

## Reversing Diabetes: Top Twelve Tenets for BIG Success

- Ⓝ **Stop eating all sugars of any type or any form.** Period. And no artificial sweeteners.
  - Ⓝ e.g. no agave, honey, maple syrup, organic cane syrup, high-fructose corn syrup, fruit juice extract, dextrose, sucrose.
  - Ⓝ Use natural sweetener like xylitol or stevia ONLY for first 2 weeks if needed to help wean you down from needing foods to taste so sweet.
- Ⓝ **Stop eating all foods made from any kind of flour**
  - Ⓝ Yes, even if it is gluten-free, whole-grain, stone-ground, organic, and/or made-by-your-grandmother-from-Vermont. Period.
  - Ⓝ e.g. crackers, cookies, bread, pasta, wraps, rolls
- Ⓝ **Stop eating processed foods** from boxes, bags, cans, cartons, and packages.
  - Ⓝ Whole food choices like frozen fruit, frozen vegetables/fish, precooked whole grains, canned beans, etc. with no other additives are good exceptions.
- Ⓝ **Eliminate all Alcohol and Caffeine** (except one cup of green tea/day).
- Ⓝ **Eat natural fats liberally.**
  - Ⓝ Get most of your fat from foods (e.g. salmon, avocado, nuts, seeds, olives, eggs, coconut). Be careful of nuts: a serving is  $\frac{1}{4}$  cup.
  - Ⓝ Don't eat any non-fat foods.
  - Ⓝ Use ONLY cold-pressed oils, primarily olive oil and coconut oil (and also small, occasional amounts of sesame, walnut, avocado, and grapeseed).
- Ⓝ **Anchor your diet with vegetables, vegetables, and more vegetables.**
- Ⓝ **Eliminate from your diet all dairy foods and all foods containing gluten**
  - Ⓝ 100%, cold-turkey, no excuses, no "just one little bites"
  - Ⓝ Dairy: cream, milk, butter, half-and-half, cheeses, any sources at all of whey or casein (including protein powders, read labels!).
  - Ⓝ Gluten: wheat, barley, spelt, kamut, rye, and any sources of gluten (e.g. non-GF soy sauce, salad dressings, canned soups, caramel coloring, beer, artificial flavorings)
- Ⓝ **Eat at least 15 grams of protein in your breakfast every day**
  - Ⓝ I recommend rotating between a protein smoothie and eggs with veggies.
- Ⓝ **Slow Down and Savor your food. Eat something every 3 hours. Don't eat anything for a full 3 hrs before you go to bed.**
- Ⓝ **Take supplements to reverse insulin resistance** – encouraging your cells to open up and start accepting sugars again!
- Ⓝ **Move. At least 3 days a week, do something for 30 min. that gets your heart rate up** a bit and gets your mind away from your troubles. As you start to feel better, do more.
- Ⓝ **Relax. Sleep at least 8 hours/night.**
  - Ⓝ Seriously! Stop joking about the stress in your life and start reducing it!