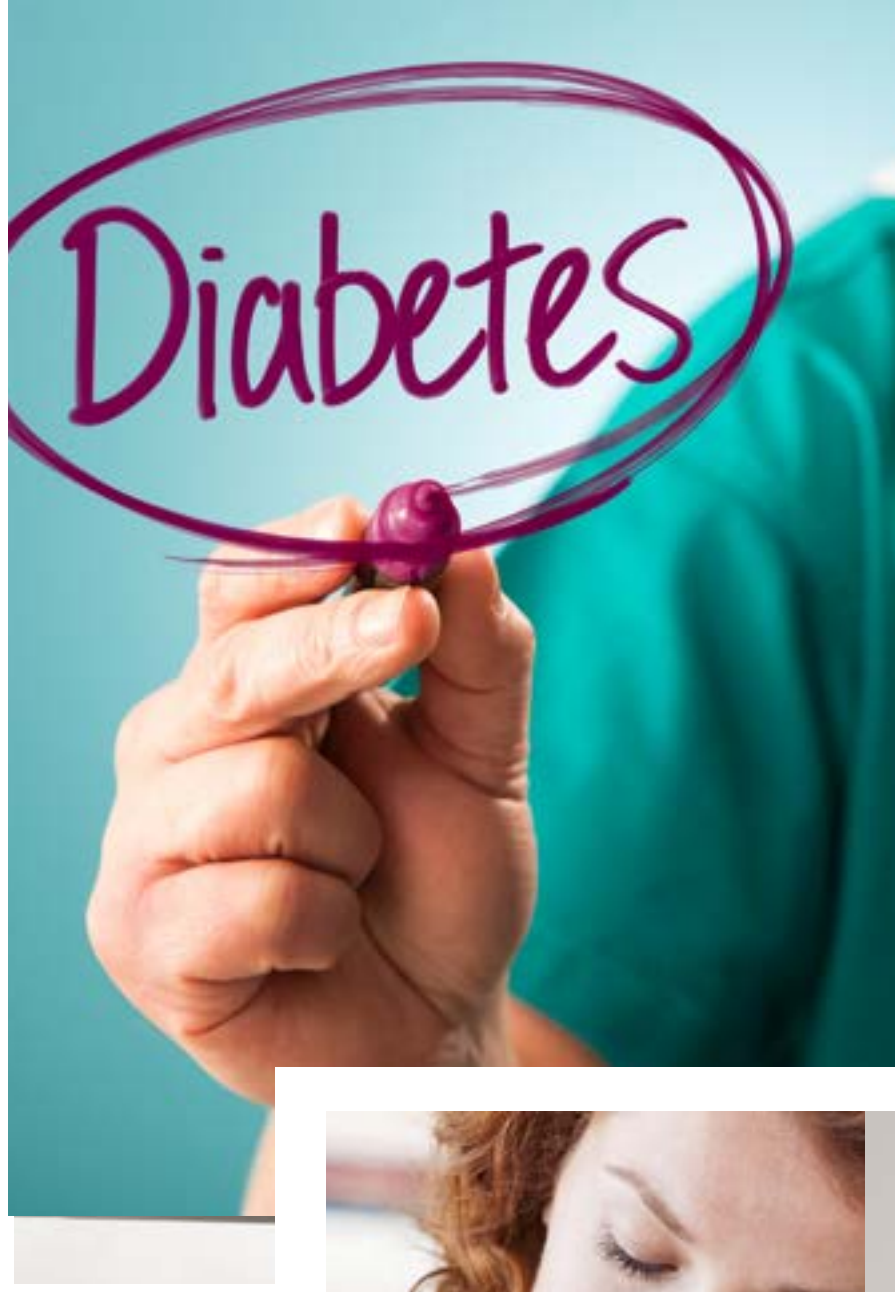


# Type 2 Diabetes

Understanding Its  
Causes and  
Prevention



# INTRODUCTION TO TYPE 2 DIABETES: UNDERSTANDING ITS CAUSES AND PREVENTION

Type 2 diabetes is a global epidemic, yet many people remain unaware of its causes and how to prevent it. In this article, we will explore the underlying factors that contribute to the development of type 2 diabetes.

Fortunately, there are effective ways to avoid type 2 diabetes and even lower elevated blood sugar levels, as demonstrated by the Diabetes Breakthrough program.

Unfortunately, the pharmaceutical industry and its influential lobby groups have spread misinformation about type 2 diabetes, which has become increasingly prevalent in today's society. Profiting from the plight of type 2 diabetics, the pharmaceutical industry sells expensive medications without prioritising their well-being.

It is no surprise that the pharmaceutical industry is primarily driven by financial gain. If individuals were to gain control over their glycemic levels, the industry would suffer significant financial losses, making it detrimental to their business.

While public authorities should address health issues like type 2 diabetes, they often approach the matter with caution due to the immense financial implications involved.

I urge you to carefully read the following information. It provides a straightforward explanation of the causes of type 2 diabetes. If you know someone with high blood sugar levels, feel free to share this guide with them. Understanding the root causes is the crucial first step in addressing any health problem.







## Let's embark on a journey back in time to our ancestors' era.

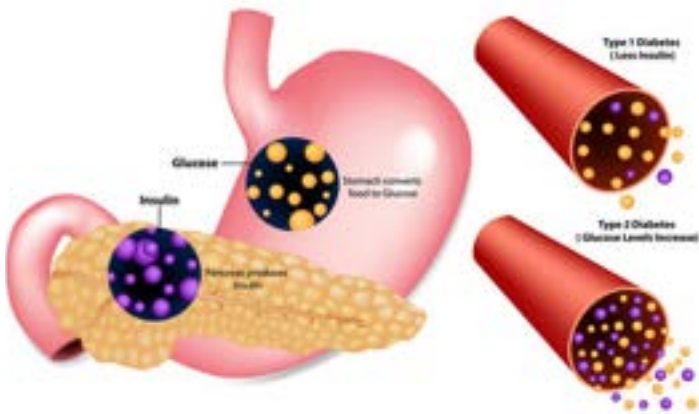
Human beings are remarkable machines, adept at storing calories to survive in harsh environments. In ancient times, food was scarce, and during periods of scarcity, we consumed excessive amounts to prepare for the next shortage. The winters were bitterly cold, the summers scorching, and food was not abundantly available.

Approximately 50,000 years ago, there were no grocery stores, making it challenging to find nutritious foods like nuts or fruits. Nowadays, unhealthy food options such as biscuits, cakes, sweets, ice cream, and burgers are readily available everywhere. However, despite the abundance of these foods, our brains remain unchanged.

They have a natural inclination to consume everything in sight, especially foods high in calories. Surprisingly, despite the passage of 50,000 years, our hormones, brains, and instincts have undergone minimal evolution.

Let's consider what occurs when we eat. When we consume a slice of pizza, a burger, or some fries, our bodies first digest the macronutrients (carbohydrates, fats, and proteins). Following this, the indigestible elements like fibre, alcohol, and waste are filtered out by the liver.

While you may perceive food in terms of calories, your body views it as a fuel source, much like a car requiring gas to operate. If you consume more fuel than your body needs, the excess food is conserved as fat, known as adipose tissue. This is a survival mechanism developed by our bodies throughout evolution since fat reserves were often crucial for survival 50,000 years ago. This issue predominantly affects the western world and revolves around carbohydrates, specifically sugars and starches. Carbohydrates have received a negative reputation regarding type 2 diabetes. However, they are not inherently problematic when consumed in moderation. The real problem lies in the fact that we tend to consume excessive amounts of carbohydrates, particularly the unhealthy ones.



It's important to understand that the carbohydrates you consume are converted into simple sugars, specifically glucose. Our bodies utilise glucose as the primary source of fuel, whether it comes from bread, rice, cereals, pasta, ice cream, sweets, pizza, or sugar. Consequently, glucose ends up being present in your body regardless of the carbohydrate source.



## TYPE 2 DIABETES

*moderate to vigorous  
resistance training at least 2–3  
days/week*



Glucose serves as a vital fuel for your body, but it can have detrimental effects on your health when present in large quantities. To manage this, our bodies have evolved a system to remove excess glucose from the bloodstream and store it in our cells. This process involves the liver and muscles, which store excess glucose as glycogen.

Carbohydrates are crucial for athletes, whether they engage in strength or endurance activities. Muscles require glucose to function efficiently, and individuals who led highly active lifestyles consume or burn significant amounts of glucose.

It is crucial to maintain an active lifestyle and engage in regular physical activity, particularly for individuals with type 2 diabetes. Alongside this, it is important to make dietary changes to avoid spikes in blood glucose levels.

Consider glucose as an essential source of fuel for your working muscles or brain when engaging in demanding activities. Specialised cells in the pancreas detect an excess of glucose in the bloodstream and release insulin, a hormone that plays a vital role in our bodies. Insulin allows the absorption of glucose, fatty materials, and amino acids into muscle and liver cells, where these nutrients are utilised as fuel.

However, when the cells are full, excess glucose is converted into fat. In sedentary individuals, these cells fill up quickly. On the contrary, regular physical activity provides more space for glycogen storage as the body requires additional fuel.

**However, Therefore, unused glucose accumulates as pure body fat.**

Now, let's focus on the hormone insulin, secreted by the pancreas. Insulin is one of the earliest hormones to evolve in the human body. Our animal counterparts also produce insulin to store excess nutrients, as a survival mechanism during periods of potential famine.

