healthy. All disease starts at the cellular level. So, if the health of our cells is THE ANSWER, we need to take good care of them!

Okay, so what are cells responsible for?

As you are reading this book in front of you, a whole lot of activity is taking place in every cell of your body. Hard to imagine, isn't it?

Cells have different functions. For example, the nerve cells are used to carry electrical impulses, while muscle cells contract when excited and intestinal cells absorb nutrients from your digestive track. Then, you have red blood cells that carry oxygen to cells throughout your entire body.

They all work together in order to bring in nutrients and eliminate the toxic waste products. Cells are also known as manufacturing plants that synthesize neurotransmitters, hormones, proteins and life force.

If you are in poor health, you need to work on your cellular health, it is as simple as that.

So, here's your big question – what do my cells need in order to stay healthy?

If you want to live a life that is healthy, you need to follow certain principles. There are a total of five things your cells require in order to thrive:

1. Water
2. Oxygen
3. Nutrients
4. Alkalinity (pH balance)
5. Mindset

Oxygen

Okay, let's start by looking at the most important element of cellular health, Oxygen. Cells need oxygen in order to turn glucose into ATP, which just so happens to be the fuel for your body. Therefore, in order to live, your cells will need to have oxygen. Oxygen can never be left out of the picture, unless you're dead.

So far, we have learned that illness is the result of removing toxins improperly from our body. Oxygen is the MAIN key to the process of naturally eliminating these toxins from the body. It takes energy to remove those toxins and where does energy come from? It comes from oxygen.

Take it from me, oxygen is the most important and most powerful source of energy.

Most people fail to realize that our bodies use oxygen in order to move forward. The way you use that oxygen has a major impact on the way your body functions.

We can survive weeks without water and food, but we can only survive a couple of minutes without oxygen. There is nothing else on earth that we need more than oxygen.

In all disease conditions, you will find a lack of oxygen.

Anything that strips your cells of oxygen is disease producing and will decrease your nerve energy. Anything that increase the amount of oxygen that is in your cells will make you healthier – it is as easy as that.

The only way disease causing pollution will be able to escape our bodies is to first be combined with oxygen. Without the proper flow of oxygen, our bodies will not be able to eliminate the garbage. This means the pollution and toxins will build up and remain inside us, which is the cause of those problems.

A lack of oxygen leads to the build-up of toxins, which leads to disease.

Almost everyone out there takes oxygen for granted and this doesn't make them bad – it just means they do not realize how crucial it really is. Oxygen truly is a gift. When a body has a high oxygen count, it will be more prepared when it comes to going to war and fighting off an infection or disease. When a body does not have a high oxygen count, it will not support the likes of fungus, anaerobic bacteria and viruses.

We are not getting enough oxygen into our bodies and that is one of the main reasons we are getting ill.

Optimal Breathing

Inside your lungs, you have a billion small air sacs. This is where your blood is purified, supplies with oxygen and sent to the other parts of your body. When you breathe out, you are expelling carbon dioxide and other forms of toxic substances.

Proper breathing can remove up to 75 percent of the waste in your body!

Breath is what gives us most of our energy. It is life. As easy as this may sound, in order to stay healthy, we need to learn how to breathe effectively.

There are simple breathing exercises you can turn to. The thing you need to remember is that the richest blood flow is down in the lower portion of your lungs.

Unfortunately, many people take shallow breaths. With every complete breath you take, there is an important exchange that is taking place inside of your lungs. When you take in a breath, you are infusing your blood that is running through your lungs with the gift of oxygen. When you release the breath, toxins, such as carbon dioxide are being expelled through your breath.

Those individuals that take shallow breaths aren't fully completing the exchange at the bottom sections of their lungs, which is where most of the blood is circulating. This means your blood runs to your cells full of toxins.

Slow and deep breaths are the foundation to not only a healthy body, but also a healthy mind and spirit. Learn to breathe from the bottom up!

