



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

Day 3

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 days 1 & 2

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.

To lower carbs, we need to remove sugar and starchy foods from our diets. There’s various ways of doing keto from carnivore to vegan, and some foods are listed in my [keto infographic](#).

There’s also various ways of doing time-restricted eating, from intermittent fasting (eating in a daily “eating window”) to extended fasts (skipping one or more days of eating).

An omnivore, but vegetable-heavy, way of eating using intermittent fasting, can be found in the [three day challenge](#). I’ve found eating this way sustainable because it is both frugal and requires little time in the kitchen.

biochemistry of hunger

some hormones involved in hunger: insulin, leptin, ghrelin

Insulin prevents access to fat stores, so we rely entirely on glucose for energy.

-> IR makes us unable to use glucose, so our cells are starving in spite of high bG

-> a drop from 250 -> 200 is *relative* hypoglycemia and can cause hunger also

[Leptin](#) is a hormone made by fat cells to tell the body to NOT be hungry, as we have all this fat available to “eat.” Unfortunately, a number of things can interfere with leptin.

[Ghrelin](#) is a hormone made by the stomach on schedule, when we usually eat. Ghrelin suppresses leptin, so no matter how fat we are, we want to eat when we usually eat.

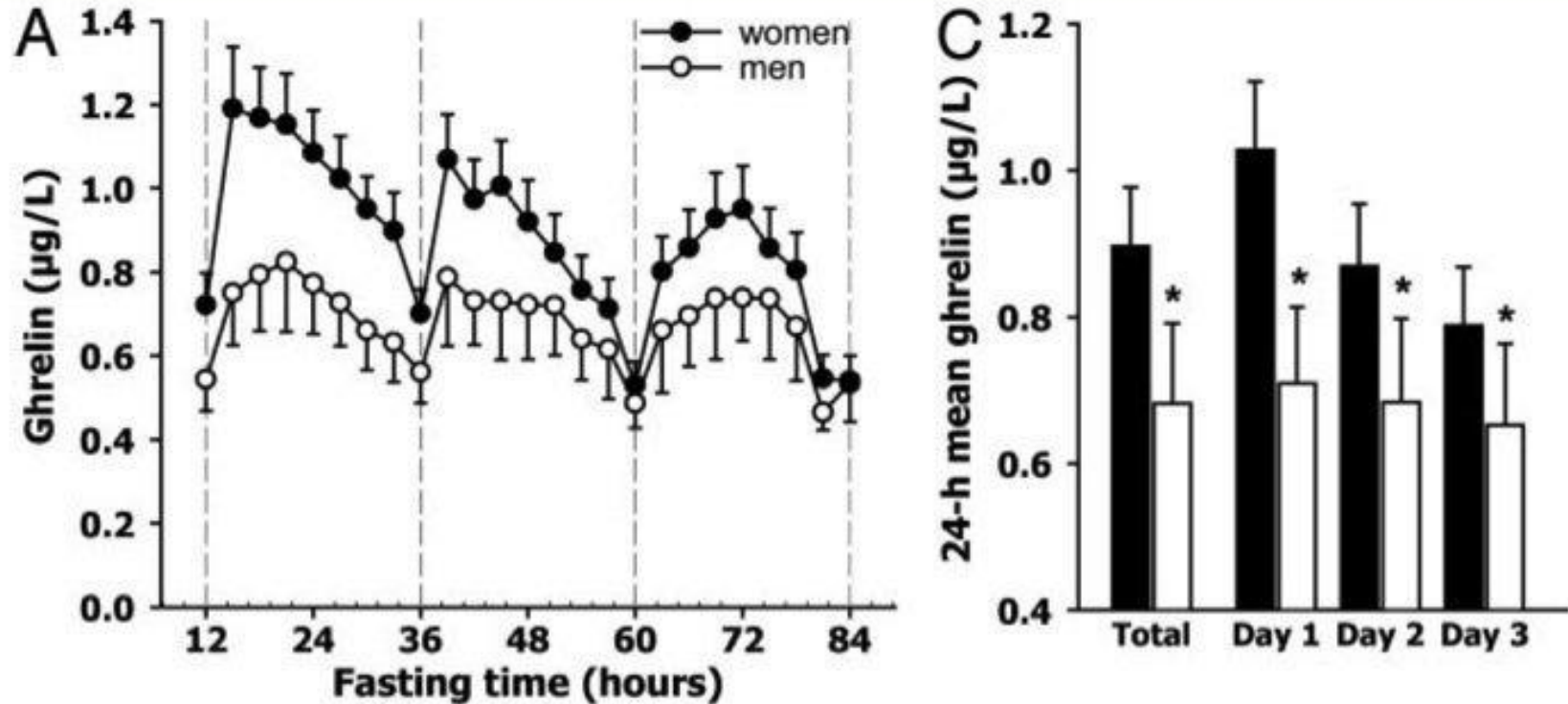
[video that explains this very well](#)



**You don't overeat
because you're
hungry; you're
hungry because you
overeat!**

ghrelin can be trained!