It is important to remember that our bodies have evolved from a time when food was scarce. Consequently, our bodies are highly efficient at storing excess nutrients.

It is worth noting that the storage of fat occurs primarily with sugar or glucose, rather than dietary fats obtained from sources like nuts, seeds, and oils.

Now, let's delve into the types of food our ancestors consumed approximately 10,000 years ago. They had limited access to sugar or carbohydrates, which contrasts with the abundance of such items in today's grocery stores. Excessive consumption of these unhealthy carbohydrates leads to elevated blood sugar and insulin levels.

In primitive times, our ancestors occasionally consumed fruits, roots, and game, but the majority of their carbohydrates came from sources rich in dietary fibre. These high-fibre foods significantly mitigated the rise in blood sugar levels.

Many esteemed paleoanthropologists have affirmed that our ancestors consumed approximately 100 grams of carbohydrates daily, and perhaps even less! In the present day, it is important to note that an average individual typically consumes between 350 and 600 grams of carbohydrates per day. Alongside this significant carbohydrate intake, we also consume a vast quantity of nutritionally void and processed foods, which is truly disheartening considering these products are marketed as healthy options.



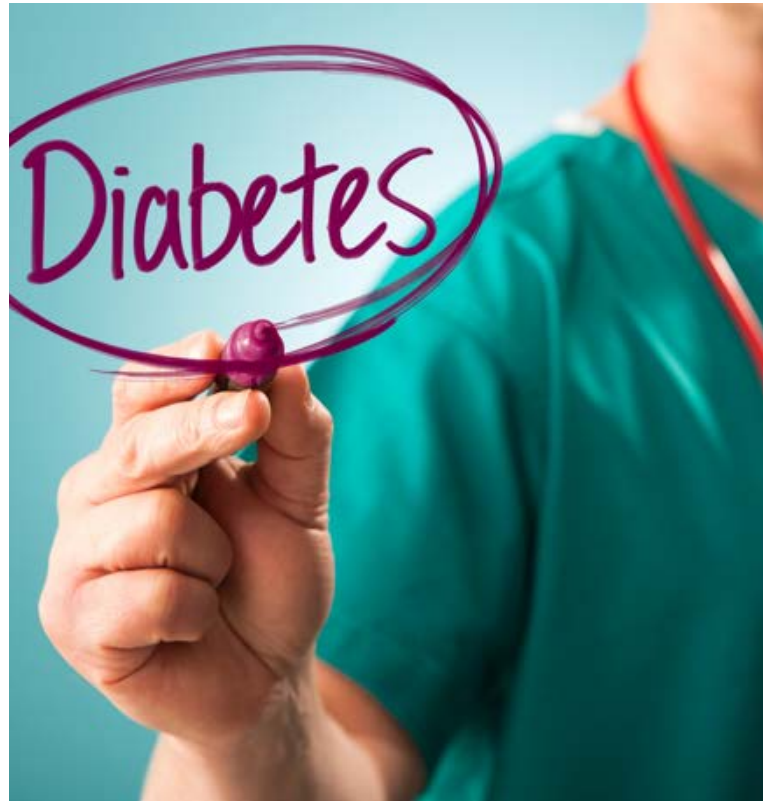
However, we consume nearly four times more carbohydrates while incorporating very little fiber. As a result, our blood glucose levels soar, and our insulin sensitivity drastically diminishes. Over time, our bodies develop insulin resistance, eventually leading to type 2 diabetes.

Furthermore, our current world is relatively safe, and encountering an enraged animal is highly unlikely. Hunting for survival is not necessary; instead, ordering meals requires only a few button presses. Adding another layer to the equation, we are significantly less active than our ancestors from 10,000 years ago. These ancestors had to adapt to compensate for the scarcity of glucose and carbohydrates. Consequently, throughout our evolutionary journey, we developed four ways to generate more glucose but only one method to eliminate it.



Furthermore, the sugar we consume is no longer natural. A majority of the sugar we ingest undergoes processing, such as the detrimental corn starch and high-fructose corn syrup found in numerous factory-made products.

Now let us consider the logical aspect. Our ancestors, who consumed an average of 100 grams of carbohydrates daily, have evolved. The carbohydrates they consumed had minimal impact on their blood glucose levels due to their fiber intake.



Hence, when we consume an excessive amount of carbohydrates, our pancreas secretes insulin, similar to our ancestors. However, unlike them, our cells become "satiated" much more quickly. Eventually, our cells become resistant to insulin.

This phenomenon leads to a decrease in the number and effectiveness of insulin receptors on the surface of our cells. However, since the muscles and liver are already saturated, glucose cannot be stored there and remains in the bloodstream.

This is where the problem arises! Consequently, an excess of glucose is present in the bloodstream. The pancreas identifies this imbalance and responds accordingly.





Excessive insulin secretion leads to increased resistance from insulin receptors on cell surfaces. This insulin surplus is toxic and causes insulin resistance in cells. Consequently, glucose is released into adipose tissues, where it is stored as body fat. The development of type 2 diabetes is a gradual process initiated by consistent high blood sugar levels. This creates a vicious cycle that eventually leads to type 2 diabetes. A diet high in carbohydrates and simple sugars, coupled with a sedentary lifestyle, exacerbates insulin resistance and contributes to more significant health issues.

To prevent the onset of type 2 diabetes, drastic measures are necessary. Firstly, reducing carbohydrate intake and modifying dietary habits is crucial. Additionally, increasing overall physical activity is essential. Neglecting to combat this damage will worsen the situation over time, rendering medication ineffective.

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Let's explore the downward spiral that occurs when this stage is reached:

**Stage 1:** Prolonged high blood sugar levels occur because muscle and liver cells are unable to accommodate glucose. The excessive glucose accumulates in the bloodstream, leading to cell destruction, inflammation, and elevated triglyceride levels, heightening the risk of cardiac disease.

**Stage 2:** Consuming these harmful carbohydrates results in increased fat storage, including visceral fat around internal organs. Muscle cells become resistant to insulin, reducing glycogen uptake. The surplus insulin inhibits fat-burning enzymes, promoting further fat storage. Excess adipose tissue diminishes energy levels, causing lethargy and hindering physical activity and weight loss.

Excess insulin can be highly detrimental, particularly to your arteries, leading to various heart conditions often seen in individuals with type 2 diabetes.

**Stage 4:** When your body develops resistance to insulin, glycogen is unable to enter muscle cells, making it increasingly challenging to build muscle mass. Consequently, your metabolism slows down, making weight gain more likely. This vicious cycle of losing muscle mass and gaining weight perpetuates itself.

**Stage 5:** With elevated inflammation levels and reduced energy, cravings for unhealthy carbohydrates intensify, accompanied by periods of lethargy. In short, you'll have a stronger desire to consume the very fuel that harms you while losing motivation to engage in activities that could save your life.

**Stage 6:** Consistently experiencing the aforementioned stages will eventually exhaust your pancreas, causing it to cease insulin production. To stay alive, you'll need to administer insulin injections, making you reliant on insulin as a type 2 diabetic.

While this depiction may seem disheartening, I have some incredible news to share: type 2 diabetes can completely disappear. I speak from personal experience, having overcome type 2 diabetes myself and successfully guided numerous individuals on their journey to eliminate it.

All of this valuable information has been condensed into the Type 2 Diabetes Breakthrough Program. Prepare for delightful surprises as you embark on this effective, easy-to-implement, and enjoyable program, which includes a selection of healthy, delicious dishes. By embracing the recommended lifestyle changes, you can regain control of your life.

Are you ready to take the first step? Let's begin the Diabetes Breakthrough Program! The program starts with the 10-Day Detoxifying Super Drinks treatment, followed by the 8-Week Diabetes Breakthrough diet. Let's not waste any more time; let's get started!



### Stage 1: 10-Day Diabetes Breakthrough Super Drinks

In the next 10 days, try our tasty Super Drinks for diabetics. They enhance insulin sensitivity, aiding weight loss. These drinks promote natural antioxidants, accelerate weight loss, boost energy, and improve metabolism.

These drinks form the foundation for the next 8 weeks, leading to incredible results in just 10 days. Our Diabetes Breakthrough Super Drinks offer rapid and effective outcomes, preparing you for the Diabetes Breakthrough Diet Plan.

Beyond improving insulin sensitivity and reducing blood sugar levels, let's explore how these Super Drinks deliver remarkable results.

- 1. Aid Weight Loss:** Excess weight is a risk for type 2 diabetes. Weight loss through diet and exercise is crucial to manage diabetes effectively. Our Super Drinks optimize weight loss by increasing plant and fiber intake and improving insulin sensitivity.
- 2. Boost Energy for Exercise:** Exercise plays a vital role in reducing diabetes symptoms. Those who consume our Super Drinks report increased energy levels and regular exercise routines.
- 3. Guide toward a Balanced Diet:** Begin the Diabetes Breakthrough Program on the right path. Our Super Drinks are the first step toward a healthier diet and a lifestyle free from type 2 diabetes.



Most participants in the Diabetes Breakthrough Program consume fewer processed foods after the Super Drinks treatment. The Diabetes Breakthrough Super Drinks enhance blood sugar levels, halt Diabetes progression, and reduce inflammation while restoring the body's alkaline state for natural healing.

Our Diabetes Breakthrough Super Drinks feature phase 2 antioxidants, boosting your body's defenses. High in fiber, they promote satiety and enhance nutrient intake—a potent combination against Diabetes! Previously, individuals I've worked with consumed less than two servings of fruits and vegetables daily, a dire situation for their health.

