



Diabetes Reset Blueprint

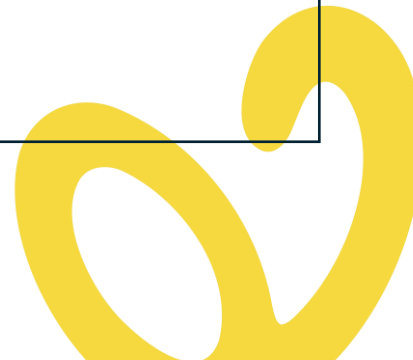
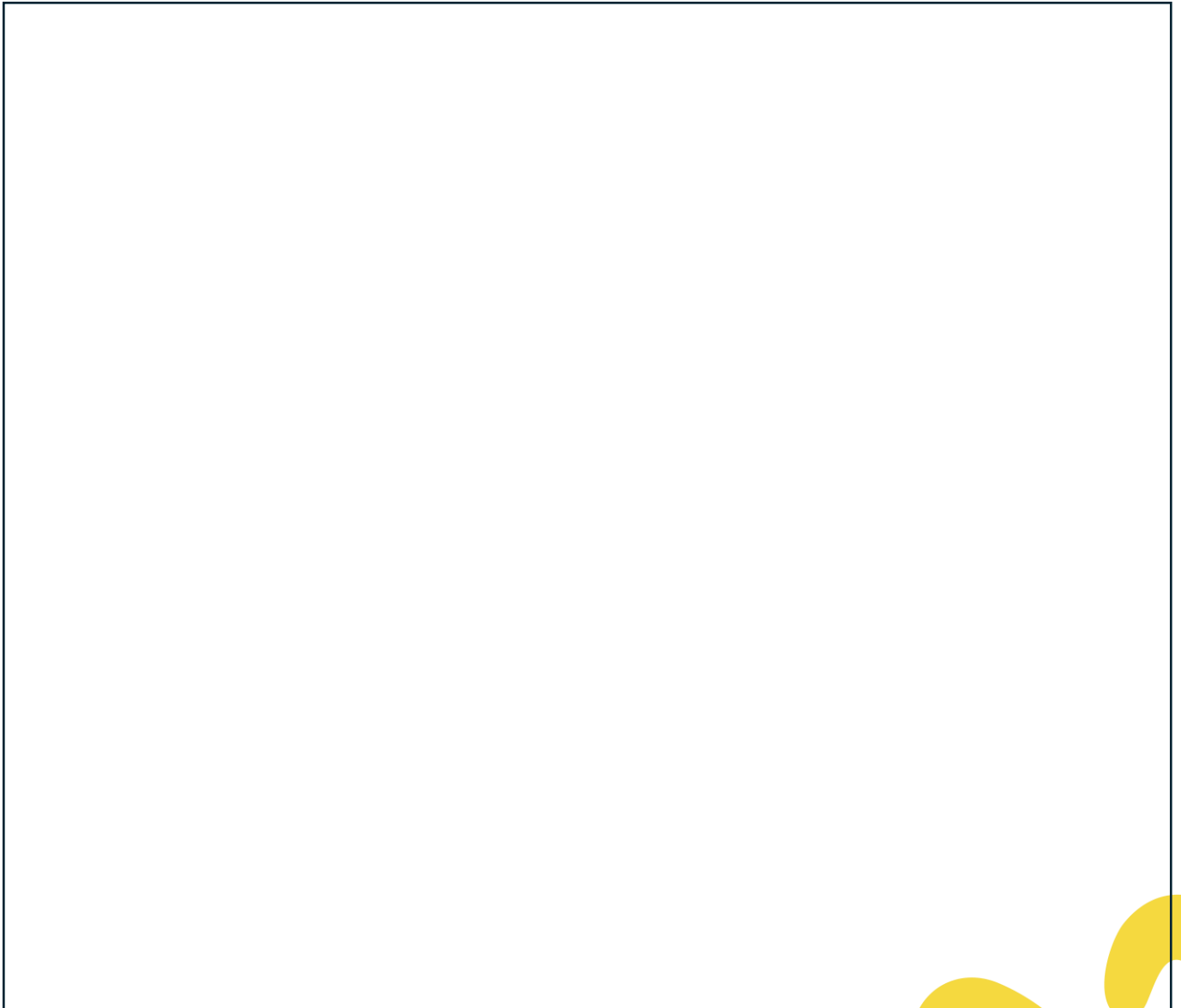
Introduction to the Program

