REVERSE DIABETES
NATURALLY WITHOUT DRUGS



DIABETES

SARAH UNDERWOOD

Reverse Diabetes:

Reverse Diabetes Naturally Without Drugs

Sarah Underwood

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Introduction

I remember when my Mom was initially diagnosed with Type-2 diabetes. Her doctor immediately informed her that the only solution was to put her on medications such as Metformin, Glucagon and even insulin shots. Thank goodness, my Dad was one of those who refused to accept her doctor's advice as the final answer. He researched endlessly and read all kinds of articles and books to find alternatives for this dreaded diagnosis. He refused to allow my Mom to start on insulin injections because he learned that once someone starts insulin it's becomes very, very difficult to come off insulin.

When it comes to Type-2, insulin-resistant diabetes, most of us are confused about what we can do about this dreadful disease. We hear horror stories about what it means for the rest of our lives and we worry that we are no longer be able to control what's going around us. Often, we are placed on medications that don't work and actually make us feel worse, and we never understand what's really going on within our body. The biggest issue with these medications is that they are given to us as a way to make the pharmaceutical companies a lot of money. However, they really don't solve the underlying cause of diabetes, in turn, only mask the symptoms.

In this book, we'll be discussing insulin-resistant diabetes and what you can do to keep it under control, all without medication. Why drugs and medications are not the right choice for helping you overcome diabetes and how relying solely on medications will be setting yourself up for failure. This book will provide you with information on the natural remedies that will help you get your diabetes under control once and for all.

In addition to looking at some of the basics relating to Type-2 diabetes, as well as why medications can be so bad for you when it comes to treating this disease. We will also look at alternative ways to treat diabetes and even get it reversed. While most of us have been told that diabetes is untreatable, it's a progressive disease and we must take drugs and medication to control our blood

sugar levels, there is mounting evidence that this is simply not true. We simply need to learn how to give our bodies the right tools and proper care to reverse diabetes naturally.

Remember, just because you have diabetes, does not mean you're doomed to be on medication and insulin injections for the rest of your life. Later on in future chapters, you will learn about foods that you can and should eat (as well as, some of the ones that you should be avoiding), the exercise programs that work best for diabetes, and even the essential oils and supplements that will make a huge difference in your health. All of these combined together, you'll be able to see dramatic changes in your overall health and keep your blood glucose under control.

Don't let your doctor discourage you with the prognosis of diabetes. Most likely, your doctor probably told you that diabetes is a life-long disease and you'll end up relying on medications for the rest of your life. Well, the medications your doctor prescribes may be doing your body more harm than good. There are more effective and all-natural options that will help get your blood glucose levels back to normal again. So read on!

Chapter 1: What is Insulin-Resistant Diabetes?

Diabetes is an issue that affects millions of people in the United States. Many people are consuming diets that are not that healthy for them on a daily basis, making it harder to keep their bodies nice and strong and to ensure that they get all the nutrition that they want. Rather than choosing diets that are high in vitamins, minerals, and healthy sources of protein, most Americans are spending too much of their time on the processed foods, the fast foods, frozen foods, and sweets.

Over time, this can have an ill effect on the body. Our bodies need foods that are healthy and good for us, and if we just keep feeding it processed foods that are bad, full of empty calories, and aren't healthy, we will feel it sooner or later. One of the biggest health issues that can result from this type of unhealthy diet is diabetes.

During digestion, carbohydrates are broken down into glucose which is carried to organs through the bloodstream. There are several types of diabetes that we can face depending on the issue at hand. Diabetes is the result where the body's blood sugar levels is too high, which can also be known as "hyperglycemia". With Type-1 diabetes, the beta cells in your pancreas that produce insulin is destroyed by either genetics your immune system. Type 1 diabetes also known as insulin dependent or juvenile diabetes. This is the type where your body produces little or no insulin. Insulin is a hormone that helps your body use blood sugar aka glucose for energy. Insulin acts like a key for the cells within your body to accept glucose. Without insulin in the case of Type 1 diabetes, the cells within the body cannot allow glucose into the cells to be used for energy. Insulin injections are usually prescribed to manage Type 1 diabetes. Without added insulin, the glucose ends up remaining in the blood stream instead of being used up by the cells in your body causing high blood sugar which in turn can cause serious to life threatening problems.

Gestational diabetes is a form of diabetes that happens while a mother is

pregnant. This can happen in a mother who is otherwise healthy and sometimes they will experience it in one pregnancy even if they haven't had it in other pregnancies in the past. They will need to work with their doctors to keep this under control for the health of their baby. For the most part, with a good diet and proper care, gestational diabetes will resolve after the baby is born, but it does increase the chances that the mother will develop one of the other forms of diabetes later in her life.

The most common type of diabetes is called insulin-resistant diabetes, or Type-2 diabetes. With this form, the body may be producing the insulin that it needs, but your cells are not using it or responding to it in a proper manner. At first, the pancreas notices that the sugars are still hanging around in the bloodstream, and will assume that it needs to make some extra insulin to make up for this issue. However, over time, the pancreas will no longer be able to make the amount of insulin that is needed to help keep the glucose levels at a normal level.

Often you will feel the effects of type 2 diabetes because of the diet that you frequently eat. The body is still able to produce insulin in this case, but the cells have become so desensitized to the effects of the insulin, that it is not able to do its job. Think of this like taking a strong antibiotic. You may be able to use it for the first few days to get rid of that cold, but if you took it for three weeks, the body would get used to the effects and become resistant to the bug. The next time that you get sick again, it is unlikely that same antibiotic will continue to work. The same kind of process is occurring when you mistreat your body and the cells become desensitized to all the insulin that is being pumped out to take care of your increased sugar levels.

As we will discuss later on, there are natural methods to reverse diabetes. The first step is to change your unhealthy eating habits. You need to limit the amount of insulin that is being used, which means that your sugar amounts need to go way down, so that the body has some time to repair and be more receptive to the insulin that you are producing. Insulin-resistant diabetes may be the most

common form, but it is also the one that you can reverse with the proper diet and lifestyle.

Causes of Insulin-Resistant Diabetes Now that we know a bit more about insulin-resistant diabetes, the next question that you may have is what cases this form of diabetes. We already know that this is the most common form of diabetes out there, but why are so many people developing this condition? Am I more likely to suffer from this diabetes because of some risk factors or is it all just random?

Insulin is a hormone that is naturally synthesized within the body. The pancreas produces and releases the insulin when you eat and digest your meals. The insulin is responsible for taking the sugars that you eat and transporting them from the blood to the cells so that this sugar can be used properly for energy production. This is what's supposed to happen when insulin is working properly and when diabetes is not present.

In Type 2 diabetes, insulin-resistant diabetes, your body does not respond the way that it should to the insulin. The hormone is being produced, but it is not being used efficiently. In the beginning, the pancreas is going to see that the sugars are still in the bloodstream and aren't being absorbed, so it will try to compensate for this by producing even more insulin. At the same time, the cells may absorb some of it, they are resistant to the insulin and a lot of it is go unabsorbed. Over time, this will start to cause damage to the pancreas and may even make it so that the pancreas will no longer be able to produce any insulin if you don't receive proper treatments.

When the body isn't using the insulin in an effective manner, the glucose, or sugar will start building up in your bloodstream. Even though you are most likely taking in enough calories and energy, the body is going to be starving for more because none of the energy is getting to the cells.

While doctors know about the process of insulin-resistant diabetes, it is still unknown exactly what triggers this series of events. Some studies show that it has to do with dysfunction of the cells inside of the pancreas or with cell

signaling and regulation. For some people, the liver may also be producing more glucose which can worsen the issue. Many times, there are some genetic links to developing this type of diabetes so if you have someone you in your family is dealing with this issue, you could also end up with Type 2 diabetes at a later time in life as Type 2 diabetes tends to be genetically inherited.

Even though doctors agree that there is a combination of factors that bring on insulin-resistant diabetes, it is likely that if you have one or more family members who have suffered from this, that you will likely be predisposed to it as well. Often diet has a lot to do with this type of diabetes because over time, with all that extra sugar along with poor diet, the cells will become resistant no matter how much insulin is produced. It could also be a combination of cell signaling and regulation not working properly.

This is what can make preventing diabetes a bit tricky because there is not just one single trigger that causes insulin-resistant diabetes. You will need to be responsible for eating properly, listening to your body, exercising and doing other things in order to keep the body functioning properly and to avoid issues with this form of diabetes.

The Symptoms of Diabetes It is important to recognize some of the signs of diabetes in order to avoid long-term complications that can creep up when it isn't properly diagnosed. The disease is one that often will develop slowly over time. Some of the symptoms that you might feel in the beginning can easily be dismissed as not a big deal or just having a bad day. Undiagnosed, these symptoms can begin to add up and may cause some disturbances in your health and daily life that you are going to begin to notice pretty quickly. Some of the early symptoms that you might notice, especially if there are quite a few of them from this list, include:

- Dry mouth
- Blurry vision
- Itchy skin

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Fatigue
- Lack of energy
- Always feeling hungry.

Now, of course, there are times when all of us will feel one or more of these symptoms. This doesn't mean all of us are dealing with this type of diabetes. On the other hand, if you are noticing quite a few of these signs and they are around all the time, it may be time to talk to your doctor and make some changes to your lifestyle to try and reverse the trend. As this diabetes gets worse, the symptoms can become more severe and sometimes even life threatening.

