

# Diabetes Freedom

Quick Start Accelerator



George Reilly

# Type 2 Diabetes Freedom

\*

Quick start user manual

\*

*Keep within easy reach*

Copyright © diabetesfreedom.org protected by the Copyright Act of 1976 and all other applicable international, federal, state and local laws, ALL rights reserved. No part of this content may be copied or modified in whatever form, sold or used in any other manner that is described in the Program in whatever circumstances, without the express permission of the author.

DISCLAIMER AND CONDITIONS OF USE. The author and editor make no statement, nor offer any guarantee of the exactitude, applicability, conformity or exhaustivity of the content of this Program. The information contained in this Program are strictly given to an educational end. As a consequence, if you wish to apply the ideas contained within this Program, you assume complete responsibility for your act. The author and editor refuse all guarantee (express or implicit), merchantability, or adequacy for any particular purpose. The author and editor may in no case be held responsible for any direct, indirect, punitive, special, or incidental damages, or any other consecutive damages resulting directly or indirectly from any use of these documents, which is provided “as it is” and without guarantee. The author and editor do not guarantee the performance, effectiveness, or the applicability of any site identified or linked with this program. All links are only for the sake of information and are not guarantees for the content, exactitude, or any other implicit or explicit end.

# INTRODUCTION

Congratulations, you have made the decision to attempt to free yourself from the hold of type 2 diabetes!

You have an incredible opportunity: scientific research has only very recently discovered that it was possible to break this illness' hold on you, which was previously thought to be impossible.

**Yes, it is indeed possible to eradicate diabetes**, and get back to your normal life, without being afraid of any debilitating side effects or having to keep an eye on blood glucose levels.

By suppressing type 2 diabetes, you will also eliminate everything that comes with it: being overweight, a desire for junk food, and a sedentary lifestyle.

This isn't some sort of magic pill: it's your own work which will bear fruit.

So yes, you can get rid of type 2 diabetes, or improve your blood glucose levels if you are a borderline diabetic.

However, this involves real motivation, and above all, **it requires that you follow the Type 2 Diabetes Freedom program to the letter**.

That's why this short guide has been devised: it's a reminder which will enable you to find the schedule, main principles, rules and tips of your program in a heartbeat. As a bonus, there is also a choice of 5 anti-diabetic drinks which you can consume at any time.

It will be your most valuable asset in your fight, and will help you to avoid falling into any traps while you're on your journey to your end goal:

**Freedom from type 2 diabetes!**

# Contents

SCHEDULE	5
SUCCESS DURING THE FIRST 10 DAYS	6
8 WEEKS FOR DEVELOPING GOOD HABITS	10
YOUR MEAL TIMINGS	13
PHYSICAL ACTIVITY: HOW TO GET STARTED	15
ASSISTANCE: MANAGING BLOOD SUGAR LEVELS AND NOT GIVING UP	17
5 ANTI-DIABETIC DRINKS	1819

# SCHEDULE

Do you know what determines your chances of eliminating your type 2 diabetes? It's your ability to make a success of the first 21 days of this program.

If you manage to complete the first 3 weeks of this program without giving up, you can rid yourself of this illness.

Encouraging, isn't it?

After this, it's your ability to completely integrate this new lifestyle for at least three months in a row which will give you an indication of your ability to keep diabetes at bay... for life!

Let's start with the very first phase of the Diabetes Freedom program:

## **- 10 Days of Super Drinks**

Make your shopping list carefully when preparing for this phase, because you won't be able to stray from it. Adhering to these 10 days, which are made up almost entirely of meals in a liquid form, may seem difficult, but it is an essential phase.

That being said, these drinks are delicious and nourishing, so it won't be as difficult as you may fear.

Next, let's move on to the consolidation phase:

## **- 8 weeks of the Diabetes Freedom Dieting Strategy**

As before, you will be led by the hand during this phase, thanks to the list of permitted ingredients and the advice in the Meal Preparation Guide, which will make your life easier during this long phase.

## **- Stabilization: 3 months and beyond**

Once you have succeeded in losing the necessary weight to enable your liver and pancreas' optimal function, you should only need a few more weeks to get rid of diabetes.

