

# Diabetes Freedom

Main Manual



George Reilly

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## ***Welcome message from George Reilly:***

### **I would like to welcome you to the Type 2 Diabetes Freedom Program.**

First of all, congratulations on making this major decision to improve your health.

You are about to begin a journey which can “reverse” your illness, so that you can live life to the full. What is more, you will no longer be prey for large pharmaceutical companies, saving a fortune on medicine.

I’ve worked extensively to create this program, and develop some simple steps to implement... Now it’s down to you to follow them.

In this complete program, there are temporary-style meals to eliminate the fatty deposits which form around your pancreas, which will enable you to reduce the symptoms, and then to get rid of your type 2 diabetes, in under two months.

In addition to this, you will discover 7 rules which will help to boost your metabolism, increase levels of brown fat and prevent diabetes from reappearing.

Finally, you will find efficient strategies to increase the program’s efficiency: ideal mealtimes and exercises to beat diabetes, as well as a number of videos in the supplementary guides.

The tutorial videos provided have been created by my colleague Andrea Arona – a certified nutritional expert and personal trainer – and myself.

Andrea truly loves sharing her knowledge and presenting it the clearest way possible. You can cast a glance at the Diabetes Freedom training videos on the product access page. I have no doubt that you’re going to love them.

I strongly advise you to watch them all as well! I also recommend that you save all the videos and the PDFs in the program in a folder named “Diabetes Freedom”, so that you can access them easily.

#### **Let’s take an important moment... to talk about you.**

Investing in your health and future puts you in the top 1% of the population. Rather than waiting for something to happen in your life, you’ve decided what your goal is, and you’re giving yourself the tools to reach that goal.

And for that, I commend you.

For one thing, you want to stop suffering from your type 2 diabetes, and this is an excellent starting point. From now on, we need to think carefully about things.

In order to do this, start by creating a list...

Identify the things that you would like to do if you didn't have diabetes. For example, what would you like to do when you're able to travel, and you have boundless energy to go wherever you want?

Do you wish to visit a specific location? Or perhaps go and visit your friends and loved ones, whom you haven't seen in far too long? Or go and see the beautiful island that you've always dreamt of? Or consider some hobbies that you'd like to take a lot further?

Write these things down; take your time...

Next, you'll need to add one more thing to this list: why do you want to get rid of diabetes for good?

Write down everything that comes to mind, holding nothing back. For example, maybe you wish to be more present for your family, do more physical activities with your kids, or simply be there to see your grandchildren grow up in peace.

I would imagine that you want to be able to get up more easily in the morning, looking at the day ahead with joy. You don't want to have to control your blood sugar levels throughout the day. You want to feel free, young, and above all in excellent physical shape.

### **Add reasons like these to your list.**

In addition to this, think about the following things in your list: why you deserve not to have to constantly manage your diabetes. Write down all of your best qualities, and all of your greatest achievements.

What have been the achievements that you're most proud of in your life?

Raising your children well? Doing well in your education? Having a successful career?

What have you done to give back to the world?

How have you gone out of your way for your loved ones?

Maybe you always give way to strangers on the road.

What are the things that you like about yourself? Maybe it's your work ethic? Or maybe it's your witty sense of humor? Maybe it's your ability to keep a smile on your face in any situation?

Think about the qualities which are particular to you. These are even more reasons which show that our world needs you. If you have trouble thinking of these, feel free to ask a loved

one to enlighten you on your best qualities. Just don't skip out this stage! This step is as crucial as your diet when it comes to eliminating your diabetes for good.

Take this list, and put it in a safe place that you can easily access.

In difficult moments, reread your list. If you're feeling a bit down, the same applies. It's essential to remind yourself of your hopes and dreams, and to make a mental note of them.

### **I succeeded in my mission. What's yours?**

How will you fight for your dreams, whatever happens, especially if your diabetes gets in the way?

I have worked extensively in order to gather all of this scientific information and create these meal plans. Now, it's up to you to implement them in your daily routine.

A lot of type 2 diabetics have had trouble changing their lifestyle (admittedly, these people have never tried the meals which are suggested in this program, but that's not the point). If you've had difficulties reaching your objectives, ask yourself this question: why?

However, this is not about "asking what your problem is". You don't have a problem (consult your list if you need to remind yourself of the positive things about you). At the end of the day, it's not a problem of self-control. The problem comes from your environment and a lack of knowledge.

What do I mean by your environment? I mean the place where you find yourself, and the people who surround you.

However, you don't need to go and see professional coaches or dieticians in order to change.

The goal here is to spend time with positive, optimistic people. These are people who approach life with a smile, and spread positive feelings. These people will be able to understand your goals, and share your enthusiasm.

Think about people who you're close with who are like this. Maybe it's an acquaintance rather than a friend. Or maybe it's your partner. Whoever it is, spend more time with these people. This optimistic take on life will help you believe in your own dreams.

Besides this, make sure you spend time in places which do you good. If you like nature, make the most of this at the first opportunity! If your health stops you from going for a walk, plan a nice picnic in a park instead.

Are you a foodie who loves trying out restaurants around town? If this is the case, we have incorporated it into your personalized Type 2 Diabetes Freedom program. Don't forget this; it's crucial to visit places you like.

After all, you need to take care of yourself, so that you can remain hopeful and optimistic in your life.

If you think that these things have nothing to do with a health program, consider the fact that your psychological and emotional health is directly connected with your physical health. I would encourage you to do things which really make you happy. By doing this, you'll find that your health goals are much, much easier to reach.

### **What happens if you don't succeed?**

What happens if you slip up and you don't stick to the meal plan (although you should be aware that the majority of people who have started this program love the tasty, healthy recipes)?

Do you want to know what I say to people who come to see me and admit that they've had some difficulties and haven't been able to stick to their goals?

I just say: "So?!"

Seriously... What's the problem? You've had a moment of weakness – that happens to everyone. This has happened twice to me personally, the first time I tried this program myself.

To remedy this, consult your list and remind yourself of your goals and why you deserve to reach them. Then you simply carry on.

Forget about this one bad day, and don't let it spoil your week. There are still six glorious days left when you can do a lot of great things!

Above all, like a baby taking its first steps, plant your feet firmly on the ground, and put one foot in front of the other.

### **Your new life starts today.**

How do I know that? Because the program that you have in front of you has already helped over 40,000 diabetics to suppress their type 2 diabetes, and above all take back control of their lives.

As you're working your way through this program, remember what I've just told you. You should take care of yourself, do things which make you happy, and calmly continue to move forward, one step at a time.

You can do it, I have absolutely no doubt about that.

Now, let me explain one important thing to you.

## How to use this program:

Firstly, have a look through this guide to give yourself an idea of the overall content. Read the introduction on type 2 diabetes carefully – this is essential. This chapter has been written to enlighten you on the causes of diabetes, and the toll it can take on your body. This will allow you to fully understand why you've taken the excellent decision to rid yourself of diabetes – all thanks to the Diabetes Freedom Program.

Following this, you will begin the Program with the 10 Day Super Drink Purge. Next, you'll apply the 8 Week Dieting Strategy. This combination of programs makes up the Temporary Meal Plan to boost your pancreatic function.

However, please consult your primary care physician before starting, to make sure that you're not going to have problems following this program.

**Important:** keep the videos close at hand; they're essential for the program.

Please read the 7 Diabetes Freedom Diet Plan Rules **carefully. Apply them during the Temporary Meal Plan.** A lot of diabetics find this simpler to put them into practice one rule at a time. For example, they start by keeping a meal journal (rule 1) for the first week. The following week, they begin to incorporate spices to make their meals more interesting, and so on.

Please stick to these rules, even after you've completed the Temporary Meal Plan.

(I find that it's useful to apply the 80/20 principle for this type of healthy habit).

For example, if you follow them for 80% of the time, this is enough for you to be happy and in excellent health. So, the other 20% of the time, you can relax... a bit.

Let's take rule 7: **Daily TV time = exercise time. So, time spent in front of the television is equal to the amount of time spent doing physical activity 80% of the time – you'll see incredible benefits to your health, and this will also leave you time to relax and unwind a little bit!**

I have also written a VITAL chapter which will open your eyes to the food industry's scams – Diabetes Freedom CONDEMNS: **Falsely Dietetic Food Products (Do Not Trust!)**

**Overview:** The food industry poisons our body with completely processed products, which are void of any nutritional value, and which are extremely dangerous for your health. And it gets worse: they claim that these products are nutritious... and good for your health.

Don't be scared, read this chapter carefully (and feel free to print it as well). Follow my advice, and you will be in much better health.



Afterwards, you'll need to download and watch the Diabetes Freedom videos, so that you're able to apply the principles to your food habits. Put them in place when you start the Temporary Meal Plan. These pieces of advice mean that you will be able to enjoy the food that you love, while avoiding spikes in your blood sugar.

(Always **remember** the 80/20 rule).

Finally, after completely eliminating your type 2 diabetes, and saying goodbye to your medication, remember this...

### **Take care of yourself, whatever happens.**

By following these 7 Rules after the program, you will prevent diabetes from reappearing. However, you will need to live intelligently. So, you'll need to stay active, and eat right 80% of the time. That way, you'll take care of your body and mind, while doing the things you love.

That's the most important thing in life and in this program: enjoy it!

Always keep the start of this guide in mind. Read it regularly if you need to. You should know that when your health is neglected, it's generally the result of a difficult period. So, in times of difficulty, keep this list close.

Remind yourself of this: The key to success is:

- Spending time in the places you love...
- Doing the things that you love...
- With the people you love.

If you do these things, you'll be glowing with health, at the same time as being happy, and ridding yourself of your type 2 diabetes once and for all.

And on that note, I wish you happy reading, and a wonderful healing process.

*To good health,*

*George Reilly*

*Creator of Diabetes Freedom*

## An Introduction to Type 2 Diabetes

Type 2 diabetes is a huge epidemic on a global scale. Despite this, a large number of people are still unaware of the causes behind type 2 diabetes, and what can be done to avoid it.

Before moving on to freeing yourself from type 2 diabetes, we're going to start by analyzing how it arises our bodies.

You'll soon find out that type 2 diabetes can be effectively avoided, and that you can even rectify a blood sugar level which is currently too high, thanks to the Diabetes Freedom program.

Unfortunately, the pharmaceutical industry and its lobby groups have sown the seed of misinformation about type 2 diabetes, an illness which is becoming more and more widespread in today's society. The pharmaceutical industry earns billions of dollars from type 2 diabetics. It sells them medication at astronomical prices, and on top of this, doesn't care at all about their health.

We might have guessed this; after all, they are in the money-making business.

For example, if everyone learned to control their glycemic level, the pharmaceutical industry would instantly lose billions of dollars. Of course, that would be terrible for business!

Even though it falls upon public authorities to take health problems such as type 2 diabetes into account, they're also very cautious on the subject, as billions are at stake.