For those who don't seek assistance with managing their high blood sugar levels early on, their prolonged periods of elevated blood sugar could end up with the following symptoms:

- Extremities that feel numb
- Foot pain
- Patches on the skin that are dark
- Sores or cuts that aren't healing well
- Yeast infections

If you notice that you are dealing with two or more of these symptoms, it is time to get help. Without the right treatment and some major changes in your lifestyle, you could end up with life threatening issues because of diabetes.

Complications from diabetes

For the most part, people will be able to see that the signs above are not normal, even if they aren't recognizing them as signs of diabetes, they should make an appointment with their doctor as soon as possible. If left untreated, these symptoms can progress so suddenly that complications can occur.

It is easy to manage and even reverse the effects of Type-2 diabetes, if you take control of your health and work to make this a reality. But, if you don't take care of yourself and your body, it could end up affecting all the organs inside your body and even lead to some serious complications including:

- Skin issues: these can include fungal or bacterial infections.
- Nerve damage: this can mean that you will lose some feeling inside the extremities, including your fingers, toes, and more. Constipation, diarrhea, and vomiting can occur as well.
- Issues with circulation: this is especially true when it comes to your feet and sometimes you will get bad infections or have trouble healing on the feet.
- Issues with your hearing.
- Retinal damage or other issues to the eye including cataracts, glaucoma, and issues with seeing.
- Heart diseases including stroke, heart attack, angina, narrowing in the arteries, and even high blood pressure.
- Kidney failure or damage is likely as well.

As you can see, it is possible for all parts of the body to be affected if you don't recognize and take care of the insulin-resistant diabetes as early as possible. Often these complications are going to take us by surprise because we weren't paying attention to all of the signs that came our way. It is a good idea to take control of your health and use some of the suggestions in this guidebook right away if you are already dealing with diabetes, and implement them in, even if you aren't currently dealing with this issue.

How do I test for diabetes?

So now that we know some of the symptoms and you are recognizing that quite a few seem to be related to you, it may be time to get tested for diabetes. One of the first steps to making sure that you are taking care of the diabetes is to know whether you have it and how bad the issue is. Even with some of the all-natural tips that we are going to use in this book, it is still a good idea to monitor your sugar levels to make sure that everything, as well as your health, is still staying as healthy as possible.

When you are dealing with these symptoms and go in to visit your doctor, there are a few tests that can be done. These include a series of blood tests because this is the easiest way for the doctor to tell if you are diabetic or pre-diabetic.

Once of the tests that you are going to get is the hemoglobin A1C test. This one will be monitoring your blood glucose levels over a few months so you will need to get this test done a few times. Your doctor will look at the average of your glucose levels over a period up to three months. You will not be required to fast for this test and the doctor can often diagnose you based on these results.

Another option that you could go through to check your glucose levels is the plasma glucose test. For this one, you will need to fast for about eight hours before getting it done which is why a lot of people schedule it in the morning and skip breakfast until it is done. This test is used to measure the glucose content that is in your plasma.

The doctor can also choose to use the oral glucose tolerance test. This one is often the one that is used during pregnancy to help figure out if you have gestational diabetes, but it is also used with insulin-resistant diabetes. For this one, you will sometimes need to fast overnight (and sometimes for just a few hours depending on what your doctor says). Your blood is going to be drawn before you take the drink that is full of glucose and then it will be drawn about two hours after consuming the drink. The test will show how the body reacts to the glucose that you take in in order to see if there are any abnormalities.

These tests can be used to help determine if you are dealing with insulin-resistant diabetes or not. Your doctor will be able to help you to determine the steps that you will need to take help you manage your diabetes. You can learn about some of the dietary recommendations that will keep you healthy, learn how to properly monitor the levels of glucose in your blood when at home, the recommendations for exercise, and even some information on medications and treatments that you will need to manage your blood sugar levels.

Medications for Diabetes

Often after you visit the doctor and have gone through some of the testing that will determine whether you have diabetes or not, they will likely prescribe medications to help treat the symptoms. These medications may feel like they are working, but often they are just masking up the symptoms, rather than curing the root cause of the disease.

There are countless medications that you are able to choose from with your doctor, but some of them have terrible side effects, coupled with the fact that you are not really dealing with the problem and rather just masking it. Taking these medications can be a dangerous start to a vicious cycle. You can choose to go on these medications to help limit some of the effects while working to incorporate more natural remedies that will address the cause rather than masking the symptoms. It is never a good idea to completely rely on the drugs without working to improve your overall health naturally.

Is there a way to cure diabetes?

Many of us have heard for years that diabetes is not a curable disease. We are either terrified and confused about diabetes or we feel that we are a lost cause and will need to be on medications for the rest of our lives. We talk to our doctors and other specialists, and the news is always the same; we will have to be on medications for a long time and only if we're lucky, we "might" get better.

Most of the time, our doctor will give us this diagnosis and tell us to just eat right and exercise, but what does that mean? There are many types of diets that you can choose, but which ones will help reverse diabetes and which ones can make it worse? There are different types of workouts and exercises, but were you aware that just doing cardio can make the symptoms of diabetes worse? Most of the time, our doctors will just hand over a prescription and provide us with vague options for treatment and send us on our way home.

Whether the doctors just want to have the easy way out with the medications or they don't really know how to deal with the diabetes, this is an unhealthy way to go. As we explore further, you'll discover that medications simply hide the

symptoms rather than dealing with the root cause of your diabetes. This is dangerous because instead of curing the diabetes, you are just hiding it, feeling better for a little bit and then watching as things get much worse as the disease progress. This means more medications, more insulin injections, and just more of being sick rather than actually helping you to get better.

There are much better and even natural ways by which you can reverse or even cure diabetes. Don't listen to the big drug companies and your doctor who say that you can never cure diabetes and that it is just something that you manage for the rest of your life. If you take care of your body and choose the right foods, such as lots of good protein and fiber while avoiding carbs and sweets, take on the right workout program like strength training, you can be well on your way to curing your body of diabetes. Add in some natural supplements and essential oils that can help to promote insulin sensitivity and naturally lower your blood sugar levels and you are sure to get the results you are looking for without ever having to touch any medications.

Each person who goes on this plan will need different amounts of time to get through his/her treatment. If you have just discovered that you have Type-2 diabetes and you get on this plan right away and stick with it well, you will find that it is easier to treat the diabetes. For those who have been dealing with diabetes for years, even with medications and insulin injections, and those who have some trouble sticking with the diet, the process can take a bit longer. However, if you dedicate yourself to the treatment and try your hardest, there is a cure for diabetes and it is all in your hands to see it happen.

Insulin resistant diabetes is one of the most common types of diabetes that you will find. This is when the body starts to form a resistance to the insulin that the pancreas is producing. This can result in the body missing out on some of the energy that it needs, even though you are consuming enough energy to keep you going, it can result in you becoming pretty sick. Learning how to deal with and recognize some of the symptoms is one of the first steps that you need to take in order to reverse your diabetes, and even cure it, without needing to be on

expensive and harmful medications for the rest of your life.

Chapter 2: What Doctors Don’t Want You to Know

If you have noticed some of the signs and symptoms that we discussed about diabetes in the last chapter, it is likely that you headed right in to your doctor in order to get diagnosed and to learn what you need to do in order to treat diabetes. Perhaps you were in for a regular checkup and your doctor decided to get you tested (either because of some of the symptoms you were describing or to be on the safe side). Either way, you may be dealing with a diabetes diagnosis and looking to your doctor for answers.

Most of us assume that we can to trust our doctor. We feel that they have the education and the knowledge to take care of us and we hope, especially if we have been with a particular doctor for a long time and that they are going to put our interests first and give us the right treatment. Unfortunately, most of the time this is not the case and there are many reasons why our doctor may choose to just put us on a medications and hope that this works.

Sometimes, the doctor truly believes what they are taught in med school about diabetes and feels that medications are the only way to solve the issue. Other times they may feel that this is the easiest way to help you when they are too busy with work to spend any more time on it. Some may even be getting a nice trip to some exotic locale as an incentive from the pharmaceutical companies so they will take any chance they can get to prescribe certain medications, regardless of whether they think it is going to be the cure that you need. This can lead to the pharmaceutical companies becoming rich off of their new lifelong customer (you), and you getting sicker and even more dependent on medications over time.

Finding a cure for diabetes

Your doctor is not thinking about what is going wrong with the body when you're suffering from diabetes. They are only taught to prescribe medications while in medical school. They aren't allowed to think in terms of treating the root cause of the disease itself because they could be wrong and get in a lot of legal trouble. There are a lot of things that are taking place a bio-chemically and physiologically within the body and when we are address them it becomes easier to deal with the disease.

Unfortunately, most doctors are told that they need to follow what is known as the "standard of care". This means that everyone is going to be treated in the same manner if they have the same disease. When it comes to being diagnosed with Type-2 diabetes, your standard of care is going to be diabetic drugs (at least one but often times it's more than one) as well as, insulin. Most diabetics are going to get the exact same treatment, even the same drugs, to "cure" the issue.

In order to treat diabetes, we need to address how the body functions and learn what is happening behind the scene that prevents your body from functioning in the proper manner. When you think of the reason that you are dealing with diabetes, it is easier to see how the pills may not provide the results you need.

The truth about insulin

Many times, when the medications are no longer working properly for you, it will be time to go to the next level, insulin injections. Right away this should send up some red flags for people who are dealing with insulin-resistant diabetes. With this option, your body is producing insulin, the cells are just not responding to it. Do you really think that adding in more insulin is going to solve this issue? Unfortunately, millions of people do and they end up flooding their bodies with way more insulin than is needed.

