



**WEBINAR: Jan 18-20, 2022**  
**Tue - Thu @ 7 PM (eastern)**

**Day 1**

# **Naturally Reverse Diabetes**

**presented by Reversing Diabetes**

# Who the heck am I?

I was a Type 2 diabetic for over 30 years

diagnosed while a PhD candidate in biochemistry

multiple daily injections of insulin for 12+ years

August 2, 2019, I began to reverse my diabetes

< 2 months, off insulin

< 1 year, off all diabetic medications

non-diabetic HgA1c's for 2+ years

**My diabetes is in remission; yours can be too!**

coaching others for a couple years now

[testimonials submitted to my web site](#)

[testimonial videos on YouTube](#)



I'm Jackie, and I help people with type 2 diabetes navigate the journey from fat, weak, and sick to trim, strong. and healthy

# problems caused by diabetes

obesity - high insulin levels (fat storage hormone)

fatigue - neither glucose nor fat for energy

fluid issues - hypertension & edema

skin infections - boils, recurrent yeast infections, cellulitis

worsening labs, more meds & side effects of meds

neuropathy - problems walking, gastroparesis, impotence

various aches & pains, poor stamina, flexibility - aging?

brain fog - my most hated problem!

fear of long-term complications: blindness, limb amputation, kidney failure and cardiovascular disease (number one cause of death among those with T2D)



# How did we become diabetic?

we eat beyond our carb tolerance, so make extra insulin to handle the higher blood glucose

some folks react to the high levels of insulin - [reactive hypoglycemia](#)

but most of us don't know we're making too much insulin (doctors usually only) test blood glucose

drug tolerance kicks in - we become [insulin resistant](#)

leads to [metabolic syndrome](#), diagnosed by 3 of these 5 issues: 1. abdominal obesity 2. high blood pressure 3. high blood sugar (usually from CMP - comprehensive metabolic panel) 4. high serum triglycerides (from lipid panel) 5. low serum high-density lipoprotein (also from lipid panel)

continued [hyperinsulinemia](#) develops into prediabetes, then diabetes



**Type 2 diabetes \*is\*  
insulin resistance!**

**Insulin causes  
insulin resistance!**

# How to reverse insulin resistance?

drug tolerance - we have to reduce exposure to the "drug"  
in our case it's our own insulin!

insulin rises most in response to carbohydrates  
sugar - including natural sugars  
starchy foods like bread, pasta, noodles, rice,  
potatoes, corn, most beans & legumes, low-fat dairy

insulin rises less for protein foods (with caveat)  
body uses protein for muscle & enzymes  
can't store excess - [gluconeogenesis](#)  
dosing insulin has to account for carb & protein  
protein needs to be sufficient, but not excessive

insulin rises least with fat  
least [insulinogenic](#) of the [macronutrients](#)

ketogenic diet - also called low-carb/high fat (LCHF)





# What lowers insulin the most?

NOT eating lowers insulin even more than a ketogenic diet

[intermittent fasting](#) - eating only within an "eating window" each day - eg 10 AM - 6 PM is an 8 hour eating window with a 16 hour fasting window

[extended fasting](#) - going one or more days without eating at all - this is how I began (**NOTE:** I do not recommend anyone, no matter how desperate, fast for longer than a week)

the most **POWERFUL** and **EFFECTIVE** method of naturally reversing diabetes is combining a ketogenic diet **AND** time-restricted eating

when diabetes is reversed, maintenance will involve not exceeding your carbohydrate tolerance