I implore you to read what follows carefully. There is an extremely simple explanation behind the causes of type 2 diabetes. Furthermore, if you know people who have a high blood sugar level, feel free to send them this guide. Because whatever it may be, the first step in fixing a health-related problem is to understand the causes of it.

Let's start... by travelling back to our ancestors' time.

You see, human beings are extraordinary machines – we store lots of calories so that we can survive in hostile environments. A long time ago, food was very infrequent, and when we weren't able to find nuts or berries, we compulsively ate a lot of food to overcome the next shortage...

The winters were extremely cold, the summers full of heatwaves, and food itself was clearly not present in large quantities.

Around 50,000 years ago, there were no grocery stores, so it wasn't easy to find nutritious food such as nuts or fruit.

Nowadays, you can find biscuits, cakes, sweets, ice cream, burgers, and other unhealthy foods almost anywhere. However, our brains have not changed. They want to eat everything in sight and more, if these foods are particularly high in calories!

50,000 years seems like a lot, but our hormones, brains and instincts have hardly evolved at all.

Now, let's think about what happens when we eat. When we eat a slice of pizza, a burger or some fries, the first things your body digests is the macronutrients (carbohydrates, fats, and protein). Then, the elements that you can't digest such as fiber, alcohol, waste, etc. are filtered out by your liver.

Perhaps you measure food in terms of calories. However, your body sees food as a source of fuel - like a car which needs gas to function.

So, if you consume more fuel than you need, your body will conserve the excess food in the form of fat – or what we call adipose tissue. This is a survival technique that our bodies have developed through evolution. After all, 50,000 years ago, fat reserves were often the difference between life and death.

This is a problem, and it mainly concerns the western world: carbohydrates (sugars and starch). They suffer from a terrible reputation in relation with type 2 diabetes. However, they're not necessarily problematic when they're consumed in moderation. The problem comes from the fact that in general, we consume far too many carbohydrates. This is our MAIN problem: we eat far too many carbohydrates, and an excess of the bad ones!

**You should know that the carbohydrates that you consume are converted into simple sugars - namely glucose. Our bodies use this as its main source of fuel. So, whether you're eating bread, rice, cereals, pasta, ice cream, sweets, pizza or sugar, this will end up in the form of glucose in your body.**

Glucose is a vital fuel for your body. However, it also has devastating effects on health when present in large quantities.

Given that the carbohydrates you consume are eventually transformed into glucose, and given also that this glucose is a fuel source, our bodies have evolved. They've found an effective way to remove it from the bloodstream, and to store it in our cells. This is how our bodies use the liver and muscles to store the excess glucose, in the form of glycogen.

This is why carbohydrates are extremely important for athletes, whether this is for strength or endurance. Muscles need glucose to be able to function efficiently, and everyone who is very active consumes – or burns – a lot of glucose.

So, it's crucial to stay active, and participate in regular physical activity; especially if you suffer from type 2 diabetes. This should be done at the same time forcing yourself to change your diet to avoid spikes in blood glucose.

Consider glucose as a “vital fuel”, because it's used by your working muscles – or your brain when you're using it a lot.

Now, very specialized cells in your pancreas quickly detect an abundance of glucose in your bloodstream. After a meal which is rich in carbohydrates, they secrete a hormone called insulin.

The secretion of insulin is absolutely crucial for our bodies. It allows the assimilation of glucose, fatty materials and amino acids into muscle and liver cells, so that these nutrients can be used as fuel.

So far, no problem. However, when cells are full, excess glucose is transformed into fat. So, in a sedentary person, these cells will become full quickly. On the other hand, if you regularly participate in physical activity, these cells have more room for glycogen, because your body needs it – it needs more fuel.

So, the excess of unused glucose = PURE BODY FAT

Let's quickly get back to the hormone secreted by your pancreas: insulin. This is one of the first hormones to have evolved in the human body. Our animal friends also secrete insulin to store excess nutrients. We share this survival technique so that we can foresee long periods of famine.

Remember this: our bodies evolved from a period where food really was rare or almost impossible to find. As a consequence, our bodies are suited to become incredibly efficient storage machines.

We should emphasize that it's sugar – or glucose – which is stored in the form of fat, and not true dietary fats which come from nuts, seeds, and oils.

Let's go into some more detail about the types of food that we used to eat around 10,000 years ago. Our ancestors had almost no access to sugar or carbohydrates. Things have changed.

You just have to browse our grocery store aisles: there are carbohydrates everywhere, and in everything. In excess, these carbohydrates are generally very unhealthy, and cause your blood sugar and insulin levels to shoot up!

Primitive humans used to eat fruit, roots, and game very occasionally. However, most of the carbohydrates that they found were extremely high in dietary fiber. These significantly reduced the increase in blood sugar levels.

A lot of eminent paleoanthropologists have confirmed that our ancestors consumed around 100 grams of carbohydrates per day, and maybe even a lot less than that!

Nowadays, you should know that one person generally consumes between 350 and 600 grams of carbohydrates every day.

As well as our huge carbohydrate consumption, we eat an enormous amount of (nutritionally) empty and processed foods, which is truly disgusting, since these foods are marketed as being healthy for us.

In addition to this, even the sugar that we consume isn't natural anymore. The majority of the sugar that we eat is processed, like the disastrous corn starch and high-fructose corn syrup - which we find in lots of factory products.

Now we'll move on to the logical side of things. We've evolved from our ancestors, who consumed 100 grams of carbohydrates on a daily basis, on average. What's more, the carbohydrates that they ate had very little impact on their blood glucose levels, because of their fiber intake.

And yet, we consume almost 4 times more carbohydrates, and very little fiber. So, our blood glucose levels rise sharply, and our sensitivity to insulin reduces dramatically. After a few years, our bodies become resistant to insulin, and finally type 2 diabetes appears.

Besides this, the world we live in doesn't have much in it that we should be scared of, and it's very unlikely that you'll come across an enraged animal. Indeed, it's unlikely that you'll need to hunt for food in order to survive; all you need to do is press a few buttons to order your meals. To add another layer, you're a lot less active than your ancestors 10,000 years ago.

These ancestors had to adapt to compensate for the lack of glucose and carbohydrates. So, over the course of our evolution, we created 4 ways of producing more glucose, but just one way of getting rid of it.

That's why, when we eat too many carbohydrates, our pancreas secretes insulin, as our ancestors' pancreases did. However, unlike our ancestors, our cells get "full" a lot more easily. In the end, our cells become resistant to insulin.

This is how the insulin receptors on the surface of your cells start to decrease in number and overall efficiency. And yet, glucose cannot be stored by the muscles or liver, which are already full. So, it stays in your bloodstream.

This is what creates the problem! From that point on, you find yourself with an excess of glucose in your blood. The pancreas does its job and notices that there's too much glucose in the bloodstream.

It therefore secretes even more insulin, which will amplify the resistance from the insulin receptors on the surface of these cells. In short, just remember that an excess of insulin is toxic, and as a consequence, it will make your cells resistant to insulin.

With all these imbalances, insulin ends up releasing the excess of glucose into your adipose tissues – where the glucose is stored in the form of body fat.

Type 2 diabetes doesn't come about overnight. It all starts with regular high blood sugar... This is what creates the vicious circle which leads to type 2 diabetes over time.

By carrying on with a diet which is high in carbohydrates and simple sugars, as well as a sedentary lifestyle, we increase our resistance to insulin, and eventually cause larger health problems.

From then on, the only thing you can do to stop type 2 diabetes from arising... is to put drastic measures in place. Firstly, you need to reduce your intake of certain carbohydrates, and change your food habits.

Next, you need to increase your overall level of physical activity. If you're not doing anything to fight this damage, it will get worse over time, and medication will only serve as a crutch.

Now, let's delve into the downwards spiral that occurs in the body when you reach this stage.

**Stage 1:** Your blood sugar level stays at a high level for long periods of time, because there is no space for the glucose in your muscle or liver cells. Imagine this: the glucose accumulates in your blood like grease blocking your arteries.

Bit by bit, it destroys your cells, and causes dangerous levels of inflammation. Moreover, this excessive level of glucose will increase triglyceride levels, multiplying your risk of cardiac disease.

**Stage 2:** The more you eat these harmful carbohydrates, the more you'll store fat. This fat is not necessarily visible; some fats form around your internal organs.

Finally, your muscle cells will take on less glycogen because they will have become more resistant to insulin.

The excess of free insulin in your blood plasma inhibits an enzyme which easily burns fat, which means that you will store more body fat.

This excess adipose tissue reduces your energy levels, making you lethargic. So, it becomes difficult to participate in physical activity... and to lose weight.

**Stage 3:** Your insulin level remains high for longer and longer periods. In response, your pancreas is going to secrete larger and larger quantities of it, to fight the influx of glucose.

However, an excess of insulin is very harmful, and eventually it's your arteries which will suffer. Because of this, it's not surprising that we see a lot of type 2 diabetics who suffer from heart conditions.

**Stage 4:** Resistance to insulin will prevent glycogen from entering into muscle cells. Muscle mass development becomes more and more difficult. In the end, muscle mass decreases, which results in an even slower metabolism, which makes it easier to put on weight. So, by losing muscle mass, you also gain weight - vicious, isn't it?

**Stage 5:** The level of inflammation in your body is extremely high, and your energy levels significantly decrease. This increases cravings for junk food (carbohydrates) and periods of lethargy. So, in short, you will have an even stronger desire to eat the fuel that's killing you – and you'll have less and less desire to do the thing that could save your life!

**Stage 6:** Finally, by continuously experiencing the stages described above, your pancreas is going to wear itself out. It will simply stop producing insulin. To stay alive, you'll need to inject yourself with insulin, and as a consequence, you will become an insulin-dependent type 2 diabetic.

I'm aware that this picture is extremely depressing for type 2 diabetics. However, fear not, I have some excellent news.

It's possible for type 2 diabetes to completely go away.

I know this because I myself have beaten type 2 diabetes, and I've already guided thousands of diabetics on their journey eliminate it (and enjoyed doing so).

I've condensed the key points of the procedure into this, the Type 2 Diabetes Freedom Program.

Congratulations, lovely surprises await. This program is effective, easy to implement, and enjoyable... because you will be eating healthy, delicious dishes. At last, it will allow you to take back control of your life, by adopting the lifestyle changes that I recommend.

**Are you ready to get started? 3, 2, 1... Off we go!**

Now, make way for the Diabetes Freedom Program! In this section, you will discover the 10 Day Detoxifying Super Drinks treatment.

After this 10 Day liquid treatment, you will be able to follow the 8 Week Diabetes Freedom diet. Let's not wait any longer!

## Stage 1: 10 Days of Diabetes Freedom Super Drinks

Over the course of the next 10 days, you're going to taste our delicious Super Drinks for diabetics. They have been designed to boost your sensitivity to insulin, making it easier for you to lose weight.

Our Super Drinks will also help you to boost your body's own natural antioxidants (we'll elaborate on this major tool to counter diabetes in a few moments), accelerate weight loss, increase your energy levels, and improve your overall metabolism.