There are a lot of issues that can come from taking in insulin in high levels, something that is easy to do when your body is producing its own insulin and you are taking injections of this hormone. Taking in insulin at these high of levels may cause:

- The patient to age prematurely, which results in shortened life expectancy.
- The patient will start to gain weight at an even faster rate than before starting on insulin injections.
- More issues with insulin resistance.
- The patient to deal with more issues with higher blood pressure.
- Lead to cardiovascular disease.
- Increase the risk of developing cancer.

These are just some of the issues that will start showing up when you deal with high levels of insulin. In Type-1 diabetes, it may be helpful to take in insulin injections because your body isn't producing insulin at all, but with Type-2, your body produces plenty, it is just not responding to it. Adding in more of the insulin is just going to make the issue worse and will speed up the harmful side effects of diabetes rather than helping it out.

Misconceptions your doctor doesn't want you to know about diabetic treatments

The treatment for diabetes when you visit the doctor is pretty simple. You

will start out with diabetes medications, maybe told to change a few things about your dieting, and that is it. Over time, the medications will stop working so you will get more medications and eventually start on insulin injections. This is the way that it has been for years, but it is not really the best way to treat your diabetes symptoms.

Over the years, with the help of the pharmaceutical companies, there have been a lot of misconceptions that have formed around the treatment of diabetes, as well as some of the risk factors.

Many of us assume that if a relative has diabetes, we will eventually suffer from it as well, no matter how hard we work otherwise. Although, there may be some truth to genetics links to diabetes, this is just one factor in the health profile but certainly not the only one. Just because a relative has diabetes doesn't mean that you're destined get it. You can change how you handle your stress levels, exercise, diet, and other lifestyle choices in order to keep diabetes at bay.

Thinking that diabetes is all about genetics is basically allowing us to give in to it. You assume that since someone you are related to have diabetes, there is nothing you can do about this and you may as well give up. This can be really dangerous because it allows you to pick the easy way out. You will agree to go on prescription medications because you assume this is the hand you're dealt in life and you should just learn to live with it. Is it really worth risking your health for an easy way out by limiting your options for healing and treatment?

"You can't reverse diabetes" …

Thanks to the pharmaceutical industry and their effective advertising, it is common for people to believe that once they get Type-2 diabetes, they are going to be stuck with it for the rest of their lives. If someone tells you that Type-2 diabetes is irreversible, they have already given up on helping you. Your body, when given the right tools and nutrition, will be able to do a lot of the healing on its own, you just need to make sure that you hand it the right tools, which by the way, doesn't include medications.

Now, if you choose to go on medications and do nothing about the diabetes,

it will become an irreversible disease. You will not be able to get better just by popping those pills and perhaps this is where the misconception comes from. You need to make sure that you are taking the right steps, such as eating a healthy diet and reducing your stress levels, and then you can work on getting rid of and reversing diabetes. Diabetes is a disease that you can heal; you just need to learn how to work with the body to make this healing occur.

The only way to cure diabetes is with prescription drugs

If this was true, the cure for diabetes would have been found by this time. There have been millions of dollars, if not more, spent on diabetes research and if there was a cure that could come in the form of a pill, we would all have it and never need to worry about diabetes again. It is going to take a lot more to help you to finally cure diabetes. There is a cure and it is possible to reverse diabetes, but you are not going to find it in a prescription drug.

My doctor knows how to treat diabetes

For the most part, you are probably dealing with a doctor who is a generalist. They know a little bit about a lot of different problems and see a lot of people during the day who have a variety of these problems. Your doctor may know a little bit about diabetes, but their knowledge may not go past the point of handing you a prescription, telling you to watch your diet and exercise, and then moving on to the next patient. This often leaves the patient confused as to what to do and they will instead, rely purely on just taking drugs.

It is important that if you are relying on a doctor for help, you find one who is going to help you. You can speak to a doctor who is a specialist in this kind of diabetes, or even consider a nutritionist who can actually help lead you to the right direction of choosing foods to cure diabetes. You can find a team that can help you, but don’t just assume that your regular doctor will be able to take on all the work.

Blood tests don’t need to be done often

This can be a really dangerous way to look at your health. Many people will only end up monitoring their blood glucose levels two times a year or less. If you

are taking medications for your diabetes, does it make much sense that you monitor the blood only two times a year?

Often it is best to monitor it once every month or two to get the best idea of where things are going. This allows you to check if the numbers are heading in the right direction and ensures that if things are not going properly for you that you can turn them around in a timely manner. It is hard to know where you are going if you never check this out so make sure that you find a doctor who will be more regular with your blood tests to avoid issues.

Is my doctor really helping me?

When you are dealing with Type-2 diabetes, it is important that you learn how to really advocate for yourself. While there are many doctors out there who are amazing, some of them have no clue how to treat diabetes and others may be so overworked that they have no time to help you. If your doctor is not able to take the time to work with you on this condition, then who's to say that they are giving you the best suggestion when they hand you the prescriptions?

Is your doctor spending enough time with you discuss treatment options for diabetes? Will they be your advocate in helping your body heal itself? Think about the answers to these questions:

1. When you go to see your doctor, do they spend time with you and are you able to get your questions answered well?
2. Has your doctor spent time with you to create a treatment plan? Does this treatment plan contain goals and benchmarks that the two of you will be able to measure?
3. Have your doctor only prescribed medications, or have they spent some time talking about dietary guidelines that are specific for your health?
4. Has your doctor spent the time to provide you with a good exercise regimen that helps burn fat?
5. Has your doctor spent time to check for anemia or some of the other

blood disorders?

6. Has your doctor done other tests on you including an adrenal stress index, stool analysis, or thyroid panel?

Your doctor can be one of your best assets when it comes to your health and how well you are able to manage and control your diabetes. However, you need to make sure that your doctor is on your side, and giving you the time you deserve, otherwise you could just become another number who is getting prescribed more medications. When you work with your doctor to treat the diabetes, know that there are natural alternatives to not only controlling your blood sugar but there are also alternative ways to heal and cure your diabetes.

Chapter 3: What Big Pharma Doesn’t Want You to Know

When it comes to the pharmaceutical industry, know that they are not your friend. When we are fighting a disease, most of us want prescriptions hoping it will help us feel better. We assume that with the rigorous testing that goes into pharmaceutical drugs in this country that we will receive the very best, at an affordable price that we are able to handle. The reality… big pharma doesn’t make money by curing people of diseases. The only way they make money is by keeping people sick and dependent on their costly drugs.

It has occurred time and time again in the news. Big pharma is only interested in making as much money as possible, and they are often targeting the very same people who are reliant on their drugs. While it’s true that some people are truly do require pharmaceutical intervention, an example would be those who need the EpiPen for an allergic reaction. The sad thing is that pharmaceutical companies have convinced millions of people that they need to be on medications (or their health will suffer and they may even die). In fact these people may not need them at all.

No matter what kind of health condition you may be dealing with, whether it is diabetes or a different disease, you should always be wary when drugs are quickly prescribed, especially when words like “lifesaving” and “critical” are being used. Is the prescribed drug something that you really need to take for improving your health, or is the pharmaceutical company trying to find a new lifelong customer to help them make even more money? You may be surprised at how many times the latter is the reality. This may not only hurt your wallet each month, but also harm your overall health because when you take prescriptions without any lifestyle changes, you are actually causing more issues while covering the cause of your health condition.

The Lies You Hear About Diabetes

Many of those who suffer from diabetes are told lies, or at least led to believe these lies, about diabetes being a life-long untreatable, debilitating disease. Patients feel they are stuck with it for life and that they'll never be able to get rid of it. They will have to take prescription drugs without any hope that things will improve. This is just not the happiest news and can really leave you defeated and wondering why you should even try making changes to your lifestyle if nothing will improve?

There are three lies that your doctors, as well as the big pharmaceutical companies don't want you to know about. If patients started to know these things and use them, it could really change the amount of money that these two groups would make on the millions who suffer from diabetes. The biggest lies that you will hear include:

- When you develop Type-2 diabetes, you are stuck with it for the rest of your life. No amount of diet changes, exercise or even medications will ever make this go away.
- You are going to need to start living the life of a diabetic and this process is not going to end until you die. This means that you will need to take the drugs for diabetes, inject yourself with insulin for the rest of your life.
- The prescription drugs that your doctor sends you home with are the best, and sometimes considered the only solution to diabetes. If you take these drugs, you are going to live a healthy and happy life. If you should ever stop taking them, you are sure to die early.

The problem these are all disparaging lies. If you continue to keep living the same unhealthy lifestyle that you have enjoyed all these years, yes, you will be stuck with diabetes for life. On the other hand, if you make some changes to your lifestyle and work hard, it is possible to reverse diabetes. Yes, you can even

get rid of the insulin monitoring systems, the testing supplies, and the likes.

In addition, big pharma wants you to become dependent on their drugs. They make a lot of money from diabetic patients, and insurance companies, so they want to spread as many lies as possible about their medications to keep you hooked. They will even pay doctors off who will prescribe their drugs, adding in more incentive for the doctor to give you a pill (and keep you on it) rather than help you in a more natural way. These pills often just mask the issue and never really fix the problem, many times you'll need to take more medication to overcome the side effects of the initial set of prescriptions…can you see why this is a vicious cycle? Without changing your lifestyle, you could be dependent on these drugs forever and it could be causing other long-term damages to your body that you didn't even realize possible.

So how do the big pharmaceutical companies do it?

