

DIABETES PROTOCOL

A Guide to Understanding & Managing
TYPE 2 DIABETES



Diabetes Protocol

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Introduction – Diabetes Protocol

The number of people with diabetes has leaped in recent years. In 2017 alone, the global prevalence of diabetes was **8.8%** amongst the world population. This translated to nearly **424.9** million people being diagnosed with diabetes mellitus. It is estimated that the numbers will exponentially rise to somewhere around **628.6 million by the year 2045** ([European Society of Cardiology, 2019](#)).

As we witness another year, these staggering statistics on diabetes only add to the growing concern.

It can take a physical, emotional, and mental toll on a person's life. In most cases, we think we know how to manage it. Whether it's a prescription drug or insulin shot, most of us think that's the only way to deal with diabetes.

But there's a bigger, deeper truth that has been kept hidden from you for a long time. If you're suffering from diabetes for as long as you can remember, then hear this out – your condition is not permanent. You don't have to live at the mercy of blood sugar medicines or painful needles to continue living like a normal individual.

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You have the power to take the reins and turn your condition around. Sounds impossible? It probably does to someone who has given up all hope in treating their diabetic condition. However, if you're reading this book, it's probably because you do have some ounce of hope that your diabetes *can* be reversed and managed successfully.

The Diabetes Protocol is here to prove to you just that. This program is a holistic, science-backed guide that teaches you how you can free yourself of diabetes. No, it doesn't make tall promises or false claims. Rather, this guide will empower you to tap into [alternative methods of healing](#). At times, the answers to our aching are quite simple.

And, the answers to your condition are found in nature and healing. Here you will find solutions for diabetes that you've probably never heard of.

You will be introduced to some of the most powerful, life-giving foods that will not only help you manage diabetes but reduce your dependence on drugs as well.

This book shall explain the simple dos and don'ts of successful diabetes management. With expert knowledge on nutrition, metabolism-boosting foods, lifestyle habits, and exercise tips, the Diabetes Protocol is here to pull you out of your despair.

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If you stick long enough, this book will reveal a special chapter that's closely related to diabetes. Curious to know? You will have to read this book to find out!

All in all, the Diabetes Protocol will equip you with effective strategies, self-control, dietary tips, and superior knowledge on nutrition to come out successful at the other end. [Investing in your health](#) is a very special thing to do and you'll find all the motivation and knowledge you need right in this book.

Good Luck!

Understanding Type 2 Diabetes

This chapter may sound like something you'd want to skip. After all, since you've been living with diabetes for so long, you're probably aware about everything that there is to know, right?

Not quite. **Diabetes mellitus** is a highly complex metabolic disease that goes deeper than just erratic blood sugar. It's important to understand that by taking a blood sugar pill or an insulin shot, you're not treating your condition. You're only controlling it. Your diabetic condition remains where it has been from the start.

Treating diabetes is a whole different ball game. For one, it pushes you to stop relying on medications and start making radical lifestyle choices. Yes, the commitment is huge but only until you begin to experience its miraculous benefits. To fully immerse yourself in the Diabetes Protocol, you must first understand what Type 2 Diabetes really is. This will serve as your first step in finally learning how to manage it.

There are several types of diabetes, but the most prevalent is Type 2 Diabetes. In this condition, the body is unable to use insulin properly. The cells of your body are not able to respond to insulin in the way that they should. As a result of this resistance, the sugar begins to accumulate in the bloodstream. This triggers high blood sugar, which if left untreated, can lead to serious conditions like **hyperglycemia**.

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High blood sugar can damage the crucial vessels that carry blood to all the vital organs in your body. This leaves you vulnerable to acute health risks like heart disease, nerve problems, and kidney diseases. Sounds absolutely scary, doesn't it? So, what is the most obvious plan of action? Pop a blood sugar pill or prick a needle for insulin!

However, don't you want to know where all this excess sugar is coming from? If your body has become resistant to insulin, is there a way to control your sugar so that those insulin levels can naturally go down? There certainly is!

The main and obvious culprit behind high blood sugar is **carbohydrates**. Your diet mostly contains starches, sugars, and fiber, which are all the major groups of carbs. These carbohydrates are broken down into simple sugars, which then turn into glucose and are absorbed into the bloodstream.

In a normal person's body, the liver is responsible for storing this sugar for a time when their body might require it. When you're not eating during the day or overnight, the liver supplies glucose to the body through a process called **glycogenolysis**. A person with type 2 diabetes, however, has insulin resistance, which means the body doesn't use the insulin properly to digest the glucose in the bloodstream.

Diabetes and Hormones

In addition to this, the **beta cells of the pancreas** have a crucial role to play as well. They are responsible for secreting and synthesizing amylin and insulin. These cells actually make up majority of the 50-70% of all the cells inside the human islets. However, a type-2 diabetes patient possesses beta cells that don't function properly. Their strength is diminished, which leads to reduced secretion of insulin. This leads to an accumulation of glucose in the bloodstream.

Along with insulin, there are several other hormones that do, in fact, affect your blood sugar levels. These are amylin, cortisol, glucagon, epinephrine, GLP-1, GIP, and the growth hormone. All of these hormones are supposed to regulate blood sugar in a normal person's body. However, people with diabetes tend to have high glucagon levels, especially during [mealtimes](#). The hormones seem to function in the opposite way, where the more they consume, the higher their glucagon levels rise.

Diabetes and Stress

Apart from your diet, **stress** has a fundamental role to play in the onset of diabetes. In normal situations, your sugar levels rise to combat an incoming infection, illness or disease. This is how the body reacts by lowering down insulin levels and increasing adrenaline and glucagon levels. At the same time, a stressful situation also raises cortisol and the growth hormone, making the body tissues less responsive to insulin. Now, there is plenty of glucose in the bloodstream that the body can use to respond to a stressful situation.

However, someone with diabetes already has low blood sugar due to incessant medications or insulin. With low levels of glucose, they are unable to cope with stress the way a healthy individual can. This aggravates their stress and puts the body under serious strain.

Hence, several external factors have either caused or aggravated diabetes in your body. So, now that you know the different ways type 2 diabetes affects your body, you probably want to find a remedy or at least, a way to manage it without depending so much on medication.

You are now about to step into the miraculous but practical and achievable Diabetes Protocol.

Resetting Your Lifestyle – Dos and Don'ts

Before we discuss the Diabetes Protocol, it's important to re-assess your life and your values. Why do you want this? What purpose will this program serve for you? Are you in it for the long term?

With a busy lifestyle and tons of responsibilities, it can be hard to lose track of the dos and don'ts of a diabetes management lifestyle. A person with diabetes can't rely on their body to keep their blood sugar level under control. They have to fix their food choices and eating habits to maintain their blood sugar in a safe range.

This means that every morsel of food you eat should be conscious and mindful. You need to know how the foods you're eating will impact your blood sugar. It's a huge commitment but one that is so worthwhile. Once you get the hang of it, making healthy choices will become effortless and an integral part of your personality.

For this reason, setting yourself on track beforehand is extremely important. With that said, here are some dos and don'ts that you need to commit to as you embark on this profound journey.

The Dos

Harnessing the Power of “Why”

The diabetes protocol will require commitment and honesty from your end. Your condition is not permanent and can be successfully managed only if you diligently follow the advice in this book. For this reason, the first thing you must do is start journaling about why you want to do this program. Make a list of goals.

Perhaps, now's the time when you want to stop feeling so defeated and hopeless because of your diabetic condition. Maybe, you want to wake up early without feeling lethargic and bogged down. Ponder over all the things you could do if you weren't bound by diabetes. Read them aloud.

There may be rough phases during this journey and cravings that will overwhelm you. However, with these goals that fuel “**why**” you're doing this, you'll always feel motivated and charged!

Checking Your Blood Sugar Regularly

As you get on this program, eliminating and adding foods while focusing on certain food groups more than the others will cause fluctuations in your blood sugar. For this reason, you need to keep a close check on your blood sugar. Keep a record of your blood sugar on a chart so that you can identify the rise and fall patterns.