Fasting and Ghrelin



tame our hormones & make it FIT!

[Three day challenge](#) might work for you; it has for many.
But others have had to adapt it.

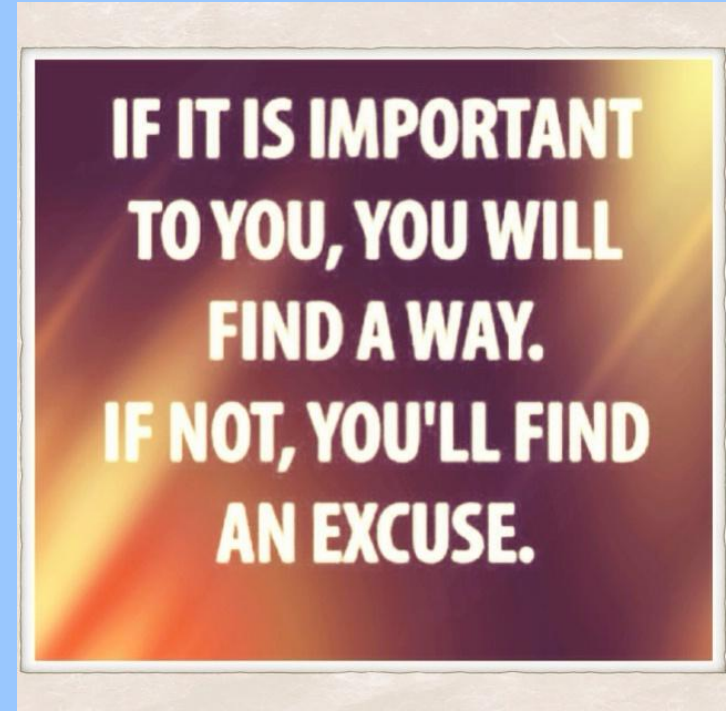
- > time of day
- > specific food choices
- > cooked veggies instead

It didn't exist when I began, I began with an extended fast, then iterated based on my bG readings.

IME, **adaptation** is key!

Though I had tremendous results my first week, it took me a couple months to figure out exactly what was most sustainable for me **and** build it into a new habit.

Attitude: figure out HOW to make it work! (It probably helped that I was a scientist).



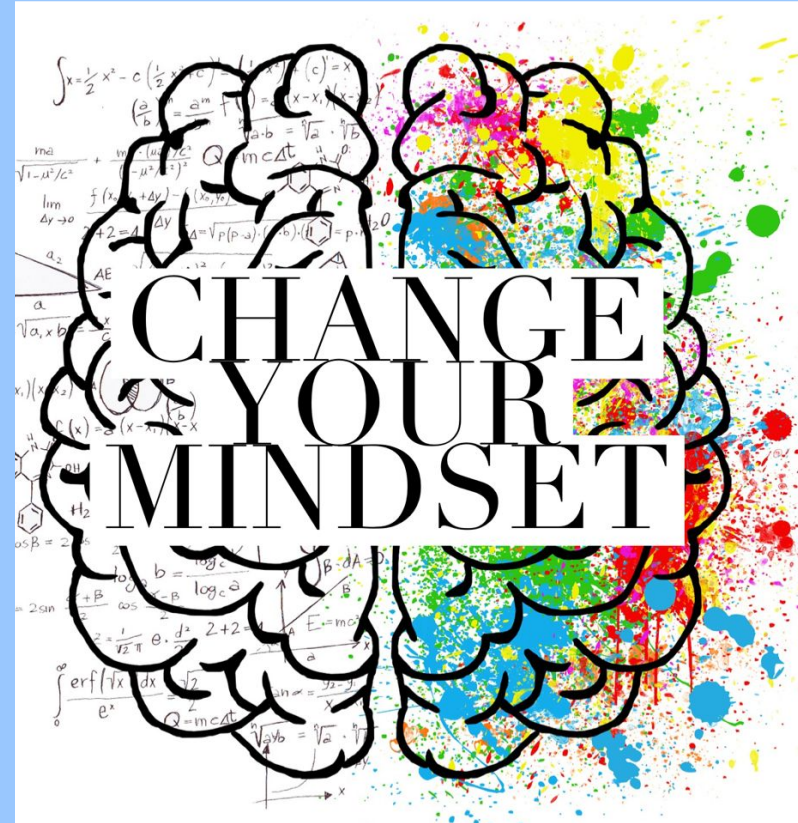
change your relationship with food

After adaptation, it seems to me having watched hundred of folks transform that there are some key differences in the way their mindset changed during their journey.