Most of us consider ourselves educated and would think before we jump into something or start taking expensive medications daily. For some reason, countless people are on unnecessary medications, and we are paying monthly so that the big executives at these companies can go on their vacations and have fun. How are we being convinced to make these purchases when just a little research could help us to avoid these pitfalls and get us back on track with healthier alternatives?

First, these medications are being prescribed by our doctors. When a doctor tells us we need to take these medications, we're typically conditioned to listen. Most of us trust our doctors and we believe they are giving us the best advice possible. Therefore, when we're given the prognosis and we fear dying from diabetes, stroke, heart attack, kidney failure and more, we have the tendency to believe that drugs will prolong our lives and keep ourselves healthy.

Now, those are the side effects of living with diabetes, and we are told that we need to take the drugs if we want relief from the symptoms and stay healthy. Most of the time, we don't even stop to consider that the side effects of taking these medications can sometimes be worse than diabetes. The side effects from

diabetes drugs can include heart failure, vomiting, a weakened immune system, a higher risk of cancer, stroke, heart attack, liver issues, and hepatitis. Considering these medications are supposed to be helping you, there are quite a few conditions that could kill you much faster than diabetes itself.

We take these drugs because we think they're going to help us get healthier. We assume that if we stay on them just a bit longer, the diabetes will get eventually get better. Study after study has proven that treating diabetes with just medications is not effective at stopping the disease progression. Over time, those who are on these medications will be prescribed higher and higher dosages. This is going to make the pharmaceutical companies wealthier (they want to squeeze every dollar out of you in the process), but reality is prescription drugs will eventually make your health worse.

When these medications start to fail, the doctor will start prescribing other options for diabetes. Often this includes not only more drugs, but also insulin injections. Unfortunately, it doesn't matter how well you follow the directions for these medications, your health will only deteriorate. These drugs, as well as the insulin will start to fail you sooner or later.

After being diagnosed with diabetes, you can't just continue with your current lifestyle and expect different results. The drugs won't be much help except make you sicker, and eventually the complications will be worse than the diabetes on its own. The true method of healing diabetes will not come from little pills that your doctor prescribes. It will come from understanding the root cause of your diabetes. It is also important to recognize that the drugs you are taking will treat the ***symptoms*** of the disease, but not cause of the diabetes. This means that while you may be feeling better, the disease is still there, causing havoc to your body and the medications won't help with that.

Let's look at it this way, when you get a broken bone, is it enough to treat the bleeding and take some pills to get rid of the pain. Yes, you can use bandages to stop the bleeding and there are painkillers that will help with some of the pain that you are feeling, but are you really better? No, you can take all the

medication in the world, but if you don’t set the bone and get a cast on it, you still have a broken bone, right? The same thing is happening when you take diabetes medications; you are going to feel a little better, but the disease is still there.

You are just a number to the pharmaceutical companies and the reality is they simply don’t want you to get better because there’s no money in cures, there’s only big money in treatments. As long as they can convince you to stay on their drugs, and on as many of them as possible, they’re happy fat cats. This is an industry that is all about how much money they able to make and they really don’t care about you as a person or whether or not your health is improving.

These companies really love to work with people who suffer from diabetes, because they know that they can keep this income stream going for years to come. You aren’t getting better from these medications, but with some good marketing and with the help of the doctors you visit, they’ll convince you that this is your best option. You will suffer with bad health for many years to come, and big pharma will continue to make big money as long as they can keep you dependent on their drugs.

The good news is that there are methods that you can use to treat diabetes, and they don’t include pills which make someone else rich for the rest of your life. It will require some work and dedication, but if you stick with it, you can even reverse your diabetes. Of course the big pharmaceutical companies don’t want you to know about this; but, if you chose to go with the natural remedies we will discuss in this book (or a combination of them) for your diabetes, it will cost big pharma thousands of dollars over your lifetime.

Being a smart consumer, doing your research, and learning the truth about diabetes and how you can reverse and cure diabetes. These natural alternatives can help you feel better, reverse diabetes, and keep you from wasting your hard-earned money on pills that simply don’t work.

Chapter 4: No Insurance? Where to Buy Cheap Testing Supplies

Now that we have spent some time talking about how the medications are not benefiting your overall health, it is time to move on to learn about some of the more natural methods that you can use to treat and reverse diabetes. There are so many healthy alternatives you can incorporate into your life which will reverse diabetes, rather than just hiding the symptoms of diabetes.

Don’t believe in the hype that you must purchase expensive meters and testing strips in order to obtain the most accurate readings of your blood glucose levels. There are commercials convincing you to believe that the most expensive supplies are the only ones that work, the only ones that will give you accurate readings. While their meters may not be any better than the cheaper versions, most of us will go with the higher grade, while shelling out a lot of money in the process, which is just extra profit in the hands of the big manufacturing companies with lofty advertising budgets.

If you don’t have insurance, it can seem like it will put a big chunk into your budget to just purchase the meters. On top of the meter, you’ll also need to purchase the testing strips each month (and those are not cheap either) and the bills just keep adding up.

Reality is, you don’t need to go with these expensive options. They may have a few extra features and look a bit nicer, but they work pretty much the same as the less expensive options that you can find at Walmart, Target, and other local drug stores in your area. You can even find cheaper testing supplies, you just need to go out and do your own research. Don’t just rely on your doctor’s or insurance company’s recommendations. Do some research, shop around and go with a meter that you can find on your own, you can literally save a bundle on supplies each month while still getting the supplies you need to monitor your blood sugar levels.

Getting cheaper meters

Don’t ever skimp on monitoring of your blood sugar levels as this is the only way you will know if you’re on the right path following the recommendations outlined in this book.

There will be times during this process when you will need to make modifications to the process to make sure that it is still effective for your needs. Everyone’s bodies are different and will react differently to the various methods of treating diabetes.

Yes, supplies can get costly and your insurance company may not even cover any of it unless you agree to take prescription medications as part of your treatment plan. The good news is that you don’t have to go with the option that your doctor offers. There are many great testing supplies, including the meter, that you are able to find as mentioned earlier.

As an example, Walmart carries inexpensive meters and test strips. You will be able get one of the ReliOn Meters, which is a great option to use, for about $9. When it comes to the testing strips, the ones that work with this meter will be about $9 for 50 strips. If you test a few times a day, it is still only cost you just a little over the $9 to do the testing that you need all month long. Think of how simple and affordable it can be to track your blood glucose levels, as long as you are willing to look around and find affordable prices. You can go with the ReliOn meter from Walmart or there are many other fantastic meters that are affordable and can fit into your budget. It’s always a good idea to check other retailers like Target, CVS or even Costco for more affordable options.

Chapter 5: Foods That Help Reverse Diabetes

Now that we know how dangerous medications can be when it comes to treating your diabetes, now, it is time to learn about some of the best all natural remedies that will help you to actually reverse your diabetes by solving the cause of the problem rather than hiding the symptoms. In this chapter, we will look at how the foods you consume can make all the difference in how you feel.

When it comes to reversing diabetes, you need to find foods that can provide you with energy without relying so much on the processed foods and bad sugars that you did before. Your body is damaged right now and is having trouble processing sugar because it's not responding to insulin. Adding in more sugar or glucose will only make matters worse.

There are other sources of energy that you can rely on while the body is cleaning itself out and trying to get back to normal. You can go with the high protein and high fiber diets, and even healthy fats will be beneficial. Some healthy carbs like fruits and vegetables may help; you just need to make sure that all the carbs that you choose are whole and nutritious and not the processed stuff that you are used to in the past.

Over time, this is going to help to cleanse your body and make you feel so much better. Your body will be able to slowly clear out all the bad sugars that have been building up because you're not adding more and if you give it a little bit of time, you may be able to heal it enough to have an occasional sweet snack without ruining all the hard work. The amount of time that it takes to get the body back on track will depend on your personal results, as well as your body's blood glucose level at diagnosis, but when you are able to focus on whole and nutritious foods and delay the sweets and processed foods, you will have a better chance of reaching your overall goals.

Good foods to help with diabetes There are several great foods that you will be able to eat when it comes to being on the diabetic diet. To see results, you need to make sure that you are adding nutrient dense foods to your diet while eliminating bad processed foods at the same time. Some of the foods that you can include in your diet that will help you to prevent or reverse diabetes include: *Foods high in fiber*

You will want to make sure that you are eating lots of foods that are high in fiber while on this diet plan. This is because fiber is great at slowing down how much glucose is being absorbed into the blood. It will be easier to control your sugar levels and keep things at normal levels if less of the glucose you consumed gets into the bloodstream.

There are many great foods that you can enjoy that will be high in fiber. You can go with whole grains that have extra fiber in them or options like whole wheat oatmeal and some cereals. Options like healthy fruits are full of fiber, as well as some of the other antioxidants and nutrients that the body needs to stay as healthy as possible. Try to get in enough fiber each day with your meals so that you can slow down your glucose absorption to give your body a break without all the big hikes in sugar all at once.

Foods with lots of chromium Studies have shown how chromium is great at improving how your body able to tolerate the glucose inside of it. It is also good at balancing out the glucose levels in a natural way. Some of the foods that you can consume that are pretty high in chromium include beef that is grass fed, green beans, raw cheese, and broccoli so make sure to add lots of these into your diet.

MCFA's

This is a nutrient that is found inside of red palm oil and coconut oil. It is really good for balancing your blood sugar levels. In fact, the body would rather use this as its source of fuel compared to the sugar that you are usually feeding it so try to add this in and see how much of a difference it can make.