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We'd advise you to check your blood sugar during the following times:

- Once before each meal
- Two hours after you've had the first bite

Additionally, you must also keep your healthcare team updated to eliminate risks and ensure your health.

Incorporating Nutrient-Dense Foods in Your Diet

This will be the biggest change in your life. Shifting your food choices doesn't always have to be demanding. When you do it consciously and with the intention to improve your health, you'll be naturally inclined to choose fruit over an unhealthy dessert.

The secret is to keep your diet well-balanced. As long as the major chunk of your diet consists of whole, nutritious foods, your system will remain healthy and flexible. Therefore, this is the time to say yes to veggies, fruits, whole grains, lots of protein, and above all, a healthier and happier you.

Keep a Food Journal

A food journal can bring incredible changes in your life. It will help you control the portions you're consuming, identify your food intolerances – that may be aggravating your diabetes, and lead you towards better, more nutritional choices.

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Managing Stress and Low Energy Levels

For a diabetic, stress is a silent killer. It triggers high blood sugar levels, which then accumulate in the bloodstream and can cause havoc. As you adjust yourself to this program, you need to manage your stress levels. List down all your fears, frustration, and worries about diabetes that have been holding you down for so long. This book will be helping you cultivate your hobbies and ways to invest in mindfulness so that you can manage your stress levels.

The Don'ts

Don't Restrict Yourself Completely

Despite following a diet plan, you don't have to hold yourself back completely. It might prove to be counter-intuitive to your efforts at managing diabetes.

Therefore, don't think you have to come to this program with a rigid attitude.

There's always room for flexibility and you will find ways in here to indulge in your favorite treats without any guilt.

Don't Stay Dehydrated for Too Long

Water is key. It is the single most important fluid you need to assist your new lifestyle. If you haven't been drinking enough water, now's the time to commit. Proper hydration can do wonders for your blood sugar. It dilutes it and helps lower blood sugar.

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Don't Give Up

Above everything, don't give up. As you begin to incorporate this program into your life, your body might fight and resist. You might not feel your best initially but keep moving. As your body nourishes itself with the right foods and a healthy lifestyle, you'll feel energetic, confident, and less dependent on medications. So, commit and don't look back!

As you make room for these incredible lifestyle changes, always remember to take care of yourself. With that said, let's begin the Diabetes Protocol.

Diabetes Protocol - Part I

The Diabetes Protocol consists of **four** major parts. Each section will discuss unique strategies and lifestyle tips to control your blood sugar naturally. The first part is the most crucial as it will equip you in identifying the worst foods that are eating away at your health.

The program will be following a systematic approach. It will first focus on eliminating the wrong foods, or at least reducing their consumption, and then focus on slowly replacing them with whole, nutritious, and diabetic-friendly foods. With that said, let's get started!

The Worst Foods to Ditch Today

In essence, there are no “**worst**” foods that you need to abandon completely. All the foods that are naturally provided by the earth are nutritious and immune-boosting. However, when we talk about the “worst foods”, we are referring to highly processed foods with preservatives and foods with heaps of added sugar.

These foods are often canned, pre-baked, or frozen, which compromises their freshness and nutritional value. They also contain artificial ingredients and their engineering favors overconsumption. Somehow, they never make you feel full and satiated.

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Any food that's not beneficial to a normal person's body is ten times worse for someone with diabetes. Most of these foods are extremely low in nutrition and fiber. They need less energy and time to digest, which means they can rapidly raise blood sugar levels. You'll be surprised at how some of you might actually be consuming these foods without knowing their debilitating effects on your blood sugar levels.

So, without further ado, let's get into it!

Any and All Foods with Processed Sugars

This one's a no-brainer for diabetics, but worth a reminder. Foods with processed sugars mostly include desserts, candies, donuts, and cakes, which are some of the most low-quality carbs you can consume. They push your body to produce insulin and for a diabetic, this can spell serious danger.

It doesn't matter if you've been having these sweet treats occasionally, now's the time to eliminate them completely. Not only will they hamper any efforts to lower your blood sugar, but they can also contribute to serious weight gain. For a diabetic, sugar may not be poison but in excess, it certainly is.

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Refined Starches

Refined starches are big offenders for a diabetic diet. Anything that's made with white flour, for example, white bread, white pasta, and rice, can cause your blood sugar to shoot. These carbs are usually consumed in huge amounts and play the role of sugar once they're in your bloodstream. Being extremely low in fiber, these foods can trigger rapid spikes in blood sugar.

Sugary Drinks

Sugary drinks are one of the worst forms of processed sugars you can consume. Eliminate any and all sweetened beverages from your diet as soon as you can. As you begin to replace them with healthier alternatives, your body will need time to adjust. During this time, if you do end up going back to sugary drinks, all your efforts will become fruitless. Therefore, now's the time to dispose of those soda cans and soft drinks from your fridge!

You'll be surprised at how a **354 ml** can of soda contains nearly **38 grams** on simple carbs. That's triple the number of carbs a whole-wheat bread slice contains (only 12 g). Notice how eating even three whole wheat bread slices can keep most people full and satiated.

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This isn't a comparison between a drink and bread. This is an eye-opener as to the magnitude of danger these drinks are putting your body through. The worst part about sodas is that you end up chugging gulps of sugar without even realizing it. Plus, sodas are never satiating, which means you'll always be tempted to reach for another one. Remember, simple carbs like these give you nothing but empty calories and high blood sugar levels.

We'd like to make a special mention here about coffee drinks. While black coffee is fine – in fact, terrific for type 2 diabetes – sweetened coffee drinks like a mocha frappe should be avoided at all costs. They are loaded with sugars. Many coffee shops rival their moderately sweetened coffee with a collection of decadent desserts. They are high in both carbs and fats.

Here's a perspective that'll help you put your priorities in place. **The Starbucks White Chocolate Mocha is around 16-ounces.** The cup contains 55 grams of carbs or simple sugars and 430 calories. Just imagine what would happen, if you were to order a cheesecake as well, thinking your coffee isn't sweet enough. A Dunkaccino amounts up to 350 calories.

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All of these fancy beverages may look tempting, but they're feeding your body empty calories. They're releasing glucose into your body without the hard work. That's what simple sugars do as opposed to complex carbs. The latter takes time to digest and be absorbed into the body, which essentially almost never contributes to high blood sugar. Therefore, the decision you need to make is now.

High-Sodium Deep-fried Dinners

Do you fancy some good ol' french fries and chicken nuggets? Well, you might have to let them go. Even battered fish dinners are cooked with all sorts of culprit foods that can worsen your diabetes. The point here is to understand is that these heavy foods are best consumed in moderation. A typical platter with breaded chicken or fish, sweet coleslaw, and a bucket of fries can amount to more than 1,000 calories in one go.

For a diabetic, sugars aren't the type of foods you need to stay cautious of. In your attempt to eliminate pasta, bread, and desserts, you're forgetting one important culprit that should be on your radar.

Salt.

Sodium is a crucial electrolyte and a mineral that maintains your body's fluid balance. However, the moment it goes out of whack, your body becomes vulnerable to a host of illnesses and diseases.

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According to the [Centers for Disease Control](#), nearly 89% of adults are already consuming an excess of sodium in their diet. The mineral is important for healthy muscles and proper nerve functions. However, if your body routinely receives an excess, it can prepare the grounds of chronic blood pressure. And, we all know what comes next—heart disease.

The science is simple. Limit your sugars and salts as well. **According to the CDC's Dietary Guidelines for 2015-2020, the ideal amount of sodium – that's preferably safe for diabetics as well – is 2,300 mg.** This converts to roughly 1 tsp daily. This amount should be enough to maintain the electrolyte balance and promote healthy eating patterns. An excess – as is the case with deep-fried dinners – can be severely detrimental to your heart health.