Try this:

- Inhale (through your nose) for a multiple of 1 count
- Hold that breath for 4 counts
- Exhale (through your mouth) for 2 counts.
  Try this three times a day and watch how your energy levels increase.

Water

Let me ask you a question – do you drink a lot of water on a daily basis? Water is second to oxygen – your body needs it in order to live properly. Our bodies cannot go long without water.

Every function of your body requires water. You need water in order to carry oxygen and nutrients to each part of your body. Also, water is needed in order to carry toxic waste away from your cells.

Over 70 percent of your body is made of water. Our body uses water in order to regulate the temperature of our body through sweating. I understand, sweating may be annoying, but it is what our bodies do in order to stop from overheating, especially when the weather outside is hot or when we are exercising. Also, remember, that even during those cold months, your body needs just as much water.

The human body requires a continuous supply of water. Blood, which is responsible for carrying oxygen and nutrients throughout our bodies is approximately 85% water. Lymph fluids, which are responsible for transporting nutrition into our nails and removing waste products, are made up of the water we drink.

Water is your lifeline. Every cell needs a good supply of water.

Water is needed in order to remove the waste out of your body. If your body does not have enough water, your body will be recycling dirty water and that just isn't going to cut it.

Lupus, asthma, high cholesterol, heart disease, menstrual problems, arthritis, kidney stones, back pain, gout, diabetes, yeast infections, lower back main, multiple sclerosis, dyspepsia, peptic ulcers, morning sickness, depressions … do those have anything to do with a lack of water? Of course they do. Dehydration can lead to serious diseases because your body will be struggling with an insufficient amount of water.

Did you know the brain is about 80% water? When you are dehydrated, the level of energy in your brain will decrease, which will lead to chronic syndrome and depression.

Drinking diet sodas and coffee is good, because they contain water. WRONG!

Yes, these types of drinks contain water, but due to the diuretics in them, they cause you to lose water.

Okay, so many of you have probably decided that water makes your taste buds scream "boring" and I get that, but you cannot just ignore water. For this reason, people have

dehydrated themselves, without realizing it. The underlying dehydrated continues to create problems that cannot be “fixed” simply by taking a drug.

How much water do we need?

Every day, through breathing, urinating, sweating, eliminating toxins and wastes, you lose water. For this reason, in order for your body to be able to function properly, you need to drink half of your body weight in ounces. For example, let’s say you weigh 150 pounds – you need to drink 75 ounces of water each day.

Okay, so there you have it, the two most important things for your cells to survive includes oxygen and water. Don’t forget, you also need nutrients in order to maintain your health.

The Foods That Can Worsen Your Diabetes

Here's a scenario for you – you wake up, grab your morning coffee, look over and see a nice glossy iced donut – it's almost as if it's talking to you, saying "eat me." It looks really good and you know it isn't good for you, but you deserve it, right? Before you reach out to grab that delicious looking tread, you need to realize that it is not as harmless as you think. Due to the increase in type 2 diabetes throughout the world, it is time to eliminate some of those bad habits, before you too are diagnosed with this nasty disease, if you haven't already been.

Not only do high-sugar foods, such as cookies, syrup, candy and soda lack nutritional value that you need in order to survive, they can increase your blood sugar levels, which can cause weight gain and diabetes.

Fruit Juice

Yes, fruit juice may sound “Healthy,” but many times, it’s not. Some may have more nutritional benefit than soda, but fruit juices, even when they’re 100 percent fruit, are full of fruit sugar and therefore, they can sharpen your spike in blood sugar. Skip that glass of juice and go for water!

Raisins

Eating raisins, or some other form of dried fruit, may sound like a healthy snacking option, but it will also spike your blood sugar. During the dehydration process, fruits’ natural sugars will become concentrated, causing an unhealthy elevation in blood sugar.

Bacon

I know, it’s a sad day when I tell you should avoid bacon, but it’s no good for you. It is packed full of saturated fat, which initiates inflammation in your body. Instead of eating bacon, bologna, hot dogs or hamburgers, go for lean protein choices, such as turkey, skinless chicken, shellfish, fish or lean pork tenderloin.