Incorporating a few Super Drinks into your routine yields significant health improvements. Now, what sets these Super Drinks apart from other "superfood" beverages?

The Diabetes Breakthrough Super Drinks pack a punch with their potent combination of:

Most participants in the Diabetes Breakthrough Program consume fewer processed foods after the Super Drinks treatment. The Diabetes Breakthrough Super Drinks enhance blood sugar levels, halt Diabetes progression, and reduce inflammation while restoring the body's alkaline state for natural healing.

### 1 Phase 2 antioxidants

You've probably heard about antioxidants, but not all are created equal. Phase 2 antioxidants are highly recommended for type 2 diabetics as they kickstart the body's natural antioxidant production and reduce inflammation on a cellular level. This groundbreaking discovery was made in 2002 by John Hopkins researchers who found that phase 2 antioxidants activate the "Nrf2 pathway."

Let me break it down for you without the technical jargon. Antioxidants protect against oxidative stress, which leads to chronic inflammation and various chronic or autoimmune diseases. Oxidative stress ignites countless cellular fires. Phase 2 antioxidants act like millions of fire extinguishers, targeting each cell in your body.

Instead of the fire brigade spraying water on the building's walls from the outside, phase 2 antioxidants eliminate oxidative stress, a crucial step in halting Diabetes and improving overall health.

### 2. Potent foods to combat Diabetes

We've thoroughly analysed dietetic reports from leading diabetes organisations worldwide to curate a list of the best "superfoods" to counter Diabetes. These foods are not only highly nutritious but also have a significant impact on blood sugar levels. We've made it easier for you to incorporate these superfoods into your diet because, let's face it, eating cabbage for every meal isn't particularly enjoyable!

### 3. Detoxifying natural ingredients

Reducing inflammation levels in the body is crucial for eliminating Diabetes, promoting speedy healing, and ensuring long-term optimal health. The Super Drinks are enriched with the most powerful and detoxifying ingredients found on our planet. You'll experience a remarkable increase in energy levels as you progress through the Diabetes Breakthrough Super Drinks.

### 4. Diabetes-fighting spices

The Super Drinks recipes for fighting Diabetes feature spices known to enhance insulin sensitivity and metabolism. Most recipes include cinnamon, turmeric, etc., and the tasty Super Drinks will mask their flavours if you're not a fan. We've ensured these recipes are both delicious and easy to prepare and enjoy!







## 5. Potent metabolism boosters.

Weight loss is crucial for combating Diabetes and improving overall health. No need for risky fat burners anymore. Our Super Drinks are nutritious and offer delicious meals, making weight loss effortless. Powerful fat burners like matcha green tea are included in our recipes!

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

Feeling tired on a diet is awful, but not with the Super Drinks treatment. We've added special ingredients to boost your energy levels while keeping calories low. Say goodbye to energy crashes caused by heavy pasta dishes and hello to high-energy, low-calorie ingredients!

## 7. Fibre-rich carbohydrates for lasting fullness.

Our Diabetes Breakthrough Super Drinks provide healthy carbohydrates that keep you satisfied. Remember, it's not a low-carb diet, so you'll enjoy the benefits of the healthiest and most delicious carbs available.

## 8. Healthy, flavorful fats suitable for Diabetes.

We've limited fat intake in the Diabetes Breakthrough program, but they're still important for your health. The Super Drinks include small quantities of healthy and tasty fats like coconut oil or almond butter, adding richness to some recipes.

## 9. Underrated Superfoods for extra taste and benefits.

We aimed to create a program that combines effectiveness with pleasure, so it's crucial that our recipes taste amazing. Some ingredients add unique flavours or replicate the sweetness of sugar. Take lucuma powder, for example, a natural sweetener that won't raise your blood sugar.

Moreover, these drinks are absolutely delicious! They're designed to enhance weight loss, improve insulin sensitivity, and gradually enhance your overall well-being through the Diabetes Breakthrough Program. Why did we select specific ingredients for the Diabetes Breakthrough Super Drinks?

Some surprising ingredients are included, unusual for diabetic diets. Let's explore the reasons...!

### 1. Whey protein

To fulfil protein requirements, vegans/vegetarians can opt for hemp, quinoa, or soya protein. However, research indicates whey protein's remarkable benefits for type 2 diabetics. Vanilla whey protein is added for enhanced taste.

Out of all proteins consumed (chicken, beef, soy, fish, eggs, vegetable proteins, etc.), whey protein is easily absorbed by the body. It contains essential amino acids to boost muscle mass and improve metabolism.

Age leads to muscle mass decline, causing loss of lean muscle. This impacts metabolism and weight loss goals. More lean muscle means a higher base metabolic rate, resulting in increased daily calorie burning.

Leucine, an amino acid in whey protein, prevents age-related muscle loss. Additionally, whey protein's slow digestion helps regulate appetite.

A 2008 study revealed that participants consuming two daily drinks with 10 grams of whey protein lost more body fat in 12 weeks compared to the placebo group on the same diet.

But how does this relate to type 2 diabetes?

In 2009, Diabetes Care published a study demonstrating whey protein's ability to lower blood glucose levels. It slows digestion and improves insulin sensitivity.



For optimal results, choose pure whey protein without any artificial sweeteners (except for stevia, lucuma, or erythritol). Artificial sweeteners may negatively impact blood glucose levels and overall health.

Most whey protein on the market contains sugar or artificial sweeteners. Choose wisely before buying.

## 2. Organic Coconut Oil

Limiting carbs, sugars, and alcohol while increasing healthy fats like coconut oil can eradicate type 2 diabetes.

Coconut oil is ideal for combating type 2 diabetes as its fatty acids are not easily absorbed by our bodies.

Polyunsaturated fats like sunflower, corn, or soy oils are detrimental to our health. Coconut oil reduces sugar and carb cravings, boosts insulin resistance, and promotes satiety.

Moreover, the medium-chain fatty acids in coconut oil increase thermogenesis, accelerating weight loss—a crucial factor for type 2 diabetics.

Populations using saturated fats like coconut oil have significantly lower rates of diabetes. A 1998 study in India revealed a high diabetes rate in areas that replaced traditional fats with Western alternatives like sunflower oil and margarine, abandoning coconut oil.

### 3. Coconut Water

Coconut water replenishes electrolytes lost during sweating and is rich in magnesium—a mineral lacking in most type 2 diabetics. Its sweet taste is not harmful. Some Super Drinks for diabetes include coconut water.

However, coconut water should not be confused with coconut pulp or milk, which contain high amounts of sugars and fats and are unsuitable for diabetics.

Opt for fresh green coconut water, packed with essential nutrients like sodium, potassium, calcium, zinc, phosphorus, and manganese.

Additionally, coconut water offers another advantage for type 2 diabetics: improved blood sugar control. This naturally alkaline beverage also alleviates inflammation and chronic discomfort in the body.

Coconut oil, despite containing natural sugars, has a much lower glycemic index compared to fruit juice. That's why it's included in several of our recipes.

### 4. Opt for unsweetened plant milks like almond milk.

Unsweetened almond, rice, oat milk, and others are excellent alternatives to traditional cow's milk. Even semi-skimmed milk is high in sugar and contains about three times more calories than plant-based milk.

We highly recommend these types of milk for the Diabetes Breakthrough Super Drinks. They have a low glycemic index and are low in calories, helping you prevent diabetes and maintain a healthy weight.

### 5. Lucuma Powder: The Sweet Solution.

To satisfy your sweet tooth without compromising the effectiveness of this program, we've discovered the perfect solution: lucuma powder.

A study on natural sweeteners for type 2 diabetics has identified lucuma powder as an ideal choice. It offers a naturally sweet taste with minimal impact on blood glucose levels.

Moreover, lucuma powder is highly nutritious and possesses potent anti-inflammatory properties. It's rich in antioxidants that boost your immune system. This sweet powerhouse also provides healthy carbohydrates, dietary fibre, vitamin B, niacin, potassium, calcium, and phosphorus, promoting balanced blood glucose levels.

## 10 Days of Diabetes Breakthrough Super Drinks.

Now, let the fun begin! Embark on your journey towards freedom from type 2 diabetes and a healthier life.

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

Our Diabetes Breakthrough Super Drinks are divided into two categories: 7 phase 2 Super Drinks and 15 multipurpose Diabetes Breakthrough Super Drinks.

Over the next 10 days, begin your mornings with one of our phase 2 Diabetes Breakthrough Super Drinks, intelligently crafted to enhance your health. These drinks work to reduce inflammation, improve insulin sensitivity, and boost your energy levels.







Our phase 2 Super Drinks effectively combat type 2 diabetes from multiple angles. By activating genes with anti-inflammatory properties through the Nrf2 pathway, these antioxidants efficiently reduce inflammation while enhancing insulin sensitivity.

These phase 2 Super Drinks are a powerful weapon against type 2 diabetes, and you'll quickly experience their benefits.

Following breakfast, you have the option to enjoy up to three additional multipurpose Super Drinks from a selection of 15 delicious recipes. To maximise benefits and avoid monotony, we recommend varying your choices. However, if you have preferred recipes, feel free to enjoy them daily.

As part of the Super Drinks Treatment for the next 10 days, at least 50% of your daily food intake should consist of the Diabetes Breakthrough Super Drinks. In fact, consuming more of these drinks during this initial phase will yield more conclusive results and allow you to transition to the Diabetes Breakthrough Diet Plan sooner.