And, **the link between heart disease and diabetes runs quite deep.** [According to the American Heart Association](#), as compared to a normal person, diabetics are 4 times more likely to succumb to heart disease. This is because once you've been diagnosed with diabetes, your body becomes vulnerable to several risk factors that make cardiovascular diseases highly possible – unless you fix your diet and lifestyle.

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Risk factors include obesity, gradual weight gain, having bad cholesterol, and high blood pressure. Even a lazy or sedentary lifestyle can put you at risk. With that said, the statistics on heart disease and diabetes should be alarming enough to get you to ditch high-sodium foods. Here's an additional list of high-sodium foods you can easily avoid:

- Chinese entrees
- Salted nuts
- Canned entrees like spam, ravioli, and chili
- Canned beans with added salt
- Smoked, salted, cured, or canned fish, meat, or poultry
- Frozen breaded dinners like pizza and burritos

However, sodium is not a bad thing. It's an essential mineral that you must consume daily. The point here is to eat healthy sources of sodium instead of the above-listed artificial foods or cooking methods.

Saturated Fats

If you inspect a normal American's diet, chances are, you'll find several foods that are excessively high in saturated fats. They are dietary fats that are one of the unhealthiest sources of fats in a person's diet. Saturated fats have fatty acid chains that consist of single bonds. Saturated fats have always been associated with heart disease, which - as discussed previously - is crucially linked to diabetes.

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Common sources of saturated fats include **palm oils, red meat, butter, and cheese**. It's obvious that you can't omit these foods completely. Again, we're not condemning any foods here. Rather, we're asking you to practice moderation or significantly limit their intake. But what you can do is replace them with heart-healthy alternatives.

However, it's important to understand that not all saturated fats are bad for you. According to key research, more than ditching the food rich fats, the main concern is how a particular food was processed. In short, the fat grams in the food are not as important as much as the process the food went through.

For example, in some cases, consuming dairy products like milk and yogurt can actually help reduce the risk of heart disease. For a diabetic person, not all fats are inherently harmful. As long as you eat healthy fats in moderation, you should be good to go. Instead of abandoning certain foods that are high in saturated fats, you can add more healthy fats that are rich in omega fatty acids instead.

Hence, you won't have to ditch your favorite butter toast in the morning. Rather, you can limit the harmful impact of saturated fats by consuming more omega-3 and omega-6 fatty acids.

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However, there are bad fats that you can and must avoid to ward off health risks.

These include:

- Beef
- Pork fat
- Margarine
- Animal-derived butter
- Heavy cheeses

On the other hand, the saturated fats that are relatively safe and that you can use sparingly are:

- Dark chicken and turkey meat
- Coconut oil, cocoa butter, and palm oil
- Dairy products - Whole milk, vegetable-derived butter, sour cream, and light cottage cheese
- Lard

Make sure the intake of saturated fats is limited as these have a close link with type 2 diabetes. Dietary fat is important, however, consuming processed meats poses a higher risk for a diabetic as compared to organic meat. Excess saturated fat is bad for diabetes because it drastically contributes to bad cholesterol or LDL. This, in turn, aggravates the risk of developing heart disease.

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The cause of this is that persistently high blood sugar levels in a diabetic's body can severely damage the nerves and the blood vessels that control the heart. The longer you've had diabetes, the greater your exposure becomes to developing heart diseases. When you generously consume saturated fats on a daily basis, your body's bad cholesterol spikes up and targets the most crucial blood vessels of your body.

Hence, limiting or avoiding unhealthy sources of saturated fats is extremely important if you truly want to find a way to heal from diabetes.

The Best Foods to Embrace

We started off with the bad news first to help you realize that ditching the above-listed foods is not that hard after all. Once you understand the damage they're doing to your body and how they sabotage your condition, you won't feel like consuming them at all.

And, to help support this change, here are some of the best foods that every diabetic person must include in their diet. This list is naturally going to be bigger than the one for the worst foods. How much and how often you eat these foods depend on your BMI and of course, appetite. So, without further ado, let's get into it!

Foods High in Omega-3 and Omega-6 Fatty Acids

Fatty Fish

Fatty fish like **salmon, sardines, tuna, anchovies, and herring** is one of the best sources of omega-3 fatty acids. Omega-3 is beneficial not just for diabetes but also for other illnesses.

Omega-3 fatty acids play an impressive role in reducing your body's bad cholesterol. They do this by lowering down triglycerides or the blood fats inside your body. Foods rich in omega-3 fatty acids are extremely anti-inflammatory. And, if there's anything we know about chronic inflammation, then it is that it's one of the [primary causes for diabetes](#) and heart diseases. Finally, omega-3 fatty acids alleviate abnormal heart rhythms and remove the buildup of plaque inside the blood vessels.

In short, they naturally treat high levels of cholesterol in your body. If you've been prescribed medications for blood-thinning or blood pressure, here's all the more reason to consume more omega-3-rich foods. It's like hitting two birds with one stone. In fact, if we could say that fatty fish is the healthiest and most nutritious food on the planet, it wouldn't be far from the truth.

According to the American Heart Association, you should eat oily fish at least twice a week. However, we'd suggest 3-4 times a week. The best part about eating fatty fish is that it's safe for even breastfeeding and pregnant women.

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Cod Liver Oil

In addition to eating fatty fish, you should also consider adding cod liver oil into your diet. Contrary to popular belief, taking fish oil doesn't have any effect on type-2 diabetes. If anything, it can help reduce chronic inflammation associated with diabetes.

Research on cod liver oil and type-2 diabetes is still ongoing. However, the [evidence](#) that we do have suggests that the high amounts of long-chain omega-3 fatty acids and vitamin D play a key role in reducing the onset of diabetes. You'll be surprised that just a tablespoon can give you as much as 2,682 mg of omega-3 content every day!

Olive Oil

The benefits of olive oil are extremely well-known. Olive oil is packed with heart-healthy monounsaturated fats like oleic acid that make up 70% of the oil content. If you've ever heard of the Mediterranean diet, you'll know that olive oil is a staple. People who consume this diet are generally healthy. It is proven that high oleic acid content works hard to reduce insulin sensitivity.

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A [key study](#) conducted on the crucial link between the Mediterranean diet and diabetes found that shifting from a polyunsaturated diet to a monounsaturated diet can help curb insulin resistance. This is fantastic news for a diabetic. The study also noted that since the diet is rich in heart-healthy fats, it also had helped restore something known as “**endothelium-dependent vasodilation**”. In other words, foods like olive oil and fatty fish strengthen the endothelial cells in controlling blood pressure and keeping the heart safe and healthy.

So, go ahead, enjoy a few splashes of olive oil in your salads, curries, and morning toast. You'll be doing something amazing for your body!

Heart-Healthy Nuts

The list keeps just getting better and better. If you already like munching on nuts, then you're lucky. Walnuts, almonds, and pistachios are some of the best nuts that are rich in omega fatty acids, fiber, antioxidants, and vitamin E.

Nuts are also energy-dense, which means they're perfect to consume if you're trying to lose weight. Even a handful is great to snack on and will keep you full as you work hard to fight weight gain. There is also overwhelming evidence accrediting nuts, especially walnuts, when it comes to diabetes.

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A recent study, for example, asked nearly **34,121** people with diabetes risk to eat walnuts. The study found that those who had eaten them in the past 24 hours had significantly lesser chances of developing diabetes. In fact, for most people, the chances were reduced by half as compared to people who didn't consume nuts at all.

Another study confirmed that eating handfuls of almonds each day significantly contributed to lowering blood sugar levels in the participants. Almonds are also extremely beneficial for heart health as they reduce bad cholesterol or LDL levels in the body. Instead, almonds contribute to high-density lipoprotein (HDL) cholesterol. This helps eliminate the traces of bad cholesterol from the arteries of the heart. And, we all know how important a healthy heart is for diabetes!

