



“Type 2 diabetes... is easily preventable, and nearly 100 percent reversible without drugs.”

— Dr. Joseph Mercola, mercola.com

START HERE
↓

1) Drink more water.

Drink a minimum of 8 cups of water or half your body weight in ounces per day.

2) Get moving!

Exercise to lower blood sugar levels. What's the best form of exercise? One that you'll DO!

3) Eat your veggies!

Choose fresh, locally grown, organic whole food whenever possible.

4) Just say “No!”

Avoid ALL artificial sweeteners. Reduce use of packaged/processed foods, including white flour and refined sugars.

5) Reduce stress!!!

Take a walk, listen to music, journal, read, call a friend, say a prayer of thanksgiving.

“SUPER 7” SUPPLEMENTS

- **Alpha-lipoic Acid (ALA)**
Helps control blood sugar and repair nerve damage
- **Cinnamon**
Promotes healthy glucose metabolism
- **Chromium and Vanadium**
Improve insulin sensitivity, stabilize blood sugar
- **Fiber (Example – PGX)**
Helps lower blood glucose levels
- **Food-based Multivitamin and Minerals**
Help fill key nutritional gaps
- **Omega-3 & 6 Essential Fatty Acids**
Reduce inflammation and improve circulation
- **Trace Minerals**
Help activate and control insulin levels

Instead of...

Sugar, artificial sweeteners

Potato chips, pretzels

White potatoes

Corn or canola oil

Margarine

Pasta

Soda (regular and diet)

Try this:

Stevia, xylitol or agave

Seeds, nuts and popcorn

Sweet potatoes

Coconut or olive oil

Butter, ghee

Artichoke pasta

Green/herbal tea

Beneficial Herbs:

Bilberry • Bitter Melon
Comfrey • Dandelion
Esiac tea • Fenugreek
Gymnema Sylvestre • Horsetail
Sonnewald's General Tonic tea
Stevia

Key Vitamins and Minerals

The following is a list of the key vitamins and minerals that a diabetic needs to successfully fight their diabetes. Since most diabetics are lacking these key vitamins and minerals, it is imperative that they eat whole foods that contain these vitamins and minerals. Then, add supplements to fill in the gaps of your meal plan.

- Foods that contain **calcium**, including some nuts, and green vegetables. Also, include some **iron** in your daily diet by eating organic eggs, lean meat, poultry, fish and leafy green vegetables.
- Foods rich in **Vitamin B1, B2, B3, B5, B6, B7, B9, and B12** including vegetables, fruits, organic whole grains, meat, and dairy.
 - **Vitamin B1 (thiamin)** is found in liver, fortified breads and cereals, pasta, peas, soy foods, fish, beans and oranges.
 - **Vitamin B2 (riboflavin)** is present in dairy products, nuts, legumes, rice, mushrooms, and leafy green vegetables, such as broccoli and asparagus.
 - **Vitamin B3 (niacin)** is found in chicken, beans, peanuts, tuna, salmon, ground beef, peanut butter, pasta, mango, peaches, carrots, fortified hot and cold cereals, nuts and dairy products.
 - **Vitamin B5 (pantothenic acid)** is found in liver, red meats, whole grain cereals, chicken, fish, cheese, sweet potatoes, cauliflower, avocados and beans.
 - **Vitamin B6 (pyridoxine)** is found in meat, potatoes, bananas, poultry, fish, spinach peanuts and beans.
 - **Vitamin B7 (biotin)** is found in clams, eggs, bread, egg yolk, fish, mushrooms, oatmeal, bananas, soy and milk.
 - **Vitamin B9 (folic acid)** is found in leafy green vegetables, oranges, Brussels sprouts, turnips, salmon, orange juice, avocados, poultry, liver, and beans such as soybeans and Lima beans.
 - **Vitamin B12 (cobalamin)** is found in red meat, milk, eggs, soy milk, liver, salmon, trout, clams, tuna, pork, ham, cheese and yogurt.
- Foods rich in **Vitamin C** including oranges, grapefruits, strawberries, honeydew, broccoli, cauliflower, Brussels sprouts, green peppers, tomatoes and mustard greens.
- Foods with **Vitamin D** including wild salmon, sardines, tuna, oysters, mackerel, organic eggs, cod liver oil, and shiitake and button mushrooms. And don't forget about sunlight!
- Foods rich in **Vitamin E** including wheat germ oil, ev olive oil, ev coconut oil, avocado, almonds, olives, papaya, kale, mustard greens and red bell peppers.
- Foods with **folic acid**, including dark green leafy vegetables, veal, legumes (lima beans, black beans, black-eyed peas and chickpeas), fruits and fortified grain products.
- Foods rich in **magnesium**, including artichokes, black beans, barley, spinach, okra, Brazil nuts, cashews, almonds and halibut.
- Foods with **zinc**, including oysters, crab, venison, pumpkin seeds, free-range chicken and turkey.
- Foods rich in **potassium**, including avocados, bananas, Brussel sprouts, cantaloupe, lima beans, honeydew melons, potatoes (baked), raisins, spinach, tomato sauce and winter squash.

Resources:

DeathtoDiabetes.com, *How to Cure Diabetes* by Sherry A. Rogers, *The Blood Sugar Solution* by Mark Hyman, M.D.