



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

Day 2

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

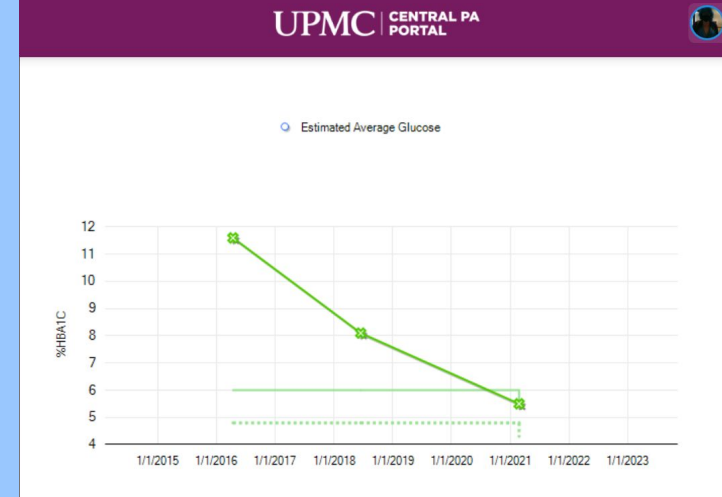
recap of day 1

High insulin levels lead to “drug tolerance” i.e. insulin resistance (IR). IR leads first to metabolic syndrome, then to prediabetes and eventually diabetes.

IR causes obesity, fatigue, hypertension, edema, boils, yeast infections, cellulitis, neuropathy, difficulty walking, gastroparesis, impotence, worsening labs, more meds (and their side effects), “aging” symptoms like aches & pains, loss of flexibility and poor stamina and brain fog/cognitive issues. Fear of the future: blindness, amputation, kidney disease and death from CVD.

To reverse diabetes, we need to reduce our exposure to insulin. How?

A low carb diet with time-restricted eating is the fastest, most effective way to naturally reverse insulin resistance.



What is a ketogenic diet?

cells can burn two types of fuel: glucose (from carbs) or ketones (from fat)

when glucose is low, we make [ketone bodies](#), which most tissues (including brain) *prefer* for energy over glucose

being in [ketosis](#) is normal and natural

we're built this way - it's why our bodies *store* fat, so they can "eat" it later

for epileptic children, it was defined as very high fat

if we have excess fat, we can achieve ketosis just by lowering carbs - we can burn *our* fat instead of just dietary fat

how much carb depends on your personal carb tolerance



low carb diet

Standard American Diet (SAD) is 225-325 g carb/day, so low-carb can be pretty high!

Things to remove to reduce carb intake:

sugar (cakes, cookies, candy)

including “natural” sugars like maple syrup, honey

wheat (bread, pasta, noodles, chips, pretzels)

rice, corn & other grains

root vegetables (potatoes, beets)

most fruit (exception: berries)

low-fat dairy

most legumes (beans and peas)

WTF! *What's left?*



**what Americans eat
in a week from Peter
Menzel's "Hungry
Planet - What the
World Eats"**

What to eat on low carb?

CARBS: low-carb vegetables & low-carb fruit

PROTEINS: meats, poultry, fish & shellfish, full-fat dairy

FATS: high-fat dairy, nuts & seeds, vegetable oils & mayonnaise, animal fats

My [keto infographic](#)

IME, **adaption** is key!

Some choices:

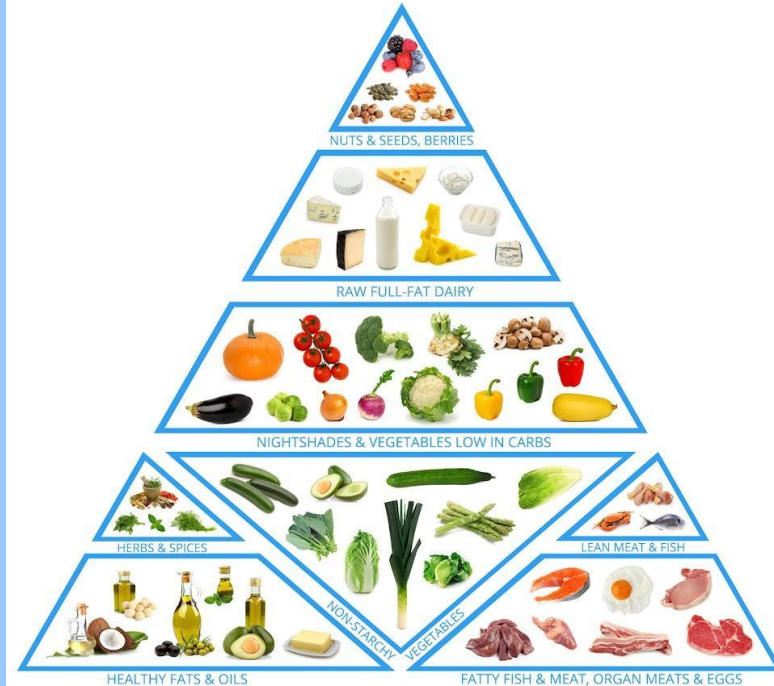
carnivore/ketovore - pro: zero carb; con: gluconeogenesis

vegetarian/vegan - pro: religion, ethics; con: higher carb

omnivore - pro: sauteed mushrooms & onions on steak!
(seriously, low carb veggies are filling for few calories)

My choice: Ridiculously Big Salad - [3 day challenge](#)

KetoDiet Food Pyramid



Drink



WATER



TEA



COFFEE



DRY WINE



SPIRITS

FREELY

MODERATELY

RARELY

Why time-restricted eating?