Soybeans

When it comes to diabetic-friendly foods, soybeans have been under the radar for a long time. However, they are rich bioactive compounds that can reduce both diabetes and the risks of heart disease. The claims are supported by strong scientific evidence. A bunch of nutrition scientists found bio-active compounds known as isoflavones in soy-rich foods. These compounds lower diabetes and promote heart health.

Consuming soy-based foods, like edamame, miso, and tofu, are recommended at least thrice a week. These foods lower blood sugar levels, control cholesterol and promote overall glucose tolerance in the body.

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Fiber-Rich Foods

When it comes to a healthy diet for weight loss, you've probably heard of complex carbs. As opposed to simple carbs that were discussed in the beginning, complex carbs don't immediately raise blood sugar. They take their sweet time as they're being digested and absorbed into the bloodstream. They also fuel your body with a steady energy and support your digestive system with a boatload of fiber.

However, why is fiber important for diabetes? The science is simple. Both soluble and insoluble fiber can do wonders to lower down blood sugar levels. According to the [Scientific Advisory Committee on Nutrition](#) (SACN), a healthy adult should consume at least 30 gm of fiber each day. From this, you can only imagine how much fiber a diabetic person would need.

Soluble fiber slows down the absorption of glucose in the body while keeping you feeling full and satiated. Insoluble fiber, on the other hand, contributes to gut health and keeps blood sugar levels stable. Since carbs are a macro-nutrient, your diet contains plenty of it already. However, the major dietary transformation here is switching to whole, unprocessed foods. Here are the best ones to start eating now.

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Wholegrain and Whole-Wheat Foods

Foods like barley, brown rice, and whole-wheat pasta are packed with dietary fiber that will keep your blood sugar from spiking anytime soon. However, this isn't their only benefit. Grains like buckwheat, millet, and oatmeal are wonderful breakfast options that you can use to make porridge or pancakes.

Two slices of whole-wheat bread, for example, can give as much as 3 gm of dietary fiber. Follow this up with a filling cup of oatmeal porridge that adds up to 4 gm of fiber. And, if you're consuming whole-grains for lunch and dinner, you can easily meet your daily fiber needs and feel full.

Beans and Legumes

Beans and legumes are an excellent source of dietary fiber that promote weight loss, boost heart health, and improve gut flora. Navy beans and Pinto beans, for example, are a wonderful source of fermentable fibers. This fiber moves straight into the large intestine and promotes the diverse colony of your gut flora by increasing healthy bacteria.

With a healthy gut flora, you have a stronger immune system to fight diabetes. According to [this key research](#), there's a critical connection between healthy gut flora and lower blood glucose levels. Therefore, try to consume at least two or three handfuls of beans and legumes every day. Some good options include black beans, red beans, lentils, chickpeas, kidney beans, and green peas.

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Fruits

Fruits may sound like an odd entry into a diabetic-friendly diet. However, when consumed in moderation, they are one of the best and readily accessible sources of fiber. However, when choosing fruits, it's important to pick the ones that are low on the glycemic-index, preferably under 55.

In most cases, these are going to be citrus fruits like berries, kiwis, grapefruit, and cherries. All of these fall under the GI of 55, which means they can be consumed safely and moderately.

You can also explore fruits that are at a medium level on the GI index – above 56 but below 68. This category includes one of the most miraculous foods for diabetes – papaya. In addition to citrus fruits, papayas are extremely rich in antioxidants. They can support your immune system by obstructing future cell damage and prolong the onset of heart diseases.

A medium-sized papaya contains 4.7 gm of fiber and can provide nearly 224% of your recommended daily vitamin C intake. However, the fruit isn't the only savior of diabetes. Papaya leaves are just as beneficial. [According to research](#), Carica papaya leaves have the potential to lower blood glucose levels. Since papaya is high in water content and fiber, there are negligent chances of it ever raising your blood sugar. Hence, if you want to introduce sweet and satiating fruits in your diet, this might be it.

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However, make sure to consume fruits with the peel. This will provide the extra fiber and vitamins that your gut can greatly benefit from. You see, diabetes is crucially connected to the food you put at the end of the fork. If your food has passed the test of the low GI index, then it's only going to help reduce your blood sugar levels.

Diabetic-Friendly Vegetables

Vegetables can be quite amazing for type-2 diabetes. The ones low on the GI index can greatly contribute to your daily fiber needs as well as lower blood sugar. Some really good options that you must include in your diet are broccoli, carrots, and tomatoes.

These three vegetables are quite low on the GI index and significantly reduce fasting blood sugar levels. Other options are asparagus, eggplant, celery, cauliflower, lettuce, artichoke, and beetroots. The list is, in fact, endless because all vegetables, except starchy ones, are normally low in sugar.

So, while you might stay cautious of consuming too many potatoes, you can load up on healthy, leafy greens to fight diabetes. Spinach, kale, and arugula are exceptionally high in vitamin C and polyphenols. Both of these nutrients have antioxidant properties that work hard to fight inflammation and control blood sugar levels. You only need a handful in your morning smoothie or side salads to reap their benefits.

Diabetes Protocol

Healthy Proteins

A diabetic-friendly diet needs the right balance of carbs, proteins, and fats. There are no shortcuts or “magical foods” that will help you control your diabetes. It is a combination of different nutrients that work in synthesis to strengthen your system. Proteins have been [known](#) to drastically reduce the symptoms of type-2 diabetes.

A high-protein diet can help you control your blood sugar, increase fat-burning, and reduce appetite. Both the plant-based and animal-based sources of protein are excellent for a diabetic person. We’ve already discussed fatty fish, nuts, beans, and legumes, so this section specifically highlights animal-based proteins, like eggs, skinless chicken and turkey, and Greek yogurt. These foods should be a staple in your diet and must be consumed every day. These are natural proteins that can improve the liver fat content and thereby, lower risks of diabetes.

With that, we’ve come to the end of this chapter. Pay close attention to each and every food mentioned above. They will be your anchor in this profound journey of seeking freedom from diabetes once and for all!

Diabetes Protocol – Part III

We have now approached the third part of our diabetes program. This section will exclusively deal with some of the most powerful superfoods and condiments that can miraculously control diabetes.

By definition, a superfood is a food that is exceptionally nutrient-dense and carries immense health benefits. This means, despite consuming them in moderate amounts, you can still benefit from their amazing immune-boosting nutrients that the body easily absorbs.

These superfoods and condiments are specifically targeted towards diabetic patients and most have a lower GI. Eating them daily or at least a few times a week can have transformative effects on your body. The good news is that you're probably already using them in your daily cooking. So, without further ado, let's discuss them!

The Power of Superfoods and Condiments

We've already discussed the best foods that will keep your body satiated and provide a good dose of macronutrients. This section will enlighten you on the various superfoods and condiments – apart from the above-mentioned foods - that can make your food ten times more nutritious and diabetic-friendly. Safe to say, eating them is pretty much the best shortcut to a diabetes-free life.

Diabetes Protocol

Cinnamon

Cinnamon is an all-star spice that has proven to improve insulin resistance and curb blood sugar levels. Cinnamon is so powerful and nutritious that it is often used as a food preservative. The reason why it's a clear winner amongst all the superfoods is that it puts up a powerful fight against diabetes.

Cinnamon is packed with antioxidants. [According to a key study](#) where a bunch of scientists weighed in on 26 different herbs, they found that cinnamon was the second most powerful superfood.

[In another study](#), a group of participants was asked to consume 1-6 grams of cinnamon for over 5 weeks. The findings were astonishing as researchers found that this amazing spice cut blood sugar by almost 24% and bad cholesterol by 18%. Amazing, isn't it?

Cinnamon is one of the best superfoods to beat those untimely sweet cravings. You can throw a pinch into your morning latte, include a few sticks in a rice dish, soups, and curries, or simply ingest a ¼tsp mixed in water on an empty stomach. You'll be amazed at how quickly your blood sugar will drop.