These drinks are the foundation of the Freedom from your Diabetes over the next 8 weeks, to achieve incredible results, in just 10 days. Our Diabetes Freedom Super Drinks are designed to bring you the maximum possible results in very little time. These will provide you with the necessary boost to move on to the Diabetes Freedom Diet Plan.

As well as quickly improving your sensitivity to insulin and lowering your blood sugar levels, let's take a look at how these Super Drinks are going to help you to obtain incredible results.

### **1 – They help you to Lose Weight: being overweight is a risk factor for type 2 diabetes.**

Weight loss thanks to a change in diet and regular physical activity is the foundation to halt and effectively manage diabetes.

Our Super Drinks make up an effective weight loss strategy to boost your plant and fiber intake. What's more, they contain ingredients which increase your sensitivity to insulin.

Finally, the Super Drinks for diabetics contain beneficial ingredients which stimulate your metabolism. These help your body to burn more calories.

**2 – They boost your Energy Levels for doing exercise.** Exercise is a crucial step in order to decrease the symptoms and severity of diabetes. The vast majority of people who consume these Super Drinks for diabetics, whom I have personally interviewed, report having more energy, and exercising more regularly.

These Super Drinks are the perfect solution to “reverse” your type 2 diabetes. In addition, they are also ideal to start getting back in shape!

From the 4th day onwards, you will notice a significant increase in energy levels. Your body will produce more antioxidants, thanks to consuming our phase 2 foods, and a general reduction in inflammation levels.

**3 – They will guide you towards a more balanced diet: I want you to start on the right foot with the Diabetes Freedom Program. Our Super Drinks are the first step towards a better diet, and above all towards a new lifestyle without type 2 diabetes.**

The majority of the people I have interviewed on the Diabetes Freedom Program have said that they've consumed much less processed food after this Super Drinks treatment.



The Diabetes Freedom Super Drinks have been designed to improve your blood sugar levels, and to stop diabetes from developing further. But not only that...they have the additional goal of reducing generalized inflammation, and restoring the alkaline state of the body – in order to promote the body’s natural healing.

Our Diabetes Freedom Super Drinks contain a number of phase 2 antioxidants – these will help your body to boost its own natural defenses. In addition, they are high in dietary fiber, which contributes to you feeling full and to your vitamin and mineral consumption. This is a deadly combination to fight Diabetes!

Before starting these anti-diabetic Super Drinks, the people who I have previously worked with generally used to consume fewer than two portions of fruit and vegetables a day! Of course, this is catastrophic for your health.

Incorporating a few Super Drinks into your daily routine is a measure which will enable you to massively improve your health.

But what do these Super Drinks actually contain, and how do they differ from other drinks which are full of “superfoods”?

The Diabetes Freedom Super Drinks contain a powerful combination of:

### **1: Phase 2 antioxidants**

I imagine that you've already heard about antioxidants. However, not all antioxidants are made equal. For example, phase 2 antioxidants are particularly recommended for type 2 diabetics. This type of antioxidant is ideal for kickstarting the natural production of antioxidants by the body, and reduce levels of inflammation. In this way, specific antioxidants act directly on a cellular level.

This revolutionary concept was discovered in 2002 by John Hopkins' researchers. They discovered that phase 2 antioxidants work by activating what is called the "Nrf2 pathway".

I'll explain this to you without the technical jargon. Antioxidants act to protect you from oxidative stress. This provokes chronic inflammation which can then develop into a number of chronic and/or autoimmune diseases. At the end of the day, oxidative stress leads to infinitely many little fires on a cellular level.

Phase 2 antioxidants act like millions of fire extinguishers in each fire site – which translates to each cell in your body.

Rather than the fire brigade spraying the outside and inside walls of the flaming building with water through the window, phase 2 antioxidants remove oxidative stress. This is essential for stopping diabetes in its tracks, and improving your overall health at the same time.

### **2. Powerful foods to counter diabetes**

We analyzed all of the dietetic reports from the world's leading diabetes organizations. Then, we developed a list of the best "superfoods" against diabetes, meaning the most nutritional ones, and the ones which affect blood sugar levels the most. We have found a simple means of facilitating their integration into your diet, because after all, eating cabbage for every meal isn't particularly nice!

### **3. Detoxifying natural ingredients**

One of the best things to do in order to eliminate diabetes is to reduce inflammation levels in the body, promoting quick healing and optimal health in the long term. The Super Drinks contain the most powerful and detoxifying ingredients available on our planet. Thanks to these ingredients, you will notice a large increase in your energy levels towards the end of the Diabetes Freedom Super Drinks.

### **4. Anti-diabetic spices**

The Super Drinks recipes to fight diabetes also contain spices which have a reputation for increasing sensitivity to insulin, and improving metabolism. This is why the majority of the recipes contain spices such as cinnamon, turmeric, etc. And, if you're not a fan of these spices, the delicious Super Drinks recipes will mask their taste. We have done everything to make sure that these recipes are delicious and easy to prepare and enjoy!

### **5. Powerful metabolism boosters.**

Losing weight is an essential factor for destroying diabetes and improving your overall health. Gone are the days of taking dangerous fat burners to lose weight quickly. These Super Drinks are nutritional and offer you delicious meals so that you can lose this undesirable weight without too much effort. In our recipes, extremely powerful fat burners have been included, like the famous matcha green tea!

### **6. Special low-calorie energy-boosting ingredients**

I know that feeling tired while you're on a diet is horrible: this won't be the case with the Super Drinks treatment. Special ingredients have been included to boost your energy levels, while still being low in calories. Rather than increasing your energy levels with a large plate of pasta, you will enjoy ingredients which are high in energy, and low in calories.

### **7. Carbohydrates which are rich in dietary fiber, to guarantee that you will feel full**

Our Diabetes Freedom Super Drinks offer carbohydrates which fill you up and are healthy as well. Note that the Diabetes Freedom Program isn't a low-carb diet, so you will quickly notice the benefits of the healthiest and tastiest carbohydrates there are.

### **8. Healthy, tasty fats which are appropriate for diabetes**

We have limited the amount of fats you will eat as part of Diabetes Freedom. However, they are still vital for your health. So, healthy, tasty fats have been included in small quantities in the Super Drinks. For example, you will find coconut oil in some recipes or fantastic almond butter in others.

### **9. Little known Superfoods for even more taste and benefits.**

We wanted to create a program which allies effectiveness with pleasure. In this way, it's essential that our recipes taste great. Some of the ingredients used may add specific flavors, or reproduce the taste of sugar. Let's take lucuma powder as an example, which is an excellent natural sweetener, with which you can sweeten whatever you want, without increasing your blood sugar.

Furthermore, these drinks are absolutely delicious! They have been designed to help you boost your weight loss, and improve your sensitivity to insulin. In addition, they will help you to feel better and better as you improve your health with the Diabetes Freedom Program.

## Why have we used certain ingredients in the Diabetes Freedom Super Drinks?

Some of the ingredients that we offer may surprise you, as they aren't commonly offered as part of a diet for diabetics. So, let's go and find out...!

### 1. Whey protein

To complete your protein intake, and for vegetarians and vegans, you can add hemp, quinoa, or soya protein. However, research indicates that whey protein is incredibly beneficial for type 2 diabetics. We have included vanilla whey protein to improve the taste of our recipes.

Amongst all the proteins that we consume – such as chicken, beef, soya, fish, eggs, vegetable proteins, etc., whey protein is the one that is the most easily absorbed by the body. Whey protein contains essential amino acids which will help you to boost and maintain your muscle mass, while improving your metabolism.

With age, your muscle mass starts to deteriorate, and you LOSE lean muscle mass. You should know that this phenomenon has a significant effect on your metabolism, and on your overall weight loss goals.

The higher the quantity of lean muscle mass, the quicker your base metabolic rate is – meaning the amount of calories that you burn each day.

The amino acid which interests us in whey protein is leucine. This helps to prevent the lean muscle losses associated with age.

Besides this, whey protein is digested more slowly than carbohydrates – and this helps to regulate appetite.

One study which was carried out in 2008 demonstrated that the participants who had consumes two drinks which contained 10 grams of whey protein daily lost more body fat in 12 weeks than the placebo subjects, while otherwise following the same diet.

But what does this have to do with type 2 diabetes?

In 2009, a study published in the well-known scientific review *Diabetes Care* showed that whey protein contributes to reducing blood glucose levels. It slows down digestion, and increases sensitivity to insulin.

However, for completely satisfying results, be careful to choose pure whey protein which is COMPLETELY devoid of any artificial sweeteners (except for stevia, lucuma or erythritol). These artificial sweeteners may have a negative effect on your blood glucose levels, and on your overall health as well.

The vast majority of the whey protein available on the market contains sugar or artificial sweeteners. The best quality proteins come from grass-fed cows, and don't contain artificial ingredients. So, make sure to choose your product well before buying it.

## **2. Organic Coconut Oil**

One incredible recent study has shown that restricting carbohydrates, sugars and alcohol while increasing healthy fats intake (e.g. coconut oil) can categorically eliminate type 2 diabetes.

With this in mind, coconut oil is ideal for eliminating type 2 diabetes, because it contains fatty acids which are not easily assimilated by our bodies.

Long chain polyunsaturated fats such as sunflower, corn or soy oils are very bad for our health. Coconut oil enables you to reduce your cravings for sugar or carbs, in order to improve your resistance to insulin, and is known to leave you feeling full.

Furthermore, the medium-chain fatty acids in this oil boost thermogenesis. This is a phenomenon which increases your metabolic rate - which accelerates weight loss; a crucial element for type 2 diabetics!

Equally, studies carried out on populations which mainly use saturated fats such as coconut oil have a very low level of diabetes!

In 1998, a study carried out in India showed that the areas which had abandoned traditional fats - such as coconut oil – and replaced them with fats which were popular in the West – such as sunflower oil, margarine, etc. – had an alarming rate of diabetes.

## **3. Coconut Water**

Coconut water is ideal for boosting your electrolytes (minerals) – they contain 5 of the electrolytes that you lose when you sweat.

In addition to this, coconut water is high in magnesium, a mineral which is lacking in the majority of type 2 diabetics. Note that its sweet taste is not harmful. Coconut water is suitable for type 2 diabetics, and this is why it has been included in some of the Super Drinks to counteract diabetes.

However, we shouldn't confuse coconut water and coconut pulp (or milk), which contains a lot of sugars and fats, and which isn't at all suitable for diabetics.

Instead, opt for green (fresh) coconut water – it's high in important nutrients such as sodium, potassium, calcium, zinc, phosphorous and manganese.

Besides this, coconut water possesses another benefit for type 2 diabetics. It helps to improve blood sugar regulation. This naturally alkaline foodstuff also reduces inflammation and chronic pains in the body.

Despite the presence of natural sugars, coconut oil has a glycemic index which is a lot lower than fruit juice. This is why it has been included in several of our recipes.