We suggest consuming up to 4 drinks per day to optimise your progress. However, there's no need to stress about calorie counting during the first 10 days of this Diabetes Breakthrough Program.

The key focus is to incorporate as many Diabetes Breakthrough ingredients as possible, which is easily achievable through these Super Drinks enriched with potent phase 2 antioxidants.

The guidelines for this treatment are straightforward. When hunger strikes, start by drinking one of the Diabetes Breakthrough Super Drinks. Then, when you're ready for a solid meal, choose from the healthy foods listed in the type 2 Diabetes Breakthrough food list.

You'll find delicious combinations in the list to counter type 2 diabetes. Additionally, remember to establish the habit of eating after consuming a type 2 Diabetes Breakthrough Super Drink.

Ensure an ample intake of superfoods for tackling type 2 diabetes by incorporating them into your diet. By substituting other beverages with these nutrient-dense and fibre-rich drinks, you will naturally consume fewer calories as they leave you feeling satisfied.

After indulging in the Super Drink Against Diabetes for the next 10 days, enjoy the following foods (in moderation):

Unrestricted portions of diabetic-friendly superfoods can be consumed during the Diabetes Breakthrough Super Drinks. These foods are packed with essential nutrients while being low in calories. Even if you consume large quantities of these foods, you'll find yourself satiated without consuming excessive calories.

Furthermore, these foods contribute to stabilising your blood glucose levels over time. Feel free to relish them steamed, raw in salads, or as invigorating juices. Treat yourself to the following superfoods:



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. Juicy tomatoes
17. Nutritious turnip greens
18. Refreshing cress
19. Crisp celery

**List of Protein-Packed Super Drinks  
(consume in moderation):**

1. Wild salmon
2. Wild cod
3. Organically farmed lean beef
4. Organic, free-range hen eggs
5. Organic, free-range turkey mince
6. Skinless, boneless chicken breast
7. Flavorful sardines
8. Natural bison or buffalo mince
9. Seafood options like shrimp, scallops, lobster, langoustines, mussels, or clams
10. Whey protein powder







## List of Healthy Fat-Infused Super Drinks (consume in moderation):

1. Nutty almonds
2. Nutrient-rich chia seeds
3. Omega-3-packed flax seeds
4. Nutty hemp seeds
5. Creamy avocado
6. Super Guacamole (with a minimum of 95% avocado content)
7. Mighty Pumpkin Seeds
8. Nutty Walnuts
9. Premium Extra Virgin Olive Oil
10. Power-packed Hummus
11. Crunchy Cashew Nuts
12. Delectable Pistachios
13. Pure Organic Coconut Oil

## List of Super Drinks for Carb Treatment (small amounts for active days):

1. Dynamic Black Beans
2. Robust Kidney Beans
3. Wholesome Quinoa
4. Nourishing Sweet Potato

## Breakthrough Super Drinks for Phase 2 Diabetes:

Instructions: Enjoy one drink for breakfast and a maximum of four drinks per day.

Note: You can use a standard blender or food processor to prepare the drinks. Feel free to incorporate ice or water for your desired consistency. For an extra refreshing touch, consider adding 25g of ice to your recipes.

### 1. Carrot and Tropical Fruit Drink

Combine these ingredients in a blender:

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





## Nutritional breakdown:

- Protein: 9g
- Carbohydrates: 55g
- Fats: 9g
- Total calories: 337

## 2. Sunshine Fruit Smoothie

Blend the following ingredients:

- 1 cup almond milk or any other plant milk
- 50g sliced kale
- 25g frozen mango
- 25g frozen pineapple
- Juice from 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. Velvety Berry Power Drink

Combine the subsequent ingredients in a blender:

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

Nutritional breakdown:

- Protein: 18g
- Carbohydrates: 42g
- Fats: 9g
- Total calories: 321

#### 5. Green Burst!

Whisk together the following components:

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

Nutritional details:

- Protein: 8 grams
- Carbohydrates: 50 grams
- Fats: 7 grams
- Total calories: 295

#### 6. Super Antioxidant Cocktail

Combine the following ingredients in a blender:

- 1 cup of unsweetened vanilla almond milk
- 3 tablespoons of dried goji berries
- 50 grams of frozen blueberries
- 1 tablespoon of matcha green tea powder
- 1 tablespoon of lucuma powder
- 1 tablespoon of organic coconut oil

Nutritional information:

- Protein: 5 grams
- Carbohydrates: 40 grams
- Fats: 18 grams
- Total calories: 342

#### 7. Energy and Well-Being Smoothie

Combine the following items in a blender:

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

Nutritional breakdown:

- Protein: 8g
- Carbohydrates: 30g
- Fats: 14g
- Total calories: 278





## Diabetes Breakthrough Super Drinks

Usage Instructions: Consume up to 4 of these Diabetes Breakthrough Super Drinks daily.

Note: You can use a standard blender or food processor for preparing the drinks. Additionally, you have the option to include ice or water to achieve your preferred consistency. For enhanced freshness, consider adding 25g of 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: 308



### 3. Creamy Peach Tea

Combine these ingredients in a blender:

- 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 (no added sugar)
- 1 tbsp organic cinnamon
- 50g vanilla whey powder
- 1 tbsp hemp seeds

Nutrition facts:

- Protein: 19g
- Carbohydrates: 25g
- Fats: 7g
- Total calories: 239





### 5. Almond Butter and Apple Treat Combine these ingredients in a blender:

- 1 cup unsweetened vanilla almond milk
- 1 tbsp unsweetened almond butter
- 50g apple compote without added sugar
- 2 celery stalks
- 1 tbsp cinnamon
- ½ serving of vanilla protein powder

Nutrition facts:

- Protein: 20g
- Carbohydrates: 19g
- Fats: 10g
- Total calories: 246

### 6. Indulge in the Chocolate and Peanut Butter Super Drink Combine these ingredients to create a delightful blend:

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

Nutritional breakdown:

- Protein: 24 grams
- Carbohydrates: 28 grams
- Fats: 8 grams
- Total calories: 280

### 7. Relish the Chocolate and Strawberry Delight Whisk together the following ingredients to enjoy a delicious treat:

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

Nutrition facts:

- Protein: 18g
- Carbohydrates: 30g
- Fats: 4g
- Total calories: 228



### 8. Recipe: Citrus Vitamin Explosion

Blend the following ingredients:

- 1 cup coconut water (not concentrated)
- 1/2 grapefruit, sliced
- Juice of 1/2 lemon
- 50g frozen raspberries
- 1 tbsp chia seeds
- 1 tbsp organic coconut oil

Nutrition facts:

- Protein: 5g
- Carbohydrates: 35g
- Fats: 18g
- Total calories: 322

## 9. "A Verdant Tale of Two Cities"

**Libation** Combine the following constituents to create a harmonious elixir:

- 1 cup of unsweetened almond/coconut milk
- 100g of finely sliced kale
- ½ tablespoon of pure, organic coconut oil
- 50g of frozen pineapple
- 1 tablespoon of chia seeds
- 1 tablespoon of lucuma powder

Delight in the nutritive composition of this concoction:

- Protein: 7 grams
- Carbohydrates: 34 grams
- Fats: 14 grams
- Total calories: 290



## 10. Decadent Cocoa Diabetes Delight

**Mingle the ensuing ingredients for a spellbinding fusion:**

- 1 cup of unsweetened almond milk
- 1 tablespoon of flax seeds
- 1 tablespoon of hemp seeds
- 2 tablespoons of cocoa powder
- ½ frozen banana

Nutritional information:

- Protein: 17
- Carbohydrates: 40
- Fats: 5
- Total calories: 273



## 11. Electrolyte Elixir

**Combine the following components:**

- 1 cup of pure coconut water
- ½ a frozen banana
- 1 tablespoon of chia seeds
- ½ serving of vanilla whey powder
- 1 tablespoon of lucuma powder
- 1 tablespoon of lemon juice (not from concentrate)

Nutritional information:

- Protein: 17
- Carbohydrates: 40
- Fats: 5
- Total calories: 273

## 12. Raspberry and Mint Cooler

**Whip up a refreshing Raspberry and Mint Cooler with these simple steps:**

- Grab 1 cup of unsweetened almond milk.
- Add 100g of frozen raspberries for a burst of fruity goodness.
- Sprinkle in 1 tablespoon of dried goji berries for an extra health boost.
- Enhance the flavour with 1 tablespoon of fresh mint (feel free to adjust to your preference).
- For added nutrition, incorporate 1 tablespoon of chia seeds.
- Sweeten the mix with 1 tablespoon of lucuma powder.
- Squeeze in 1 tablespoon of lime juice (make sure it's not from concentrate).