However, there are certain risks associated with consuming too much cinnamon. Several studies have reported that overconsumption of this spice can prove toxic to the liver. If you have a liver condition, it's best to avoid cinnamon or consume it sparingly.

Diabetes Protocol

Flax Seeds

Earlier, we discussed foods high in omega-3 fatty acids that offer one of the best support systems for insulin resistance. Omega-3 fatty acids are highly anti-inflammatory, which means they work hard to reduce chronic conditions like diabetes in the bloodstream.

An absolutely fantastic superfood that serves this purpose is flaxseed. They improve insulin sensitivity and can curb high blood in miraculous ways. Consuming even a tablespoon of ground flax meal everyday can bring about drastic changes in your body.

Flax meal can keep blood sugar levels stable throughout the day, which means you'll be experiencing fewer spikes in blood sugar. Apart from healthy fats, flaxseeds contain a chockfull of both soluble and insoluble fiber. We all know fiber drastically slows down the release of glucose in the blood. When you eat flaxseeds – whether whole or ground – this superfood paces through your digestive system and kick-starts regular bowel movements.

Flaxseeds are also quite satiating, which makes them a wonderful addition to your breakfast. You can include them in your smoothie bowl, eat them with cereal, sprinkle them over your toast, or simply consume a teaspoon mixed in water. Ground flaxseeds are the best as they are easily digestible.

Diabetes Protocol

Turmeric

The famous spice that's found in most Indian curry recipes, turmeric, has recently gained a convincing reputation of being a superfood. The compound "curcumin" found in the spice has been [linked](#) to diabetes prevention. Curcumin is proven to have a known impact on blood sugar levels by lowering them down and improving insulin sensitivity.

The best part is that you don't have to make special efforts to add turmeric in your diet because you're probably using it already. However, a pinch is normally too less to reap its benefits. If you wish, you can take turmeric supplements for a while to help blood sugar management. Additionally, you can also add a few extra pinches of turmeric in warm milk for a delicious golden latte. The compound is most active when it is consumed with black pepper so don't forget to add that too.

Turmeric is also great for preventing the onset of type-2 diabetes in many people. If you have a family history or are inclined towards a diabetic-friendly diet, eating turmeric will certainly help.

Diabetes Protocol

Pumpkin Seeds

Another delicious addition to this list is pumpkin seeds. These are rich in dietary fiber, which has been seen to significantly lower diabetes. However, the main reason why these seeds stand out is the high amounts of magnesium they contain. An ounce of pumpkin seeds can fulfill nearly 37% of the daily intake of magnesium.

Magnesium has a powerful effect on the vital functions of your body and can help in [cutting down blood sugar levels](#). [According to research](#), participants who regularly consumed pumpkin seeds reported lower risks of developing type 2 diabetes. If you're constantly anxious or worried about high blood sugar, start eating pumpkin seeds today. You'll be surprised at the amount of difference even a handful of pumpkin seeds can make to your health.

Pumpkin seeds are also amazing for the heart. Rich in antioxidants, fatty acids, and zinc, pumpkin seeds have been proven to [lower bad cholesterol](#) and alleviate high blood pressure. Eating pumpkin seeds will not only help in controlling your diabetes but also improve other heart-related symptoms for a stronger immune system.

Diabetes Protocol

Bitter Melon

Although bitter melon or bitter gourd isn't exactly considered as a superfood, the spectacular benefits it has for diabetes impelled us to mention it here. The vegetable-fruit is bitter for a reason. It can single-handedly control high blood sugar levels and improve insulin resistance.

The reason for this is that bitter gourd contains [various properties](#) like polypeptide-p that can serve the same functions as insulin in your body. Your system understands these properties as insulin, which is essentially how blood sugar remains under control.

Instead of spikes, the glucose is then effectively used up by the cells for energy. Other than that, bitter gourd also possesses anti-diabetic compounds that are quite active in cutting down high blood sugar levels.

The best way to consume bitter melon is by eating a few edges on an empty stomach.

In the mornings, your stomach is like a clean slate from remaining empty all night. When it receives the antioxidants, vitamins, and minerals of bitter gourd, it will efficiently utilize them to stabilize blood sugar levels throughout the day.

Diabetes Protocol

However, if this is the first time you're consuming this vegetable, you might want to start slow. Eating too much bitter melon can trigger intestinal issues. Instead, you can cook bitter melon down so that it becomes soft and easy to digest. Nonetheless, it's a wonderful ingredient to consume on a daily basis for healthy blood sugar levels.

Garlic

Garlic possesses remarkable superfood powers. Eating a raw clove every day can provide tremendous health benefits to your body. The fact that it contains nearly 400 immune-boosting active chemical components makes it a wonderful superfood for [diabetes management](#).

Specifically, it is the compounds such as allyl propyl disulfide, allicin, and S-allyl cysteine sulfoxide that fight against high blood sugar levels and raise insulin levels in the body. However, they do this by inactivating the insulin produced by the liver. This means, there is a greater amount of insulin in the body that's coming from a source other than the liver. Eating garlic, therefore, takes away the pressure from the liver and provides more insulin for the body.

The best way to consume garlic is by using it in each and every sauce base. You can add it in your rice, chop some fresh cloves in a salad, or even add it to a power smoothie. The possibilities are endless and so are its benefits.

Diabetes Protocol

Fenugreek

Nature has blessed diabetics with incredible superfoods that naturally lower blood sugar levels. Superfoods like fenugreek do the same job as a blood sugar medicine. What makes fenugreek a superfood is that it's super-rich in fiber, iron, choline, biotin, several vitamins, and of course, antioxidants.

The reason why they're beneficial for diabetes is that fenugreek seeds essentially slow down digestion. We discussed earlier that the main culprit of diabetes is free-flowing glucose in the bloodstream. Eating fenugreek seeds greatly eliminates this problem by facilitating a slow release of nutrients and glucose in the body.

In [one crucial study](#), researchers found that when participants who had insulin-dependent diabetes consumed as much as 100 grams of fenugreek seed powder, their blood sugar levels dropped sharply. In fact, frequently consuming the seeds also built a greater glucose tolerance and reduced harmful triglycerides and bad cholesterol in the body.

So, if the above mentioned research convinces you, add this superfood to your daily diet. You can blend the seed powder in a smoothie or add it to your curries and soups.

Diabetes Protocol

Ginger

Ginger and garlic complement each other's flavor. But they also make for a powerful duo against diabetes. You've probably heard a lot about ginger's anti-inflammatory benefits for the body. Eating up to a teaspoon of 3-4 grams of ginger daily can help in treating diabetes naturally.

Ginger has the power to stabilize insulin production and curb high blood sugar levels in the body. When eaten with cinnamon or garlic, its glucose-controlling benefits seem to enhance significantly.

According to a [recent study](#), participants who consumed as much as 2 grams of ginger daily reported a positive change in their fasting blood sugar. Ginger is best consumed raw. However, you can slightly cook it down by steeping it in hot water for a delicious herbal tea.

Fresh Salsa

A signature side dish in Mexican cuisine, salsa packs a wonderful punch of flavor and nutrients. Since it's always made from fresh, zesty vegetables, salsa is a great condiment option if you have diabetes. Salsa is extremely low in carbs and high in nutrient-dense vegetables that can help in maintaining healthy blood sugar levels. At the very least, eating mildly-seasoned salsa will never cause spikes in your blood sugar. However, try to avoid store-bought salsa and instead, make fresh salsa at home.

Diabetes Protocol

Vinegar

Lastly, vinegar is one of the best low-calorie and low-carb condiments that can jazz up all your favorite salads, soups, and curries. You can consume both white vinegar and apple cider vinegar. However, the latter has been [specifically linked](#) to lower blood sugar levels and better insulin resistance.

The best type of transformation is one that comes slowly and gradually. When it comes to something as fundamental as your diet, it's important to introduce each food one at a time. That way, your body can adjust and accept the changes as opposed to forcing them on it.