#### **4. Almond milk and other unsweetened plant milks**

The consumption of unsweetened almond, rice, or oat milk, amongst others, is an excellent alternative to traditional cow's milk. Even semi-skimmed milk is extremely high in sugar, and it contains on average three times more calories than plant milks.

We highly recommend these milks for the Diabetes Freedom Super Drinks.

They have a very low glycemic index, and above all, they're low in calories – which will help you to stop diabetes from developing, controlling your weight in a healthy way.

#### **5. Lucuma Powder**

We aren't torturers; this program is effective AND pleasant to implement. So, to cater for your sweet tooth, we've found the ideal solution.

A study conducted on the best natural sweeteners for type 2 diabetics has shown lucuma powder to be perfect. It has a naturally sweet taste, and a small impact on blood glucose levels.

Besides this, lucuma powder is extremely nutritional, and has powerful anti-inflammatory properties. It also contains a number of antioxidants, which will stimulate your immune system.

Finally, this sweet power contains healthy carbohydrates which contribute to a balance in your blood glucose levels – dietary fiber, vitamin B, niacin, potassium, calcium, and phosphorous!

### **10 Days of Diabetes Freedom Super Drinks**

Now the fun begins! You're going to begin on your path towards freedom from type 2 diabetes, and towards a much healthier life.

The rules for the first 10 days are extremely simple to follow and apply.

Our Diabetes Freedom Super Drinks have been organized into 2 separate categories. There are 7 phase 2 Super Drinks, and 15 more multipurpose Diabetes Freedom Super Drinks.

Over the course of the next 10 days, you will start your day with one of the phase 2 Diabetes Freedom Super Drinks. They have been designed to intelligently boost your health; notably by reducing inflammation, and improving your sensitivity to insulin and your energy levels.

Our phase 2 Super Drinks ruthlessly attack type 2 diabetes from all angles. For example, the Nrf2 pathway also activates genes which possess anti-inflammatory properties. This is why these antioxidants are so efficient for reducing inflammation, while still improving sensitivity to insulin.

The phase 2 Super Drinks are a formidable weapon against type 2 diabetes, and you'll quickly be able to notice the benefits.

After breakfast, you will be able to consume up to three other multipurpose Super Drinks. You will have the choice between 15 delicious recipes.

So as not to bore you, and for even more benefits, try to vary them as much as possible. However, if you prefer certain recipes, you can drink them every day.

### **What can you eat over the course of the next 10 days, as part of the Super Drinks Treatment?**

Your daily food intake will be 50% (minimum) fulfilled by the Diabetes Freedom Super Drinks. So, at least half of your meals must be formed by these drinks.

In fact, the more you consume our drinks during the first 10 days, the more conclusive your results will be – and you will be able to move on to the Diabetes Freedom Diet Plan more quickly.

This is why we would encourage you to drink up to 4 drinks per day. However, don't put yourself under pressure for the first 10 days; this Diabetes Freedom Program doesn't require that you count your calories.

The most important thing is to eat the most Diabetes Freedom ingredients possible, and you're going to do that, thanks to these drinks which are rich in powerful phase 2 antioxidants.

The rules of this treatment are extremely simple.

As soon as hunger starts to kick in, start by drinking one of the Diabetes Freedom Super Drinks. Then, when you want to eat a solid meal, choose the healthy foods that you can find in the type 2 Diabetes Freedom food list.

You will be able to choose some delicious combinations in the list to counter type 2 diabetes below. In addition, remember to make a habit of eating AFTER drinking a type 2 Diabetes Freedom Super Drink.

This will guarantee a sufficient intake of superfoods to combat type 2 diabetes. By drinking other drinks throughout the day, you will eat less, because these drinks are high in nutrients, and in fiber which will fill you up.

**Enjoy the following foods (in moderation) AFTER drinking your Super Drink Against Diabetes during the next 10 days:**

### **Unlimited amounts of superfoods for diabetics**

You can eat an unlimited quantity of the following foods during the Diabetes Freedom Super Drinks.

These are foods which are very rich in nutrients, and low in calories. Even if you consume a lot of these foods, you will quickly be full, and at the end of it all, you won't have eaten many calories at all!

Besides, these foods are perfect to even out your blood glucose level indefinitely.

Finally, you can eat them steamed, raw in a salad, or as a juice – treat yourself!

1. Broccoli
2. Arugula
3. Beetroot
4. Bok Choi (Chinese cabbage)
5. Brussels Sprouts
6. Cabbage
7. Carrots
8. Cauliflower
9. Green cabbage
10. Eggplant
11. Kale
12. Mustard leaves
13. Onions
14. Peppers



15. Spinach
16. Tomatoes
17. Turnip greens
18. Cress
19. Celery

**List of Super Drinks Treatment proteins (to be consumed in moderation):**

1. Wild salmon
2. Wild cod
3. Organically farmed beef (favor lean cuts of beef)
4. Organic, free range hen eggs
5. Organic, free range turkey mince
6. Skinless, boneless chicken breast
7. Sardines
8. Natural bison or buffalo mince
9. Seafood such as shrimp, scallops, lobster, langoustines, mussels or clams
10. Whey protein powder

**List of Super Drinks Treatment fats (to be eaten in moderation):**

1. Almonds
2. Chia seeds
3. Flax seeds
4. Hemp seeds
5. Avocado

6. Guacamole (containing at least 95% avocado)
7. Pumpkin seeds
8. Walnuts
9. Extra virgin olive oil
10. Hummus
11. Cashew nuts
12. Pistachios
13. Organic coconut oil

**List of Super Drinks Treatment carbohydrates (in small quantities for days of physical activity):**

1. Black beans
2. Kidney beans
3. Quinoa
4. Sweet potato

**Phase 2 Diabetes Freedom Super Drinks**

**Instructions:** Consume a drink for breakfast, and a maximum of four drinks per day.

**Note:** You can use a standard blender or food processor to make the drinks. You can also add ice or water to reach the desired consistency. Ideally, for more freshness, add 25g ice to your recipes.

## 1. Carrot and Tropical Fruit Drink

**Blend the following ingredients:**

- 4 ounces carrot juice
- 4 ounces coconut water
- ¼ frozen banana
- 30g frozen pineapple
- 2 tbsp chia seeds
- 2 tbsp lemon juice, not from concentrate
- 1 tbsp ground turmeric

**Nutritional information:**

Protein: 9

Carbohydrates: 55

Fats: 9

Total calories: 337

## 2. Sunshine Fruit Smoothie

**Blend the following ingredients:**

- 1 cup almond milk or other plant milk
- 50g sliced kale
- 25g frozen mango
- 25g frozen pineapple
- Juice of ½ lemon

- 1 tbsp ground or minced turmeric
- 2 tbsp chia seeds

**Nutritional information:**

Protein: 11

Carbohydrates: 50

Fats: 11

Total calories: 343

### 3. Dietetic Piña Colada

**Blend the following ingredients:**

- 1 cup almond milk or other plant milk
- 1 tbsp organic coconut oil
- 1 tbsp matcha green tea powder
- 50g frozen pineapple
- ½ portion vanilla whey powder
- ½ tbsp lucuma powder

**Nutritional information:**

Protein: 18

Carbohydrates: 34

Fats: 14

Total calories: 334

## 4. Creamy Berry Super Drink

**Blend the following ingredients:**

- 1 cup unsweetened cashew milk (more creamy than almond milk or other plant milks)
- 25g frozen wild blueberries
- 25g frozen strawberries
- 4 ounces low fat Greek yogurt
- 1 tbsp chia seeds
- 1 tbsp lucuma powder

**Nutritional information:**

Protein: 18

Carbohydrates: 42

Fats: 9

Total calories: 321

## 5. Green Explosion!

**Blend the following ingredients:**

- 1 cup Unsweetened vanilla almond milk
- 1 tbsp matcha green tea powder
- 100g spinach leaves
- 2 celery stalks
- 100g fresh or frozen green grapes
- 1 tbsp lucuma powder
- ½ tbsp ground turmeric

- 1 tbsp hemp seeds

**Nutritional information:**

Protein: 8

Carbohydrates: 50

Fats: 7

Total calories: 295

## 6. Super Antioxidant Cocktail

**Blend the following ingredients:**

- 1 cup unsweetened vanilla almond milk
- 3 tbsp dried goji berries
- 50g frozen blueberries
- 1 tbsp matcha green tea powder
- 1 tbsp lucuma powder
- 1 tbsp organic coconut oil

**Nutritional information:**

Protein: 5

Carbohydrates: 40

Fats: 18

Total calories: 342

## 7. Energy and Well-Being Smoothie

Blend the following ingredients:

- 1 cup green iced tea
- 50g frozen blueberries
- ½ avocado
- 1 tbsp hemp seeds
- 1 tbsp lucuma powder
- 1 tbsp ground turmeric

**Nutritional information:**

Protein: 8

Carbohydrates: 30

Fats: 14

Total calories: 278

### Diabetes Freedom Super Drinks

**Instructions: Consume up to 4 of these Diabetes Freedom Super Drinks daily**

**Note:** You can use a standard blender or food processor to make the drinks. You can also add ice or water to reach the desired consistency. Ideally, for more freshness, add 25g ice to your recipes.

## 1. Sweet Cinnamon Delight

Blend the following ingredients:

- 1 cup unsweetened cashew milk
- 2 tbsp organic ground cinnamon

- ½ frozen banana
- 1 tbsp hemp seeds
- ½ portion vanilla whey powder
- 1 tbsp lucuma powder

**Nutritional information:**

Protein: 20

Carbohydrates: 30

Fats: 7

Total calories: 263

## 2. Lemon Tart-Style Treat

**Blend the following ingredients:**

- 1 cup unsweetened cashew milk
- 2 tbsp lemon juice not from concentrate
- ½ frozen banana
- ½ portion vanilla whey powder
- A pinch of turmeric
- 1 tbsp lucuma powder

**Nutritional information:**

Protein: 18

Carbohydrates: 30

Fats: 3



Total calories: 219

### 3. Creamy Peach Tea

**Blend the following ingredients:**

- 1 cup unsweetened almond milk
- 1 tbsp matcha green tea powder
- 50g frozen peaches
- 1 tbsp organic coconut oil
- 1 tbsp lucuma powder
- 1 tbsp lemon juice not from concentrate

**Nutritional information:**

Protein: 3

Carbohydrates: 30

Fats: 17

Total calories: 285

### 4. Cinnamon and Apple Super Drink

**Blend the following ingredients:**

- 1 cup unsweetened almond milk
- 50g organic apple compote with no added sugar
- 1 tbsp organic cinnamon
- 50g vanilla whey powder
- 1 tbsp hemp seeds

**Nutritional information:**

Protein: 19

Carbohydrates: 25

Fats: 7

Total calories: 239

## 5. Almond Butter and Apple Treat

**Blend the following ingredients:**

- 1 cup unsweetened vanilla almond milk
- 1 tbsp almond butter with no added sugar
- 50g apple compote with no added sugar
- 2 celery stalks
- 1 tbsp cinnamon
- ½ portion vanilla protein powder