Nutritional Information:

- Protein: 5g
- Carbohydrates: 35g
- Fats: 7g
- Total Calories: 223

### 13. Drink or Salad?

Blend the following ingredients together to create a unique concoction that blurs the line between a drink and a salad:

- Begin with 1 cup of water as the base.
- Introduce the vibrant flavours of 1 fresh tomato.
- Include 2 celery stalks for a refreshing crunch.
- Enhance the mix with half a cucumber, adding a cool and hydrating element.
- Boost the creaminess with half an avocado.
- Add a tangy twist with 2 tablespoons of lemon juice (not from concentrate).
- 1 tablespoon of fiery cayenne pepper
- 1 tablespoon of lucuma powder or salt

Nutritional breakdown:

- Protein: 5 grams
- Carbohydrates: 30 grams
- Fats: 8 grams
- Total calories: 212

### 14. Exquisite Green Tea Tropical Super Drink

Combine the following elements:

- 1 cup of refreshing iced green tea
- 25 grams of frozen mango
- 25 grams of frozen pineapple
- 1 tablespoon of nutrient-packed chia seeds
- 1 tablespoon of pure, unadulterated lemon juice
- ½ serving of velvety vanilla whey powder

Nutritional breakdown:

- Protein: 17 grams
- Carbohydrates: 37 grams
- Fats: 4 grams
- Total calories: 252



### 15. Oat Drink for Managing Diabetes

Combine the listed ingredients together to create a wholesome anti-diabetic oat drink:

Ingredients:

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

Nutritional Information:

- Protein: 20 grams
- Carbohydrates: 50 grams
- Fats: 3 grams
- Total calories: 307



### Stage 2: 8-Week Diet Strategy for Diabetes Breakthrough

Our 8-Week Diet Strategy for Diabetes Breakthrough continues to deliver exceptional results, thanks to the perfect blend of the following components:

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

You can still enjoy the benefits of our Diabetes Breakthrough Super Drinks in this stage, but we have reduced the quantity to two drinks per day. These specially formulated drinks contain the essential elements found in Diabetes Breakthrough foods. For optimal results, we recommend consuming one Phase 2 drink and one multipurpose drink daily.



## Enhancing Insulin Sensitivity while Achieving Sustainable Weight Loss

### 2. Potent Phase 2 Antioxidants

Phase 2 antioxidants play a crucial role in the Diabetes Breakthrough diet. It's important to understand that oxidative stress arises from a malfunction in your body's energy production, affecting all your cells. This stress is directly connected to insulin resistance and can damage your pancreatic cells.

By activating natural antioxidants within your body and consuming antioxidant-rich foods, all individuals with type 2 diabetes experience significant benefits. These antioxidants stimulate the body's natural production of antioxidants, creating a positive impact.

### 3. Superfoods for Diabetics

When it comes to combating and managing type 2 diabetes, not all health foods are created equal. We have conducted extensive research on the best foods recommended by leading health organisations worldwide. Our careful study has allowed us to select the most effective options.

Below, we present the top 12 superfoods specifically tailored for diabetics. By incorporating these foods in generous quantities into your diet, you can achieve excellent results.

### 4. Fibre-Rich, Nutrient-Dense Carbohydrates with a Low Glycemic Index

To overcome diabetes, it is crucial to shed excess body weight before anything else. Fats contain more calories than carbohydrates, with 9 calories per gram versus 4 calories per gram, respectively. During this diet plan, we recommend a higher consumption of carbohydrates over (healthy) fats. However, it is essential to choose the right carbohydrates.

The Diabetes Breakthrough diet plan emphasises carbohydrates that are nutrient-rich and have a low glycemic index. These carbohydrates do not cause sudden spikes in blood sugar levels. Furthermore, they are high in fibre, providing long-lasting satisfaction and promoting overall well-being.

### 5. Super Proteins for Diabetes Control

Proteins play a crucial role in triggering thermogenesis, a bodily process that raises internal heat and revs up metabolism. The Breakthrough diet plan introduces a range of exceptional lean proteins that nourish your body and jumpstart your weight loss journey throughout the 8-week program.

Additionally, incorporating exercise into your routine will optimise your results. The amino acids provided by these proteins will aid in building muscle mass and promoting overall health. However, it's important to note that not all proteins are created equal.

To achieve satisfactory outcomes, it is vital to choose high-quality proteins. These superior options stimulate weight loss, boost energy levels, and contribute to your overall well-being. On the contrary, certain processed lean proteins may contain hormones that should be avoided at all costs. Consumption of such proteins can lead to increased inflammation levels and hinder your weight loss progress.





## 6. Healthy Fats for Diabetes Management

As mentioned earlier, fats contain 9 calories per gram compared to 4 calories per gram in carbohydrates. However, the consumption of fats, specifically healthy fats, remains essential for proper bodily functions. These fats play a crucial role in supporting hormonal health, a key factor in enhancing energy levels and facilitating weight loss.

Choosing the right type of fats is paramount within the Diabetes Breakthrough diet. We have identified the best fats for individuals living with diabetes, and we recommend incorporating these foods into your diet while avoiding harmful fats.

## 7. Potent Drinks for Boosting Metabolism and Insulin Sensitivity

In today's world, consuming calories in the form of drinks has become increasingly common. However, many popular drink choices such as juice, cow's milk, and alcohol are not recommended for individuals with diabetes. To add variety to your hydration routine, we present nutritious anti-diabetic beverages that not only satiate your thirst but also contribute to your overall well-being.





## The 7 Golden Rules of the Diabetes Breakthrough Diet Plan

Our objective was to develop a SIMPLE program that is easy to follow. That's why we steered clear of calorie counting and complicated strategies. Instead, all you need to do is adhere to the recommended portions in each category.

Here's a breakdown of what you can consume per day within the Diabetes Breakthrough Diet Plan:

- One serving of the Diabetes Breakthrough phase 2 Super Drink
- One serving of the Diabetes Breakthrough Super Drink
- Up to 3 portions of anti-diabetic proteins
- Up to 4 small portions of anti-diabetic carbohydrates
- Up to 3 portions of healthy fats
- Unlimited quantity of any superfood/vegetable for diabetics
- Unlimited quantity of metabolism-boosting anti-diabetic Super Drinks



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

Certain proteins have the potential to significantly enhance insulin sensitivity, while others can exacerbate the condition. The following anti-diabetic proteins will aid in eliminating type 2 diabetes, promoting weight loss, and increasing lean muscle mass!

Wild salmon (6 oz or 170g)

Wild cod (6 oz or 170g)

Organically farmed beef - 95 percent or more lean (5 oz or 140g)

Liquid egg whites (1 cup)

1% fat turkey mince (6 oz or 170g)

Boneless, skinless chicken breast (6 oz or 170g)

Sardines (1 standard tin)

Completely natural bison or buffalo mince (5 oz or 140g)

Seafood such as prawns, clams, lobster, langoustines, mussels, or scallops (6 oz or 170g)

Whey powder (1 portion or up to 25g protein)





**Up to four carbohydrate portions (portion size indicated in brackets)** are recommended for enhancing insulin sensitivity and promoting a feeling of fullness. These healthy carbohydrates are rich in soluble fibre, aiding in blood sugar control and facilitating weight loss.

Moreover, these anti-diabetic carbohydrates possess anti-inflammatory properties. A study conducted in 2008 demonstrated a remarkable 38% reduction in inflammation levels among individuals who consumed whole grains, highlighting the positive impact on insulin resistance.

Additionally, incorporating these carbohydrates into your diet will boost your intake of fibre and magnesium. Magnesium plays a crucial role in improving glucose utilisation and insulin secretion.

Unprocessed cereals and other whole superfoods are excellent sources of resistant carbohydrates. Packed with fibre, antioxidants, and essential nutrients, these carbohydrates require more energy for assimilation by the body, resulting in enhanced blood sugar stability.



Here is a list of recommended carbohydrate sources along with their respective portion sizes:

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. Whole Grain 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 healthy fats with anti-diabetic properties can be included in your diet.

Here are some options along with their recommended portion sizes:

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)

There is no limit to the amount of anti-diabetic superfoods/vegetables you can consume as part of your diet and the Diabetes Breakthrough Drinks treatment. These vegetables are highly nutritious, packed with dietary fiber, and will keep you feeling satisfied while being low in calories.

These superfoods/vegetables are also beneficial for improving your blood glucose levels in the long run. You can enjoy them steamed, raw, or as a juice, depending on your preference. Here is the list of unlimited vegetables:

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







Allow me to present you with a glimpse into a sample meal plan within the framework of the Diabetes Breakthrough Diet Plan.

The Diabetes Breakthrough Diet Plan is designed to be easily followed without any undue complexity. To adhere to this plan, all you need to do is pair two foods from distinct categories, while also incorporating aromatic herbs and spices into your culinary creations. It's worth noting that you have an expansive array of options available to you, with nearly 1,000 potential combinations stemming from the foods provided below.

Remember that you have the freedom to enjoy superfoods as snacks throughout the day without worrying about counting them. So, instead of impulsively reaching for a chocolate bar when hunger strikes, take a moment to check out the superfood list!



To make things easier for you, here's an example of a typical day in terms of food intake. Simply make a note of the number of portions you can consume per day in each category.

Keep in mind that you can incorporate the following foods into your daily routine. It's important to refer to the list to know the recommended portion sizes for each food. Alternatively, you can print out this information and put it up somewhere visible for easy reference.

One serving of Diabetes Breakthrough Phase 2 Super Drink

- One serving of Diabetes Breakthrough Super Drink
- Three portions of anti-diabetic protein
- Four small portions of anti-diabetic carbohydrates
- Three portions of healthy fats
- Unlimited quantity of any superfood/vegetable suitable for diabetics
- Unlimited quantity of metabolism-boosting anti-diabetic Super Drinks



Now, let's dive into a typical day following the Diabetes Breakthrough Plan.