Diabetes Secret Super Drinks

The fluids you take are just as important for your diabetes as solid foods. Apart from water – which is the best kind of fluid you can drink as much as you like – there are many other diabetic-friendly ingredients that can be juiced or blended.

Like superfoods, a super drink is meant to be incredibly satiating and should keep you full for the whole day. Therefore, when you include super drinks in your daily diet, you are really consuming them in the place of a meal. For someone with diabetes, this is profoundly healing because it does two things in particular:

- **Firstly, it packs a wonderful punch of all the healing foods you need to control your blood sugar levels.**
- **Secondly, it helps you eat less and therefore, maintain and stabilize your blood sugar.**

When you take a super drink – anywhere from once or twice – a day, you're skipping out on a meal. Here, we would especially encourage you to drink these super drinks at least 3 times a day so that your body can quickly adjust to the drastic dietary changes that would follow shortly after.

We'd also suggest that before making any dietary changes and to ensure that the transition is smooth, you should start your fitness journey from these super drinks. You'll be surprised at how filling and tasty they are. With that said, let's get into some of the secret super drinks for diabetes!

Diabetes Protocol

Beta-Carotene Power Juice

Total calories: 173



This breakfast juice is a clear winner in our books. It is filled with colorful vegetables and fruits that offer a boat load of antioxidants that your body needs to fight diabetes.

This juice is named after “**beta-carotene**” as all the fruits and vegetables in this recipe are known for their red or orange pigment. This vivid color is not just for the eyes to admire. This pigment contains beta-carotene, which is converted to vitamin A in your body. It is then used for strengthening the immune system and the mucus membranes of the body.

In a very recent study, beta-carotene was found to have improved the performance of cells producing insulin in the human body. And, this should give you all the more reason to try it out.

Diabetes Protocol

Here's the recipe

- 4-5 ounces of carrot juice
- ½ cup spinach or kale (raw)
- ½ banana (preferably frozen)
- 3-4 teaspoons cranberry juice
- 2 tsp flaxseeds
- ½ cup coconut water
- 1 teaspoon ginger

Blend all the ingredients together to get a cup or two of this power juice. It is extremely nutritious and has the perfect combination of vitamins and antioxidants your body needs to feel full and nourished. Drink this first thing in the morning and one more time later in the day.

Berrylicious Super Food Smoothie

Calories: 400



Diabetes Protocol

When it comes to antioxidants, berries offer a powerhouse. As a diabetic, you might be steering clear of fruits. However, as discussed earlier, fruits that are low in the GI index can be consumed moderately every day. This smoothie contains a delicious blend of fresh seasonal berries. The sweet and tart flavor will keep you adding any extra artificial sweeteners.

Above all, this smoothie contains some of the healthiest fats that will keep you feeling full for 3-4 hours. You can totally have this 2-3 times a day. Here's the recipe:

- $\frac{3}{4}$ cup almond milk (unsweetened)
- $\frac{1}{3}$ cup strawberries
- $\frac{1}{3}$ cup blueberries
- $\frac{1}{2}$ an avocado
- $\frac{1}{3}$ cup of spinach (raw)
- $\frac{1}{2}$ cup Greek yogurt
- 2 teaspoons chia seeds
- 1 teaspoon flaxseed
- 1 teaspoon turmeric

Enjoy this smoothie for breakfast, an afternoon snack, or as a replacement for dinner. It is packed with proteins, fiber, antioxidants, and real vitamins that will nourish your body from the inside out. Remember, fixing diabetes isn't about limiting your calories. Rather, it's about consuming nutrient-dense calories that keep you full for longer.

Diabetic-Friendly Coconut Slush

Calories: 334



If you're a fan of the traditional Pina Colada drink, then you're certainly going to love this recipe. Rich in coconut milk, fresh pineapples, pure matcha powder, and delicious vanilla, this smoothie will certainly appeal to your taste buds. Here's the recipe:

- 1 cup coconut milk (unsweetened)
- 1 teaspoon coconut oil
- ½ cup fresh pineapple slices (you can also use canned)
- 2 tablespoons vanilla whey powder
- 2 teaspoons matcha green tea powder

Diabetes Protocol

Blend all the ingredients nicely. You might find coconut milk to be a little thick, which is why you need to make sure to give this smoothie a good blend in the machine. Enjoy it first thing in the morning or replace it with your breakfast completely. With a decent calorie count, this smoothie will help you feel full until the afternoon.

You can drink it 4-5 times a week and twice each day. In fact, it's so filling, you will be totally fine even if you skip two meals a day. Above all, it will provide your body with all the vitamins, proteins, carbs, and healthy fats it needs to keep going throughout the day.

Super-Green Smoothie



Most people stay away from leafy greens because they're not as tasty or palatable. However, blending them into smoothies is the perfect way to get all the nutrients without having to put up with their raw, earthy taste.

Diabetes Protocol

This smoothie is packed with some of the best green vegetables like spinach and kale that are no less nourishing than the superfoods mentioned above. But the recipe also contains moderately sweet fruits and a spritz of lime to give you that delicious kick in the morning. Here's the recipe:

- 1 ½ cup coconut water (you can also use normal water)
- ½ cup fresh mint (roughly chopped)
- 1 green apple (core discarded and sliced into chunks)
- 1 pear (chopped)
- ½ cup grapes
- 2 cups freshly chopped spinach and kale
- ½ a banana
- 1 teaspoon cinnamon powder
- 1 teaspoon ginger
- 2 teaspoons flaxseed
- 2 teaspoons vanilla whey powder
- Juice of half a lemon
- 1 teaspoon agave nectar or stevia for added sweetness

You can juice the fruits first and then blend all the ingredients in a food blender for the smoothie to come together nicely. This smoothie offers a wealth of antioxidants, vitamin C, K, and B, and fiber. It is tasty and packed nutrients that will keep you feeling satiated. You can have it thrice a day and the recipe can safely replace your afternoon meal.

Oatmeal Nutty Smoothie

If you'd like a change from the tart flavors of berries and green vegetables, here's a wonderful recipe that is infused with a delicious nutty flavor and vanilla. The star ingredient is oatmeal, which is an amazing source of protein, fiber, and healthy carbs. As a breakfast item, here's all the more reason to try oatmeal as a smoothie in the morning. Here's the recipe:

- 1 cup oats (uncooked and ground in a food processor)
- 2 frozen bananas
- 2 tablespoons flaxseed
- 2 tablespoons chia seeds
- 1 teaspoon agave nectar
- 1 teaspoon matcha powder
- 2 teaspoons vanilla whey powder
- 2 teaspoons instant espresso powder (or raw cacao powder)

Blend all the ingredients and enjoy this as a breakfast smoothie. You can also take it instead of eating dinner as oatmeal is a light and healthy alternative to a heavy dinner.

Planning for a 2-Week Super Drink Major Detox

If you truly want to experience the powerful healing effects of these detox drinks, you need to have them in a certain way and at a certain time. We've already mentioned that the morning is the best time to enjoy one of these drinks. There are two main reasons for this.

Firstly, when you wake up in the morning, your stomach is empty since you've not eaten yet. Drinking a super drink at this time will help your body absorb all the nutrients and antioxidants it needs to fight diabetes. It's always the first meal that you feed your body that normally has the most consequential effect. This is why breakfast is incredibly important. When you start your morning with a power punch of vitamins, minerals, and loads of nutrients, your body will begin its day on the right foot. It will have the defense system in place to fight high blood sugar and help in maintaining stable blood sugar levels.

Secondly, there's plenty of research that associates breakfast with a number of health benefits. Your breakfast should be incredibly nutritious and satiating because it's going to burn energy for you throughout the day. People who are struggling to eat healthy should start by fixing what they eat for breakfast. If you're eating breakfast the right way, you are on the right track.