Fish

On the diabetic diet, you need to make sure that you are taking in plenty of fish on a daily basis. These are going to contain a lot of the healthy omega-3 fatty acids, which are good for providing you with a lot of nutrition and all the great oils that the body needs. In addition, these fish are great at reducing some of the inflammation that may be going on inside the body, which will sometimes help to counteract the negative effects that can happen when you are dealing with higher levels of blood glucose.

Other meats are allowed on this diet, but you need to make sure that they contain a lot of good protein and the leaner meats are often better. This means that in addition to fish, going with options like turkey and chicken work well. Ground beef can be fine on occasion, but sometimes the extra fats and cholesterol that are inside this meat source will add some extra work to the heart so it is best to avoid these and only consume them on occasion.

Foods those are low on the glycemic index

And finally, you need to make sure that you are going with foods that are considered lower on the glycemic index because these are the ones that are not going to spike your blood sugars much. There are so many great options that are going to fit into this category, including raw dairy, fish, eggs, meat, coconut, avocados, seeds, nuts, and many of the vegetables that you can add to your dinner plate.

All of the food types that are discussed above will help lower your blood glucose levels. It may take some time, but they will help to clean out the body and get it to a better working order than ever. Make sure that you are picking out meals that are wholesome and have many of these important nutrients and characteristics in them if you would like to get the best results.

Foods that you must eliminate from your diet to reverse diabetes

Not only do you need to worry about the foods that you should be avoiding on this diet, there is also a list of foods that you will need to avoid in order to see results. It is not going to do you any good to work on reversing diabetes if you

are still eating some of these foods on a daily basis. These foods will because make your problem worse, rather than helping you get better. Some of the foods that you need to avoid for optimum health includes:

Refined sugars

Any type of refined sugars, such as the ones found in some of your favorite baked goods and so on, are not allowed on this diet. These are going to really spike the glucose levels in your blood in just a few minutes. Options like sugary beverages, including fruit juice and soda are the worst and should be taken out as quickly as possible.

Refined sugars will enter into your bloodstream pretty quickly and will raise the level of blood glucose pretty quickly. While some people choose to go with some more natural sweeteners, like honey, these are still not the best option to go and it is best to try and avoid them as much as possible, at least while you are regulating the blood sugar levels. If you must use a sweetener, consider Stevia, a 100% natural sweetener.

Grains

It is especially important for you to avoid grains that contain gluten like grains, and wheat products, which also contain high levels of carbs. While a few carbs can be good for the body, these carbs are broken into sugar within just a few minutes of consuming them.

Not only are you dealing with carbs that are turning into more sugars in your body which your insulin will not able to handle, but the gluten from grains also cause inflammation inside the intestines. When this inflammation occurs, hormones like leptin and cortisol will cause a natural spike in your blood sugar. For the first three months or more of your diet plan, it is best to remove all grains from your diet to allow your body the time to heal. Once your body is healed, you may choose to add some of it back to your diet very gradually.

Cow milk

Cow milk is not good for anyone, let alone those who are suffering from diabetes, whether we are talking about Type-1 diabetes or Type-2 diabetes. Dairy can be good if you choose the right kind, such as sheep or goat milk. Other forms will contain the ingredient casein, which will harm the body and can trigger an immune response that is pretty similar to what you'd find with gluten. Also, if you do choose to go with dairy products, make sure to pick ones that are organic and raw so that they don't contain additional harmful substances.

GMO canola, soy, and corn

These all have been linked to liver and kidney disease and can promote diabetes. It is best to remove all foods that may have GMO in them, such as packaged foods, hydrogenated oils that would include canola, vegetable, cottonseed, and soybean oil in order to keep away these issues.

Sometimes, the most important part about dealing with diabetes through your diet is making sure that you remove the foods that cause diabetes, or at least worsening it, in the first place. This is a process that will take some time and sometimes it may be hard to give up some of your favorite foods, but when it comes to diabetes and how it affects all the parts of your body, it is important to start limiting these as much as possible to get the results that you want.

The top 9 foods that help reverse diabetes

If you are looking for some great foods that will make it easier to clean out the body and help out with the diabetes, there are many great options that are available to you. Some of the best options include:

1. Bitter melon: The first food that you can add into your diet to help with diabetes is bitter melon which can be found in Asian grocery stores. This is a unique fruit and vegetable combination that has been used both as a medicine and as a food. While the taste is going to be quite bitter and hard to handle for some, it contains three substances that are able to help fight diabetes including charantin, which studies

have confirmed to have an effect on lowering glucose levels in the blood. The best way to incorporate bitter melon into your diet is stir-fry. Just Google “bitter melon recipes” and you’ll find some delicious ways to enjoy this amazing vegetable.

2. Cinnamon: Studies have shown that cinnamon is able to reduce your blood glucose as well. A study followed volunteers who had up to 6 grams of cinnamon a day for forty days. At the end of the study, the volunteers say a drop on the levels of their blood sugars of about 24 percent.
3. Apple cider vinegar: If you consume apple cider vinegar after you finish your meals and at bed time, you may be able to limit the levels of you blood glucose. You simply need to combine 20 grams of ACV with some water and a bit of Stevia if you need to make this taste better, and you are set to go.
4. Raw potato starch: Raw potato starches have a lot of great fiber and other nutrients in them, and they can help you to feel full after the meal without feeling worn down or adding in a lot of extra sugars to the body. Add some of these into the meal and you will see a difference.
5. Green smoothies: Green smoothies are a great way to get a lot of healthy vitamins and nutrients that you need for the day into your body. They can balance out the blood sugar levels in the morning because they help to make you feel full without all the sugars and the extra calories. You can even add in a bit of fruit to the green smoothies if you want to enhance the taste.
6. Green tea: Green tea has been around for years and there are so many great benefits to it. First, you can use green tea as a method to help you relax and feel calm throughout the day. Reducing stress is a great way to deal with your high blood sugars. In addition, some of the antioxidants inside of green tea will help to take care of the sugars

and get them out so that the body can begin to repair.

7. Brown rice and quinoa: If you are going to consume carbs, you need to make sure that they are complex carbs that will fill you up so that it won't be converted into more sugars in your body. Brown rice and quinoa have a lot of added nutrients, without all the bad stuff, that can help you to feel satisfied at the end of the day and they work well with many of the meals that you prepare.
8. Berries: If you are going to choose fruits to consume, stick with berries. These have a lot of sweetness that you are looking for, which can be helpful when you have cravings for something sweet but not cheat on the diet, without having too much sugar. Plus, berries are really good at adding in lots of antioxidants, which your body is going to need at this time.
9. Coconut oil: Adding oils to the cooking that you do can make it easier than ever to get the meal done and to make it taste good. When it comes to fighting off diabetes, it is best to go with coconut oil because it has shown to be the best for controlling your glucose levels.

These are just a few of the foods that you will be able to consume in order to help deal with Type-2 diabetes. Mixing in a wide range of different foods is a great way to make sure that you don't get bored with the diet, that you are getting a wide variety of nutrition each day, and that will help to reverse the effects of Type-2 diabetes on your body.

Chapter 6: Importance of Exercise

While the diet you consume will have some amazing benefits on your health and in preventing and reversing diabetes, you also need to make an effort to include a good exercise program. This can make your heart stronger and ensure that you burn up some of the extra fats stored inside of your body. Did you know there is one particular type of exercise that is better for preventing and treating diabetes?

When most of us hear we need to go on an exercise program, we assume that we need to start running as hard as we can and as far as we can and most of us are not going to look forward to this. Exercise is a great tool for reversing Type-2 diabetes, but it is not the only option and you could be ruining your health, or at least not seeing the benefits that you want, if you choose the wrong type. Here we are going to take some time to look at the importance of exercise and how it can help you out with diabetes.

Aerobic exercise versus strength training

There are two main types of exercise that you can choose from. Most people will consider aerobic exercise because there are usually more options available. They also like the idea of burning a lot of calories in a shorter amount of time while working out and they find it rewarding to get up a good sweat and work the heart.

There are many types of aerobic exercises that you will be able to do including running, walking, biking, dancing, and swimming and you can mix and match them to get the results. When it comes to diabetes, this is often not the main method that you should focus on. Aerobics can be good for some people, but often it is working with the wrong parts of the body (your heart is already working hard enough at this point and we want to focus on lowering our leptin and insulin resistance).

On the other hand, weight training is often an overlooked part of your fitness routine. You need to be able to do some strength training if you would like to see results in your body. Not only does it help your muscles get stronger and better able to handle the demands of life, but it can help the body repair itself, deal with the insulin sensitivity, and so much more.

Of course, it is often best to combine these two types of workouts. You should be focusing more on strength training when trying to reverse diabetes, but adding in some aerobics. Going with a high intensity interval training can be the best workout program to help you out.

Why should I pick strength training?

Most of us have heard that adding strength training to our routine can make a big difference in the results that we get for weight loss and toning, we may include it into our routine one to two times a week for few minutes. When it comes to reversing diabetes and helping our bodies feel better, strength training is one of the best options. In fact, you should change your routine to have strength training be the bulk of what you do each week for the best results.

There is a direct correlation between how much time you spend on strength training each week and how low your risk of Type-2 diabetes will be. For example, if you add strength training to your routine for up to 59 minutes a week, you could reduce your risk of diabetes by twelve percent. If you spent up to 149 minutes a week doing strength training, this number would go up to twenty-five percent and those who are able to get in two and a half hours or more each week can lower it even more.

The interesting thing about strength training is that it is able to reduce your risk of diabetes all on its own, even if you don’t engage in aerobic exercise. On the other hand, when you choose to combine the aerobic exercise along with your strength training, you will see that the benefits are going to grow even more. For example, if you split your time evenly with two and half hours on aerobics and that same amount of time on strength training each week, it is likely that you can reduce the risk of developing Type-2 diabetes by up to 59 percent!