SUMMARY

- This program is custom-tailored and includes access to a supportive community, offering tips, motivation, and guidance to help manage and reverse diabetes.
- Disease does not define identity; it is simply a temporary state of physiology, and with the right knowledge and support, better health is achievable.
- The body is designed to heal, requiring proper nutrients, knowledge, and professional guidance to reach optimal health.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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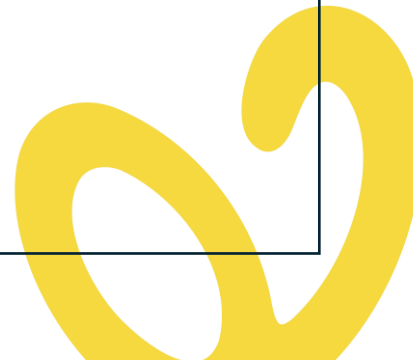
Lesson 1: Introduction to the Disease

SUMMARY

- Diabetes is a complex condition affecting multiple organs, primarily caused by insulin receptor dysfunction, not just high blood sugar levels. It includes Type 1, Type 2, Type 1.5 (LADA), gestational diabetes, and steroid-induced diabetes.
- Type 2 diabetes is not genetic but results from lifestyle factors like excess fat inside liver and muscle cells, environmental toxins, and endocrine disruptors that affect insulin function.
- Insulin resistance is the core issue in all forms of diabetes, leading to poor glucose management and increased stress on the pancreas.
- The four main contributors to insulin resistance are poor sleep, improper nutrition, lack of exercise, and high stress, making them key areas to address for improving insulin sensitivity.

YOUR REFLECTION

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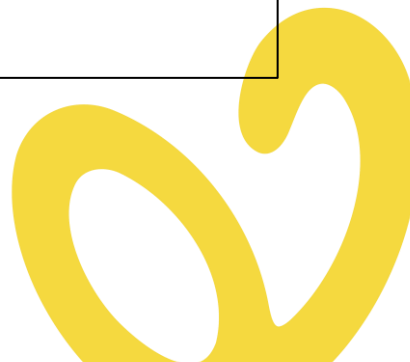


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CALL TO ACTION:

1. **Which type of diabetes do you have?** Take a moment to reflect on how it impacts your health

2. **How would you rate your sleep, nutrition, exercise, and stress levels? Where do you currently stand, and what areas need improvement?**

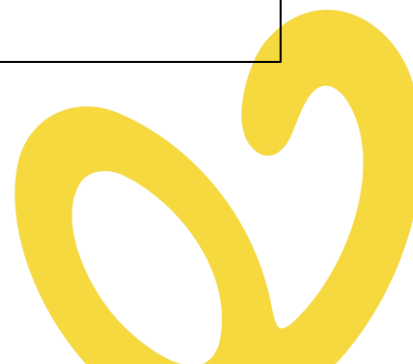




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3. **What endocrine disruptors are present in your daily life?** Consider household products like detergents and personal care items.