**Nutritional information:**

Protein: 20

Carbohydrates: 19

Fats: 10

Total calories: 246

## 6. Chocolate and Peanut Butter Super Drink

**Blend the following ingredients:**

- 1 cup unsweetened almond milk
- 2 tbsp organic cocoa powder
- 2 tbsp powdered peanut butter
- 1 tbsp chia seeds
- 2 celery stalks
- ½ portion vanilla whey powder
- 1 tbsp lucuma powder

**Nutritional information:**

Protein: 24

Carbohydrates: 28

Fats: 8

Total calories: 280

## 7. Chocolate and Strawberry Delight

**Blend the following ingredients:**

- 1 cup unsweetened cashew milk
- 100g frozen strawberries
- 2 tbsp cocoa powder
- ½ portion vanilla whey powder
- 1 tbsp dried goji berries

**Nutritional information:**

Protein: 18

Carbohydrates: 30

Fats: 4

Total calories: 228

## 8. Citrus Vitamin Explosion

**Blend the following ingredients:**

- 1 cup unconcentrated coconut water
- ½ sliced grapefruit
- Juice of ½ lemon
- 50g frozen raspberries
- 1 tbsp chia seeds
- 1 tbsp organic coconut oil

**Nutritional information:**

Protein: 5

Carbohydrates: 35

Fats: 18

Total calories: 322

## 9. “A Kale of Two Cities” Cocktail

**Blend the following ingredients:**

- 1 cup unsweetened almond/coconut milk
- 100g sliced kale
- ½ tbsp organic coconut oil
- 50g frozen pineapple
- 1 tbsp chia seeds
- 1 tbsp lucuma powder

**Nutritional information:**

Protein: 7

Carbohydrates: 34

Fats: 14

Total calories: 290

## 10. Chocolate Diabetes Dynamite

**Blend the following ingredients:**

- 1 cup unsweetened almond milk
- 1 tbsp flax seeds
- 1 tbsp hemp seeds
- 2 tbsp cocoa powder
- ½ frozen banana

**Nutritional information:**

Protein: 10

Carbohydrates: 24

Fats: 12

Total calories: 244

## 11. Electrolyte Elixir

**Blend the following ingredients:**

- 1 cup unconcentrated coconut water
- ½ frozen banana
- 1 tbsp chia seeds
- ½ portion vanilla whey powder
- 1 tbsp lucuma powder
- 1 tbsp lemon juice not from concentrate

**Nutritional information:**

Protein: 17

Carbohydrates: 40

Fats: 5

Total calories: 273

## 12. Raspberry and Mint Cooler

**Blend the following ingredients:**

- 1 cup unsweetened almond milk
- 100g frozen raspberries
- 1 tbsp dried goji berries
- 1 tbsp fresh mint (or more to taste)
- 1 tbsp chia seeds
- 1 tbsp lucuma powder
- 1 tbsp lime juice not from concentrate

**Nutritional information:**

Protein: 5

Carbohydrates: 35

Fats: 7

Total calories: 223

## 13. Drink or Salad?

**Blend the following ingredients:**

- 1 cup water
- 1 fresh tomato
- 2 celery stalks
- ½ cucumber
- ½ avocado
- 2 tbsp lemon juice not from concentrate

- 1 tbsp cayenne pepper
- 1 tbsp lucuma powder or salt

**Nutritional information:**

Protein: 5

Carbohydrates: 30

Fats: 8

Total calories: 212

## 14. Green Tea Tropical Super Drink

**Blend the following ingredients:**

- 1 cup green iced tea
- 25g frozen mango
- 25g frozen pineapple
- 1 tbsp chia seeds
- 1 tbsp lemon juice not from concentrate
- ½ portion vanilla whey powder

**Nutritional information:**

Protein: 17

Carbohydrates: 37

Fats: 4

Total calories: 252



## 15. Anti-diabetic Oat Drink

**Blend the following ingredients:**

- 1 cup unsweetened almond milk
- 25g organic oat flakes
- ½ frozen banana
- 25g frozen blueberries
- Large handful spinach leaves
- ½ portion vanilla whey powder

**Nutritional information:**

Protein: 20

Carbohydrates: 50

Fats: 3

Total calories: 307

## Stage 2: 8 Week Diabetes Freedom Dieting Strategy

Our 8 Week Diabetes Freedom Dieting Strategy will work fantastically, thanks to the combination of the following elements:

### 1. Diabetes Freedom Super Drinks (2 per day)

Here, you will be able to continue to benefit from the advantages of the Diabetes Freedom Super Drinks. However, the quantity will be reduced to 2 drinks per day. These drinks have been designed to provide you with the Diabetes Freedom foods. For an optimal effect, opt for one phase 2 drink, and one multipurpose drink each day.

### 2. Powerful phase 2 antioxidants

Phase 2 antioxidants are fundamental during the Diabetes Freedom diet. Note that oxidative stress is caused by a malfunction of your body's energy producer – and these feed ALL THE CELLS IN YOUR BODY!

This phenomenon is directly linked with insulin resistance and will end up harming your pancreas cells.

All type 2 diabetics feel huge benefits linked to the activation of natural antioxidants in the body, which are boosted by the consumption of antioxidants, stimulating the natural production of antioxidants in the body.

### 3. Superfoods for diabetics

Not all health foods are made equal, especially when we're talking about stopping and suppressing type 2 diabetes. We have extensively researched the best foods offered by the main health organizations across the world. Then, we have carefully studied them to choose the most effective.

The following list offers you the 12 best superfoods available for diabetics. That way, by including these foods in large quantities into your diets, you will obtain excellent results.

### 4. Carbohydrates which are high in fiber and nutrients, and with a low glycemic index

To destroy diabetes, you should lose all of your excess body weight before you do anything else. Fats are more calorific than carbohydrates: 9 calories and 4 calories per gram respectively. During this diet, we recommend consuming more carbohydrates than (healthy) fats. However, it's essential to consume the right carbohydrates!

The Diabetes Freedom diet plan suggests carbohydrates which are high in nutrients, and which have a low glycemic index – that means that they won't cause a spike in blood sugar levels. Moreover, these carbohydrates are high in fiber, which will satisfy you for a long time,

while improving your sensitivity to insulin. They will also provide you with some essential nutrients in order to lose weight sustainably and pleasantly.

### **5. Anti-diabetic super proteins**

Protein is ideal for activating thermogenesis. This is a bodily process which enables it to heat itself and increase metabolism. The Diabetes Freedom diet plan offers excellent lean proteins which will feed your body and kickstart weight loss over the course of the 8 weeks.

Besides this, by doing exercise you will be able to optimize your results! The protein will provide you with the amino acids which will help your body to increase its muscle mass. However, as with carbohydrates, not all proteins are equal.

To obtain satisfying results, you have to choose high quality protein. These will stimulate your weight loss, energy levels, and your overall health. However, certain lean proteins have been processed, and may contain hormones. You should therefore avoid them at all costs – if you don't, your inflammation levels will increase, and your weight loss will slow down.

### **6. Anti-diabetic healthy fats**

As I've said before, the ratio of fats is 9 calories per gram (compared with carbohydrates, which only contain 4). Nevertheless, it is still essential to consume fats – but healthy ones. They are vital so that your body works properly. What's more, they will boost your hormonal health, which is a major element in improving your energy and weight loss.

The type of fats that you will consume during the Diabetes Freedom diet is crucial. Below, we suggest the best fats for people suffering from diabetes. So, you should consume the foods listed, and avoid all other harmful fats.

### **7. Powerful metabolism-boosting and insulin sensitivity-boosting drinks**

These days, it's extremely common to consume your calories in the form of drinks. However, the majority of drinks, such as juice, cow's milk and alcohol, aren't recommended for diabetics. For a change from the never-ending glass of water, we offer nutritious anti-diabetic drinks, which will leave you feeling full.

## The 7 Diabetes Freedom Diet Plan Rules

Our goal was to create a SIMPLE program to follow. This is why we didn't want any calorie counting or complicated things to implement; You just have to limit yourself to the portions which are recommended in each category.

Within the Diabetes Freedom Diet Plan, this is exactly what you will be able to consume per day:

1. One Diabetes Freedom phase 2 Super Drink
2. One Diabetes Freedom Super Drink
3. Up to 3 portions of anti-diabetic protein
4. Up to 4 (small) portions of anti-diabetic carbohydrates
5. Up to 3 portions of healthy fats
6. An unlimited quantity of any superfood/vegetable for diabetics
7. An unlimited quantity of metabolism-boosting anti-diabetic Super Drinks

### **Up to 3 portions of anti-diabetic super proteins (portion size in brackets)**

Some proteins can considerably improve sensitivity to insulin, whereas others aggravate the phenomenon. The following anti-diabetic proteins will help you to eliminate type 2 diabetes, lose weight, and increase your lean muscle mass!

1. Wild salmon (6 oz or 170g)
2. Wild cod (6 oz or 170g)
3. Organically farmed beef – 95 percent or more (5 oz or 140g)
4. Liquid egg whites (1 cup)
5. 1% fat turkey mince (6 oz or 170g)
6. Boneless, skinless chicken breast (6 oz or 170g)
7. Sardines (1 standard tin)
8. Completely natural bison or buffalo mince (5 oz or 140g)
9. Seafood such as prawns, clams, lobster, langoustines, mussels, or scallops (6 oz or 170g)
10. Whey powder (1 portion or up to 25g protein)

### **Up to 4 portions of carbohydrates (portion size in brackets)**

The healthy carbohydrates suggested are ideal for improving your sensitivity to insulin, while also filling you up. They are high in soluble fiber, and perfect for helping you to control your blood sugar level and guaranteeing that you feel full while you are losing weight.

These anti-diabetic carbohydrates also reduce inflammation in the body.

One study published in 2008 has shown that those who consumed whole grains had a reduction in their level of inflammation by 38% - this is how they improved their resistance to insulin.

Furthermore, these will enable you to increase your fiber and magnesium intake. Magnesium is essential for helping your body to use glucose more effectively, and to secrete insulin.

Cereals and other whole superfoods (without being industrially processed) possess large quantities of resistant carbohydrates. These are carbohydrates which are high in fiber, antioxidants, and nutrients. Because of this, they require more energy to be assimilated by your body, which improves your blood sugar stability.