But be careful! Even once you've eradicated diabetes, you still won't be clear of this program: it's your partner for life.

During the stabilization phase and beyond, you will be able to take advantage of everything that you've learned during this program:

- Food habits
- Exercise habits
- Tips to counter diabetes and cravings

All you have to do is put these into practice for the rest of your life.

### **WARNING**

---

The first months really are very important!

Once the fat which surrounds your liver and pancreas has been removed, you will have to follow this program in its entirety for at least 3 months to make sure that your organs' sensitivity to insulin has been completely restored.

So, even if you have lost weight quickly, it's crucial to continue the consolidation phase for at least 3 months.

---

# SUCCESS DURING THE FIRST 10 DAYS

The principle of these 10 days is simple:

You have the recipes for 7 phase 2 Super Drinks, and 15 multipurpose Super Drinks.

The union of their ingredients guarantees their antioxidizing and anti-inflammatory properties, but also the fact that they will improve your sensitivity to insulin, and that they will promote fat burning for even faster weight loss.

As a bonus, they are high in fiber, since they haven't been strained, and will therefore help you to avoid having to put up with a feeling of hunger.

Follow the routine set out below:

**Morning** : 1 phase 2 drink

**Midday** : 1 multipurpose drink

**Snack** : 1 multipurpose drink (optional)

**Evening**: 1 multipurpose drink

It's really important to start the day with a phase 2 drink. For the remainder, you can distribute them however you want, and you can even have a drink as an afternoon snack and skip your evening meal drink.

Ideally, you won't need to eat anything apart from these anti-diabetic Super Drinks. Always prepare your drink before thinking about eating even the slightest bit of extra food. If you're still hungry 10 minutes afterwards, you may eat a bit of something.

However, don't forget that these 3 to 4 drinks must make up at least 50% of your nutritional intake during these 10 days.

If you choose to eat in addition to this, you may only eat certain types of food.



## Permitted ingredients during the 10-day Super Drinks phase:

### As much as you want

- > Broccoli
- > Arugula
- > (Raw) beetroot
- > Bok choy (Chinese cabbage)
- > Brussels Sprouts
- > (Organic) kale
- > Green cabbage
- > (Raw) carrots
- > Eggplant
- > Mustard leaves
- > Onions
- > Peppers
- > Spinach
- > Tomatoes
- > Turnip tops
- > Cress
- > Celery

### Proteins (in small portions):

- > Wild salmon
- > Wild cod
- > Grass-fed beef
- > Organic free-range chicken
- > Free-range organic turkey or chicken
- > Sardines
- > Seafood
- > Whey protein powder

### Fats (in small portions):

- > Almonds
- > Chia seeds
- > Flax seeds
- > Hemp seeds
- > Pumpkin seeds
- > Avocado
- > Walnuts

- Cashew nuts
- Pistachios
- Virgin olive oil
- Organic coconut oil
- Hummus

#### Carbohydrates (in small portions, and only when combined with intense physical activity)

- Black beans
- Kidney beans
- Quinoa
- Sweet potatoes

#### **WARNING!**

In order for the diabetes elimination process to be triggered, you must not exceed 800 calories per day!

At the end of each Super Drink recipe, you will find the corresponding calorie count. Use these when you are choosing your drinks for the day, so that you don't drink two high-calorie drinks in one day.

Do your calculations and don't forget to include the potential solid foods that you plan to eat. You will find the calories corresponding to each super food in the Diabetes Freedom Main Program.

#### **TIP**

In order to make your drinks more quickly in the morning, have as many ingredients as possible ready in the freezer. Take advantage of frozen red berries, and you could even freeze half bananas in sachets.

## 8 WEEKS FOR DEVELOPING GOOD HABITS

We're now moving on to the Diabetes Freedom Diet Strategy.

Each day during the 8 weeks following your 10 day liquid treatment, you must continue to drink:

- 1 phase 2 drink
- 1 multipurpose drink

However, you are also going to be able to start eating “normally” again, observing these portion sizes, which are essential in order to melt away the fat surrounding your organs, without depriving yourself and making sure that you feel full.

