

The Path to Becoming Non-Diabetic



From the IDF Diabetes Atlas:

Today, there are over 537 million people living with diabetes. By 2045, IDF projections show that 1 in 8 adults, approximately 783 million, will be living with diabetes, an increase of 46%. Over 90% of people with diabetes have type 2 diabetes, which is driven by socio-economic, demographic, environmental, and genetic factors.

I don't want to spoil your appetite, but these are pretty alarming numbers.

There are many companies that capitalize on this. When I watch the evening news, I am bombarded with flashy advertisements for drugs to treat Type 2 Diabetes. None of them say they can cure diabetes. They say they just allow you to manage it better. These drugs are designed to lower your A1C but none of them are going to fix the problem. Seems like every few months they come out with another one. And none of them are cheap.

The Diabetes Association tells us that you can't cure Type 2 diabetes. They say once you have it, you can only control it.

(We do know that if you have Type 1, they are correct. Type 1 diabetes cannot be cured. Only managed.)

However, when it comes to Type 2 diabetes, I know Plan Z dieters who would say this statement is false. I get weekly emails from dieters who say they have lost weight on Plan Z and have lost their need for their Type 2 diabetes meds, too. They go to their doctor for a check-up and the doctor is so amazed by how much healthier they are that the decision is made to quit the meds – with their doctor's blessing.

The reason Plan Z dieters are able to lower their blood sugar levels is not magic. The ZReduction phase of Plan Z has been specifically designed to put your blood sugar levels in the optimum zone. Our hope is that when you follow the diet guidelines, you not only lose weight, but you get healthier, too. And folks who are diabetic see HUGE benefits from sticking to the foods that will not dramatically raise their blood sugar levels.

I'm not an MD, so the powers that be would frown upon me for giving out medical advice. But this guy can. Dr. William Davis is a cardiologist. Here's a video that he did that explains the process of how someone with Type 2 diabetes can go about becoming non-diabetic. Because he's explaining a path for long-term blood sugar management, his fat and carb ratios are similar to the ratios we recommend you use in the ZReboot phase. This video is powerful and eye-opening. If you've ever wondered why your blood sugar levels drop so quickly in ZReduction, this guy explains it. Folks who have not been through Plan Z can find it confronting, and for that reason some have called it controversial. But once you've been through the Plan Z Diet (and had the experience), it just sheds medical light on why your blood sugar levels dropped so quickly.

If you're like me, you may have to rewind/replay a few bits – he's really smart and sometimes he talks kind of fast!

Pretty powerful, right?

Now, I'm not suggesting that anyone quit their meds on their own. That's a decision to be made with the help of a personal physician. But if someone close to you is struggling with managing their Type 2 diabetes, please tell them to have hope. They are not as powerless as the pharmaceutical industry would have them believe.

Here's what one of our Plan Z dieters had to say after lowering his A1C to non-diabetic levels:

"[My doctor]...had nothing but raving reviews for me. He said A+++++. Shook my hand 3 times and said he's never seen a change like this in anyone. Even though he still acted like a doctor does and talked about carbs and protein like a nutritionist does he stopped and said "well what am I doing telling you this, you know how to do it already," it made me laugh cause on the food part of what he was trying to tell me I felt like correcting him on a few things but I let it slide." He called your diet amazing and what it has done for me... It was so funny I don't think I've ever seen him on a loss for words in the 25 years I've known him... He said that according to my numbers I'm healthier than some 25 year olds."

No more Type 2 diabetes meds for him.

Is he cured?

Dr. Davis would say yes.

Could this dieter get diabetes again if he goes back to his old eating habits?

Absolutely.

But if it were me, after becoming non-diabetic, I would not go back to eating the way I used to. In fact, I'd pass this along to every overweight person I know. This information can save lives. Oh, and by the way, it's not only overweight people who get Type 2 Diabetes. Yes, the percentage is higher, but even skinny people are susceptible. So you may want to consider sharing this with everyone.

Dr. Sarah Hallberg says Type 2 diabetes is just a state of carbohydrate toxicity. I completely agree. I know from experience that if you just keep your daily carbohydrate consumption under 20% of your total intake you can live a healthier life. That means everything, though. There are carbs in veggies and in fruits. It's not just keeping the 'white stuff' to a minimum.

Most of us were taught how to count calories. We have to learn to count carbohydrates now instead.

It doesn't have to be difficult. And it doesn't have to taste bad, either. You can start simple, like with a recipe for Raspberry Ice Cream. This delicious dessert can be as easy as 4 ingredients and takes less than 3 minutes!



Raspberry “Ice Cream”

I scream. You scream. We all scream for ice cream – and we are on a diet! BONUS!

Enjoy!

Cheers,