4. **What lifestyle changes can you start implementing to improve insulin sensitivity and overall well-being?**





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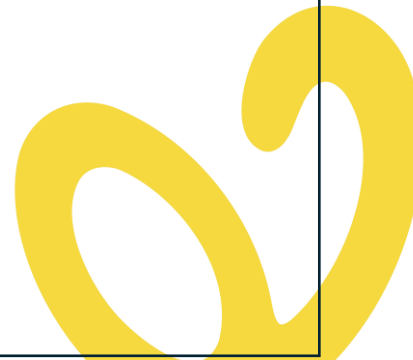
Lesson 2: Role of Genetics

SUMMARY

- **Type 2 diabetes is not genetic**, and its development is largely influenced by lifestyle factors rather than inherited traits. Having family members with type 2 diabetes does not mean a person is destined to have it.
Type 1 and Type 1.5 diabetes have genetic components, with type 1 often triggered by viral infections and type 1.5 being an autoimmune condition. Specific markers help differentiate between lifestyle-related diabetes and autoimmune-related diabetes.
- **Insulin sensitivity can be improved**, even in type 1 diabetes, by optimizing lifestyle factors like movement, stress management, and nutrition, allowing for better blood sugar control with lower insulin requirements.
- **Assessing daily habits** like stress, movement, sleep, and nutrition is key to understanding and improving metabolic health, especially for type 2 diabetes, which is strongly linked to lifestyle choices.

YOUR REFLECTION

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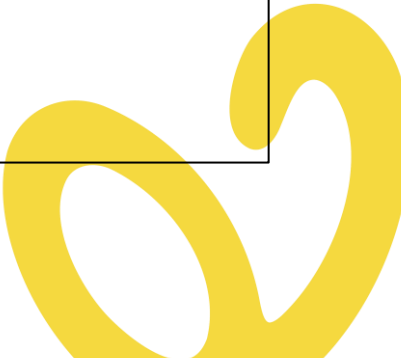
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CALL TO ACTION

- 1. What daily stressors might be affecting your health and blood sugar levels?

- 2. Where do you notice gaps in your movement routine that could be improved?

- 3. How would you describe your current sleep habits?





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4. How do your nutrition choices impact your metabolic health?

5. In what ways are these factors influencing your overall well-being and diabetes management?





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Lesson 3: Intention Setting

SUMMARY

- **Diabetes type 2 is not a genetic condition** and can be reversed with the right lifestyle changes, including nutrition, movement, and stress management.
- **Mindset plays a crucial role** in managing and improving health—separating identity from disease helps create a positive approach to making necessary changes.
- **Setting clear health goals** and visualizing a healthier future can provide motivation and direction for long-term success.
- **Regular progress tracking, lab tests, and community support** are key to staying accountable and making informed decisions about improving metabolic health.

YOUR REFLECTION

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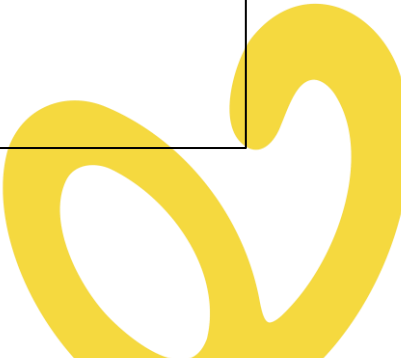


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CALL TO ACTION:

- 1. Write down specific, realistic outcomes and goals for the program.

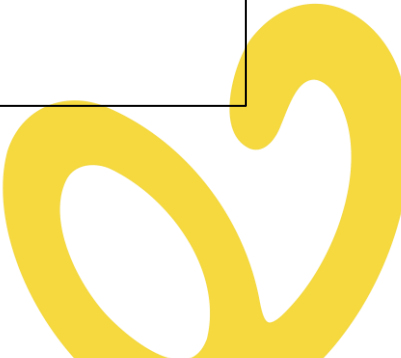
- 2. Reflect on your current diabetes status. Be honest with yourself





3. Schedule your lab tests every four months to track progress

4. How can you connect with the community for support and guidance





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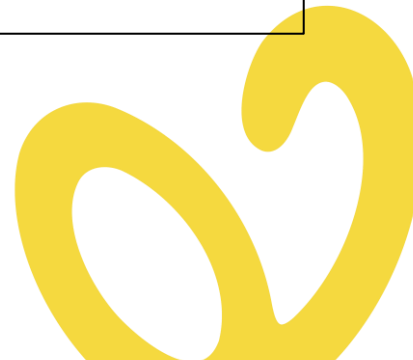
Lesson 4: Define your baseline