Portions to adhere to each day:

3 portions of anti-diabetic Super proteins\*

4 small portions of anti-diabetic carbohydrates\*

3 portions of healthy anti-diabetic fats\*

An unlimited quantity of anti-diabetic superfoods\* (vegetables)

An unlimited quantity of calorie-free drinks, without sweeteners:

- Matcha green tea
- Coffee
- Water with lemon
- Water with cucumber
- Water with cider vinegar
- White tea

*\*You will find the list of authorized foods and the corresponding quantities in your Diabetes Freedom Main Program, in the chapter entitled “The 7 Rules of the Diabetes Freedom Plan”. Feel free to print this off and stick it up in your kitchen.*

In order to succeed during this phase, you will need to use your program's Meal Preparation Guide and remember the following rules:

### **1/ Keep a food journal**

This journal, kept on your cell phone or on paper, should enable you to make a note of everything that you have eaten during the day. You should list the foods, and more importantly the category they belong to, after each meal or snack.

### **2/ Eat healthily wherever you are**

Even when you're not at home, you still need to follow the Diabetes Freedom Diet Plan. Whether you're at a restaurant, or at a friend's house, give everything which could make you lose sight of your goals a miss.

### **3/ Avoid processed products**

This is the only way to control what goes on your plate. Do your shopping after setting out your menu, and buy raw products – if possible, these should be organic. If you really have to buy something ready-made, obey the rule of 4: no more than 4 ingredients on the label, and make sure there are no sugars or starches in them.

### **4/ Season!**

A raw vegetable salad can become a treat if you add lemon zest and a mix of freshly chopped aromatic fresh herbs.

The more you use fresh herbs and spices, the more you will improve your tasting pleasure, and the fuller you will feel. This is essential for making sure that you don't give in and lose the advantages that you have gained over several weeks of good food management.

### **5/ Ban certain foods**

As a reminder, here's a list of foods that you shouldn't consume if you want type 2 diabetes to become a thing of the past:

- Non-organic eggs
- Canned salmon or tuna
- Canned meat
- Factory-made sausages
- Factory-made cooked meats
- Low cost minced meat
- Rillettes
- Fried foods (chicken, fish, etc.)
  
- Breakfast cereals
- Cereal bars
- Savory crackers
- Cookies
- Bread (except from organic brown bread)

## “Gluten-free” factory products

- “Light” factory products
- Dried fruits and fruit snacks
- Pre-cooked pasta and rice
- Soda and energy drinks
- Candy
- Cakes
- Frozen pizza
- Chips
- Factory-made ice cream
- Chocolate bars
- Pastries
  
- Alcohol
- Sugar and its derivatives
- Fructose/glucose syrup
- Starches
- Artificial sweeteners
- Non-virgin olive oil
- Canola or sunflower oil
- Grilled or flavored nuts
- Ready-made salad dressing
- Margarine
- Crème fraiche
- Whole milk products

### TIP

Reserve one shelf in the fridge for foods which are allowed in unlimited quantities. Since these are vegetables, you should make sure that they are easily available, for example by washing them well and keeping them in a clean dish towel. Don't prepare them in advance, as you will lose the vitamins.

This means that you'll be able to have something which is ready to eat without having to think about it, or work out the portions you've already consumed if you have any cravings.

# YOUR MEAL TIMINGS

The time you eat at can have an enormous effect on blood sugar levels.

This is why you should **never consume carbohydrates in the 3 hours before sleeping.**

This is very important, and you should take this into account when you're planning your meals or when you're having snack.

It is therefore recommended to save one portion of proteins, some healthy fats, and an unlimited amount of vegetables for the evening, to make sure that you're feeling full, but still giving carbohydrates a miss.

Another important element in the fight against diabetes: **fasting.**

It is scientifically proven that this age-old practice is an excellent way of **losing weight, as well as boosting your body's sensitivity to insulin.**

Once you have stabilized your blood sugar, after 3 months of the program, you will be better off practicing intermittent fasting to maintain the benefits of your hard work.

There are two types of intermittent fasting. These are easy to follow, and they have proved their effectiveness in preventing type 2 diabetes.