Now, we have been talking about reducing your risk or preventing diabetes with the help of strength training, but that doesn't mean that hope is lost if you already have diabetes. A study that was recently done found that people who are already have Type-2 diabetes are able to extend their lifespan with some regular physical activity during the day. Even men who are only moderately active can lower their risk of dying from diabetic complications by 38 percent and their risk of dying through heart disease was lowered by 49 percent.

If these numbers are enough to convince you to spend at least a little bit of your time up and moving, especially when it comes to strength training, nothing will! It doesn't take too much of your time to add in a little bit of strength training, as well as some aerobics to finish it all out to get some of the great benefits that you are looking for.

Why is strength training the best?

Now that we have taken some time to look at the numbers that come with strength training, you may be curious to find out why strength training is so effective in helping you to fight off your diabetes. Not only is it able to help you to build some muscle mass and can even reduce your risk of cancer at the same time helping with the diabetes, it is going to be effective at cleaning out your body and making you feel good. This method works because it is one of the most powerful and effective methods of lowering your leptin and insulin resistance, which are both big issues in the body when you are dealing with diabetes.

If you have Type-2 diabetes, or you would like to prevent its onset, you need to take the time to explore the root of the problem. We already discussed what happens when you just try to mask the symptoms of diabetes without taking care of the root of the issue, and we know this leads to worse problems down the road. The root of diabetes is not always the levels of your blood sugars, even though your doctor is going to try to convince you otherwise. When you think of this as an issue of blood sugar level all the time, you are more likely to look for the easy way out, such as taking more insulin and more medication. However, when you focus on what is the cause with this form of diabetes, you can count

on finding a solution to reverse it.

Remember that with Type-2 diabetes, the issue is insulin. Your body is producing the insulin that you need, but the cells are not responding to it any longer which is leading you to have higher blood sugars in the body. Adding in more insulin to the body is not going to solve this issue because the body is not responding to the insulin in the first place. What we really need to work on is teaching the body how to respond to the insulin again so that the cells can get the energy that they need in an efficient manner.

Strength training will help with this sensitivity issue with insulin. It will help your body to respond better to the insulin that is being produced, so those blood sugars, the ones that are supposed to be providing you with energy, will actually start to work. Strength training is also effective at helping out with your leptin production, which is the hormone that is used to help regulate your body weight and your appetite. When all of these come together, it is much easier to stay in the good health that you want and to keep diabetes away.

First, we need to understand how these different things work and why it is so important that strength training will help you. First, let’s take a look at leptin. Leptin is a hormone that will be produced inside the fat cells and it is in charge of regulating your bodyweight, as well as your appetite. It works with your brain by telling it how much you need to eat, when it is time to eat, and even when it is time to stop eating. Once you are done eating the meal, your leptin hormone will tell the brain what it should do with all this energy.

Leptin is important in the body not only because it tells you when to eat and when to stop eating, but it is also going to be responsible for signaling the insulin and it can be a huge determinant of the body becoming resistant to the insulin. If you use strength training to control the leptin in the body, it will be easier to control the insulin and you will have fewer issues with eating too much, taking in too many carbs and sugars, and even issues in insulin sensitivity.

Now, in regard to insulin, this is an important hormone in the body that is going to take the energy that you supply from grains and sugars and provide it to

the cells to help you to feel energetic and ready to move. If the cells are not using this energy, the insulin is going to be responsible for storing the extra energy as fat in the body. The major role of insulin inside your body is not to work on lowering your blood sugars, despite what modern medicine and the doctor has told you. Rather, the insulin is going to work in order to store this energy to use later on, when you need some extra help. The side effect of insulin storing the energy lowers blood sugars, but this is not its primary job.

The issue of diabetes occurs when the body starts to become resistant to insulin. Each time that your cells becomes exposed to the insulin in the body, it is going to become more resistant to it. This means that if you ingest a lot of grains and sugars in your diet and the insulin level goes up, it will be easier than ever for the body to become resistant to this hormone. Eventually, the cells will stop responding to the insulin and you could end up without the energy storage that you need.

All of this will make it hard to keep diabetes at bay if you don’t implement a strategy right away. Exercise is proven to be one of the best and the most effective ways to reverse insulin resistance and to even help the cells respond to insulin again. This is true with strength training, as well as high intensity aerobics, but the strength training (whether it is used on its own or along with the aerobics) is one of the most effective ways in making it happen.

Other workouts for diabetes While strength training is considered as one of the best workouts to use for reversing diabetes, it is definitely not the only one that you should try. There are many different types of workouts that you can try to help you to burn fat, relax, and stretch your muscles. Some of the other workouts that you should try, besides strength training, to help prevent or treat your Type-2 diabetes includes: *Meditation*

One of the things that you need to concentrate on when diagnosed with diabetes in addition to the exercise program and diet plan that we already discussed is the idea of reducing your stress levels. Stress has some horrible effects on the body and can hinder how well it is going to function. If you want a chance of getting back on track, you need to learn how to effectively manage your stress while providing the body good nutrition and support.

Meditation is a great way to safely deal with your stress levels. It forces you to take a step back from the things that are bothering you and causing stress so that you can focus on the positive things that are going on in your life. You would need only about fifteen minutes a day to complete meditation, although you can do this several times if you need some more help with your stress levels. A bit of time for yourself in a quiet room, focusing on your breathing, and trying to keep your mind free from all the worries that are bothering you through the day (this one can take some time, but just be patient with yourself and it will come), and just learning how to relax.

Over time, you will notice that your levels of stress decreasing and you will feel much better. You can use mini-meditation sessions, such as a few minutes of deep breathing, any time during the day when things go wrong and just the main meditation session combined with those will help you to relax and not stress out about so many little things.

Yoga

In between the cardio and the strength training that you will do to heal and reverse your diabetes you also need to allow some time to work on stretching. The muscles can get worn out from all of the movements and the work you put them under. Stretching is extremely important in preventing injuries during your workouts.

One of the best stretching exercises that you can do is yoga. This one includes many poses that you can pick from that will stretch out all the parts of the body from head to toe in a gently manner. There are moves that work for beginners, as well for those who are more advanced and you can modify pretty much any of the movements to make them work for your skill level. You should try to do yoga at least few times a week at least for a few minutes on your off days or after a tough workout to make sure that the muscles heal properly and don’t get torn or injured during this process.

Walking

Walking can be a fantastic way to get a workout and to even enjoy the weather when it's nice outside. You can choose to go on a hike, on a walk around the neighborhood, or even use your treadmill to help you keep track of the distance if you would like. The important thing here is to go at a brisk pace for fat burning, but not so fast that you get into a jog or a run and end up doing cardio.

Walking at a leisure pace and enjoying the day can work just as well. You will get the heart rate up a little bit compared to just sitting on the couch all day, and you can instantly lift your mood, burn some fat, and have a more effective way of getting to the store or meet up with your friends and neighbors as compared to driving. You can choose the distance that you want to go, either a few blocks when you first get started or a longer hike if you feel up to it, but any amount of time walking is effective and since it is so safe on the bones and joints, you are doing so much good for the body.

Rebounding

When you are working out for diabetes, the main idea is to burn up the fat, rather than do cardio, so you can use up the energy that is stored in the body since your cells are not responding to the insulin. Rebounding is a great method of doing this while still getting a great workout.

A rebound is a small trampoline that can help you to get a fun and effective workout. There are many different exercises that you will be able to do on the rebounder, so the exercises will not be boring. They are still low impact and great for fat burning. You can choose to do simple jumps on the rebounder or make it a bit more demanding such as jumps with waist twists, knee tucks, a jog, marching, sprinting on the spot, kicking, knee lifts, holding onto the weights and more. This is such a simple tool, but since you are able to change up the movements and its low impact, it can be the perfect exercise for you to get results.

Adding variety to your workout helps you to stay interested in the workout and prevents boredom, which can be your worst enemy when it comes to staying healthy. You just need to find the right workouts that will help to burn up the fat and not just the cardio ones. Cardio can be great and should be included into the rest when it comes to protecting your health, but they should be limited a bit since the majority of your workouts should focus on stretching, strength training, and the other fat burning options we discussed above.

Chapter 7: Herbs and Supplements That Help Reverse Diabetes

Home remedies have gotten a bad name in the past. Most people refuse to even consider them at all because they feel these home remedies are harmful to the health and won't give the results that are promised. Unfortunately, they are missing out on some great ways to take care of their Type-2 diabetes and they don't even know it.

Some of these herbal remedies have been around for a very long time. Our grandparents and their parents and so on down the line used herbal remedies and supplements to help them to feel better whenever they were sick or had another condition that they needed to take care of. Rather than relying on medications all the time like we do, they learned to listen to their bodies and then take the right herbal remedy for their needs.

It is becoming more common for people to choose to go with the herbal remedies in their lives rather than the medications, but the movement is slow still. This is because the pharmaceutical industries have done such a great job in convincing people that these herbal remedies are all fake and that they will not really work for your health. Why would the pharmaceuticals want you to go with these herbal remedies? They are making thousands of dollars off your choosing their products and you could easily go with an herbal remedy that is inexpensive and some of the ingredients can even be grown in your backyard. Also, natural herbs can't be patented, so there's no money to be made on natural herbs and supplements.