SUMMARY

- **Haemoglobin A1c and fasting blood glucose levels** are key indicators of diabetes, with elevated levels signalling insulin resistance and potential long-term complications.
- **Triglycerides and lipid levels** provide insight into metabolic health, as high fat accumulation in the liver can worsen insulin resistance.
- **Different forms of diabetes require specific testing**, such as C-peptide for insulin production assessment and autoimmune markers for type 1.5 diabetes.
- **Tracking blood sugar levels daily** and monitoring changes in nutrition, sleep, and exercise help in understanding and improving metabolic health over time.

YOUR REFLECTION

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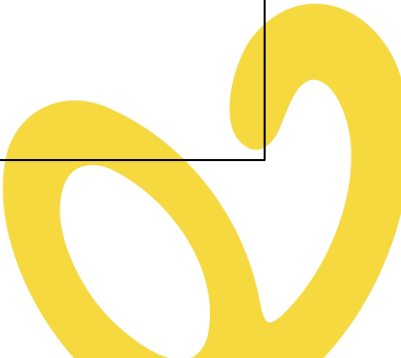
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CALL TO ACTION:

- 1. What specific changes in nutrition, sleep, or exercise could improve your overall health?

- 2. How does your daily blood sugar fluctuate? Track fasting and post-meal readings, and note any patterns

- 3. Consult your doctor about necessary lab tests like HbA1c





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- 4. How are you keeping track of your habits and progress? Use your workbook to log weekly changes and improvements.





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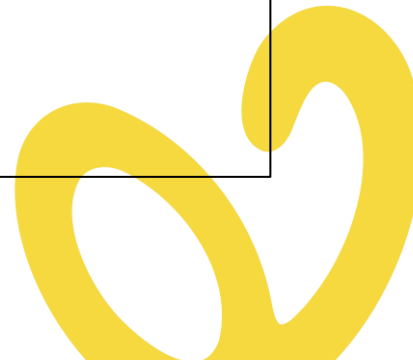
Lesson 4: Principles of Nutrition to Regulate Blood Sugar

SUMMARY

- **Balancing fat and carbohydrate intake** is key to improving insulin sensitivity. Reducing **saturated fats** while increasing **fibre and complex carbohydrates** can help regulate blood sugar more effectively.
- **Micronutrients like vitamins and minerals** play a crucial role in overall health. Deficiencies in **zinc, magnesium, and vitamin D** are linked to poor insulin function and should be prioritized over macronutrient concerns.
- **Meal timing and structured eating habits** help maintain stable blood sugar levels. Avoiding **disordered eating patterns**, prioritizing **fibre-rich breakfasts**, and following a consistent routine can aid diabetes management.
- **Intermittent fasting (IF) can be beneficial**, but it depends on blood sugar control and individual health status. A stable **nutrient-dense diet, planned fasting schedule, and balanced calorie intake** are necessary for IF to be effective.

YOUR REFLECTION

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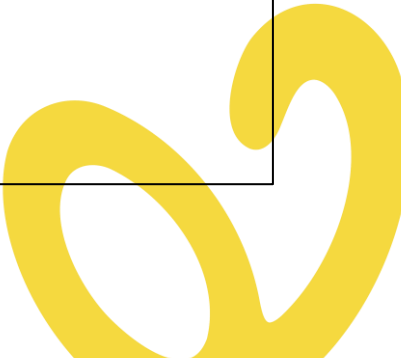


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CALL TO ACTION:

- 1. What does your daily diet look like? Write down everything you eat and evaluate it.

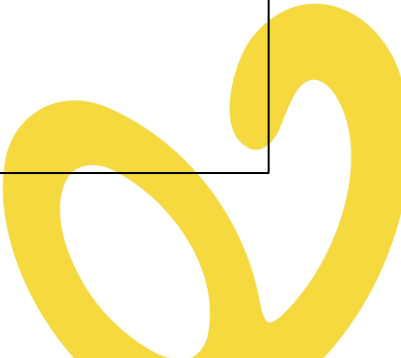
- 2. Where are the gaps? Identify areas that need improvement in your nutrition.





