

REVERSE IT!

Going above and beyond to provide care that truly nourishes and inspires you on your journey to reversing T2 Diabetes.

T2 DIABETES. WHAT IS IT?

A simple explanation of what's going on in your body

MAT

The story of one woman's resilience to take back control of her health!

SURVIVING THE AFRICAN SUMMER

Navigating the Intense Heat with Diabetes

RECIPES

Low Carb and diabetic-friendly pancakes!

TAKE CONTROL

Tips for taking control of your health and being accountable.



IN THIS ISSUE

3

WHAT IS T2 DIABETES?

Understanding Type 2 Diabetes and Its Management



17

RECIPES

Low Carb Pancakes!



10

THE TIME IS NOW!

It's time to seize control and prioritize your well-being.



20

SURVIVING THE AFRICAN SUMMER

Navigating the Intense Heat with Diabetes



15

THEY DID IT / DOING IT!

The story of one woman's journey to take back her health



Welcome to the inaugural edition of our online magazine, **REVERSE IT!**

This magazine is born from the multitude of inquiries I receive regularly from my Diabetes Warriors support group. It has become evident that there's a significant lack of awareness surrounding this condition, often compounded by healthcare providers who may not possess comprehensive knowledge about it. Instead, they tend to treat the symptoms of Type 2 Diabetes rather than addressing its root cause.

Published every three months, each edition will strive to delve into some of the prevalent queries I encounter. Anticipate the sharing of wholesome diabetes-friendly recipes, insights from fellow warriors navigating their journey towards reversing the disease, and engaging feature articles.

So, a warm welcome to you! Should there be any specific topics you wish for me to explore, please don't hesitate to reach out. I'm committed to researching and sharing valuable information tailored to your needs.

My dedication is unwavering—to extend care that not only nurtures but also bolsters your efforts in reversing Type 2 Diabetes. My simple request is that you take ownership of your choices and your body.

Together, let's embark on this journey!

Linda



What is T2 Diabetes?

Understanding Type 2 Diabetes the complications associated with the disease and Its Management

In the realm of metabolic disorders, Type 2 Diabetes stands as a prevalent yet manageable condition that affects millions of men, women and children worldwide. Its impact transcends age brackets, affecting both seasoned adults and the younger generation. Understanding the nuances between Type 2 Diabetes and its counterpart, Type 1 Diabetes, is crucial for comprehending its origins, effects, and potential reversibility.

Type 2 Diabetes is a chronic metabolic condition, and the root cause is insulin resistance. It is characterized by elevated blood sugar levels due to either the body's resistance to insulin or insufficient insulin production. Insulin, a vital hormone, regulates glucose levels in the bloodstream, facilitating its absorption into cells for energy production. However, in Type 2 Diabetes, this delicate balance falters, leading to a buildup of glucose in the blood.



Insulin Resistance

Insulin resistance occurs when cells in the body become less responsive to the effects of insulin.

While the exact root cause of insulin resistance isn't fully understood, several factors contribute to its development:



- **Obesity:** Excess fat, especially around the abdomen, releases substances that can interfere with the normal function of insulin.
- **Genetics:** Family history plays a role in insulin resistance. Some genetic factors can predispose individuals to this condition.
- **Lack of Physical Activity:** Sedentary lifestyles contribute to insulin resistance. Exercise helps cells become more sensitive to insulin.
- **Poor Diet:** Diets high in processed foods, sugar, and saturated fats can contribute to insulin resistance.
- **Inflammation:** Chronic low-grade inflammation in the body can interfere with insulin signaling pathways.
- **Hormonal Imbalances:** Hormones such as cortisol (the stress hormone) and others can impact insulin sensitivity.
- **Certain Medical Conditions:** Conditions like polycystic ovary syndrome (PCOS) and sleep apnea are associated with insulin resistance.

Who Does It Affect?

While Type 2 Diabetes is commonly associated with adults, its prevalence among children and adolescents is rising.

Complications of Diabetes

Uncontrolled blood sugars can cause severe complications and left unattended, can result in death, and in some cases, sudden death.