NOTHING lowers insulin like fasting!

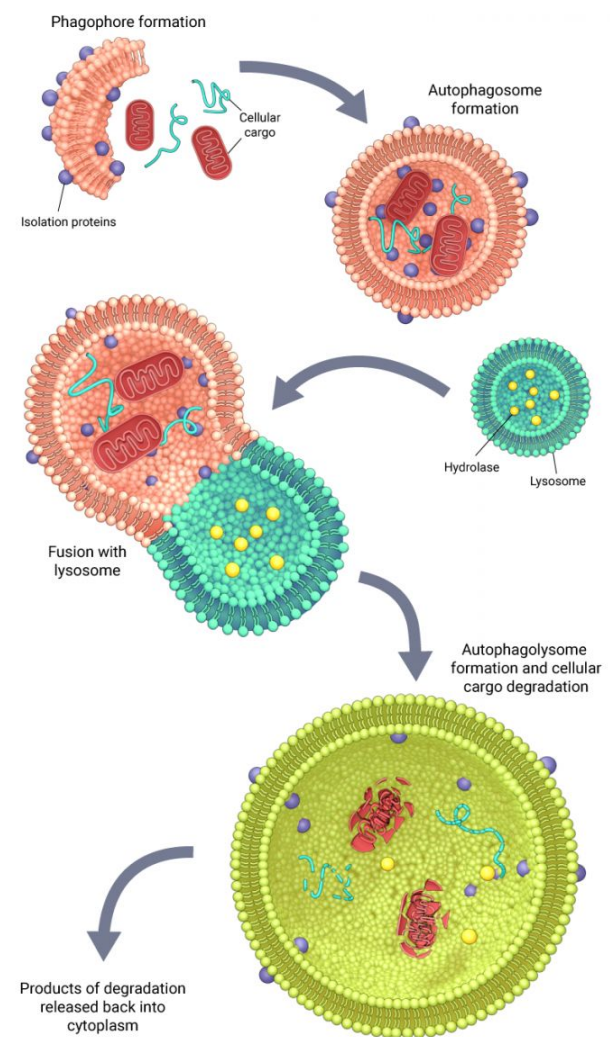
even fat raises insulin to some degree
the lowest you can get your insulin levels is with 0 calories

fasting **also** causes [autophagy](#) (distinct from [apoptosis](#))

when we have broken enzymes (proteins) or malformed organelles, these can be digested by lysosomes, releasing the component parts back into the cell

our bodies actually RECYCLE broken bits as they heal
inside the cells

given we have a lot of damage from years of high insulin followed by years of high blood glucose, we need all the healing we can get!



forms of time-restricted eating

daily intermittent fasting (IF)

two meals a day (TMAD)

one meal a day (OMAD)

eating windows

18:6, 23:1, etc. NO SNACKS!

extended fasting

simplest is alternate day fasting (ADF)

some go longer, up to a week!

in between IF and EF: 30:16

lunch Monday to dinner Tuesday (30 hours)

dinner Tuesday to lunch Wednesday (16 hours)

benefit of longer fasts, but get to eat every day

How much fasting to reverse diabetes? **ADAPTATION!**

TIME RESTRICTED FEEDING



*When should you be eating
for optimal health?*

How the hell do I do this?

It's simple: *a low carb diet with time-restricted eating is the fastest, most powerful way to naturally reverse insulin resistance.*

It's simple, but **not** easy.

Even once you've learned exactly what to do, most find it difficult to actually do it.

It's hard and we feel deprived. We try to keep our willpower on "high" to stay on the straight and narrow. But life still happens sometimes, exhausting us. We can't focus on diet all the time. Sooner or later, we "fall off the wagon."

And it's hard to find the motivation to get back on when we feel like failures. Often, we feel overcome with guilt. When we do muster the gumption to start again, the cycle repeats. If we do this often enough, we lose all hope of success.



What if we took a different approach?

What if there were a way to succeed without super-human willpower? What if we experimented to find what works best for us?

What if we found the cheapest, most effortless and enjoyable way of eating low-carb? What if we found our favorite times to eat and not eat, based on our own likes and dislikes?

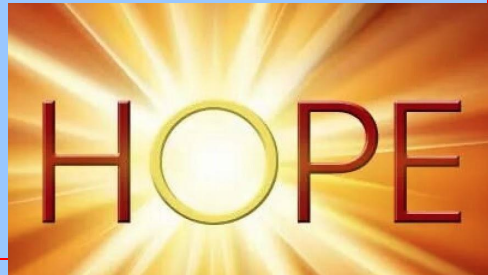
Adapting the way of eating to our own lives makes it much easier to sustain over time.

But we can make it easier still by changing ourselves as well as our way of eating. We can reduce the struggle by addressing our **mindset**.

We can change our self image and the value we place on food. This shifts the relationship between ourselves and our groceries. Our feelings about everything diet-related change.

When you change yourself inside, it seems the whole world changes. What was once a painful, uphill struggle seems like giggling as you skip down a hillside. It becomes child-play to continue.

Then, as you begin to see a **tempting vision of your ideal self**, you'll be enthusiastically propelled into your future.





WEBINAR: tomorrow Thu @ 7 PM (eastern)

Day 3

- ✓ Adapting this way of eating to *you* - cause one size never fits all!
- ✓ Changing your mindset & your relationship with food.
- ✓ Envisioning your ideal self based on *your* values.

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