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3. What needs to change? Plan realistic adjustments to begin reverse diabetes





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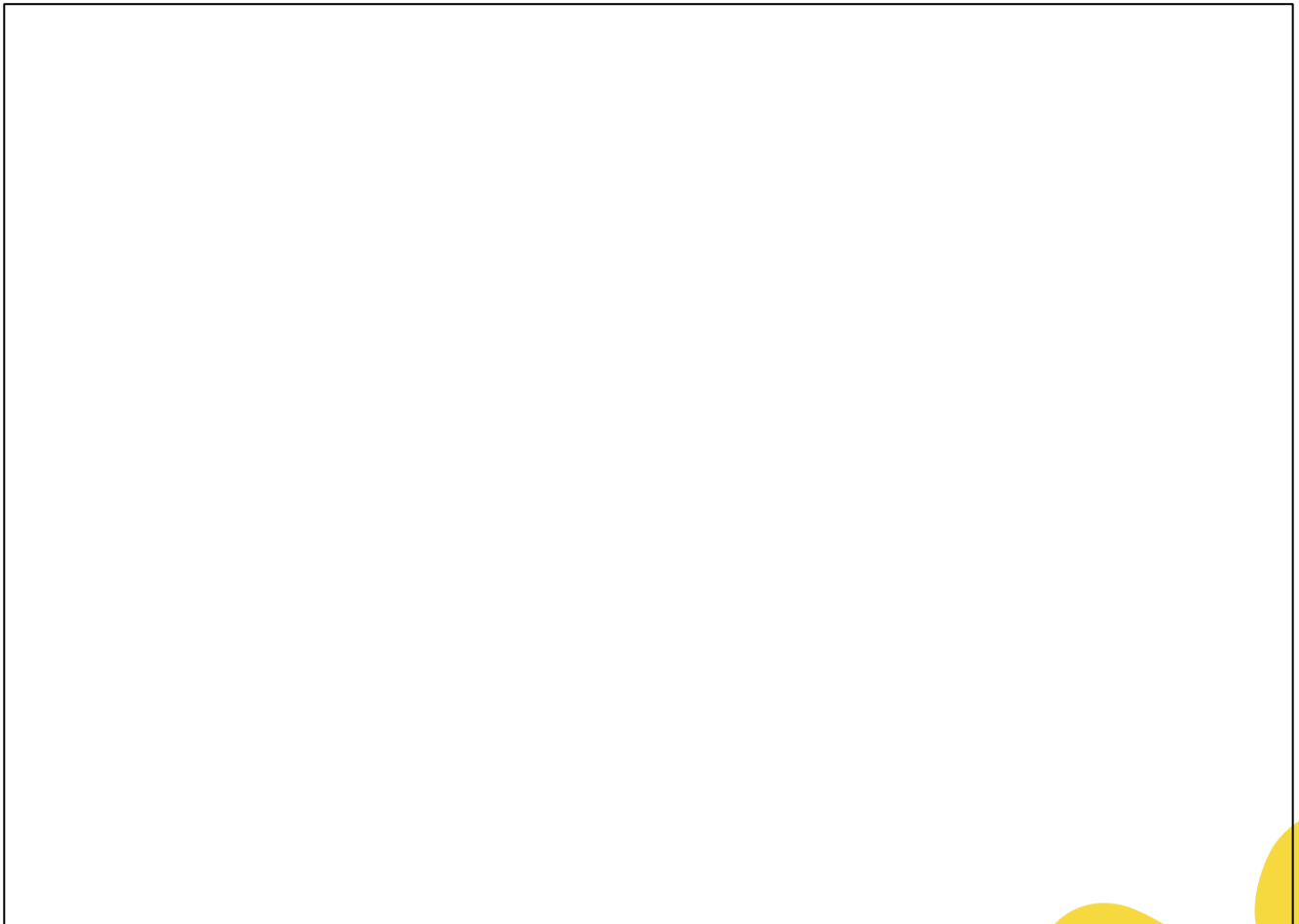
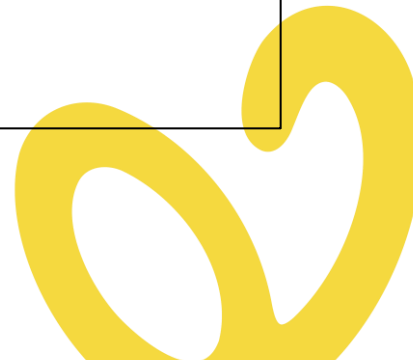
Lesson 6: Food to Add or Remove