Gum Disease and Mouth Problems

Elevated blood sugar levels can attract harmful bacteria in saliva, leading to tooth enamel damage and gum issues, and damaged blood vessels in gums increase the risk of infections. Make sure you brush at least twice a day and keep regular check-ups with the dentist



Eye Problems (Retinopathy)

Some individuals with diabetes can experience a condition called diabetic retinopathy, affecting their eyesight. Regular eye check-ups are essential as early detection allows for treatments that prevent vision loss. Diabetic retinopathy is caused by high blood sugar levels damaging the back of the eye (retina). It can cause blindness if left undiagnosed and untreated.

Heart Attack and Stroke

Prolonged high blood sugar levels can harm blood vessels, raising the risk of heart attacks and strokes.

When blood sugar levels remain consistently high over an extended period, it triggers a series of reactions within the body that can profoundly impact blood vessels, elevating the likelihood of heart-related issues such as heart attacks and strokes.



Kidney Problems (Nephropathy)

Diabetes gradually affects kidney function, making it harder for them to filter waste due to elevated blood sugar and blood pressure, termed diabetic nephropathy or kidney disease. Nephropathy is the deterioration of kidney function. The final stage of nephropathy is called kidney failure.

Foot Problems

Uncontrolled blood sugar can lead to severe problems with your feet, potentially causing amputation if not addressed. Nerve damage and slower healing due to poor blood circulation make it crucial to inform your doctor about any changes in foot appearance or sensation.



Nerve Damage (Neuropathy)

Complications from high blood sugar levels in diabetes can damage nerves, affecting the transmission of messages from the brain to different parts of the body, impacting senses and movements. It starts with tingling and numbness in the hands and feet, and becomes increasingly painful. Nerve damage is not reversible.



Sexual Problems

Damage to blood vessels and nerves can reduce blood flow to sexual organs, decreasing sensation and increasing vulnerability to infections. Restricted blood flow to sexual organs can also cause difficulties in arousal and erectile dysfunction in men.



Related Conditions like Cancer

Those with diabetes have a higher chance of developing certain cancers, like liver, pancreatic, colorectal, endometrial, breast and bladder cancer. and cancer treatments may complicate diabetes management, affecting blood sugar control.



“You CAN take control!”

Reversibility and Management:

One compelling aspect of Type 2 Diabetes is its potential for reversal through lifestyle changes. While it's a chronic condition, adopting healthier habits can lead to significant improvements. Weight management, regular physical activity, balanced low-carb nutrition, and careful monitoring of blood sugar levels form the cornerstone of managing Type 2 Diabetes. These changes can sometimes reduce or eliminate the need for medications, but it's crucial to seek professional guidance for personalized treatment plans.

So, in conclusion, understanding the intricacies of Type 2 Diabetes sheds light on its multifaceted nature. Empowering yourself with the knowledge that lifestyle changes can significantly mitigate the effects of Type 2 Diabetes, is key. With a concerted effort towards healthy living and informed medical guidance, individuals can navigate Type 2 Diabetes, fostering a better quality of life and potentially reversing its course.



the time is now!



Every journey begins with a single step, and there's no better moment to embark on the path to a healthier you than right now. It's time to seize control and prioritize your well-being. The journey to a healthier lifestyle might seem daunting, but it starts with small, consistent actions and a willingness to seek guidance.

Ask Questions, Seek Answers

The first step is often the hardest—don't be afraid to ask questions. Seeking information is a powerful tool on your health journey. Whether it's about nutrition, exercise, or managing conditions like diabetes, knowledge is your greatest ally. Reach out to healthcare professionals, join forums, or talk to those who've walked a similar path. Your questions pave the way for informed decisions.

Begin with Simple Steps

Start your day with a 30-minute walk. This simple yet effective exercise can work wonders for your health. It's not just about physical activity; it's about setting the tone for a proactive lifestyle. Take that step outdoors, breathe in the fresh air, and relish the rejuvenating effects.