Pretzels

Many people think pretzels are healthy, but looking at the ingredients, we find their fame is undeserved. Nearly every single brand contains the basic ingredients – white flour/wheat flour that has been stripped of its fiber and nutrients. Also on the list is yeast, salt and sometimes corn syrup or vegetable oil. Instead of pretzels, go for a nice rice cake with reduced-fat cheese or some pistachio nuts.

Whole Milk

If you have diabetes, whole milk can worsen your insulin resistance. Go for the 1% milk or skim milk, instead. Also, avoid whole-milk dairy products, such as full-fat yogurt, cream, cream cheese and regular cheese.

French Fries

Greasy, fried foods is no good for you – they can lead to weight gain and harm your blood sugar. French fries, doughnuts and potato chips are horrible choices for diabetics, because all of them are made from starchy ingredients that can cause the blood glucose levels to sky-rocket.

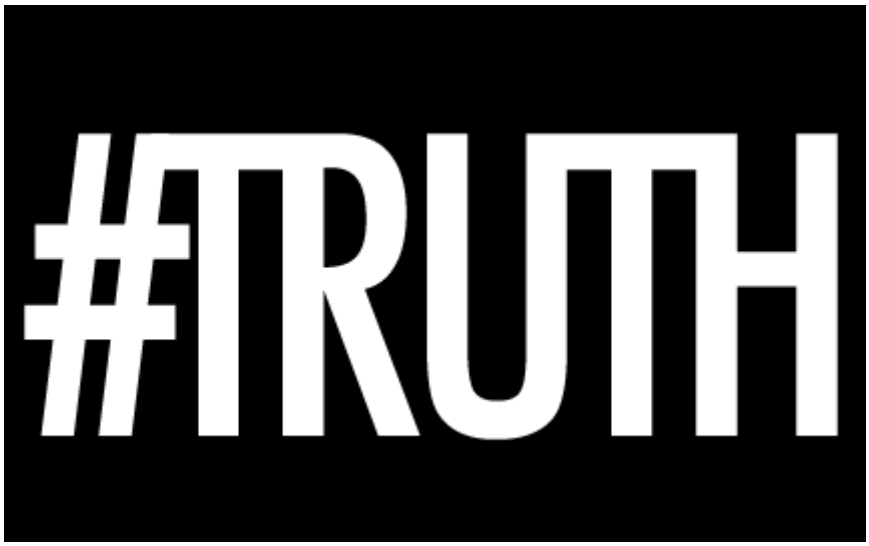
White Bread

Refined starches, such as white bread, white pasta, white rice and anything else that is made with white flour is no good. This is because it will act like sugar once your body starts to digest it. At lunch and dinner, instead, go for a healthier grain option, such as brown or wild rice and whole-wheat bread.

Pancakes and Syrup

I understand, this may be your favorite thing for breakfast, but it is no good for you. A stack of three pancakes can be the equivalent of consuming seven pieces of white bread and I just told you that is no good for you. Instead of pancakes and syrup, go for protein-rich egg white omelet that has been stuffed with vegetables (that sounds delicious and is good for you).

Chapter 9: The Cold Hard Truth You Don't Want to Hear



You may not realize it right now, but your health destiny is sitting in the palm of your hands. The causes of diabetes is within your control, but if you don't do anything about it starting today, you may not live to see tomorrow.

Yes, that is the cold hard truth …

The real cause of diabetes, and most degenerative diseases is due to the lack of nutrients and the presence of toxic substances that is found in most modern food.

Our immune system is stronger than any form of medication you can get. It is known for preventing and “curing” diseases and illnesses. It has been estimated that 90% of people in America alone are malnourished to some degree. This isn’t from a lack of food, it is from a lack of nutrition in the food they consume.

We Are Overfed, But Nutritionally Starving

This is something that happens all over the world with the increase of the disease epidemic. The increase in degenerative disease rates is linked to our decline in high quality foods. Almost every diseases, including diabetes type 2 is linked to not eating the right food.