Herbal remedies are all natural and can really make a difference in your overall health. There are herbal remedies that are great for all parts of your body and your health, not just for diabetes, and you are going to love some of the results that you see if you choose to use it. You have so many options when it comes to using herbal remedies that you are sure to find the one that is best for your needs.

While there are many different kinds of herbal remedies that you can choose from, do take some time to explore the best options and make sure that you are getting the real deal. Most manufacturers and sellers are going to offer a product that is healthy and wholesome for you, but there are those out there who are more interested in making a profit and will not send you the product that is the best for you. Look at reviews, take a look at the ingredients of the herbal remedy to see if they are all natural or lots of synthetic stuff added in, and always be on the lookout so that you end up with the best options for your needs.

Some of the best herbs and supplements in order to reverse that diabetes are:

Probiotics

When you are dealing with the issues of diabetes, there are many areas of the body that are going to suffer. While you may assume that just getting the glucose levels down is all that you will need to do to see results, this is just not the case. You'll also need to take care of some of the other parts of your body and that includes the gut. All those harmful sugars and carbs that you were consuming have probably done a number on your body and now the stomach is going to be all worn out and tired.

One of the best ways to deal with this is to start taking high quality probiotics. These will help put back the healthy bacteria in your gut; these bacteria are there to serve a purpose of weeding out the bad stuff from your body and allowing the good stuff to come in. Over the years, with lots of neglect, you are going to find that the stomach has killed a lot of these bacteria and you may even be dealing with a lot of stomach discomfort due to lack of good bacteria. When you start to take a probiotic, you are introducing good bacteria back to your stomach so that they can get back to their jobs of helping you to regulate the body and keep things in line while helping with your diabetes.

Korean ginseng

Ginseng is a great herbal remedy to add to your day, especially after you eat, because it has been known to control your blood sugar levels after you eat. It will help in several ways, which includes helping the body to become more sensitive to the insulin that your pancreas is producing and it can even reduce some of the complications that you may be dealing with from Type-2 diabetes. There was a study done in 2012 that suggest that this kind of ginseng is a good therapeutic agent which help with the treatment and prevention of diabetes in many who used it.

In order to get some of the benefits that are promised with the Korean ginseng, you have a couple of options. The first one is to drink a few cups of tea that contains this form of ginseng each day. This can be a nice way to unwind at the end of the day with a relaxing cup of tea while also working on your diabetes. It is best to consume this after one of your largest meals so that you get the full benefits. You can also take between one and three capsules of ginseng each day for a few months. It is best to start out slow with this method and only consume about one a day to see how the body reacts and you can always increase the amount as needed.

Aloe Vera

Aloe Vera is not only good for soothing the skin after you have been out in the sun too long; it can also help you to get your glucose levels down a bit, especially when we are talking about the fasting levels. It has phytosterols in it, which will help to fight some of the bad effects of the high glucose, as well as the inflammation within your body. The added fiber that Aloe Vera provides will help your body utilize the glucose in your body more effectively, while removing the sugar that is hanging around and causing harm in the blood.

There are several studies that have been done in relation to how Aloe Vera can help lower your high glucose levels. In a study that was done by the Department of Pharmacology and Toxicology in 2012, it was shown that Aloe Vera looked really promising for treating diabetes and then in 2015, there was a study published that showed how those who were dealing with pre-diabetes were able to use Aloe Vera for four weeks in order to reverse the pattern of their high blood glucose levels.

Cloves

If you are dealing with not only high glucose levels, but also issues with your cholesterol levels, it may be time to try out some cloves. A study that was published in 2006 showed how taking in up to 3 grams of cloves each day was very beneficial to those who were dealing with Type-2 diabetes because it was able to help them control and maintain their cholesterol levels, as well as their blood glucose. You will be able to easily add cloves to your diet by throwing them into a few meals or just chewing right on the clove all on its own.

This herb is great because it contains a lot of properties that will clear out the body and make it healthy again. For example, you will find that cloves contain anti-inflammatory properties, as well as lots of antioxidants that help to detox the body and have been shown to help lower your levels of blood glucose. It is also beneficial for those who are worried about complications that can arise from diabetes, including vascular issues, eye disease, heart disease, and renal impairment.

Turmeric

Turmeric is an herbal supplement that just doesn't get the recognition that it deserves. This is one of the best spices that you can use to control your high blood sugars. There are so many good properties that are in turmeric that it should simply become a part of your daily routine no matter what. You will find that it has properties of weight reduction, heart protection, anti-atherosclerotic properties, antioxidants, and even help reduce inflammation.

There have been a few studies done on this remedy to show how effective it can be. A study that was published in 2013 highlighted how important it was to have turmeric in the diet because of the chemical curcuminthat is found in it. This particular chemical is good in treating and even preventing diabetes, as well as the other disorders that are associated with it.

In addition, there was a study that was published during 2014 that indicates that turmeric is a wonderful addition to your diet because it is able to fight some of the complications that occur to the kidneys when you are suffering from diabetes.

It is pretty easy to add the turmeric into your diet. You can add it directly into some of the foods that you consume each day to add a bit more flavor to the meal or you can take a supplement each day to get all the great health benefits that are offered.

Garlic

Garlic has been shown to help people who are dealing with diabetes manage their blood sugars and get them back to normal. The sulfur compound that is found in garlic protects against some of the damage caused by diabetes and it is even able to help lower high cholesterol if you that is something you're dealing with.

The Pakistan Journal of Pharmaceutical Sciences published a study that shows how supplementing in some garlic to the diet of someone with Type-2 diabetes is an effective way to control the levels of blood sugars. Further studies that were done in 2014 showed that garlic is very effective in treating your diabetes and it can help those with cardiovascular diseases as well.

If you would like to get some of the benefits of garlic on your diabetes, you need to make sure that you are getting in enough of garlic to your diet. One method of doing this is to take a few raw garlic cloves each day and eat them when your stomach is empty. If this is a bit hard on the stomach for you, add a bit of garlic right into your cooking or take a supplement to get all the benefits.

Curry leaves

Another option that you should try is aromatic curry leaves because they are really great at helping you to manage your blood sugar levels. There are several different minerals inside of the curry leaves that help you to maintain what is considered as normal glucose levels in the body. It will also help to influence how well carbs are metabolized in the body and it can reduce the risk that you have of oxidative stress.

The main reason to take the curry leaves is the hypoglycemic properties that are found in curry leaf powder. You should consume these in case you're taking in some extra carbs, or maybe even just to help the body to handle the carbs and sugars that you are trying to limit. It can also help diminish the severity of your diabetes so that the disease is easier to manage.

It is easy to get some of the benefits of curry leaf into your life. You can take a few curry leaves and chew on them each morning before you eat breakfast. You can also make some salads and soups and add in a few of these curry leaves naturally so that you can enjoy feeling full and satisfied while getting the benefits.

Fish oil

Eating fish and getting in some of those healthy nutrients from fish can be one of the best things that you can do for your body and when you add in all the great benefits of ingesting these oils for your diabetes, you will want to go fill up your freezer as soon as possible. It is particularly the omega-3 fatty acids inside the fish oil that are so beneficial. This is because these fatty acids are going to increase how much adiponectin that is released inside of the body, which is a hormone that is great at increasing your sensitivity to insulin. When the body is more sensitive to the insulin, it is more likely to take in the energy that insulin is trying to provide and you can get some of the symptoms of diabetes to go away.

Magnesium

If you are having trouble with getting your blood glucose levels to go the way that they should, it may be time to look and see if you have enough magnesium in the blood. Studies have shown how being deficient in magnesium may have a negative effect on your blood sugar levels. The risk of this type of diabetes can also be reduced in adults, as well as in young adults, who take in enough magnesium. Eating plenty of leafy vegetables and grains can help with that, but you may want to consider taking a magnesium supplement to reduce your risk of diabetes. You may also consider applying magnesium topically by purchasing magnesium flakes and dissolving them in water (aka magnesium oil) then spray this solution topically on your skin. Magnesium can be easily absorbed by your skin using this method. Amazon sells magnesium flakes, just Google for directions on making magnesium oil.

Chromium picolinate Chromium is a good ingredient to take into your body to help you manage the symptoms and the causes of diabetes. Since chromium picolinate includes chromium in it, you may want to consider taking this during the day when you want to fight off diabetes in a safe and effective manner. Studies have shown how taking this supplement orally is able to help in so many ways including lowering your insulin levels and even lowering high your blood sugars during fasting, making it one of the best choices to go with for those who are working on managing their Type-2 diabetes.

Alpha-lipoic acid Another option that you may want to consider taking is alpha-lipoic acid. This one does go by a few other names and is often shortened to lipoic acid so if you see this on the store shelves, it is the same thing. There are several studies that have been done which show how this supplement is able to lower your blood sugar levels to more natural numbers. It also has the ability to kill the free radicals in your body, which can help those who are dealing with diabetic peripheral neuropathy, as well as those who are dealing with numbness, tingling, itching, burning, and pain in the extremities because of nerve damage through diabetes.

There are several great herbal remedies that you can choose from when it comes to your health and dealing with the diabetes that has held you hostage for so long. While the pharmaceutical companies will do everything within their power to make sure that you stay away from these supplements and herbal remedies so that they don’t lose out on money. The natural methods listed in this book are the safest and most natural forms of medication available to you and often they work much better than the traditional medications that you get from your doctor.

Chapter 8: Essential Oils

When it comes to treating or reversing your diabetes or any other conditions that you may have right now, nothing works well as the essential oils. These are all natural and come from the world around us and they are used to treat a wide range of issues, including diabetes. You might even be able to grow some of them so that you can make your oils in your own home!