Diabetes Protocol

As a diabetic, by drinking these smoothies first thing in the morning, you are making a healthy choice and choosing nutrient-dense foods over unhealthy carbs. This is a powerful choice. Super drinks are filling enough and can even replace meals. It's a win-win situation for you. Think about how many unhealthy foods you can automatically skip and instead, treat your body with some of nature's most amazing foods by choosing a super drink.

If you want you can enjoy these drinks instead of dinner or as an evening snack. All of the super drinks can be consumed 3-4 times daily. They will help you lose weight and stabilize blood sugar levels. With that said, here are some important benefits you will experience after two weeks of starting your super drink detox.

Most importantly, these super drinks will train your body for healthy eating. They will help you choose healthy, diabetic-friendly foods for every meal. When your body receives a nutritious drink in the morning, it's going to want to continue having nutritious things throughout the day. Hence, we'd suggest that before changing your meals, start your health journey with these super drinks. They'll actually help you in converting your fitness goals into reality.

Diabetes Protocol - Part III

This section will deal with all the other habits in your life – external to your diet – that can play a momentous role in the fight against diabetes. Exercise is a wonderful habit on its own but for someone with diabetes, the benefits are multifold.

Exercise is one of the most powerful weapons in your arsenal against diabetes.

Why?

The science is simple. Working out helps your body use glucose more effectively. If you're insulin resistant, exercising will encourage your body to use glucose for energy. When you're working out and exercising your muscles, your insulin resistance naturally goes down. This allows your muscles to use up your body's glucose more effectively and easily.

Even if you're taking medications or insulin shots, you should still exercise. It can amplify the benefits of medical treatment. According to a key study mentioned in [Harvard Health Publishing](#), regular exercise can help in reducing HbA1c values by nearly 0.7% in diabetic people. The research showed that improvement was seen in participants even though they didn't lose weight. Exercise, in any form – whether strength training or aerobic – has a ton of benefits for the human body.

Diabetes Protocol

If you're looking for a shortcut to reduce your diabetic symptoms, a 30-minute jog or intense workout every day might just be it.

However, when you have diabetes, there are certain types of exercise that you need to focus on more. Since your body is now reacting differently to the food you're eating, you need specific and targeted exercises that improve your heart health and help you in fighting high blood sugar.

Above all, you need to do exercises that put little pressure and strain on the joints as people with diabetes need to heed certain precautions. There are many conditions like weak joints and arthritis that can also occur along with diabetes. With that said, here are some of the best exercises and strength-training workouts that you can include in your daily routine.

Brisk Walking

If you're a beginner who isn't used to moving their body all the time, the best exercise you can take up right now is brisk walking. Most people underestimate this and don't even consider walking as an exercise. However, brisk walking is a wonderful total-body aerobic exercise that improves your stamina and helps you ease into a high strength-training workout.

Swimming

If you can manage swimming, you should definitely take it up. There's [key research](#) proving that swimming can prolong your life, greatly improve heart health, and make your lungs strong. [Studies](#) also show that swimming can reduce stress levels, lower bad cholesterol in the blood, and help in burning calories. All of these benefits are crucial to consider for someone with diabetes. Swimming is also great for people with diabetes as it doesn't exert too much pressure on the joints. Since the body is inside the water, you have the advantage of being flexible without having to put up with the weight of your body.

Cycling

Another great avenue for diabetics to explore is cycling. If you've been riding a bike as a child, then here's all the more reason to pick up the hobby again. Cycling accelerates the heartbeat, improves blood flow, and equips you with strong and powerful stamina. The bitter reality is that many people who have type-2 diabetes also have [arthritis](#).

Diabetes Protocol

Diabetes isn't just an isolated disease. It is linked and can also aggravate other conditions that you may have. Diabetic neuropathy is a well-known condition that can damage the nerves and lead to severe joint pain. If you can't walk or swim because of lower joint pain, you should definitely give cycling a try. Not only will it help you fulfill your fitness goals, but it will also control your diabetes without putting too much pressure or strain on your joints.

Light Aerobic Dance

Also known as 'Zumba', light aerobic dance is a gentle and effective way to keep your body moving. It will also help you meet your exercise goals, boost your metabolism, and improve your stamina. The good thing about an aerobic dance is that it's a fast-paced workout.

If you think a high-strength workout is out of your reach or puts too much pressure on the joints, Zumba is a great option you can explore. Even dancing four times a week can help you reap all the benefits of this vigorous but gentle workout.

Zumba is also great if you're struggling to find the motivation to exercise or follow a consistent routine. Diabetes simply doesn't affect your blood sugar. It can take a toll on your mental health as well. You might find yourself irritated or feeling down all too often.

Diabetes Protocol

If walking doesn't feel motivating enough or swimming is too aggressive right now, you can try out dance. Dance is an amazing form of exercise that instantly lifts up your mood as you move to the beat. According to a [key study](#) conducted in 2015, women who had type-2 diabetes participated in Zumba classes for about 3-4 months.

Almost all of them reported a stronger motivation to continue and persist with this form of exercise. In the end, your body needs consistency and wants to follow a routine. And, you can only be consistent at something if you genuinely like it.

Not just that, but all these women found it way easier to lose pounds through dance as compared to other high-intensity forms of exercises. Therefore, aerobic dance is a wonderful way to explore how you can follow a proper exercise routine in your life.

Strength Training For Diabetes

Research proves that strength training is just as necessary and beneficial for people with diabetes as aerobic exercise. What makes it even more unique are the muscle-building benefits it offers. Strength training causes the muscles to work hard by tearing and reconstructing again. Above all, strength training helps with blood sugar control. It helps your body unlock newer ways of using insulin and lowering blood sugar levels in the body.

According to the American Diabetes Association, resistance training improves insulin sensitivity in the body. When your body begins to develop more muscles, your blood sugar won't be as high as it used to be. It's certainly a long-term commitment but one that's worth every second.

Here are some of the best exercises to try:

Lifting weights

Start with smaller weights and try lifting them at least 3 days a week. Keep the days fixed so that your muscles get used to the strength training. This type of training for the muscles pushes your body to use up the insulin.

When you do it long enough, you can actually clear up the insulin in your bloodstream and instead use it to build muscles. Weight-lifting should be done three to four times a week.

Diabetes Protocol

Wall Squats

Wall squats are a brilliant way to strengthen the glutes and calves while using up all the insulin in your body. However, you need to be in proper form and posture so as not to put pressure on the knees. Wall squats are also safe for diabetics with joint aches because it gives them a chance to start slow.

You don't have to sit up against the wall at a 90 degree angle. You can bend your knees only to the point that your body allows and then build your strength from there.

You can time yourself for how long you're able to hold up the squat and slowly push your legs to increase the seconds.

Chair Dips

Chair dips strengthen the muscle in the arms and offer a decent amount of resistance for people who are looking for a total body workout. Find a comfortable chair and place your arms behind you. Carefully, bend out of the chair with your palms placed on the edge.

Now lift off your buttocks from the chair and take a step forward. All through the exercise, you must make sure not to bend your knees beyond your toes. This can put unwanted pressure on the knee joints. Keep bending your elbows and lowering your body. This exercise can be performed anywhere from 10-12 times in a repetition of three.

The Ultimate Diabetes Workout

The exercises mentioned above are quite popular and are not that hard on the joints. Above all, they engage several muscles of the body at one time and can help you burn off calories and use up all the insulin in your body.

The best way to get the most of each exercise is to follow a routine that contains a combination of both aerobic exercise and strength-training.

This will make for a powerful workout that will do the following things for you:

- Drastically lower down your insulin levels
- Improve stamina
- Build muscle strength
- Reduce and stabilize blood sugar levels
- Improve your overall mood and quality of life

Guided Meditation and Diabetes

Meditation is known for being a potent stress reliever. However, it's a powerful weapon against lowering blood pressure, stress, slowing down the heart rate, and shifting the brain's fast-paced activity to a more relaxed and calm state.