SUMMARY:

- **Saturated fat is a major contributor to insulin resistance**, affecting heart, kidney, and brain health. Limiting intake to less than 10 grams per day can help improve insulin sensitivity.
- **Certain foods should be minimized or removed**, including dairy, chicken, red meat, pork, alcohol, processed foods, and high-oil content foods, as they contribute to metabolic issues and insulin dysfunction.
- **Incorporating food remedies like spices, aloe vera, apple cider vinegar, and fiber-rich foods** can help stabilize blood sugar levels and support insulin function.
- **Gradual fibre intake increase is essential for managing blood sugar**, with whole foods like flaxseed, chia seeds, legumes, and vegetables being the best sources for maintaining steady glucose levels.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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CALL TO ACTION:

1. Journal your current food habits and identify foods to eliminate? Be honest with yourself and share with your tribe. Create a plan on how to:
 - Limit saturated fat intake to less than 10 grams per day.
 - Minimize Cholesterol Intake by opting for naturally cholesterol-free foods
 - Identify and reduce foods to avoid from your diet:
 - Dairy: butter, cheese, and milk.
 - Chicken , Meat , Pork
 - Alcohol
 - Processed Foods
 - Monitor Oil Consumption:
 - Incorporate Food Remedies:
 - Spices like dd cinnamon and garlic
 - Aloe Vera
 - Apple Cider Vinegar
 - Boost Fiber Intake:

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Lesson 7: Medication

SUMMARY:

- **Diabetes medications** vary in function, with some increasing **insulin sensitivity** (e.g., metformin) and others stimulating **insulin release** or reducing blood glucose through different mechanisms.
- **Medication needs can change** quickly with **lifestyle improvements**, requiring close monitoring of **blood sugar levels** and physician guidance to adjust dosages safely.
- **Low and high blood sugar levels** can cause complications, with dangerously low levels leading to **fatigue, dizziness, and shakiness**, while prolonged high levels contribute to **kidney damage, heart disease, and diabetic retinopathy**.
- Newer medications like Ozempic (Semaglutide) **aid** weight loss and insulin regulation **but may have** side effects **such as** nausea, kidney damage, and gastroparesis, **making regular medical supervision essential**.

YOUR REFLECTION

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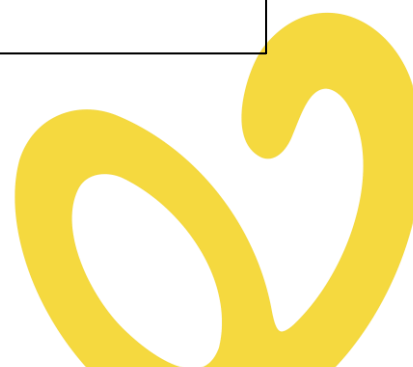
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1. Write down the medications you're currently taking

2. Plan next steps with your doctor regarding medication dosing.

3. Note your target blood sugar ranges

4. If starting medication becomes necessary, what **plan** will you follow?





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Lesson 8- Supplements

SUMMARY:

- **Natural supplements** can support physiology, repair cells, and improve insulin sensitivity, circulation, and overall health.
- **Herbs like dandelion, turmeric, and milk thistle** aid liver function, while minerals like chromium, zinc, and magnesium help regulate blood sugar levels.
- **Plant-based compounds like berberine and bitter melon** improve glucose metabolism, insulin function, and gut health.
- **Proper supplementation should be tailored** to individual needs, taken with food for better absorption, and discussed with a healthcare provider.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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CALL TO ACTION:

