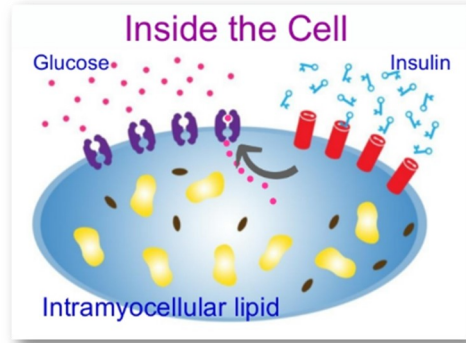


# Type 2 Diabetes Prevention and Management-Reversal

- Type 2 Diabetes is not the result of an infection, bacteria, virus or even lack of insulin. It is the product of diet and lifestyle choices that cause the body to become resistant to insulin.
- The good news is that the diet that best supports diabetes treatment and reversal is one that is based on simple whole foods.
- The ultimate goal is treating type 2 diabetes is to restore insulin function by overcoming insulin resistance. This is accomplished by major diet and lifestyle changes - primarily, improved nutrition, increased physical activity and weight loss. There are three primary goals of diet therapy: 1) To protect against heart disease, 2) to promote healthy body weight and 3) to achieve and maintain an optimal blood sugar without medication.
- The purpose of these goals is to reduce both long and short term complications of diabetes. This includes diseases of the eye, kidney, nerves, heart and blood vessels and the improvement of quality of life and overall health.



**True or False - Eating carbohydrates or sugar causes diabetes.**

**FALSE** - the real cause of diabetes is the build up of fat inside the cells of the body. When fat builds up in muscle or liver cells the sugar cannot get inside the cell.



You are here and you are committing to progress.

**Assess** - Evaluate current habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to make this a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

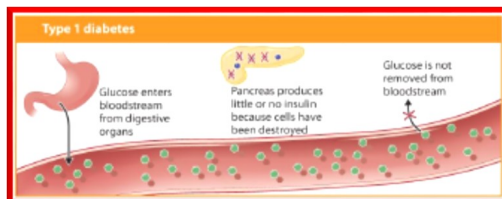
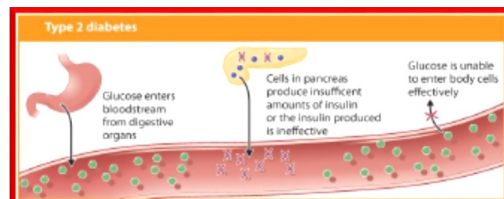
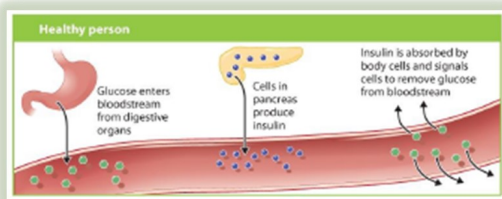
**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.



High blood glucose (sugar) is the side effect of diabetes... not the cause of diabetes. The cause of Diabetes is Insulin Resistance.

To reverse Type 2 Diabetes you have to address and decrease insulin resistance.