For someone who's battling diabetes, the solution simply doesn't lie in dietary changes or exercises. The state of your mind throughout the day can determine how effectively your body responds to diabetes.

Diabetes Protocol

Sugar is extremely crucial for the body as it's used as a source of energy.

When the body's system goes out of whack because of excess insulin, it ends up affecting the person both mentally and emotionally. Therefore, guided meditation is a very important way to cultivate a healthy state of mind and remain determined on your new lifestyle changes.

Diabetes self-care management also includes you to have a deeper understanding of your own self. When you tune in to your inner energy and wisdom, you can harness greater power and a stronger mindset to fight diabetes both at the physical and mental level.

With that said, here's the best form of guided mediation that will allow you to reap its benefits and improve your overall blood sugar levels.

Progressive Relaxation

Also known as body scan meditation, this exercise allows you to mentally travel across your body. You can start by closing your eyes, taking in a deep breath and focusing on what's going in your head. The goal is to identify the stress and tension pent up inside each part of your body and to consciously get rid of it.

Spend a few seconds noticing what's going in your head, then slowly move down to your neck, chest, arms, and then the lower body. You should ideally do this at least once every day.

Diabetes Protocol

Progressive relaxation helps you calm down your whole body gradually. The reason why it's especially helpful for diabetics is that this disease always keeps the body in a state of stress. It's not just the excess sugar in your body that is harming your health; the numerous medications that must be taken to treat erratic blood sugar can also elevate stress levels and negatively affect your mood.

For this reason, practicing relaxation is extremely important to calm down your body's response to stress. If your body is constantly under elevated stress, it can trigger high blood pressure and high insulin levels.

If you really want to break the cycle of stress and diabetes, you should definitely include guided meditation into your daily routine. It's best to perform this exercise at least once before going to bed.

Diabetes is a physical disease. When you meditate, you are controlling the physiological symptoms of this disease, thereby lowering down your blood sugar. Here's another simple practice you must incorporate in your daily routine.

Transcendental Meditation

In this form of meditation, you have to chant a mantra every day. What's in a mantra, you ask? It can be a powerful affirmation that, if spoken to oneself right before bed or right after waking up, deeply ingrains itself into the subconsciousness of a person.

Diabetes Protocol

Think about a few good phrases that you want yourself to hear and take charge to say those words to yourself every single day.

Here are some powerful affirmations:

- May I be safe and healthy
- May I be happy
- I am strong and healthy
- I can overcome this
- I can do this
- I am worthy

These statements will move directly into the deeper parts of your conscience and will – in one way or the other – dictate the behaviors and decisions you take throughout the day.

Now the important question is, *how does it help diabetes?*

Chanting a mantra strengthens your self-control and will to choose healthy things. This manual is mostly about changing your diet and choosing foods that heal your disease. You can't move towards a fit and healthy life if your brain doesn't feel motivated. In order to bring your system in perfect harmony with your goals and thereby, successfully fight diabetes, you need to commit yourself to this brilliant meditative practice.

Diabetes Protocol - Part IV

We've now come to the last and final part of our diabetes protocol. This section is going to tie everything we've discussed up until now. Making dietary changes or any sort of lifestyle shift, for that matter, requires immense levels of will, commitment, and consistency. This book doesn't promise you overnight results. However, if you stick to it and follow the manual without thinking much about the results, you will be victorious.

The only way to bring yourself fully to this commitment and take your health in your hands is to be healthy, motivated, and empowered from within. This book would be incomplete without this section. Here we will discuss the crucial importance of mindfulness and its necessity in your journey to fighting diabetes once and for all.

The Importance of Mindful Eating

Mindful eating is a powerful concept that can change your life. It shifts your perspective on healing and health. Instead of putting all your hopes in medication, mindfulness gives you the reins to turn your life around.

Above all, it equips you to take control of your eating habits. With mindful eating as your weapon, you won't ever feel defeated in front of unhealthy, sugary foods again. You'll have all the power, might, and will to walk away from unhealthy food that could destroy all your hard work.

How to Practice Mindful Eating

There are many ways to become mindful of the food you're putting in your body. It will give you a greater sense of control and improve your overall quality of life. Here's how to do it:

Keep a food journal with you at all times and scrupulously record each and every food you've eaten during the day. This will help you keep track of your food, thereby giving you more control over your diet.

Let go of your guilt and anxiety about food by eating slowly and with gratitude in your heart. Understand that each morsel of food you give your body is helping in nourishing, strengthening, and healing it from the inside out. There is no such thing as bad food – as long as you learn to strike a healthy balance.

Pay attention to your hunger cues and only eat when you genuinely feel hungry. Instead of starving or fasting to control your blood sugar, take up the easy but equally effective way out. You don't have to eat three meals a day. Eat only when your body feels hungry and yearns for food. This way, you'll be able to distinguish real hunger and respond to it adequately. In turn, you'll learn to respect your body's needs and cultivate a stronger mindset to feed it healthy, nourishing foods.

Diabetes Protocol

Eat slowly and minimize all sorts of distractions. Whether you're enjoying a breakfast smoothie, an evening snack, or a warm herbal tea, eat and drink slowly. Savor each bite and each sip. Above all, be grateful for having the time to eat and digest your food. Make sure your phone, laptop, and all other gadgets are far out of your reach. This is your time to connect with your body and listen to it so you must do it with zero distractions.

Appreciate the texture, color, smell, and taste of each food you're eating. For example, if you're eating a fruit, notice how the skin bursts you bite into it. Take your time to savor the juices flowing and the soft or hard texture that you feel against your tongue. When you engage your senses and truly connect with the food you're eating, you will fall in love with your food. This is a wonderful way to start liking healthy foods if you're struggling.

Cultivating a Healthy Mindset in 5 Easy Steps

In addition to mindful eating, here are some practical ways to bring all these changes in your life. You need to build a healthy mindset to relieve your stress, work hard, show commitment, and truly dedicate yourself to your health and well-being.

Start a Gratitude Journal

Journaling is amazing for mental health as it helps an individual cultivate self-awareness. Keep a few minutes before bed to write down all you did during the day, including the foods you ate, and your feelings. When you start putting your thoughts on paper, you'll be able to identify and categorize your emotions as negativity, hopelessness, positivity, happiness, and gratitude.

Focus on Things You Can Control

Bringing about dietary changes like drinking meal-replacement shakes, abandoning unhealthy snacks, and choosing overall healthy foods is a lifelong commitment. It certainly can't happen overnight. Therefore, a good tip is to transform your life with one change at a time. Focus on one meal if you can't fix all the meals you're having during the day. Commit yourself to just one smoothie recipe and have it once a day. Focus on things that are well within your reach and start your fitness journey from there. Remember, there's always something you can do to change your life.

Diabetes Protocol

Consciously Adopt Healthy Food Choices

You must consciously choose healthy foods. Nuts, seeds, whole grains, fruits, and vegetables are natural sources of feel-good hormones. You will generally feel better after eating them.

Learn to Strike a Balance in Life

Don't push yourself unreasonably. Instead, strive towards a balanced lifestyle that is brimming with healthy choices that make you happy.

Start Your Day with a Positive Affirmation

Lastly, tell yourself that it is well within your power to become healthy again. Diabetes is a mere disease and you have all the resources, knowledge, will, and power to beat this disease and come out stronger and healthier. Wake up every day to this affirmation. If need be, this is the time to push yourself towards a healthy mindset. Soon, optimism and gratitude will come to you naturally.



A Final Word

We wish you all the best on your journey. You will always have this fantastic manual at your service whenever you need a push, a reminder, or guidance.

Each section of this manual is unique and will provide value to your journey in a special way. We hope you adhere to all the steps and tips provided in this book. If you do, surely and certainly, you will witness your health and your quality of life transforming.

Having said all that, we would like to remind you that diabetes does not define you. You have the power and will to heal from diabetes and empower those around you.

Best of Luck!