1. Crushed oats (25g)
2. Black beans (50g cooked)
3. Kidney beans (50g cooked)
4. Whole oat flakes (25g dry)
5. Brown rice (100g cooked)
6. Wholegrain pasta (100g cooked)
7. Quinoa (100g cooked)
8. Sweet potato (1 average sweet potato)
9. Wholegrain rice (100g cooked)
10. Wild blueberries (100g)
11. Apple (1 average apple)
12. Grapefruit (1 large grapefruit)
13. Blackberries (100g)
14. Pineapple (50g)
15. Strawberries (100g)
16. Mango (1 average mango)
17. Peach (1 average peach)

**Up to 3 portions of anti-diabetic healthy fats (portion size in brackets)**

1. Almonds (1 oz)
2. Chia seeds (2 tbsp)
3. Flax seeds (2 tbsp)
4. Hemp seeds (2 tbsp)
5. Avocado (½ avocado)
6. Guacamole (at least 95% avocado) (2 tbsp guacamole)
7. Pumpkin seeds (2 tbsp)
8. Walnuts (1 oz)
9. Extra virgin olive oil (1 tbsp)
10. Hummus (2 tbsp)
11. Cashew nuts (1 oz)
12. Pistachios (1 oz)
13. Organic coconut oil (1 tbsp)
14. Sunflower seeds (1 oz)
15. Almond butter, cashew butter, nut butter with no added sugar or added hydrogenated/palm oils (1 tbsp)

**Unlimited amount of anti-diabetic superfoods/vegetables**

Within the scope of the diet, and the Diabetes Freedom Drinks treatment, you will be able to consume an unlimited quantity of the following ingredients. These are vegetables which are high in nutrients and dietary fiber. Moreover, they will fill you up very quickly, while being low in calories.

Besides, these vegetables are perfect for improving your blood glucose levels over the long term. You can have them steamed, raw, or as a juice, wherever your desire takes you.

1. Arugula
2. Beetroot
3. Bok Choy (Chinese cabbage)
4. Brussels sprouts
5. Cabbage
6. Carrots

7. Cauliflower
8. Green cabbage
9. Eggplant
10. Kale
11. Mustard leaves
12. Onions
13. Peppers
14. Spinach
15. Tomatoes
16. Turnip leaves
17. Cress
18. Celery
19. Broccoli
20. Lamb's lettuce

#### **An unlimited amount of metabolism-boosting anti-diabetic Super Drinks**

1. Matcha green tea or other organic green tea
2. Tepid water with freshly pressed lemon juice
3. Organic coffee with 1 tbsp organic cinnamon
4. Organic cider vinegar (mix 2 tbsp into 16 oz water)
5. White tea with lemon
6. Chai tea with lemon
7. Tepid water with freshly pressed cucumber and lemon

#### **To give you an idea, here is an example of a meal plan as part of the Diabetes Freedom Diet Plan**

It won't be complicated to follow the Diabetes Freedom Diet Plan. In order to do this, you just need to combine 2 foods from different categories, not forgetting aromatic herbs and spices of course! Note that you have almost 1,000 possible combinations with the foods listed below.

Remember that you can snack on superfoods throughout the day without counting them. So, whenever you're hungry, take a look at the superfood list before throwing yourself at a chocolate bar!

To help you out, below is a typical example of one day. All you have to do is take a note of the number of portions that you can consume per day in each category.

Remember that you can consume the following foods on a daily basis (make sure you consult the list so that you know the portion sizes for each food, or alternatively, print off this information and stick it up in a visible location).

- One Diabetes Freedom phase 2 Super Drink
- One Diabetes Freedom Super Drink
- 3 portions of anti-diabetic protein
- 4 (small) portions of anti-diabetic carbohydrates
- 3 portions of healthy fats
- An unlimited quantity of any superfood/vegetable for diabetics
- An unlimited quantity of metabolism-boosting anti-diabetic Super Drinks

### **A typical day in a Diabetes Freedom Plan**

#### **Day 1 example:**

Meal 1:

Phase 2 antioxidant Super Drink

1 bowl of whole oat flakes with 100g of

Wild blueberries and 2 tbsp chia seeds

One cup of matcha green tea

Cumulative daily meal total:

1 phase 2 antioxidant drink

2 super anti-diabetic carbohydrates



1 super healthy fat

Meal 2:

Diabetes Freedom Super Drink of choice

3 stalks of celery with 1 tbsp almond butter

Cumulative daily meal total:

1 Diabetes Freedom phase 2 antioxidant drink

1 multipurpose Diabetes Freedom Super Drink

2 super anti-diabetic carbohydrates

2 super anti-diabetic healthy fats

Meal 3:

6 oz wild salmon

100g cooked quinoa

2 tbsp cider vinegar in 16 oz water following the meal

Meal suggestion: season the salmon and quinoa with fresh lemon, dill, rosemary, oregano and garlic

Cumulative daily meal total:

1 Diabetes Freedom phase 2 antioxidant drink

1 multipurpose Diabetes Freedom Super Drink

1 super anti-diabetic protein

3 super anti-diabetic carbohydrates

2 super healthy fats

Meal 4:

6 oz 1% fat turkey mince

50g cooked black beans

½ sliced avocado

100g steamed vegetables of your choice

A cup of green tea

Meal suggestion: combine the minced turkey, avocado and black beans in a soup bowl and add cayenne pepper, lemon juice and 2 tbsp parmesan.

Cumulative daily meal total:

1 Diabetes Freedom phase 2 antioxidant drink

1 multipurpose Diabetes Freedom Super Drink

2 super anti-diabetic protein

4 super anti-diabetic carbohydrates

3 super healthy fats

Meal 5:

Egg white omelet with

1 cup egg whites cooked with onions, peppers, broccoli and garlic (use a spray with organic coconut oil to cook with).

Cumulative daily meal total: maximum quota reached!

1 Diabetes Freedom phase 2 antioxidant drink

1 multipurpose Diabetes Freedom Super Drink

3 super anti-diabetic protein

4 super anti-diabetic carbohydrates

3 super healthy fats

## **Day 2 example:**

Meal 1:

Phase 2 antioxidant Super Drink of choice

1 bowl of oat flakes with fresh cinnamon

**Meal 2:**

100g wholegrain pasta with 1 tbsp olive oil, sliced onions, tomatoes, garlic and spinach leaves

Meal suggestion: sprinkle with parmesan, oregano, basil, and add a bit of lemon juice!

**Meal 3:**

1 boneless, skinless chicken breast with 2 tbsp hummus

1 medium sweet potato

100g steamed vegetables

**Meal 4:**

1 Super Drink for diabetics of choice

1 handful of cashew nuts (corresponding to 1 portion)

1 cup of green tea

Meal suggestion: blend the anti-diabetic Super Drink of your choice with a handful of cashew nuts, or mix 1 tbsp of cashew butter directly into the pot for a bit more of an indulgent snack.

Finish the meal off with a cup of hot green tea, and you'll be full for a long time!

**Meal 5:**

6 oz wild cod

100g brown cooked rice

100g steamed vegetables of your choice

Meal suggestion: if you still have one portion of fats left, you can fry the cod with 1 tbsp coconut oil or extra virgin olive oil. Or, you can use a fat-free cooking spray and season it with your choice of spices!

Cumulative daily meal total: maximum quota reached!

1 Diabetes Freedom phase 2 antioxidant drink

1 multipurpose Diabetes Freedom Super Drink

3 super anti-diabetic protein

4 super anti-diabetic carbohydrates

3 super healthy fats

## The 7 Rules of the Diabetes Freedom Plan to follow

The rules set out below will help you to achieve satisfying results with the Diabetes Freedom Program. Please read these rules on a weekly basis, so that you stay on the right path and don't lose the benefits which are linked to the program.

The combination of all the rules of our program and recipes will enable you to achieve incredible results. Soon, your type 2 diabetes will be a thing of the past!

Don't forget to celebrate your little bits of progress with, for example, a nice trip or a concert at the end of the month!

By following these rules, you will stay on the right path, and guarantee your success with the Diabetes Freedom program.

### Rule 1: Your Food Journal

To guarantee your success, it is imperative that you keep track of your daily progress. For this, you can use a mobile app (to make notes) or a notebook. The Diabetes Freedom Diet Plan offers you a simple check because all you have to do is makes a note of the portions in each category, and that's all.

So, you just have to note down the portions after each meal in a daily journal. Here's an example of the daily portions in the Diabetes Freedom Diet Plan:

- 1 Diabetes Freedom phase 2 antioxidant drink
- 1 standard Diabetes Freedom Super Drink
- 3 super anti-diabetic protein
- 4 super anti-diabetic carbohydrates
- 3 super healthy fats
- An unlimited amount of superfoods for diabetics
- An unlimited amount of metabolism-stimulating anti-diabetic Super Drinks

Remember to write down the portions in your journal after each meal, and don't exceed your daily quotas in each category. However, you can eat less, if you're not that hungry.

Important: we strongly recommend that you continue to follow this meal plan after the 8-week period, in order to definitively eliminate your diabetes. Remember that to

get rid of diabetes for good, it's essential to permanently change your lifestyle. A temporary change in diet won't solve your problem.

I would really encourage you to adopt this lifestyle, and not resume your old food habits. Taking on this program means that you're giving yourself a new life in excellent health.

## Rule 2: Be Intelligent When Eating Out

Sometimes, it can be difficult to eat in a restaurant, because they often add a lot of butter and other fats and sugar to their dishes.

However, some of the following tips will help you avoid eating a meal which is disastrous for your plan, and which may slow your progress against type 2 diabetes.

- Always ask for sauces on the side, and use them sparingly. Avoid creamy white sauces such as pepper sauce, because these are extremely high in fat. Note also that sweet sauces such as orange sauce, barbecue sauce, sweet and sour sauce, etc. contain a huge amount of simple sugars, which will increase your blood sugar level as if you were eating candy!
- Rather than eating sauces which are high in fat and sugar, ask for hot sauce, salsa, mustard, sliced avocado, or sprinkle your dish with parmesan (in moderation). These options are a lot healthier than sauces which are high in sugar or fat, which a lot of restaurants use to dress their dishes.
- If you want to drink alcohol, make sure it's a pure alcohol. Cocktails are a no-go. Ideally, you'll opt for a glass of wine, or vodka with soda water and no added sugar. Vodka has fewer calories than whisky. Citrus fruits naturally make you more sensitive to insulin. A vodka soda (with no added sugar) is a much better option than a Margarita. You should be aware that a Margarita is like a sugar bomb, and that tequila is very high in calories. For example, one margarita generally contains 400 calories, whereas a vodka soda with no added sugar contains fewer than 100 calories!

### **Rule 3: Take advantage of condiments**

It's not the case that because you've started to eat more healthily, your meals have to be bland! Feel free to add seasoning and condiments to your meals. The most important thing is avoiding the ones which contain large amounts of sodium, sugar, or fat.

Certain pre-made spice mixes are perfect if you're not used to cooking with them. To help you out, below you will find some excellent seasoning to make your meals tasty during the Diabetes Freedom Diet Plan.

When consumed liberally, some of the seasoning and condiments suggested – such as curry powder, cinnamon, turmeric, cayenne pepper, mustard and garlic – possess powerful antioxidant properties, and stimulate your metabolism!