In your case, implemented twice a week (but never on two consecutive days), they will prevent a relapse.

## - **16/8 intermittent fasting**

Over a period of 24 hours, you may eat during a short 8-hour window. During the following 16 hours, you may only drink calorie-free beverages. So, you will need to skip a meal, generally breakfast.

## - **5/2 intermittent fasting**

During 5 days of the week, you may consume a maximum of 2,000 calories (for women) or 2,500 calories (for me). On two (non-consecutive) days per week, you must consume no more than 500 calories (for women) or 600 calories (for men).

**TIP**

If you're apprehensive about fasting, start with the 16/8 fast: this is particularly easy to follow, because you just have to skip breakfast. You could start at the weekend, and wake up a little later than usual.

# PHYSICAL ACTIVITY: HOW TO GET STARTED

You've almost certainly read somewhere that you have to do three hours of intense exercise per week in order to get rid of type 2 diabetes.

The problem is that this recommendation is neither realistic, nor achievable.

Why? Because you need to put up with a calorie deficit, particularly during the first 10-day phase at 800 calories.

It's not just a case of taking up intense exercise during this period.

However, it's not a case of simply doing nothing, either.

For the first 3 months, you need to have regular physical activity, at a low to moderate intensity according to your level.

Walking, cycling, recreational swimming, vinyasa yoga... choose whatever you like, and do this **for at least one hour, at least 3 times per week**.

You can spread the workload over several sessions throughout the day, if you like.

For example:

15 minutes yoga when you wake up

15 minutes brisk walking when you're going to work/to the cinema/to see friends

15 minutes brisk on the way back

15 minutes yoga in the evening

Don't forget the golden rule: **total television time = total exercise time**

Take advantage of the time that you spend in front of the television to work your muscles by doing some exercises with barbells, some squats, or using the exercise bike...

Whatever you do, abide by the following principles

- Regularity: at least 3 times a week, for at least one hour
- Know your limits: no intense effort at the start of the program
- Progression: when you start to find exercise easier, you should slightly increase the intensity in order to progress



After 3 months, you will be able to incorporate some more intense sporting activities into your program, including the very popular HIIT, for a high intensity interval workout.

If you're in suitable physical shape, this activity will enable you, in 15 minutes per day, to obtain the benefits of a one hour gym session. Discuss this with your doctor before attempting HIIT, whether this is at the gym or on the Internet.

**TIP**

Make each chore into a useful moment. Instead of dragging your heels when using the vacuum cleaner or going to the grocery store, look at your daily chores as ways of doing exercise. Clean a room as quickly as you can, carry as much shopping as you can by yourself, take the stairs and try and arrive at the same time as the elevator... if you think about it, there are so many sporting challenges in your daily life.

# ASSISTANCE: MANAGING BLOOD SUGAR LEVELS AND NOT GIVING UP

To help you to persevere for the entire duration of this program, think about watching the videos included in your program on a regular basis, and rereading the Type 2 Diabetes Freedom Main Program

You should especially do this when you're about to throw in the towel: rereading why and how this program can free you from diabetes will definitely give you the necessary motivation.

There are also some particularly effective tips and tricks which will help you to fight cravings and the desire for sugar. Some others are really useful for regulating blood sugar levels.

## 1/ Helping hands for regulating blood glucose levels, and for increasing sensitivity to insulin

Scientific research has confirmed the anti-diabetic effects of the following products:

- **Organic cider vinegar:** This lowers the glycemic index of any foods it is added to. You should dilute it with a large glass of water, and consume after a meal.
- **Lemon juice:** Add this to meals at the last minute, and it will aid digestion and regulate blood glucose levels.
- **Turmeric:** Curcumin, its main active chemical, is a natural anti-inflammatory, and it is proven that it slows the progression of type 2 diabetes in pre-diabetics. Add this to all of your meals, mixed with oil and pepper for maximum absorption.
- **Ceylon cinnamon:** This increases sensitivity to insulin, and boosts the body's ability to use the glucose inside its cells. This should be consumed with fruit or coffee, consuming a maximum of two cups of coffee per day.
- **Garlic:** This reduces blood sugar levels, and gives a great taste to all dishes. Crush on top of dishes at the end of cooking.
- **Fenugreek:** this is an Indian spice which slows the absorption of carbohydrates and increases sensitivity to insulin. Not to be consumed with medication.
- **Ginger:** This helps with weight loss, by boosting metabolism and improving blood glucose levels on an empty stomach. Grate fresh ginger into your meals and salads, or add it into your drinks and smoothies.