### Example for Day 1:

#### Meal 1:

- Phase 2 antioxidant Super Drink
- One 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:

- One phase 2 antioxidant drink
- Two super anti-diabetic carbohydrates
- Super Healthy Fat Option 1

#### Meal 2:

Revolutionary Diabetes Breakthrough Beverage of Choice

- 3 celery stalks paired with 1 tablespoon of almond butter

Total cumulative daily meals:

- 1 Diabetes Breakthrough Phase 2 antioxidant beverage
- 1 versatile Diabetes Breakthrough Super Drink
- 2 exceptional anti-diabetic carbohydrates
- 2 outstanding anti-diabetic healthy fats

#### Meal 3:

- 6 ounces of fresh wild salmon
- 100 grams of cooked quinoa
- 16 ounces of water infused with 2 tablespoons of cider vinegar, consumed after the meal

Meal suggestion: Enhance the flavour of the salmon and quinoa by seasoning them with freshly squeezed lemon, dill, rosemary, oregano, and garlic.

Total cumulative daily meals:

- 1 Diabetes Breakthrough Phase 2 antioxidant beverage
- 1 versatile Diabetes Breakthrough Super Drink
- 1 remarkable anti-diabetic protein
- 3 exceptional anti-diabetic carbohydrates
- 2 super healthy fats



#### Meal 4:

- 6 oz 1% fat turkey mince
- 50g cooked black beans
- ½ sliced avocado

100g of steamed vegetables of your preference

A cup of green tea

Meal suggestion: Take a soup bowl and mix minced turkey, avocado, and black beans. Add cayenne pepper, lemon juice, and 2 tbsp of Parmesan.

Cumulative daily meal total:

- 1 Diabetes Breakthrough phase 2 antioxidant drink
- 1 multipurpose Diabetes Breakthrough Super Drink
- 2 super anti-diabetic proteins
- 4 super anti-diabetic carbohydrates
- 3 super healthy fats

#### Meal 5:

Prepare an egg white omelette using 1 cup of egg whites cooked with onions, peppers, broccoli, and garlic. Use an organic coconut oil spray for cooking.

Cumulative daily meal total: Maximum quota reached!

- 1 Diabetes Breakthrough phase 2 antioxidant drink
- 1 multipurpose Diabetes Breakthrough Super Drink
- 3 super anti-diabetic proteins
- 4 super anti-diabetic carbohydrates
- 3 super healthy fats



### Day 2 example:

#### Meal 1:

Choose a Phase 2 antioxidant Super Drink.

Have a bowl of oat flakes with fresh cinnamon.

#### Meal 2:

Enjoy a satisfying dish of 100g wholegrain pasta cooked to perfection. Drizzle it with 1 tbsp of luscious olive oil, and add in some sliced onions, juicy tomatoes, aromatic garlic, and nutritious spinach leaves.

For an extra burst of flavour, sprinkle some Parmesan cheese, oregano, and basil over the pasta. To elevate the taste, squeeze a bit of refreshing lemon juice on top!

#### Meal 3:

Delight in a nourishing meal consisting of a boneless, skinless chicken breast paired with 2 tbsp of creamy hummus. Accompany it with a medium-sized sweet potato and a generous serving of steamed vegetables.

#### Meal 4:

Indulge in the goodness of a diabetic-friendly Super Drink of your choice. Pair it with a handful of wholesome cashew nuts, providing you with a satisfying portion. To enhance the flavour, you can blend the anti-diabetic Super Drink with the cashew nuts or even mix in 1 tbsp of cashew butter for a more indulgent treat. Complement this snack with a cup of hot green tea, ensuring lasting satisfaction.

#### Meal 5:

Savour a delicious serving of 6 oz wild cod, perfectly cooked to retain its natural flavours. Accompany it with 100g of brown cooked rice and 100g of steamed vegetables of your preference.

For an added touch, if you have a portion of fats remaining, you can fry the cod in 1 tbsp of coconut oil or extra virgin olive oil. Alternatively, you can use a fat-free cooking spray and season the cod with your preferred spices.

Cumulative daily meal total: You have reached the maximum quota! Embrace the benefits of 1 Diabetes Breakthrough Phase 2 antioxidant drink, 1 multipurpose Diabetes Breakthrough Super Drink, 3 super anti-diabetic proteins, 4 super anti-diabetic carbohydrates, and 3 super healthy fats.



## The 7 Guidelines of the Diabetes Breakthrough Plan to Follow

These guidelines are crucial to your success with the Diabetes Breakthrough Program. Make it a habit to review them every week to stay on track and reap the program's benefits.

The collective implementation of these rules, along with our recipes, will yield astounding results. Soon, you'll bid farewell to type 2 diabetes for good!

Remember to commemorate your small victories along the way, whether it's treating yourself to a pleasant trip or attending a concert at the end of the month.

By adhering to these rules, you'll remain on the right path and secure your success with the Diabetes Breakthrough program.

### Rule 1: Your Food Journal

To ensure your triumph, it's imperative to monitor your daily progress. You can use a mobile app or a notebook for this purpose. The Diabetes Breakthrough Diet Plan simplifies the process by requiring you to note the portions in each category.

After every meal, simply record the portions in your daily journal. Here's an example of the daily portions in the Diabetes Breakthrough Diet Plan:

- 1 serving of Diabetes Breakthrough Phase 2 antioxidant drink
- 1 standard Diabetes Breakthrough Super Drink
- 3 servings of super anti-diabetic protein
- 4 servings of super anti-diabetic carbohydrates
- 3 servings of super healthy fats
- Unlimited amount of superfoods for diabetics
- Unlimited amount of metabolism-stimulating anti-diabetic Super Drinks

Remember to jot down the portions in your journal after each meal and refrain from exceeding your daily limits in each category. However, if you're not particularly hungry, you can eat less.



Important: We strongly recommend continuing with this meal plan even after the 8-week period to permanently eliminate your diabetes. Keep in mind that to permanently eliminate Diabetes and achieve lasting results, it is crucial to make a permanent shift in your lifestyle. Merely making temporary adjustments to your diet will not provide a solution to your problem.

I strongly urge you to embrace this lifestyle and refrain from returning to your previous eating habits. Embracing this Program signifies granting yourself a fresh and healthy life.





### Rule 3: Embrace the Flavours with Condiments

Just because you've embarked on a healthier eating journey doesn't mean your meals have to lose their excitement! Don't hesitate to enhance your dishes with seasonings and condiments. The key lies in avoiding those that contain excessive amounts of sodium, sugar, or fat.

If you're not accustomed to cooking with spices, certain ready-made blends can be your saviour. To assist you further, we've compiled a selection of excellent seasonings that will add a delectable touch to your meals while following the Diabetes Breakthrough Diet Plan.

When used generously, some of these suggested seasonings and condiments, such as curry powder, cinnamon, turmeric, cayenne pepper, mustard, and garlic, not only bring taste but also possess remarkable antioxidant properties that can boost your metabolism.

List of nutritious and flavorful seasonings to incorporate into your Diabetes Breakthrough Diet Plan:

- Sugar-free spice mixes (double-check for sugar content)
- Low-sodium vegetable/meat broth options
- Curry powder
- Cayenne pepper
- Cumin
- Paprika
- Turmeric
- Garlic
- Black pepper
- Parmesan cheese
- Cayenne pepper or other chilli-infused hot sauce
- Lemon juice
- Lime juice
- Oregano
- Thyme
- Sage
- Basil
- Mint
- Fenugreek
- Dill
- Parsley
- Coriander
- Sesame seeds







#### **Rule 4: Foresee Your Cravings through Diet and Physical Activity**

Foresee your cravings and strategize alternative options to fulfil them. This way, you will have an easier time resisting temptation. Additionally, by maintaining a healthy diet and engaging in regular physical activity, your cravings will gradually diminish. Your body will progressively demand less sugar, carbs, and junk food.

For instance, it's common to crave pizza or a burger in the evening. Initially, you may yearn for the meals you used to indulge in. It won't always be effortless, which is why pre planning your meals is crucial.

Furthermore, bear in mind that these desires typically last a maximum of 20 minutes. You simply need to remain resolute. Eliminate any menus and delete tempting apps, and firmly say NO.

During these challenging moments, find distractions: reach out to a close friend, enjoy humorous videos, immerse yourself in a personal development book or a transformational story, remind yourself of your goals, bask in the sun during a pleasant walk, and more.

Focus on the benefits of this new lifestyle rather than dwelling on what you're giving up. Instead of thinking, "I can never eat that again," contemplate the fact that each passing day improves your overall health.

Furthermore, after completing this program, you will uncover healthy and delectable alternatives for the majority of these unhealthy dishes.

So, stay on track. This is just one phase, but a significant one. This step will empower you to transform your life for the better and for good.





### **Rule 5: Practical Exercise Timing**

When it comes to choosing your exercise schedule, be truthful with yourself. If mornings aren't your thing, opt for afternoon or evening activities. Most importantly, select exercises that genuinely appeal to you.

Instead of enduring a gruelling 3-hour workout marathon, strive for regularity. Start by exercising three times a week and commit to these sessions. As you go along, gradually increase the intensity, but do so gradually. Focus on consistency and incremental progress.

### **Rule 6: Sports should be enjoyable**

This rule holds great significance: physical activity should be a source of amusement, not an arduous ordeal. The ideal physical activity is one that brings you joy; a sport that elicits happiness; a sport that benefits you. By embracing this principle, you will reside in the present, relishing each moment, and nurturing your well-being.

Therefore, reflect upon your favoured sports and exercises, as well as those you aspire to try. For instance, if you have cherished playing soccer or tennis during your youth, you are already aware that engaging in these activities will be pleasurable and wholly captivating for you.