#### **List of healthy, delicious seasoning to use during Diabetes Freedom Diet Plan:**

- Spice mixes (check that there is no sugar)
- Vegetable/meat broth (choose types which are low in sodium)
- Curry powder
- Cayenne pepper
- Cumin
- Paprika
- Turmeric
- Garlic
- Black pepper
- Parmesan
- Hot sauce with cayenne pepper or another chili
- Lemon juice
- Lime juice
- Oregano
- Thyme
- Sage
- Basil
- Mint



- Fenugreek
- Dill
- Parsley
- Coriander
- Sesame seeds

## **Rule 4: Anticipate Your Cravings with Your Diet and Physical Activity**

Anticipate your cravings and plan (read-made) alternatives so meet them. That way, you will be able to resist temptation more easily. Moreover, by continuing with your healthy diet, and by doing regular physical activity, you will have fewer and fewer cravings. Your body will demand sugar, carbs, and junk food less and less.

For example, it's normal to want pizza or a burger in the evening. To start with, you will want the meals that you used to eat before. It won't always be easy, which is why it's important to plan meals in advance.

Besides, remember this: these desires last a maximum of 20 minutes. You just have to stay strong. Throw away any menus and delete apps which could tempt you, and say NO.

During this difficult time, distract yourself: call a good friend; watch funny videos; read a book on personal development or a transformation story; remind yourself which you're doing it to keep your goals in sight; go for a nice walk to take advantage of the sun, etc. ...

Concentrate on the benefits of this new lifestyle, rather than the things which you're "losing". Rather than saying to yourself "I can never eat that again", think about the fact that with every day that passes, you're in better health.

What's more, after this program you will discover healthy, delicious alternatives to the vast majority of these unhealthy dishes.

So, stay on course. It's just one stage, but not an unimportant one. This step will enable you to change your life for the better AND for good.

## Rule 5: Realistic Exercising Hours

Be honest with yourself when choosing your exercising schedule. So, if you're not a morning person, choose an activity in the afternoon or at night. Above all, choose and exercise that you like.

Try to do exercise regularly rather than doing it for 3 hours straight. Ideally, start by doing exercise 3 times a week, and stick to your sessions. Then, gradually increase the difficulty, but do this gently. Concentrate on regularity, and making small progress.

If you're not in shape, you can go walking 3 times a week. At the end of one month, maybe you can move to a light jog. Or if your joints are causing you pain, go swimming or do some aquarobics.

Above all, keep in mind that regularity is **the key word**. Forget perfection, and concentrate on small steps in the right direction.

From the moment that you progress each week, and moving more than before, you're on the right path! The accumulation of each exercise session will positively change your life after just a few weeks!

## Rule 6: Sport is Fun

This rule is essential: all physical activity must be entertaining, and not a torture session. The best physical activity is the one that you love; a sport which makes you happy; a sport that does you good. You will be living in the present, enjoying the moment, doing yourself good.

So, think about your favorite types of sport and exercise, or ones which you would like to try out. For example, if you liked playing soccer or tennis when you were younger, you already know that this will be fun and 100% engaging for you.

That way, you'll manage to stick to your goals while still having a good time.

As with the anti-diabetic food which has plenty of delicious recipes, exercise to counter type 2 diabetes should be pleasant and fun!

Then, whenever you have the chance to walk, take the stairs, go hiking or to the beach (to swim), take advantage!

If you don't want to spend hours in a gym or on a treadmill, go for a martial art, swimming kayaking or any other sport you want instead!

## **Rule 7: Total Daily TV Time = Exercise Time**

This rule is very simple, and it will make a huge difference to your life. IF you watch the TV slumped on the sofa in the evening, you might also tend to snack on unhealthy food... basically, it's a mess!

It's rare that you get people who eat carrot sticks and cucumber when they're watching their favorite program.

So, rather than snacking... do a bit of exercise! If you can invest in an exercise bike or a treadmill, that's perfect for improving your cardiovascular fitness and your metabolism.

If you watch television to combat boredom, why not go and take a lovely walk in nature or in a park? If you have a dog, that's even better!

Besides, if you really want to watch something, buy yourself some small dumbbells (they aren't expensive) and do a workout during the advertisements.

By doing this, watching television will turn into a cause for reward rather than a moment of guilt. This little change will enable you, bit by bit, to have a healthier lifestyle, without letting go of what you like doing!

## **Diabetes Freedom CONDEMNS: Falsely Dietetic Food Products (Do Not Trust!)**

Now, you have everything you need to make delicious drinks and really tasty meals with the Diabetes Freedom Plan. However, you also need to get to know the products to avoid a little better... and why you should avoid them.

Our program, which allies Diabetes Freedom Super Drinks with the Diet Plan, cleans your body which helping you to rid yourself of type 2 diabetes. However, certain food products which are marketed with references to being “healthy”, “fat free”, or even “dietetic” aren’t necessarily so.

Different food industries have different specialized teams, and spend fortunes on advertisements so that consumers buy them. So, if you’re not careful, you risk falling into the traps of these brilliant advertising tacticians, and it’s your health which will pay the price!

For example, if you follow the Type 2 Diabetes Freedom Program, but consume some of these harmful marketed products, you will lose a large part of the benefits that you’ve obtained thanks to the plan.

So which of these sugar-coated foods are apparently good for your health?

Next, we will explain what you should look for on the label to spot these products, and not fall into their business traps.

### **Fake healthy foods**

To avoid falling into the food industry’s marketing traps – which are worth billions – here are 5 foods which are commonly marketed at healthy products. As a type 2 diabetic, you need to avoid these at all costs!

You should especially avoid consuming these foods during the Diabetes Freedom Program. They will aggravate inflammation in your body, hinder weight loss, and make your blood sugar spike.

Without further ado, have a look at this list!

#### **1. Diet, light or fat-free products**

As someone who suffers from type 2 diabetes, you should avoid these light or fat-free products at all costs. This is an extremely harmful category of “food products”.

As soon as you see a product which says that it’s light or fat-free, look at the amount of sugar or carbohydrates that it contains.

These products have been designed to respond to a demand – that of people who want to lose weight, or who are conscious about their figure. However, this doesn't mean that these products are healthy.

A so-called “light” or “diet” product can make you gain weight.

In order to carry this type of label, a product just needs to contain very little or no fat. However, to compensate for bland flavors, these foods are high in sugar. As a consequence, they will make your blood sugar level spike in no time at all - and that's the worst thing that you can do as a diabetic.

The next time you go to the supermarket, look at the number of cereals, chocolate bars or even candy marketed as being “light” products. So, as soon as you see a light or fat-free product, take a glance at the nutritional values to see if there is a lot of sugar, or if there are various additives.

Of course, there are some so-called light cookies or cereals, but these contain tons of carbohydrates and/or sugar, which will raise your blood glucose. If you are following this program, they would be extremely counter-productive.

## 2. Whole grain products



There is a fundamental difference between eating whole grains such as quinoa, and a box of factory-made carbohydrates which are “whole grain”.

Here is another clever marketing trick which you will find in a large number of cereal, cookie, cracker and nutritional bar brands.

For example, one popular cookie brand mentions that it is “whole grain”, and sells itself as containing 18g of them per portion. This is probably true. However, these are “enriched wheat flour”, a type of processed carbohydrates which will make your blood sugar levels soar, and doesn’t offer any meaningful nutrition.

### 3. Gluten-free products





Let's clarify something very important: a "gluten-free" carbohydrate is not necessarily healthy for type 2 diabetics. A good deal of gluten-free products are packed with refined carbohydrates, and high in sugar and processed hydrogenated oils. So, don't forget that gluten-free products exist for people who are INTOLERANT of gluten, or who suffer from coeliac disease.

What if avoiding gluten feels better for your digestion?

This could mean you are not gluten intolerant, but intolerant to other substances present in foods with gluten. One such example is fructans, which are often stripped out of gluten free food products. This explains why eating gluten free may feel better for you.

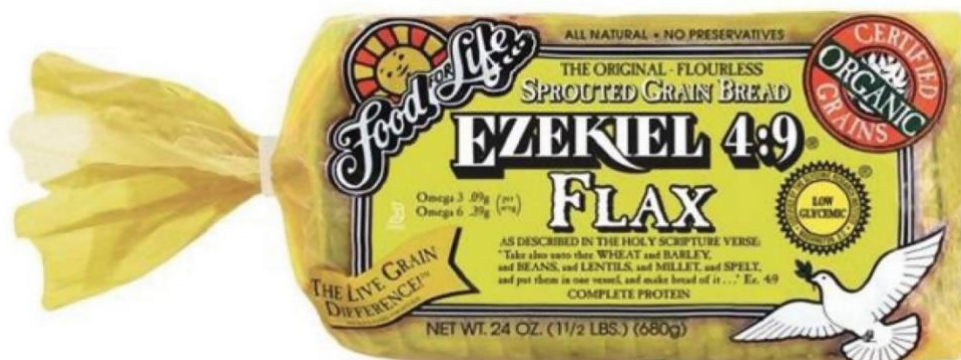
If eating gluten free helps your digestion, then be sure to choose gluten free products that are free of processed carbohydrates, hidden sugars, additives and hydrogenated oils.

Let's take the list of General Mill "gluten-free" products below. Rice Chex cereals only contain refined carbohydrates, and almost no fiber. Instant mash, gluten-free cake mixes or fruit-based snack are to be avoided at all costs! These are the worst foods you can get for type 2 diabetics, as they are absolutely packed with refined carbohydrates and simple sugars.

This type of food will make your blood sugar levels spike and then come crashing back down. Indeed, these products will leave you feeling lethargic and will lead to weight gain.

In excess, they lead to fat storage. This type of refined carbohydrates is stored in no time and this is terrible for people suffering from type 2 diabetes.

So, if you aren't intolerant to gluten, choose the healthy carbohydrates that we have mentioned in this program instead, and above all, avoid this junk which is extremely dangerous for your health and which, at the end of the day, doesn't taste particularly good either..



For example, the bread pictured above is high in fiber, has a low glycemic index, and is made from sprouted seeds. This bread contains a lot of dietary fiber and nutrients. Despite its gluten content, it is much healthier, and will prevent your blood sugar levels from spiking.

#### 4. Sugar-free Products



Lots of desserts are sold as being “sugar-free”. However, they aren’t necessarily good for type 2 diabetics. Often, they contain large quantities of alcohol sugars and artificial sweeteners which can turn out to be as harmful as sugar.

Alcohol sugars aren’t digested by our bodies, but they can cause you stomach troubles. For example, xylitol, lactitol and maltitol (like in the image below) are laxatives, so it’s best to avoid them. However, another alcohol sugar, erythritol, is healthy.

Besides, alcohol sugars and sweeteners such as “sucralose” must absolutely be avoided if you suffer from type 2 diabetes. Choose the natural sugars contained in fruit, a healthy dessert made from lucuma powder, stevia or erythritol, rather than consuming products which aren’t healthy at all.

Alcohol sugars are carbohydrates which your body does not digest. They have the nasty habit of increasing inflammation in your body, which is extremely counter-productive if you suffer from diabetes.