## TIP

Feel free to combine several of these anti-diabetic plants and foods for an even greater effect. For example, the ginger-garlic-turmeric combination forms an excellent base for sautéed meats and vegetables, or for creating a sauce to pour over crudités.

## 2/ Tricks for fighting cravings

### - **Gymnema Sylvestre**

This is a plant which is used in Aryurvedic medicine in India. It has the ability to remove the sensation of sugar in your mouth if you eat it. If you have it before eating a cake, you won't taste the sweet taste of the cake. It's a radical measure for breaking the habit of a serious sugar addiction.

### - **Essential oils**

Some essential oils cheer you up, and others suppress your appetite. When they're combined, they form an excellent anti-craving tool.

Mix the essential oils of Ceylon cinnamon, cloves, exotic basil, and Roman chamomile in a bit of vegetable oil, and breathe in a drop of this mix applied to the inside of your wrist.

### - **Full awareness**

Or more precisely, eating in full awareness, which means taking yourself off autopilot and eating without doing anything else, taking time to appreciate the entire process, including meal preparation (even for a snack of vegetables and hummus). It has been proven that eating with full awareness increases the feeling of fullness, and promotes weight loss in the long term.

### - **Stress regulation**

It is very difficult to lose weight when you're stressed: the hormones produced by the body literally prevent us from doing it. When you commit to a weight loss and blood sugar regulation program like Type 2 Diabetes Freedom, it's also vital to commit to a stress management process. This is also a way of reducing the frequency of cravings.

Soothing plants, meditation or psychotherapy sessions, acupuncture, yoga, meditation, sophrology, even team sports... it's up to you to choose which technique is best suited to you.

# THE 5 ANTI-DIABETIC DRINKS

Hunger is, in reality, often just a disguised thirst. As soon as you feel hungry, you should first of all drink a glass of water before thinking about eating anything.

There are, however, zero-calorie drinks, which also have properties which counter sugars and fats. Of course, you can go to your herbalist and buy a ready-made slimming herbal tea, but you can also make your own anti-diabetic drink.

The following drinks will help you to suppress the feeling of hunger while boosting your weight loss. These may be consumed hot or cold.

## **- Matcha green tea**

Green tea is high in EGCG, a molecule which stimulates the burning of fat. It's also a powerful antioxidant, which has incomparable health benefits. Matcha green tea is a whole leaf green tea which has been reduced to a powder, and which you consume entirely in the infusion. It is therefore the tea which best gathers the health effects of green tea. Put one half teaspoon in a small cup, and pour over 5 oz hot water, beating to create a foam.

## **- Maté**

This infusion, which is often consumed in South America, contains caffeine and boosts metabolism. It is also proven to reduce LDL cholesterol, and slightly lowers blood sugar levels in type 2 diabetics – consume up to 1 liter per day.

## **- Hibiscus and white blackberries.**

The hibiscus infusion is a pretty pink-red color, with a slightly sour taste. Combined with (dried) white blackberries, it yields an infusion with hypoglycemic properties. However, this should be avoided for pregnant or breastfeeding women.

## **- Cinnamon-ginger-lemon infusion**

With this combination, we can benefit from the hypoglycemic properties of cinnamon and lemon, and the fat-burning effects of ginger. All you have to do is bring water to the boil with a stick of cinnamon and a piece of sliced ginger for 10 minutes, then add a dash of lemon before drinking the infusion.

## **- Detoxifying cucumber-mint-lemon water**

This cold infusion enables you to quench your thirst all day, benefiting from the appetite-

suppressing effects of mint, and the diuretic properties and mineral salts of cucumber. Infuse 1 organic lemon rind, a pinch of dried mint or a handful of fresh mint, and 5 slices of cucumber with the skin on, in 1 liter of cold water for 2 hours