Eating the Wrong Food Can Lead to Problems

Eventually, if you continue to eat the wrong food, your immune system will give up and a disease, like diabetes, will grow inside of you.

The Key to a Strong Immune System – Balance=Wellness

In order for your cells to operate like they should, you need foods that are rich in nutrients. These foods will provide minerals, vitamins, energy, fats, proteins and antioxidants to your body.

The Truth About “Sugar-Free” Food

I have noticed a large amount of “sugar-free” food popping up in the market – these companies are catering to diabetics, obviously. Is this food good for you? No, not really.

Sugar-Free Candy

Let’s take a look at candy with those “no sugar” labels added. Those aren’t as truthful as you would like them to be. These type of products have to have some type of sweetener in them. Look at the ingredients and many times, you will see that it contains high-fructose corn syrup as a sweetener. Okay, these products don’t exactly contain a sweetener, the label is still showing alcohol sugars. An alcohol sugar isn’t going to increase the blood glucose as fast as real sugar does, but it still causes an issue with your Glycemic Response – it reacts like a complex carbohydrate.

As a diabetic, and I’m sure you can agree with this one, I get a sweet tooth from time to time. For a long time, I thought I was safe to turn to these popular “no sugar added” snacks. These snacks have calories, just as any food and if you eat it without limitations, it can lead to weight gain. With some diabetics, the alcohol sugars will act as a laxative and we all know what that can do.

Diet Sodas

Now, let's take a look at those sugar-free sodas, or any form of "sugar-free" drinks, for that matter. Since they have no sugar added to them, they should be good, right? Wrong. They have sugar-free ingredients added to them that are harmful to your body. Before you take a sip, check the label for ingredients like: caffeine (this causes heart palpitations, anxiety and nervousness) and sodium (this increases blood pressure). Some sodas also have a high acid level, which is harsh on tooth enamel and can stain your teeth. Instead of drinking soda, just drink water.

Fat Free Pastries

Yes, fat free pastries sounds delicious, don't you think? Sounds like something a diabetic person could enjoy … but it's not. The calorie count, in most cases, will be similar to a regular pastry. A fat-free pastry may have a small beneficial impact on your cholesterol levels, but that's all... Eating half a portion of a regular pastry would probably be better than consuming a whole slice of fat-free pastry.

The truth is – whether you are a diabetic or a non-diabetic, either way you stack it, eating natural foods and plants will lead to a healthier lifestyle.

Eat the Right Foods

What it all boils down to if you want to reverse your diabetes, you have to eat the right foods. What are the right foods?

Eat Live Foods

It's not a mystery food. It's not a secret food. It's probably something you already know about. Your body is over 70 percent water. Your brain is 80 percent water. Wouldn't it make sense to eat a large percentage of foods that are high in water?

What do I mean by “live” food? When I say “live” food, I am talking about food that is high in vitality and naturally occurring enzymes. When food is heated above 104 degrees, these are all destroyed.

Studies have indicated that most people who are challenged by this condition have the ability to reverse their diabetes through their diet (that is how I successfully reversed mine).

Live foods consist of plant-foods that have not been cooked, refined or processed in any way, shape or form.

A list of what you should be eating:

- Uncooked Organic Fruits
- Uncooked Organic Vegetables
- Grasses
- Raw Nuts
- Raw Seeds
- Pumpkin
- Hemp
- Flax
- Mung Beans
- Alfalfa
- Sesame Seeds
- Sunflower Seeds

These foods are recommended, because they are packed full of nutrients and healing properties. If you really want to reverse your diabetes, these foods need to make up 70 to 80 percent of your diet.

You see, all food has an electrical energy. If you continuously eat foods that aren't giving you your energy back, we will become acidic and toxic.

The substances that increase our energy include:

- Water
- Oxygen
- Sunlight
- Live Foods

Sprouted seeds, grasses, grains and nuts have the highest amount of energy of any foods.