Changing the way we think about food is pretty important. It's been a comfort and a celebration, nearly any emotion we feel seems to be related to food. Our entire culture is oriented this way.

- > Feel bad? Have a cookie.
- > Accomplish something? Here's a cake!
- > Bad day? Have a pizza delivered.

We can still enjoy scrumptious food, but need it at it's appropriate place in our lives. Food is primarily about providing the building blocks our bodies need to be strong and the vitamins and minerals needed to be healthy.



change your relationship with YOU

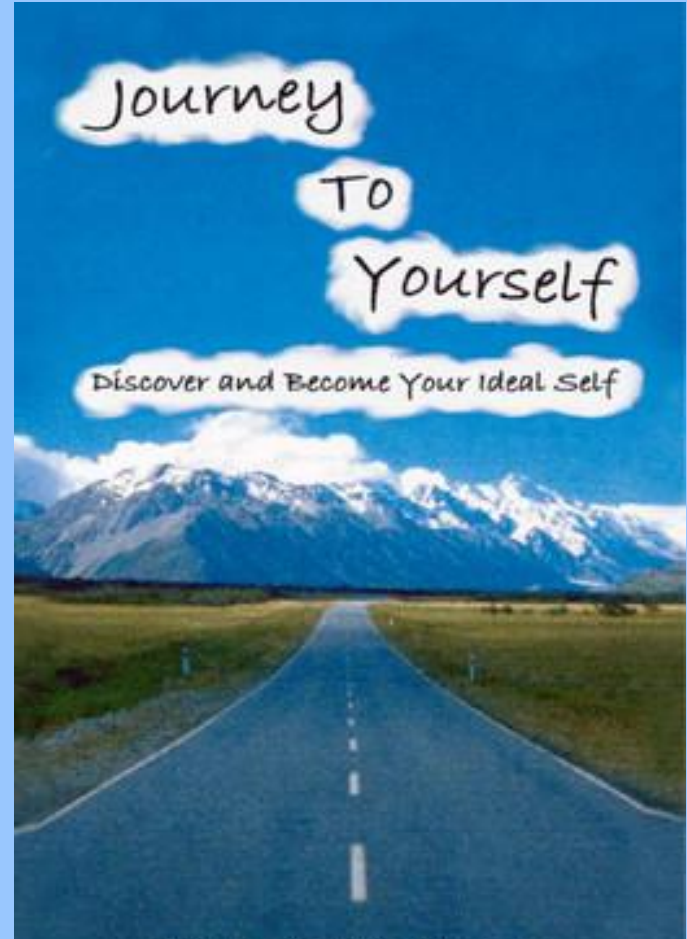
As you start to see success, the hope you began with blossoms into belief. You KNOW things are changing and you begin to plan a different future for yourself.

You start to have BIG goals, things you wouldn't have dreamt were possible previously. What used to be pipe dreams become realistic as you ENGAGE in your goals.

These goals begin to clarify our deepest values.

There is a process of eliciting our values to change our self image and envision our ideal self, creating a vision of ourselves that compels us towards it.

This is actually a life-long process, not just for reversing diabetes or losing weight, but for becoming who we truly want to be.



doesn't happen overnight

Though I reversed both my diabetes and obesity, the journey from fat, weak and sick to trim, strong and healthy continues. I'm not my ideal self quite yet.

These three processes, adapting low carb and time-restricted eating to yourself, changing your relationship with food and growing into your ideal self are not instantaneous. They take time.

If you start with even the tiniest bit of hope, and implement these 3 principles, you can get your life back.

I've tried to teach these in webinars and other livestreams, but it's not been enough.

IME, it took a lot of support also, both from my peers on this journey and from those further along than myself.



Photo from a job I had in the 90s contrasted with 1 year into my journey. Metamorphosis!

workshop details



- 8 weeks - JAN 31 - MAR 25
- private forum for posting
- small group, not more than 20
- advice from myself and your peers as you iterate and adapt
- live discussion of how we're changing our relationship with food and with ourselves
- weekly videos from me
- follow-up, life-long access to forum
MY life, not yours! ;)

More info & sign up here:

<http://Workshop.ReversingDiabetes.XYZ>

not ready yet?

Sign up is available through January 30, so we'll be ready to start the following Monday.

There's more information on the page at <https://Workshop.ReversingDiabetes.XYZ>

If you have further questions about the workshop, you can email me at jackie@ReversingDiabetes.XYZ

If you're not ready now, I'm tentatively planning to offer this again in August. I need to spend a few months finishing up my book!

Meanwhile, there's my [YouTube channel](#) and my [Facebook page](#) where I continue to educate and answer your questions.

LET'S KICK DIABETES TO THE CURB!



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