

5 Tips shown to help Prevent and Reverse Diabetes

CAUTION: Check with your health care provider before changing your medication and diet.

According to Cyrus KHAMBATTA, PHD of the Physicians Committee for Responsible Medicine and many other experts.

It has been proven by scientific research in thousands of reports that Type II diabetes can be reversed by following the following protocol:

- 1) Eat a diet that contains primarily plant materials. This means restricting or eliminating the consumption of foods derived from animals including, meat, eggs, dairy, cheese, yogurt, even fish. All these foods contribute to Insulin Resistance which is the major cause of Diabetes and Pre-Diabetes, Heart Disease, etc.
- 2) Eat a Plant based diet that is low in fat. Especially, Saturated Fat which comes mainly from Animals, but also coconut oil and palm oil. Excess dietary fat also leads to Insulin Resistance. If possible, lower your intake of daily fat to under 30 grams.

This will increase your chances of :

- o reversing diabetes,
- o lower your fasting Insulin level,
- o lower your blood pressure,
- o lower your Cardiac risks.
- o lower your blood glucose,
- o lower your A1C level,
- o lower your LDL and

High fat/sugar diets increase faster your risk of developing Diabetes and Heart Disease.

- 3) Eat a plant based diet that contains as much whole foods as possible. This means eating foods as close to their original form as possible. So avoid foods that are processed including processed oils, fast food, boxed cereals, cookies, cakes, processed meats (i.e. Bacon, salami, bologna, etc).

Also avoid Vegan junk foods. But do eat plenty of fruit*, legumes(beans, peas, lentils, starchy vegetables, whole grains.

This will significantly lower your blood glucose and reverse Insulin Resistance process that is the root cause of blood glucose deregulation.

*NOTE. If you have diabetes usually eating fruit such as apple, bananas,etc may cause your blood glucose to go up if you are an Animal eater. However after you start a plant based diet for a week or two then eating fruit will not cause your glucose to go up too high because your glucose will be lower.

- 4) Exercise everyday for at least 30 minutes. Does not have to be all together. Its ok to ramp up.
- 5) Intermittent fasting mimics caloric restriction. 16 hr fasting and 8 hrs eating window is one model. Benefits of Intermittent Fasting include:
 - o Lowers fasting Insulin level
 - o Cause weight loss faster
 - o lowers A1c value
 - o Become less Insulin resistant

Many people are able to eventually come off Cardiovascular Medication, Statins, Blood Pressure medication, etc,

Suggested Best Choices for foods by category for Diabetes Prevention and/or Reversal:

STARCHES

- Whole grains: Brown Rice, Oatmeal, Quinoa, Millet, Arramarth
- Baked Sweet Potato
- Items made with whole grains (pasta,etc) and no or very little sugar

VEGETABLES

- Fresh or frozen vegetables, eaten raw, lightly steamed, roasted, grilled
- Greens such as Kale, Spinach, Arugula, broccoli, cauliflower, etc
- Low sodium canned vegetables
- Red, Yellow, Orange, etc like Carrots, Peppers, Eggplant, Mushrooms etc.

FRUITS/BERRIES

- Give you Carbohydrates, Vitamins, Minerals, and Fiber
- Naturally low in fat and sodium
- But have more carbohydrates than Vegetables

PROTEINS

- Best Choice is Plant based proteins such as Beans, Peas, Lentils, Seeds, Nuts, Tofu, etc
- If you eat Meat or Fish keep it low in fat (Ex. Trim skin of Poultry), Even if you eat meat, also eat plant based proteins too.

FATS/OILS and SWEETS

- Keep Oils Low (Less than 30 g per day)
- Use Natural sources of Oils such as nuts, seeds, avocado (not Processed)
- No sugary drinks
- Eat foods that give you Omega 3s such as Flaxseed and Chia Seeds
- Avoid anything with Transfat such as margarine or Lard, Hydrogenated or partially hydrogenated. Also avoid big portions of saturated fats which comes from animal products also coconut oil and palm oil

DRINKS

- Unflavored water or flavored sparkling water, unsweetened tea with or without a lemon slice
- Coffee, black or with plant based milk, Green Tea

Try to eat some form of greens with each meal, it will increase the oxygen supplied to your heart and brain. Add some balsamic vinegar or apple cider vinegar to it

- Suppliment Vitamin B12
- Get plenty of sunshine for Vitamin B12
- Get 6 -8 hours of sleep each night