By doing so, you will successfully adhere to your goals while simultaneously having a splendid time. Similar to the delectable recipes abundant in anti-diabetic cuisine, exercises designed to combat type 2 diabetes should be delightful and enjoyable!

Hence, whenever an opportunity arises to stroll, opt for the stairs, embark on a hiking expedition, or visit the beach for a swim, seize the moment!

If spending extended hours in a gym or on a treadmill does not entice you, consider pursuing martial arts, swimming, kayaking, or any other sport that resonates with your desires!



## Rule 7: TV Time = Exercise Time

This rule is super easy, but it can have a tremendous impact on your life. IF you're slouched on the couch watching TV in the evenings, chances are you'll find yourself snacking on unhealthy treats... It's a total mess, really!

Let's face it, it's not often you see people munching on carrot sticks and cucumber while engrossed in their favourite show.

Instead of mindless snacking, why not engage in a little exercise? If you can get your hands on an exercise bike or a treadmill, that's fantastic for boosting your cardiovascular fitness and metabolism.

If you're using television as a boredom buster, why not take a leisurely stroll in nature or visit a nearby park? It's even better if you have a furry companion to join you!

Moreover, if you're truly keen on watching something, consider getting yourself some affordable small dumbbells and work out during the commercial breaks.

By making this change, watching TV will become a source of reward rather than guilt. Gradually, it will help you lead a healthier lifestyle while still enjoying the things you love!



### Diabetes Revelation EXPOSES: Deceptive Dietetic Food Items (Be Wary!)

Now, armed with everything necessary to create delectable beverages and mouthwatering dishes using the Diabetes Breakthrough Plan, it's crucial to acquaint yourself with the products to steer clear of and comprehend why they should be avoided.

Our Program, which combines the Diabetes Breakthrough Super Drinks with the Diet Plan, purges your body while aiding in the eradication of type 2 diabetes. However, certain food items marketed as "healthy," "fat-free," or even "dietetic" may not live up to their claims.

Various food industries employ specialised teams and invest substantial sums in advertising to entice consumers into purchasing their products. If you're not cautious, you risk falling prey to these masterful advertising strategists, with your health bearing the brunt!

For instance, adhering to the Type 2 Diabetes Breakthrough Program while consuming some of these detrimental marketed products would significantly diminish the benefits you've attained through the plan.

So, which sugar-coated foods appear beneficial for your well-being?

We will now elucidate what to scrutinise on the label to identify these products and avoid getting ensnared in their business ploys.





## Counterfeit health foods

To evade the food industry's billion-dollar marketing ploys, here are five commonly advertised foods masquerading as healthy products that you, as a type 2 diabetic, must unequivocally avoid!

Especially during the Diabetes Breakthrough Program, consuming these foods will exacerbate inflammation in your body, impede weight loss, and trigger spikes in your blood sugar levels.

**Without further ado, peruse this comprehensive rundown!**

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

As an individual battling type 2 diabetes, it is imperative to steer clear of these light or fat-free products by any means necessary. This category of "food products" poses extreme harm.

Whenever you come across a product labelled as light or fat-free, promptly assess the quantity of sugar or carbohydrates it contains. These products have been crafted to cater to the demand of individuals seeking weight loss or those mindful of their physique. However, it's important to note that these products may not necessarily be healthy.

A product labelled as "light" or "diet" can actually contribute to weight gain.

To earn such labels, a product simply needs to have minimal or no fat content. Nevertheless, to enhance the taste, these foods are often loaded with sugar. Consequently, they cause a rapid spike in your blood sugar levels, which is particularly detrimental for individuals with diabetes.

Next time you visit the grocery store, observe the numerous cereals, chocolate bars, and candies marketed as "light" products. Whenever you come across a light or fat-free item, take a moment to inspect the nutritional information for high sugar content or various additives.

Certainly, there are some cookies or cereals labelled as light, but they are typically packed with carbohydrates and/or sugar, which can elevate your blood glucose levels. If you are following this Program, consuming such products would be highly counterproductive.





## 2. Whole grain products

Eating genuine whole grains like quinoa is worlds apart from consuming a box of factory-produced carbohydrates cleverly labelled as "whole grain."

This marketing tactic is all too common among numerous cereal, cookie, cracker, and nutritional bar brands.

Take, for instance, a popular cookie brand boasting about being "whole grain" and proudly advertising a hefty 18g per serving. While this claim may hold true, the grains used are actually "enriched wheat flour" — a processed carbohydrate that will send your blood sugar levels skyrocketing without providing any substantial nutritional value.



## 3. The Gluten-free Conundrum

Let's make something clear: just because carbohydrate is "gluten-free" doesn't automatically make it healthy for individuals with type 2 diabetes. Many gluten-free products are actually loaded with refined carbohydrates, high amounts of sugar, and processed hydrogenated oils. It's important to remember that gluten-free products are primarily intended for people who are intolerant to gluten or suffer from celiac disease.

But what if avoiding gluten improves your digestion? Well, it could mean that you're not necessarily gluten intolerant, but rather intolerant to other substances found in gluten-containing foods. For instance, fructans, which are often removed from gluten-free products, could be the culprit behind your improved digestion when you go gluten-free.

If going gluten-free benefits your digestion, it's crucial to select gluten-free products that are free from processed carbohydrates, hidden sugars, additives, and hydrogenated oils.

Now, let's take a look at Kerry's list of "gluten-free" products. Rice Chex cereals, for example, contain mainly refined carbohydrates and lack fibre. Instant mashed potatoes, gluten-free cake mixes, and fruit-based snacks should be avoided at all costs. These foods are especially detrimental for individuals with type 2 diabetes as they are packed with refined carbohydrates and simple sugars.



Consuming such foods will cause a rapid spike in your blood sugar levels followed by a crash, leaving you feeling lethargic and contributing to weight gain. These refined carbohydrates are rapidly stored as fat, which is particularly harmful to people with type 2 diabetes.

Therefore, if you're not gluten intolerant, opt for the healthy carbohydrates mentioned in this program instead. And most importantly, steer clear of these unhealthy options that pose significant risks to your health and, in all honesty, aren't particularly tasty either.

For instance, choose bread that is high in fibre, has a low glycemic index, and is made from sprouted seeds. Despite containing gluten, this bread is much healthier, packed with dietary fibre and nutrients, and will help stabilise your blood sugar levels.

#### 4. The Truth about Sugar-Free Products

Many desserts claim to be "sugar-free," but don't be fooled – they may not be suitable for individuals with type 2 diabetes. Surprisingly, these products often contain significant amounts of alcohol sugars and artificial sweeteners, which can be just as detrimental as sugar itself.

Alcohol sugars, while indigestible by our bodies, can wreak havoc on our stomachs. For instance, xylitol, lactitol, and maltitol (as seen in the image below) act as laxatives and should be avoided. However, there is one exception – erythritol, an alcohol sugar that is actually healthy.

Moreover, individuals with type 2 diabetes must steer clear of alcohol sugars and sweeteners like "sucralose." Instead, opt for natural sugars found in fruits, as well as desserts made with lucuma powder, stevia, or erythritol. These alternatives are much healthier than consuming products that do more harm than good.



Alcohol sugars are essentially carbohydrates that the body cannot digest. Unfortunately, they have a negative impact on inflammation, which is highly counterproductive for individuals living with diabetes.

Rather than succumbing to unhealthy options, why not indulge in one of the Diabetes Breakthrough Super Drinks and explore the delightful recipes in our Diabetes Breakthrough Plan? By doing so, you can reduce inflammation levels in your body, halt the progression of diabetes, and ultimately eliminate it altogether.

By avoiding these detrimental products, you'll witness a remarkable transformation in your body and overall health.



## 5. Diet Drinks

Indeed, while these so-called "diet drinks" may lack sugars or carbohydrates, their impact on type 2 diabetics (and the general population) is far from positive. Take, for example, Diet Coke and its counterparts, which are loaded with artificial sweeteners like aspartame and sucralose. These additives, though seemingly harmless, pose significant risks to your well-being, both in the short and long run.

Essentially, these drinks hinder any potential healing processes within your body. Contrastingly, by adhering to the Diabetes Breakthrough Plan, you're embracing the consumption of the finest foods known to humankind. Certain nourishing options can effectively combat inflammation and preempt the development of type 2 diabetes, enabling you to experience improved health day after day.

But then, in moments of intense cravings, you resort to one or two diet cokes to find solace. Little do you realise that you are subjecting yourself to the perils of aspartame—a neurotoxin that has also been associated with an increased cancer risk. Consequently, with each sip of these diet sodas, you are inadvertently poisoning your body while simultaneously escalating your inflammation levels.

Regrettably, all the diligent efforts exerted within the Diabetes Breakthrough Program become nullified. To further deter you from these products, it's essential to note that artificial sweeteners have been linked to the onset of type 2 diabetes over the course of the past decade.

Hence, it is imperative to steer clear of these deleterious substances.

The artificial sweeteners you should absolutely steer clear of are saccharine, aspartame, and sucralose. Take that, type 2 diabetes! Keep an eye out for this crucial detail on nutritional labels:

As someone with type 2 diabetes, it's crucial to adopt this vital habit: meticulously reading nutritional labels.

You must entirely avoid foods with excessive amounts of added sugar or refined (processed) carbohydrates, and be sure to ensure they contain an ample amount of fibre.

Here are a handful of fundamental guidelines for scrutinising a nutritional label to combat type 2 diabetes.