Rather than giving in to junk, enjoy one of the Diabetes Freedom Super Drinks, and elaborate on the gourmet recipes with our Diabetes Freedom Plan. That way, you will reduce the level of inflammation in your body, stop diabetes in its tracks, and then eliminate it completely.

By avoiding these unhealthy products, your body and your health will be in excellent shape!

## 5. Diet Drinks



Granted, these “diet drinks” don’t contain any sugars or carbohydrates. However, they are terrible for type 2 diabetics (and for everyone else). Drinks such as Diet Coke contain a number of artificial sweeteners such as aspartame, sucralose, etc., which can be very damaging both in the short and long term.

To sum up, they prevent any healing mechanism in your body. So, if you follow the Diabetes Freedom Plan, you will be eating the best foods in the world. Some food can reduce inflammation, and prevent type 2 diabetes from developing, allowing you to have better health from one day to the next.

Then, you drink one or two diet cokes... to get through a nasty craving.

You have just been drinking aspartame – a neurotoxin to your body which also seems to increase your risk of cancer.

So, you’re poisoning your body, and you’re increasing your inflammation level with each sip of diet sodas.

All the efforts produced within the Diabetes Freedom Program lose their value. Finally, to really put you off these products, you should know that artificial sweeteners have been associated with type 2 diabetes over the past ten years!

Avoid them!



The 3 artificial sweeteners to avoid at all costs are saccharine, aspartame, and sucralose.

Your type 2 diabetes can't win!

**Pay attention to this on a nutritional label:**

As a type 2 diabetic, you should take on this essential habit: read nutritional labels carefully.

You should completely avoid foods which contain too much added sugar or refined (processed) carbohydrates, and you sure make sure that they contain enough fiber.

Here are a few basic rules for analyzing a nutritional label to halt type 2 diabetes.

**1. The less there is, the better**

As a general rule, when you go to the grocery store, choose the products with the fewest ingredients. Ideally, choose a product with **JUST ONE INGREDIENT**. A true food then, such as fruit, vegetables, whole grains which are unprocessed, pulses (lentils, beans, etc.), quinoa, etc.

These are healthy foods which will do you good, and which you can cook how you want.

However, when we look at a packet of crackers, cookies, or a box of breakfast cereal – we quickly see that these foods contain an incredibly long list of ingredients!

The vast majority of these ingredients have unpronounceable names... So, it's best to avoid anything that contains suspect ingredients, or a list of ingredients which just goes on and on. The less there is, the better – for your diabetes and your health in general.

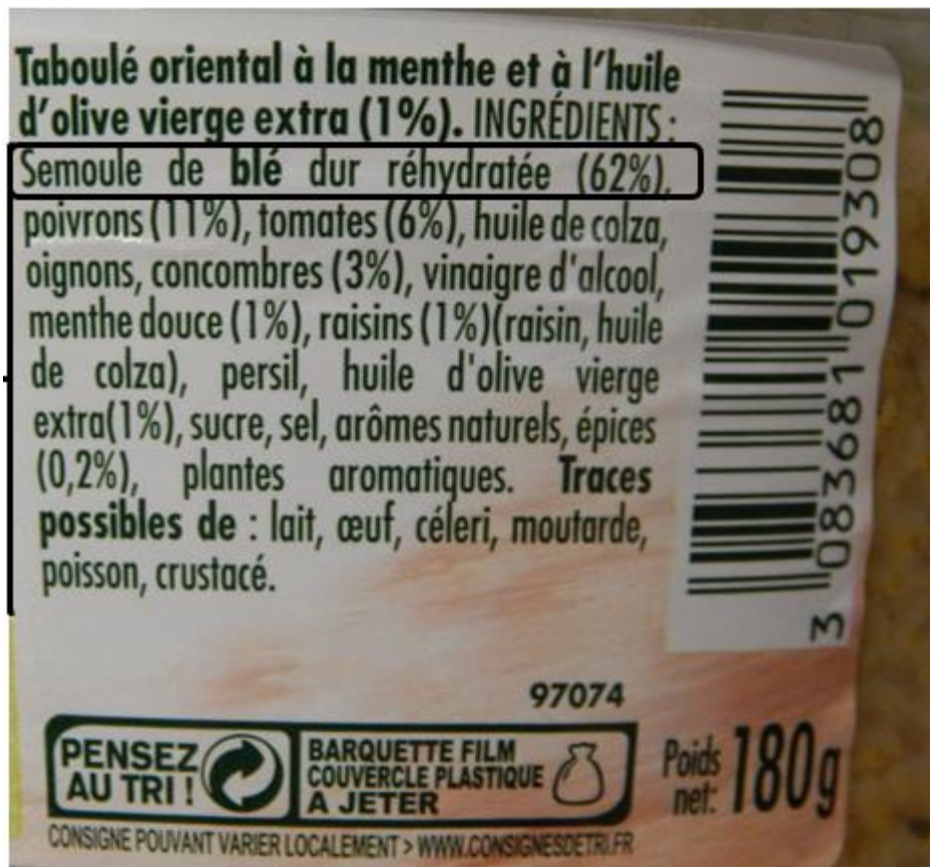
**2. The first ingredient listed is the main ingredient**

When you read a nutritional label, you need to know that the first ingredient is the one which is the most concentrated in the product. So, if the first ingredient is whole grain rice, and the

third ingredient is corn starch, that's much better than the other way around. However, it's nothing to write home about either.

Now, we're going to examine the list of the "twelve deadly ingredients". You should go out of your way to make sure that these ingredients don't feature amongst the first ingredients on the label.

For example, let's look at this cereal box below. It turns out that the first ingredient is quite healthy; after that, there's sugar, and further down the list... there are other types of sugar. So, if sugar is one of the first three ingredients on the label, avoid this product whatever happens.



### 3. The list of the 12 deadly ingredients – let them go!

Each time you read the label, make sure that it doesn't contain any of the ingredients listed below in its first three ingredients. We won't go into the exact scientific details, but just note that these ingredients can be incredibly dangerous for the health of a diabetic...or anyone else, for that matter.

To obtain the most satisfying results with the Diabetes Freedom Plan, forget these ingredients, or avoid them where possible.

## The list of the 12 Diabetes Freedom deadly ingredients – Let them go!



1. Hydrogenated vegetable oils (these fats are terrible for your figure and cardiovascular health)
2. Enriched wheat flour (or refined flour)
3. Sucralose
4. High-fructose corn syrup (the worst carbohydrate there is)
5. Modified corn starch
6. Soy oil
7. Aspartame
8. Sugar and other sugar derivatives
9. Dextrose
10. Dried corn syrup extract
11. Canola oil and palm oil
12. Monosodium glutamate (MSG)

**Not all proteins are made equal.**

When you go to the grocery store, note that not all proteins are made equal. So, it's true that protein doesn't raise your blood sugar level, but this doesn't mean that you should consume any old protein.

The following list of proteins contains the ones to avoid, especially if you want to get rid of your diabetes. These proteins are low quality, and they will increase inflammation levels in your body.

## Bad Foods for Type 2 Diabetics: Proteins



1. Non-organic eggs
2. Canned tuna or salmon
3. Spam
4. Factory-made sausages
5. (Low cost) hamburger meat
6. Factory-made meat spreads

7. Any type of “fried” chicken, fish, etc.
8. Mechanically separated meat
9. Packaged cooked meats



## Bad Foods for Type 2 Diabetics: Carbohydrates

Here are the worst carbohydrates which type 2 diabetics and those close to them should avoid at the grocery store. Leave out the foods below, because they'll rapidly raise your blood sugar levels, and will aggravate inflammation.



1. Crackers and savory biscuits
2. Boxed cereals
3. Granola OR granola bars
4. Cereal bars
5. Bread (all bread with refined wheat flour)
6. Fruit-based snacks
7. Dried fruits
8. Pre-prepared pasta or rice
9. Energy drinks and soda
10. Candy
11. Cookies
12. Cake
13. Frozen pizza
14. Frozen starters
15. Chips
16. Factory-made ice cream

## Bad Foods for Type 2 Diabetics: Fats

Amongst the “healthy fats” which won’t cause your blood sugar levels to spike, you will find organic coconut oil, raw nuts, extra virgin olive oil, canola oil, avocado, sesame seeds, etc. However, the following list will show you the types of fats which you should definitely avoid during, and after, the Diabetes Freedom Program!



1. Vegetable oils (unspecific or for frying)
2. Canola and sunflower oil
3. Flavored nuts (honey roasted or with added sugar). Note: avoid roasted nuts, because the nut fats have been oxidized, which creates a deadly cocktail of free radicals
4. Sauces containing canola or sunflower oil
5. Salad dressing containing canola or sunflower oil (avoid all foods which contain these oils)
6. Donuts
7. Chocolate bars
8. Ice cream
9. Margarine
10. Fats used for chips
11. Pizza
12. Whole milk products like yogurt, cheese or milk
13. Crème fraiche
14. Fries or any “fried” food

## Conclusion: A Heathy, Diabetes-Free Body

Congratulations, you're on the best path to defeat diabetes!

If you have implemented the program and followed it to the letter (or almost to that point), you will have noticed an incredible change! Whether this is on a health level, or in your lifestyle.

If this isn't the case, I would encourage you to follow the program carefully, and really commit. You really are worth it!

Listen carefully...

This choice belongs to you, nobody can make it for you. You can completely destroy your type 2 diabetes for good!

You are the only person who can carry out the necessary changes to succeed.

By making healthy decisions, you can rid yourself of this curse, and return to good health.

You have the possibility of choosing healthy, organic foods, and becoming and staying active.

By thinking in a positive way, and surrounding yourself with similar people, you can create a rich, healthy, and happy future.

When you've made your decision and start the Diabetes Freedom Program, your body will begin an incredible healing process.

Very quickly, you will have more energy, your brain will be more active, and your physical appearance will become much more appealing. The benefits which come from this program are myriad – you will feel the positive effects on your health, on your romantic and social life, your career, and your family life.

So, follow the Diabetes Freedom program to offer you truly good health and say no to medical treatment!

Your physical and mental health will improve, problems will become easier to solve, and you will be a lot more Zen. Then, on top of it all, your self-esteem and your confidence will skyrocket.

You will be able to notice that yourself, as will those around you.

Your body will change significantly, and your loved ones will start asking questions. You're going to lose weight, your skin will clear up and become soft, your eyes will be a sparkling white, and your hair and nails will be thick and healthy.

In the end, lots of things can improve radically thanks to a lifestyle change like this. You will be overflowing with energy, so you can begin the projects that, up until now, you've put to one side.

You can take your career further, travel, go on new adventures, all while knowing that your health won't hold you back.

I am honored to have been able to accompany you over the course of this Type 2 Diabetes Freedom Program.

I wish you all the best in life, and excellent health. Don't give up on your dreams, this is just the start!

*To your health and recovery*

*George Reilly*

*Creator of Diabetes Freedom*