A dry viable seed that is alive, but "dormant." During soaking and sprouting a seed, it will awaken its full life, which activates an abundance of enzyme activity.

The process of germination will increase the nutritional value of seeds and grains. This will make them a rich source of chlorophyll and proteins, which in return, will help regenerate your cells and add a nice boost to your immune system.

The more you include high-energy foods in your diet, the more you will be improving your energy and health. If you want to have more energy, consume more live foods. It's as simple as that.

Here's a complete raw food list that you would typically eat on a raw food diet:

Fruits:

- Apple
- Banana
- Avocado
- Dates
- Blueberry
- Lemons
- Grapes
- Lime
- Mango
- Orange
- Raspberry
- Raisins
- Strawberry
- Young Coconut

Vegetables

- Celery
- Bell Peppers – Red, Orange and Yellow
- Garlic
- Ginger
- Kale
- Jalapeno Pepper
- Lettuce
- Spinach
- Onion
- Tomato Zucchini

Nuts and Seeds

- Almonds
- Macadamia Nuts
- Cashews
- Flax Seeds
- Pine Nuts
- Chia Seeds
- Hemp Seeds
- Raw Almond Butter
- Sunflower Seeds
- Nut Milks
- Seed Crackers (Flax, chia)

Grains

- Buckwheat
- Millet
- Oats
- Quinoa
- Cereal
- Granola
- Bread

Grains

- Millet
- Buckwheat
- Quinoa
- Oats

- Cereal
- Granola
- Bread

Beans and Legumes

- Chickpeas
- Mung Beans
- Adzuki Beans

Oil

- Raw, virgin coconut oil
- Raw coconut butter
- Cold-pressed, extra-virgin olive oil
- Chia oil

Beverages

- Water
- Young coconut water
- Herbal tea (water heated less than 118 F.)

Miscellaneous

- Carob powder
- Raw protein powder
- Raw Cocoa powder
- Raw vegan ice cream

Herbs, Spices and Condiments

- Bragg’s liquid aminos
- Celtic sea salt
- Cayenne pepper
- Chocolate, raw
- Cinnamon, ground

- Curries
- Dill
- Cumin, ground or seeds
- Raw honey
- Nama Shoyu (raw soy sauce)
- Seaweed
- Himalayan salt
- Seaweed
- Vinegars
- Sundried tomato

Sweeteners

- Raw honey
- Coconut nectar
- Agave nectar
- Date sugar
- Yacon
- Stevia

Animal Products

Along with plant foods, some recommend raw animal foods, like raw eggs, meat and fish. Here's a list of animal products to eat:

- Fish
- Spence and Co. gravlax
- Beef
- Milk (1%)
- Prosciutto
- Organic Egg

Take note, consuming undercooked or raw meat, milk, fish or egg products could increase your chances of foodborne illness.

Conclusion

Now that you know exactly what you need to do in order to reverse your type 2 diabetes, it is time to move forward and take control of your life. I was living as an individual with diabetes, taking insulin and all of that “not so fun” stuff before I realized that I could finally take hold of my life and reverse my diabetes. Today, I am living proof that this is possible and I could only hope that you believe me so that you can live a life free of diabetes again.

These foods will not only help reverse your type 2 diabetes, but they can also give you energy and increase your overall health. I know, after I started eating these foods on a daily basis, my energy levels increased … I took up new hobbies and started doing the things I wasn’t able to do in the past, because my body lacked the energy it needed in order to do those things.

When I first started to look into the drug companies and the things they were doing, I couldn’t believe what I was reading. I moved forward in my research and found that pharmaceutical companies are after your money and only your money – they don’t care about your health, they don’t care if you die … all they care about is making money and that right there is the cold hard truth. So, that information, with the information my friend gave me is what encouraged me to move forward and take matters into my own hands – I spoke with my doctor about this diet and he agreed that it would be a good try, but to make regular visits to see him during the process.

I encourage you to go ahead and give the brown fat meal plan a try a try and take advantage of those live/raw foods… you will be happy you did so.