Invest in Health Tools

Consider investing in a reliable blood glucose monitoring machine. This tool becomes your companion on this journey, providing valuable insights into your body's reactions to various factors. Recording your blood sugar readings daily is a pivotal step. Start by checking your fasting blood sugar levels in the morning before any activity, food, or shower. These readings are key indicators of your body's response to food and activities.



Harness the Power of Technology

Explore apps like Carb Manager and FatSecret; these digital companions serve as encyclopedias for understanding the nutritional content of your meals. They unlock the secrets of carbohydrates, fats, proteins, and more, allowing you to make informed decisions with a tap of your finger.

Carb Manager: This app acts as a comprehensive guide, unraveling the mysteries of carbohydrates. It offers a database bursting with information about the carb content of various foods. From fruits to complex grains, Carb Manager sheds light on what you're consuming, empowering you to regulate your intake effortlessly.

FatSecret: Beyond carbohydrates, FatSecret dives deep into the nutritional profiles of foods, unveiling the fat, protein, and calorie content. Its user-friendly interface simplifies the process of understanding food values, making it an indispensable tool in your health arsenal.

Transform Information into Action

Education is your stepping stone to empowered decision-making. As you familiarize yourself with these resources, remember, it's not about restriction but about making informed, health-conscious choices. Use this knowledge as a springboard to design meals that nourish your body and propel you towards your health goals.

Educate Yourself

Knowledge is power. Download our food lists (***the Green, Orange, and Red Food Lists***) and study what's beneficial and what's best avoided. Understanding these lists lays the groundwork for informed dietary choices. Remember, it's not about deprivation but making smart, health-conscious decisions.

Join a Supportive Community

We're not alone on this journey.

Join the Diabetes Warriors WhatsApp Support Group—a community of individuals dedicated to supporting each other through their health endeavors. Share experiences, gain insights, and find the motivation you need to stay committed.

You can follow us on most social media platforms (TikTok, Facebook, Instagram, and Twitter - @Type2Health) And follow other diabetes influencers too. Get to know other people who have the same struggles as you do, and share your experiences.



Take the First Step Towards a Vibrant Life

Today isn't just another day—it's the dawn of your health revolution. It's a moment ripe with possibilities, an opportunity to rewrite your health story. Seize this moment to claim authority over your well-being, to craft a narrative centered on vitality and wellness.

You Are in Control

In this very instant, the power to transform your health lies within your grasp. Every choice you make from this point forward is a declaration—an affirmation that your health matters, that you matter. Embrace this authority, relish the control you wield over your life's trajectory.

The Time is Now!

There's no need to wait for the perfect moment because today, right now, is that perfect moment. It's a canvas waiting for your masterpiece, a stage ready for your performance. Every choice you make today is an investment—a priceless investment—in your future self.





MIAT

**A testimony
of one
woman's
journey to
taking back
her health**

My name is Mat Modiselle, a 44-year-old mother of two, and a recent diagnosis of type 2 diabetes in 2023 sent me reeling. Having witnessed my mother's struggles with diabetic complications, fear consumed me. My doctor prescribed Metformin, but I was apprehensive about its effects on my health.

“That day, I made a firm decision—I refused to become a statistic. Instead, I embarked on a journey to transform my lifestyle.”

Already part of Linda's group, “Diabetes Warriors,” initially for my mother's sake, little did I know I'd rely on this community for my battle. I'd learned about methods to reverse my mom's diabetes successfully, keeping her off medication. I absorbed their advice to help myself. Embracing intermittent fasting, committing to jogging five days a week, and revamping my diet became my new norm. Yet, it was the unwavering support from this group that anchored me—the consistent encouragement, invaluable insights, and shared experiences.

In July, my first HbA1c test startled me with a reading of 9.3%—alarmingly high. However, after three months of steadfast dedication by November, my HbA1c lowered to 6.6%. The support from the group was pivotal. Not only did my cholesterol levels decrease, but I also shed 10 kilograms during this transformative phase!

To anyone battling type 2 diabetes, as I have, I want you to know—you hold the reins to your health.