1. Which supplements from the discussion seem most beneficial for your needs?

2. Decide and write the supplements that are best for you

3. Write down the supplements you want to use that fits your health goals

4. Consult your healthcare provider to determine the right dosage





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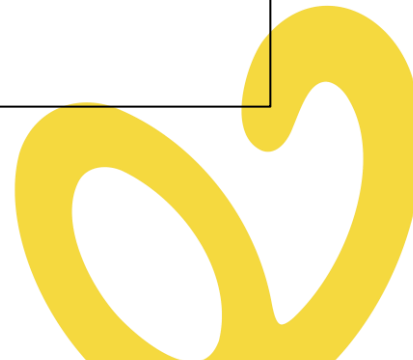
Lesson 9: Sleep

SUMMARY

- **Sleep is essential** for diabetes management, as poor sleep raises cortisol, increases insulin resistance, and disrupts blood sugar regulation.
- **A consistent sleep routine** with reduced light exposure, a calming bedtime activity, and a comfortable sleep environment supports better rest.
- **Meal timing matters**, as eating heavy meals or drinking too much water before bed can disrupt digestion and lead to poor sleep quality.
- **Morning light exposure** helps regulate cortisol levels, supporting balanced blood sugar and overall metabolic health

.YOUR REFLECTION

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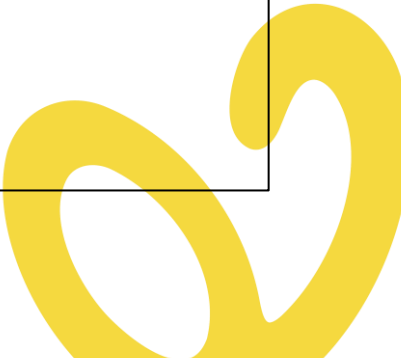
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CALL TO ACTION:

- 1. **How is your sleep routine?** Assess your current sleep habits and identify any gaps.

- 2. **What needs improvement?** Write down the changes you plan to make for better sleep.

- 3. **How will you implement changes?** Start with one adjustment at a time and track progress.





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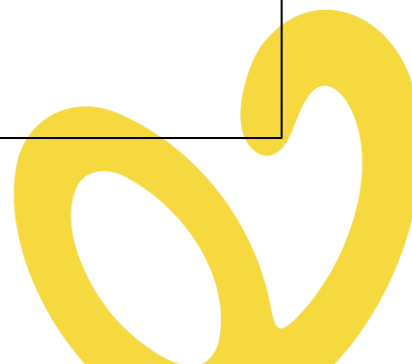
Lesson 10 – Movement

SUMMARY

- **Regular movement** is crucial for managing blood sugar and overall health, with consistent activity being more effective than occasional intense workouts.
- **Resistance training and daily movement** help improve muscle function, lower blood glucose levels, and support better insulin sensitivity.
- **A 15-minute walk after meals** can significantly reduce blood sugar levels by helping muscles absorb glucose more efficiently.
- **Building muscle** increases glucose utilization even at rest, making it an essential part of diabetes management and long-term metabolic health.

YOUR REFLECTION

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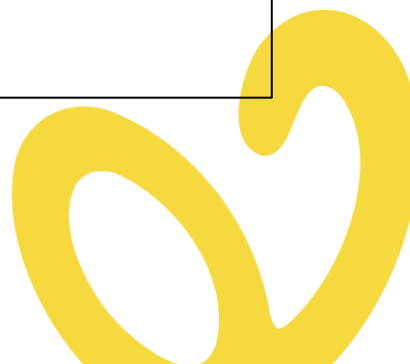


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CALL TO ACTION:

1. What does your current movement routine consist of?

2. What kind of movement routine do you want to establish?





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Lesson 11: Stress Management

SUMMARY

- **Stress and insulin resistance** are closely linked, as high cortisol levels can disrupt blood sugar regulation and worsen insulin function.
- **Breathing techniques**, like box breathing, can help regulate the vagus nerve and reduce physiological stress, even if mental stress remains.
- **Nature exposure**, such as walking outdoors or having plants at home, can create a calming environment that helps lower stress levels.
- **SMART goals** (Specific, Measurable, Attainable, Realistic, and Time-based) help in setting clear, achievable objectives for managing stress and improving overall health.