Aromatherapy is considered one of the best alternative therapies that you can use to treat and manage many diseases, including your Type-2 diabetes. These essential oils, when you pick the right ones, will promote low levels of glucose in your blood. Essential oils can be absorbed right into your skin which will allow the oils to get into the blood right away and start working almost immediately. Understanding how these work and which oils you should choose for your health will make a big difference in how well you are able to reverse your diabetes.

How to use essential oils?

Before we get too far into understanding which essential oils are the best ones for you, it is important to take a look at how you would want to use these first. There are honestly a lot of options when it comes to which method is the best for you so you will have quite a bit to choose from.

One method that you can do and one of the easiest is to just open the bottle of essential oil you chose and take in a few deep breaths. This isn’t going to require any additional work or preparation from you, but can work when you need a little bit of extra help on the go or after a meal.

Most people choose to go with some of the other options. Placing the essential oil directly on your skin can work because this will absorb right in and get to the blood in no time. If you choose to work with this option, make sure to use a carrier oil, such as some olive oil, to dilute it and make it not quite so

strong and irritating on the skin. In addition, try testing it out on a small area of skin first to see how you react (especially if this is the first time that you have tried out this oil) before you decide to spread it out onto a larger area.

If you would like to reduce your blood glucose levels while sitting back and relaxing, there are a few ways to do it as well. Some people like to add a few drops of the essential oils to their bath water and then just soak in it for some time while the oils absorbs through the skin and gets to work. This is a great way to reduce your stress levels too because you can use it as a way to unwind at the end of the day. It is best if you are able to stay in the bath for a minimum of 20 minutes so that you can really get the results from this one.

And finally, another method that you can use to get the most out of your essential oils is to invest in a diffuser and then sit back while the scents of the oil wrap around you. You can pick from a wide range of diffusers and they work with the oils that you choose from. The important part here is to remember to place it into a room where you will be able to sit and relax for at least about twenty to thirty minutes before you have to get up and do something else. This can include your bedroom, the living room, or another option.

All of these options are perfect for getting the essential oil to work well for you and you can just pick out the one that you enjoy the most. Some people like the idea of placing the diffuser in their rooms at night to inhale it while they are sleeping and others are fond of the bath water to help them relax. The important thing is to pick out the method that you are able to stick with so that you get the most out of their diabetes fighting powers.

Best essential oils to pick from There are many different essential oils that you'll be able to choose from. Some are going to work better than others based on the type of diabetes that you have and how severe your diabetes is. Often, you'll be able to combine a few of them together to get all the added benefits or you can choose not only the one that works but also smells the best to you. Some of the different essential oils that you are able to pick from to help you manage your diabetes include: *Coriander*

Coriander or cilantro is an essential oil that began in the western Asia area of the world. Traditionally, you will find that coriander has been used help with digestive problems, such as colic pain, anorexia, and so on when it is combined in the proper blends. For those who are trying to use it to cure diabetes, coriander is really great for promoting lower glucose level in the blood because it is able to increase how much insulin is released from the pancreas naturally. In addition, the coriander essential oil has been shown to exhibit insulin-like activities when it is at the cellular level.

Cinnamon

Any way that you decide to consume cinnamon is a great way to help reduce your high blood sugars. Consuming it orally, such as in the foods that you eat, is a great way to ease some of the symptoms of diabetes, and smelling it in the essential oil may be just as effective. Research has shown how cinnamon is able to help; it not only reduces the amount of glucose that is in the blood, but also it reduces the amount of cholesterol as well. So, if you are looking for help with your diabetes, as well as protect your heart, this is the one to go with.

Clove

There has been some research done that shows how clove, when consumed as a supplement or used as an essential oil, is able to balance your insulin levels. It helps by reducing the glucose levels of those with Type-2 diabetes. If you are fighting diabetes, it is a good idea to consume 2 cloves a day or start using a diffuser each day that has either clove, or a mixture that has clove, inside of it.

Myrrh

If you are looking for a different kind of oil that is able to add a new kind of scent to your home, myrrh may be the choice that you are looking for. Myrrh is a great one to help control your blood sugar levels and the antioxidant properties found in Myrrh are perfect for boosting the immune system. For these reasons, it is often considered one of the best essential oils for anyone with diabetes. It is also great for helping the body to heal from any damages that occur when diabetes takes over.

Ocotea

This one is a bit different. Ocotea is best when it is consumed in some kind of tea, although you are still able to use one of the methods that we discussed above to make it work as well. This one is going to work in a positive manner on the blood sugar levels when you consume it properly. It is good at helping to support your pancreas in regulating insulin, but it is also really good in digestion as long as you make sure to consume it about 10 minutes before you eat. In addition, this oil is really good for reducing some of the inflammation that may be present in your body and it will also help your body to react better to injury and irritation as it occurs.

Lemon

If you are looking for an oil that is not only going to help you with your diabetes but will also lift up the mood and make you feel so much better in no time, then look no further than lemon. The lemon oil is going to be great for helping you to relax and it is often used to treat the common cold. It will reduce stress and tension, something that you are probably facing a lot of when it comes to dealing with your diabetes.

Ylang Ylang

This is another great essential oil to use, and often is combined with the lemon oil, when you want help with relaxing, destressing and any anger issues. Many times as a diabetic, there are a lot of things that are out of your control and when you are trying so hard to cope with diabetes while not seeing the numbers go down or fighting with the doctor, you'll probably feel a lot of anger and stress at times. If you work with the Ylang Ylang oil and inhale some of the aroma, it is easier to reduce your blood pressure and even to regulate some of the blood circulation in your body.

Thyme

If you have been dealing with diabetes for a long time, you are sure to have some of the other harmful effects that we addressed earlier. Perhaps you may be dealing with psoriasis, bronchitis, and even some heart diseases because your diabetes was not treated properly in the first place. The good news is that using thyme will help prevent some of these diseases, as well as help resolve some if you are already dealing with them. If you are dealing with high blood pressure though, it is best to avoid this essential oil.

Orange

Orange is a great essential oil to try out when you want to fix the immune system and make sure that your endocrine system is back to normal. It is also good for helping reduce depression. All of this is going to make it easier to treat your diabetes and get you back on the right track again. You can choose whether you would like to diffuse the orange essential oil or if you'd prefer to digest it orally.

Cypress oil

If you have Type-2 diabetes, you may notice that your circulation is not as good as it once was. There are a number of oils that are able to help out with this kind of circulation, but none of them is going to work quite well as the cypress oil. This one is good in helping with the heart and can ensure that you are getting the circulation back to normal and running inside of all your joints.

Fenugreek

Since Type-2 diabetes means that the body is able to produce the amount of insulin that it needs but the cells are just not responding to it the way that they should, the fenugreek essential oil is a good one to go with. Fenugreek is able to help increase how sensitive the body is to insulin. This means that fenugreek is not only able to target some of the symptoms of the disease, but it can make it easier for the diabetic to enjoy life because the body is able to work with the insulin that the pancreas is creating. It will help the diabetic to feel more energetic and happy throughout the day.

Lavender oil

When it comes to picking out an essential oil that is going to work on everything and anything, lavender oil is the right one for you. This oil is great for helping you relax your body and turn your mind off after a hard day. It is good for lifting you out of depression and even dealing with some of the skin conditions that have been plaguing you for a long time. It is good for helping to calm down the diabetic while also helping to reduce how much glucose, or sugar, is inside of the blood. This is the perfect one to use if you are really stressed out while dealing with the diabetes as well.

If you are stuck on picking which essential oil is going to be the best one for you to use, don't worry. Many times it is a good idea to combine a few of these together and see how they work. You can combine lavender with myrrh for example in order to receive some of its calming effects, as well as to deal with the high blood sugars. Many times, adding three or four of these together will really help to get the results that you would like.

Essential oils are becoming a big part of the health and fitness world because they are really effective in doing their jobs without having to introduce some of the harmful side effects that we find with our traditional medicines. When you add these with some good supplements, a good diet, and some proper exercise, you are going to get all the results that you want and help reverse your Type-2 diabetes in no time.

Conclusion

Thank you again for purchasing this book, I hope you enjoyed reading it as much as I enjoyed writing it for you!

Finally, if you enjoyed this book I'd like to ask you to leave a review for my book on Amazon, it would be greatly appreciated!

All my best,

Sarah Underwood

Book Description

Diabetes is a word that can send chills down our spine. We all see it as an end sentence, something that we are going to have to deal with for the rest of our lives and which is going to include years of medication, hard work, and insulin injections. In this guidebook, we are going to take a look at the truth about diabetes and discuss why the traditional treatment of diabetes and all that medication is actually working against you and making the diabetes worse.

In this guidebook, we are going to learn the truth about diabetes and the cure that you need to take care of your body and get it to work well again. It isn't necessary to use medications, it is necessary to take care of the root of the problem and help your body to reset and heal. In this guidebook, some of the topics we will discuss include:

The basics of insulin-resistant diabetes

What doctors and the pharmaceutical industries don't want you to know?

How to find cheap testing supplies for your diabetes?

The right foods to fight diabetes.

How weight training is the best for burning fat and fighting diabetes?

Working with supplements and essential oils to help fight off diabetes

It is possible to take over your diabetes and get it to reverse and be cured. While we have been told for years that diabetes is irreversible and that we are stuck with it forever, and while we are pushed towards medication for years on end to make a big company more money, it is possible to cure diabetes through a healthy lifestyle and some hard work. This guidebook is going to help you to get started on the right track to preventing and treating your Type-2 diabetes!