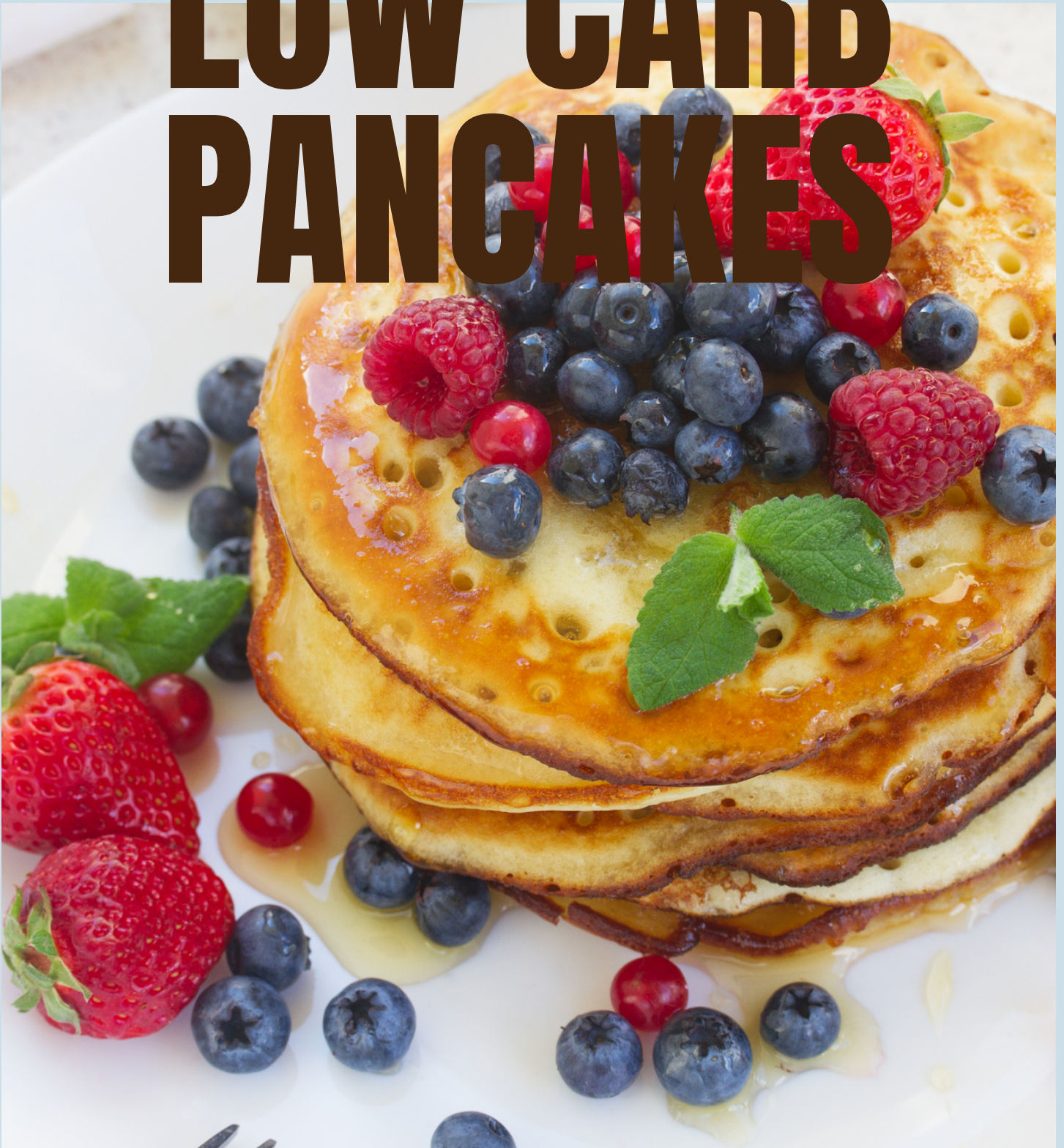
“There are no shortcuts or magical pills to reverse it..”

Committing to a lifestyle change—incorporating healthy eating and daily physical activity—is the key.