YOUR REFLECTION

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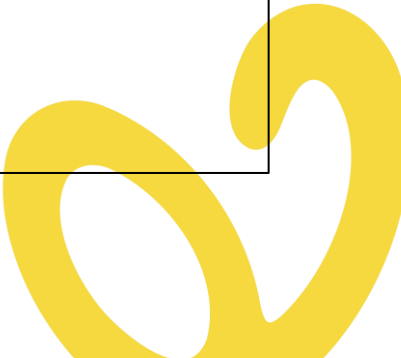
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CALL TO ACTION:

- 1. What **SMART** goals can you set for managing stress and improving your health?

Goals	S	M	A	R	T

- 2. What **SMART** goals can you set for managing stress and improving your health?





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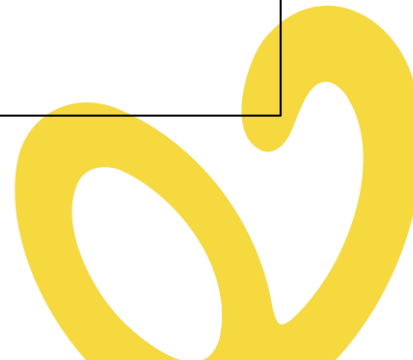
Lesson 12: Social Engagement

SUMMARY

- **Social situations** can be challenging for those with diabetes, especially when faced with foods or drinks that don't align with their health goals. Finding a supportive community can help navigate these situations.
- **Choosing the right environment** is important. Being around friends and family who respect and support your goals makes it easier to maintain healthy habits without feeling pressured.
- **Health is not an identity.** Diabetes is a temporary state of physiology, not a permanent identity. With the right changes, it is possible to improve or even reverse the condition.
- **The body is self-healing** when given the right nutrients and care. Focusing on long-term health and maintaining a positive mindset plays a key role in overall well-being

YOUR REFLECTION

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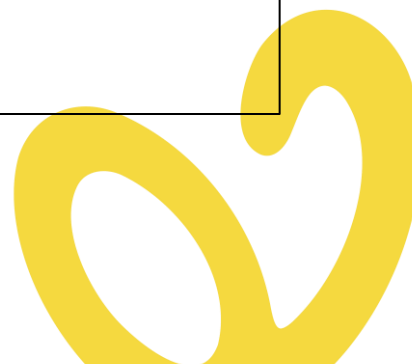




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1. What are some of the changes or things will you be mindful in social settings?

2. Any discussion you feel you need to have with particular friend or family members? What will be the discussion and when will you have it





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Lesson 13: Summary

- **Diabetes is caused by insulin resistance**, and making lifestyle changes can significantly improve or even reverse the condition, especially in type 2 diabetes. Type 1 diabetics can improve insulin efficiency, reducing their insulin needs.
- **Different types of diabetes require different approaches.** Type 1.5 (LADA) involves autoimmune factors, gestational diabetes needs careful monitoring, and steroid-induced diabetes is temporary and reversible with proper care.
- **Managing diabetes is about more than blood sugar.** It involves improving insulin function, increasing insulin sensitivity, and making sustainable changes in diet, movement, and supplementation.
- **Long-term health improvements** include reducing medication dependency, improving metabolic function, and increasing overall longevity by maintaining balanced nutrition, movement, and proper medical support.

YOUR 90 DAY COMMITMENT

Take time to reflect on what you have gained from the program and summarize for yourself all the actions you will be taking across all the pillars you learned. Don't forget to share your struggles and success with your tribe.