### 1. Less is more

As a general rule, when you visit the grocery store, opt for products with the fewest ingredients. Ideally, choose products with JUST ONE INGREDIENT. These are genuine foods like fruits, vegetables, unprocessed whole grains, lentils, beans, quinoa, and more.



These wholesome foods will nourish you and allow you to prepare them as you wish.

However, when examining a box of crackers, cookies, or breakfast cereal, you'll quickly notice an extensive list of ingredients!

The majority of these ingredients have names that are challenging to pronounce... So, it's best to avoid anything that contains questionable ingredients or an excessively long ingredient list. The less, the better—for your diabetes and overall health.





## 2. The lead ingredient takes the lead

When perusing a nutritional label, bear in mind that the first ingredient is the most concentrated one in the product. So, if the initial ingredient is whole grain rice and the third ingredient is corn starch, that's much preferable to the reverse. However, it's still not ideal.

Now, let's delve into the roster of the "twelve deadly ingredients." Make it a point to ensure that these ingredients don't feature among the primary components listed on the label.

### A Warning about the 12 Deadly Ingredients - Let Them Go!

Whenever you scan the label, ensure that the first three ingredients do not include any of the substances mentioned below. Without delving into intricate scientific explanations, it's crucial to recognize that these ingredients pose a significant threat to the well-being of diabetics and, truthfully, anyone else. To achieve optimal results with the Diabetes Breakthrough Plan, it is imperative to eliminate or minimise consumption of these ingredients.

The Comprehensive List of the 12 Diabetes Breakthrough Deadly Ingredients – Release Them!

1. Hydrogenated vegetable oils (these fats are detrimental to your physique and cardiovascular health).
2. Enriched wheat flour (or refined flour).
3. Sucralose.
4. High-fructose corn syrup (arguably the most harmful carbohydrate).
5. Modified cornstarch.
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).



Remember, not all proteins are created equal.

When you visit the grocery store, it's important to recognize that not all proteins are created equal. While it is true that protein does not cause a rise in your blood sugar levels, it doesn't mean that you should consume just any type of protein.

The subsequent compilation of proteins comprises those that should be avoided, particularly if you aim to alleviate your Diabetes. These proteins possess low quality and can escalate inflammation within your body.



### Proteins to Avoid for Type 2 Diabetics:

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 variety of "fried" chicken, fish, etc.
8. Mechanically separated meat
9. Packaged cooked meats



### Unhealthy Food Choices for Type 2 Diabetics: Carbohydrates

Discover the absolute worst carbohydrates that individuals with type 2 diabetes, as well as their loved ones, should steer clear of while shopping. Eliminating the items listed below is crucial since they have the potential to rapidly elevate your blood sugar levels and worsen inflammation.

- Crackers and savoury biscuits
- Packaged cereals
- Granola or granola bars
- Cereal bars
- Refined wheat flour-based bread
- Fruit-based snacks
- Dried fruits
- Ready-made pasta or rice dishes
- Energy drinks and soda
- Candy
- Cookies
- Cake
- Frozen pizza
- Frozen starters
- Chips
- Store-bought ice cream

Remember, it's essential to be mindful of these unhealthy carbohydrate options in order to manage type 2 diabetes effectively.



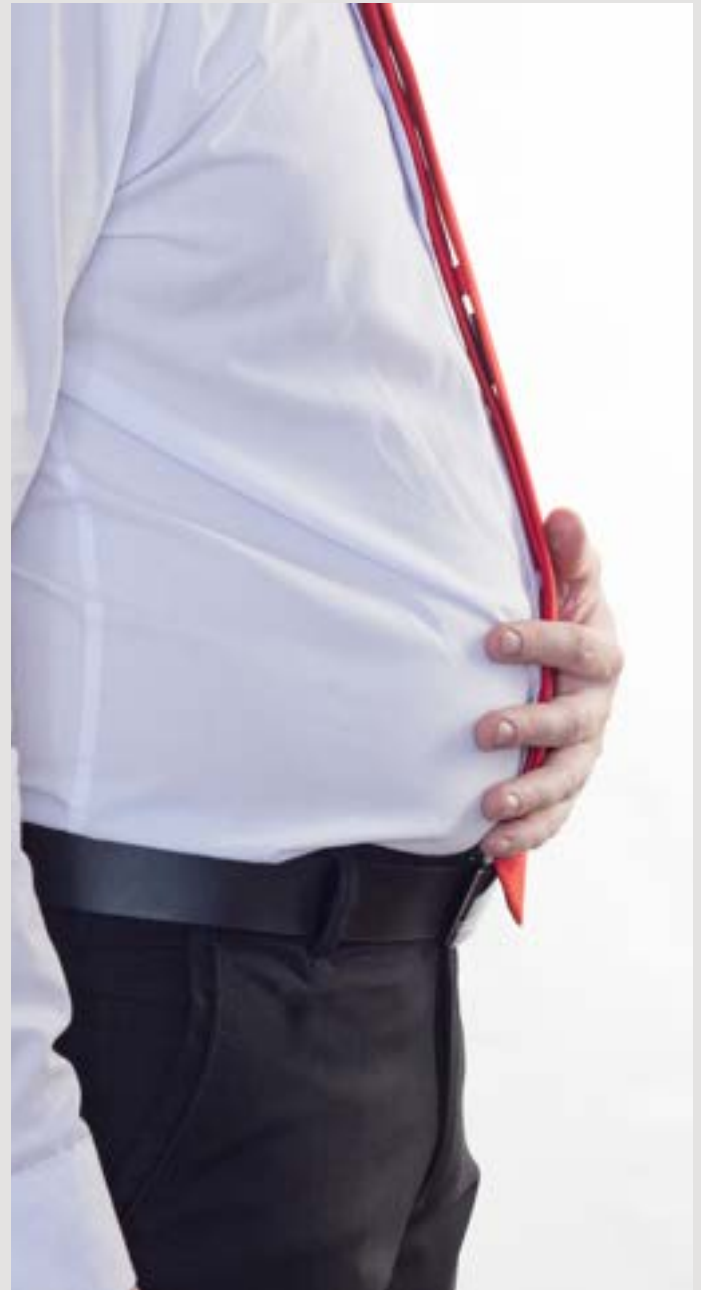


## Unhealthy Fats to Avoid if You Have Type 2 Diabetes

While there are some "healthy fats" that won't cause a sudden surge in your blood sugar levels, such as organic coconut oil, raw nuts, extra virgin olive oil, canola oil, avocado, sesame seeds, and more, it's important to steer clear of the following fats both during and after the Diabetes Breakthrough Program. Maintaining a cautious approach is crucial to achieving a healthy, diabetes-free body.

1. Unsuitable vegetable oils (for frying or unspecified)
2. Canola and sunflower oil
3. Flavoured nuts (honey roasted or those with added sugar). Note: roasted nuts should be avoided as the nut fats undergo oxidation, resulting in a harmful combination of free radicals.
4. Sauces that contain canola or sunflower oil
5. Salad dressings that contain canola or sunflower oil (avoid any foods with these oils)
6. Donuts
7. Chocolate bars
8. Ice cream
9. Margarine
10. Fats used for chips
11. Pizza
12. Whole milk products like yoghurt, cheese, or milk
13. Crème Fraiche
14. Fries or any fried food

In conclusion, by being mindful of the fats listed above and making healthier choices, you can pave the way for a vibrant, diabetes-free body.



Congratulations! You are on the optimal path to conquering Diabetes!

If you have diligently implemented the Program and adhered to it faithfully (or nearly so), remarkable transformations will have become apparent. These may manifest in your overall well-being or your lifestyle.

If you haven't experienced these changes, I urge you to embrace the Program wholeheartedly and truly commit to it. Remember, you are truly deserving of this positive change!

Listen attentively...

The decision to embark on this journey rests solely with you; no one else can make it for you. You have the power to completely eradicate type 2 diabetes from your life once and for all!

You, and only you, possess the ability to enact the necessary changes for success.

By making wholesome choices, you can liberate yourself from this affliction and restore your health.

You have the opportunity to opt for nourishing, organic foods and engage in an active lifestyle.

By adopting a positive mindset and surrounding yourself with like-minded individuals, you can pave the way for a fulfilling, healthy, and joyful future.

Once you have made the decision and commenced the Diabetes Breakthrough Program, your body will initiate an extraordinary healing process.

Before long, you will experience heightened energy levels, increased mental acuity, and enhanced physical attractiveness. The benefits bestowed by this Program are manifold, impacting your health, romantic and social interactions, career, and family life in a positive manner.

Therefore, follow the Diabetes Breakthrough program to attain true well-being and reject medical intervention!

Your physical and mental health will improve, challenges will become more manageable, and you will exude serenity. Moreover, your self-esteem and confidence will soar to new heights.

You will observe these changes within yourself, as will those around you.

Your body will undergo significant transformations, prompting inquiries from your loved ones. You will shed weight, achieve clear and supple skin, possess bright eyes, and boast healthy, lustrous hair and nails.



Ultimately, numerous aspects of your life can experience remarkable improvements through such a lifestyle overhaul. With abundant energy at your disposal, you can embark on the projects that you have previously set aside.

You can advance your career, embark on exciting journeys, and explore new horizons, all the while knowing that your health will not hinder you.

It has been an honour to accompany you throughout the Type 2 Diabetes Breakthrough Program.

I wish you the very best in life and excellent health. Do not relinquish your dreams, for this is just the beginning!

To your well-being,  
Cathy Dayne.