**Getting your life back!**



**time-restricted  
eating**

# side effects of lowered insulin

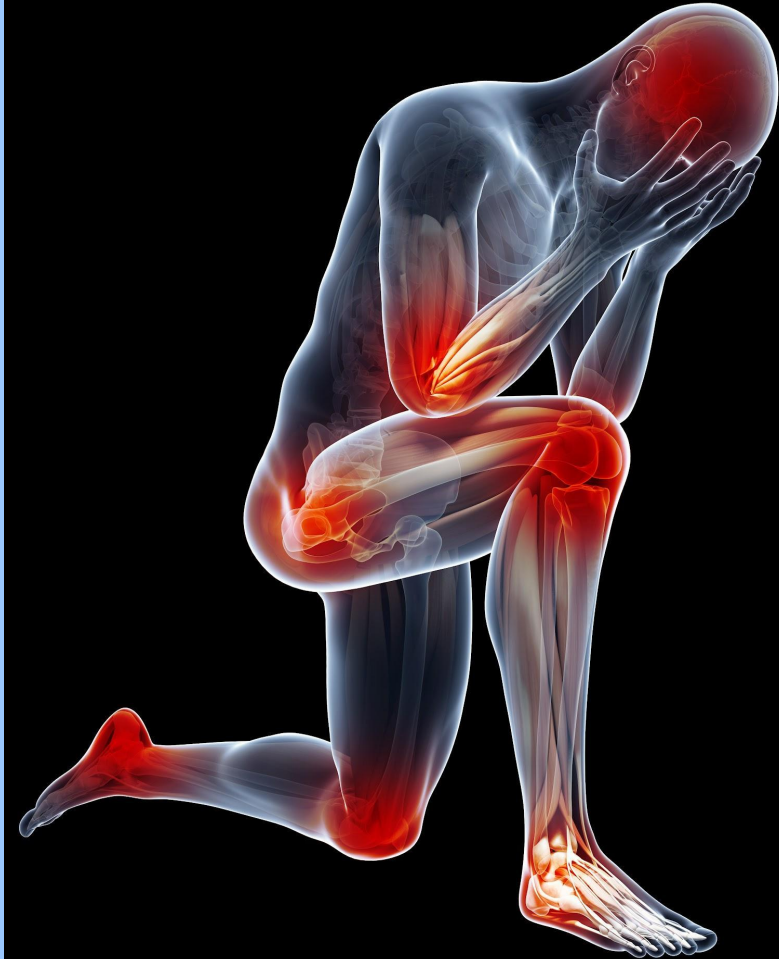
reduced inflammation = less pain & fewer autoimmune symptoms

kidneys stop retaining sodium & water and wasting potassium

lowered BP (adjusting BP meds was tricky)  
edema (which fixed “neuropathy”)  
even CHF (bra size decreased 14”)

Need electrolytes to address “keto flu” symptoms (headache, nausea, confusion, low energy, drowsiness and fatigue) and long-term loss of potassium (muscle weakness, cramps, constipation). [my electrolytes playlist](#)

Need to adjust insulin dosages, and sulfonylurea drugs (glyburide, glimepiride, glipizide, chlorpropamide, tolazamide, tolbutamide) to prevent hypoglycemia.



# keto & time-restricted eating

If you'd like to try \*just\* keto, [Virta Health](#) has had success reversing diabetes.

It didn't work for me. I ate LCHF for most of 2 decades. I never lost much weight and eventually lost control of my bG, had a heart attack and wound up on insulin.

With time-restricted eating \*added\* to keto, my diabetes reversed - [free ebook on reversing diabetes](#)

Starting off with an extended fast, in under a week, I had reduced my edema significantly, lost my neuropathy, and could walk without my cane!

I'm off all diabetic meds, off meds for my adrenal insufficiency and thyroid disorders. I've normal BP, non-diabetic A1cs and normal lipid panels.

**I've got my life back!**







# WEBINAR: tomorrow Wed @ 7 PM (eastern)

Day 2

- ✓ various forms of ketogenic diet
- ✓ several ways to approach time-restricted eating

So you know *\*exactly\** what eating to reverse diabetes could look like for you!

**My diabetes is in remission; yours can be too!**

This slideshow and the webinar replay will be available in about an hour; I'll email you when they're uploaded.

See you tomorrow!



**presented by Reversing Diabetes**