Take charge, be kind to yourself, and remember, no one can do it for you. It's achievable; let's stop making excuses and embrace our well-being.

Recipe:

LOW CARB PANCAKES



INGREDIENTS

- 2 eggs
- 1 teaspoon coconut oil
- ¼ cup Almond Milk
- 1 cup Almond Flour
- ½ teaspoon Baking Powder
- 1 Teaspoon Erythritol

For the savoury version (optional extras)

- Cooked bacon bits
- 1 cup grated cheddar cheese
- Add a dash of mixed herbs
- Leftover chicken (cut into small cubes)

Makes about four to eight pancakes.



INSTRUCTIONS

1. In a mixing bowl, whisk together the eggs, coconut oil, and milk.
2. In a separate bowl, mix together the dry ingredients – almond flour and baking powder.
3. Then blend together the dry ingredients with the wet ingredients. (At this point you can add a handful of berries. Or if you're making savoury pancakes, add your grated cheese, or cooked bacon bits.)
4. Grease a large nonstick pan, and heat on medium heat.
5. Pour tablespoons of the batter into the pan when the pan is hot, cook on a gentle heat (about 3-4 minutes per side), and flip once.
6. Repeat until all the mixture is used up.



You can make a batch of these, and keep in the fridge covered. Will last about a week. These also freeze well.

Serving suggestions:-

- Top with fresh berries, and serve with cream or full-fat plain yoghurt
- Top with cottage cheese and avo, serve with a side salad
- Layer with smoked salmon and cream cheese, serve with a salad

NUTRITIONAL INFORMATION (without the toppings) per portion (single pancake)

Calories.	Carbs	Protein	Fat	Fibre
125	3.5g	5g	10g	2g



Excessive heat in summertime may affect your diabetes, making blood sugar levels higher than usual. And if you take insulin to treat your diabetes it may be absorbed more quickly from the injection site in warm weather, and this can increase the risk of hypos.

SURVIVING THE AFRICAN SUMMER



The hot summer months bring their own set of challenges, particularly for individuals managing diabetes. Beyond the usual precautions against heat-related issues, those with diabetes need to be especially mindful of how soaring temperatures can affect their blood sugar levels.

The Link Between Heat and Blood Sugar:

Why does the heat have this impact? Well, when it's hot, our bodies tend to sweat more, leading to dehydration. This dehydration can cause a spike in blood sugar levels. Additionally, our bodies may demand more energy to stay cool, and this can cause fluctuations in blood glucose.



Tips for Managing Diabetes in Hot Weather:

Stay Hydrated: One of the most critical steps is to ensure adequate hydration. Water is your best friend in the scorching heat. Keep a water bottle handy and sip frequently throughout the day. Avoid sugary drinks and opt for water or unsweetened beverages instead.

Monitor Blood Sugar Levels: Keep a close eye on your blood sugar levels, especially during hotter days. Test more frequently to stay on top of any fluctuations. Consult your healthcare provider for personalized advice on managing your levels during this time.

Protect Insulin and Medications:

Extreme heat can damage insulin and certain diabetes medications. Keep your insulin and medications in a cool place, away from direct sunlight. Consider using a cooler bag or a small insulated pouch when you're out and about.

Dress Appropriately:

Wear light, breathable clothing to prevent overheating and aid in body temperature regulation.



Plan Meals and Snacks:

Opt for lighter meals and snacks that won't spike blood sugar levels. Avoid heavy, high-carbohydrate meals, especially in extreme heat.

Seek Shade and Stay Cool:

Stay indoors or seek shade during the hottest parts of the day to prevent overheating and dehydration.

Manage Exercise:

If you exercise outdoors, plan activities for cooler times of the day to prevent overheating. Or choose lighter exercise indoors, like yoga. Monitor blood sugar levels before and after exercise, adjusting food intake or insulin doses accordingly.

Take Care of Feet:

Check feet daily for any signs of blisters, cuts, or sores as diabetes can affect circulation and nerve function.

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FASHION FORWARD

Asha Hakim talks style, soul, and substance

OUR TIME IS NOW

The industry's rising star breaks up



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