

REVERSE IT!

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

**CHOICES &
CONSEQUENCES**

**A PRACTICAL GUIDE TO
LOW-CARB LIVING**

HERBS & SUPPLEMENTS FOR T2

**MUZI's STORY
OF TRANSFORMATION**

Celebrating
the Easter Holidays
with T2 Diabetes!

Glen Cronje | Human Bio
Energetics

**THE POWER OF “GROUNDING” ON
YOUR JOURNEY TO HEALING**

LOW CARB RECIPES

SUGAR ALTERNATIVES



WE GO ABOVE AND BEYOND TO PROVIDE
CARE THAT TRULY NOURISHES YOU ON
YOUR JOURNEY TO
REVERSING T2 DIABETES



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Advertising Enquiries:

Phone: 076 332 8652

Email: admin@type2health.co.za

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DexD Smoo Milkshake



DexD Dextrose Chewies



Sensor Secure Bands



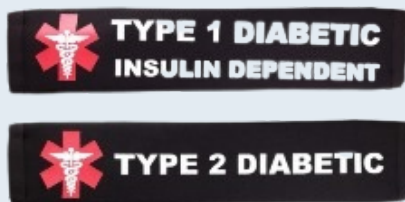
I.C.E Medical Bag Tags



Custom Medical Jewellery



Insulin Pump Zip Bag



Seatbelt Covers



Insulated Insulin Bags



Sensor Overlay & Underlay Plasters



Insulin Pump Pocket Bands



diabetic_accessories_SA



Diabetic Accessories SA



DiabeticAccessoriesSA@gmail.com



@SaDiabetic

GETTING STARTED!

You have to start somewhere! Top 5 Tips to start the process of reversing T2 Diabetes

1

Know your HbA1c

This is the number by which your doctor diagnoses your diabetes. Test every 3 months to check on your progress of reversal

**2**

Print the Green List

These are the only foods you're allowed to eat. Use the list to create meal plans, and shopping lists. Choose 1 protein, 2 vegs and 1 healthy fat.

**3**

Spring Clean!

Spring clean your fridge and cupboards if its not on the green list. That would be all rice, mealie meal, biscuits, pasta, bread, sunflower oil. If its not on the Green List, please get rid of it.

**4**

Download Apps

Download the CARB MANAGER or FAT SECRET app. From today, you will eat a max of 25g of carbs a day. You will use these apps to calculate your carbs. It will also give you a guide to portion control.

**5**

Test your fasting Blood Sugar

You do this before you eat, drink, exercise or shower first thing in the morning. This number should not be higher than 6mmol. The ideal range for fasting blood sugar is 4.5 – 5.5 mmol, and will determine what you can eat for the rest of the day.



LETTER FROM THE EDITOR



Greetings, Warriors!

I trust this magazine finds you well into your journey to reversing Type 2 Diabetes. And if you're just starting out you're so welcome! It is my sincere hope that our publication serves a meaningful purpose in supporting you throughout your journey. Nothing brings me greater joy than the knowledge that we are making a positive impact on individuals facing the challenges of this disease.

In our shared battle against diabetes, just know that support plays a pivotal role. Making the right choices for our health can be a daunting task, and I understand the internal conflicts that arise in the choices we make every day. In this edition of the magazine, I delve into the importance of support and explore the complexities that often surround our choices in managing this condition.

Choosing the right path to health is not always straightforward, and I recognize the numerous reasons that can make decision-making challenging. In the pages of this magazine, we aim to shed light on these challenges, providing insights and strategies to empower you in making informed choices for your well-being.

Additionally, this edition features an enlightening article by Glen Cronje that explores the significance of blue light and earthing in our healing process. I encourage you to approach the content with an open mind, absorbing the knowledge presented to enhance your understanding of these integral aspects of diabetes management.

Remember, Easter is also coming up soon, so I hope the article on the subject in this edition will be a source of inspiration, empowerment, and practical guidance. Thank you for allowing us to be a part of your pursuit of a healthier and diabetes-free life.

Wishing you strength and success on your path to reversing diabetes.

Linda

A PRACTICAL GUIDE TO LOW-CARB LIVING



THRIVING ON A BUDGET

Reversing Type 2 Diabetes requires a commitment to some fundamental lifestyle changes, and at the heart of this transformative path lies the power of a low-carb diet. As we delve into the practical guide on "Go Low Carb on a Budget," it's essential to recognize that the key to unlocking the potential for T2 reversal is found in the choices we make, particularly those concerning our dietary habits. Join us as we explore how adopting a low-carb lifestyle not only nurtures your well-being but also proves to be a budget-friendly approach to sustainable health.

Contrary to popular belief, embracing a low-carb lifestyle doesn't have to break the bank. Many assume that healthy eating is expensive, but with a bit of planning, savvy shopping, and a commitment to wholesome choices, you can navigate the aisles of affordability while improving your health. In this article, we'll explore practical tips and budget-friendly strategies to help you make informed choices, not only for your waistline but also for your wallet.

Going low-carb is not just a dietary choice; it's an imperative investment!

The True Cost of Unhealthy Eating:

While junk, quick and easy processed food may seem like a cheaper alternative, it's essential to consider the long-term expenses associated with poor dietary choices. The toll of medications, frequent doctor visits, and increased medical aid and insurance premiums often outweigh the initial savings of opting for processed, convenience foods. Imagine the costs associated with kidney dialysis, amputation, blindness, heart attack and strokes! Going low-carb is not just a dietary choice; it's an imperative investment in long-term well-being and potential cost savings.



Anything in a box, can or packaged can be regarded as processed and/or made in a factory

Focus on Real, Whole Foods:

The essence of a low-carb lifestyle, particularly the Banting approach, lies in prioritizing real, whole foods. This means embracing nutrient-dense options like meat, fish, eggs, and a variety of vegetables while eliminating additives, chemicals, and preservatives. It's not about finding lower-carb substitutes for unhealthy habits; instead, the emphasis is on consuming fresh, unprocessed foods that nourish the body.



Budget-Friendly Tips for Low-Carb Living:

Planning is Key:

- Plan your meals for the week in advance to avoid unnecessary spending.
- Make a shopping list based on your meal plan and stick to it when shopping.

Smart Shopping:

- Calculate your expenses as you shop to stay within budget. Carry a calculator with you when you go shopping.
- Do your shopping immediately after a meal. That way you will stay full, and won't be tempted by "hunger pains"
- Stay away from the aisles with the packaged foods. These are always the centre aisles. All the real food will be on the outer aisles.



- Shop around. Some supermarkets are more expensive than others. Explore local markets for more affordable fresh produce and support your local street vendors.
- Choose veggies in season.
- Look for bulk deals -- especially at places like Food Lovers Market. Their specials are often very affordable. Buy in bulk and prepare your veggies, blanche them, then freeze.
- Choose cheaper cuts of meat, offal, and cost-effective fish options. Buy a whole beef roast, and cut that up yourself, instead of buying already cut-up pieces of meat. Do the same with chicken. Buy the whole chicken and cut it up into portions yourself. You can then boil the carcass with veggie off cuts to make your own chicken stock.

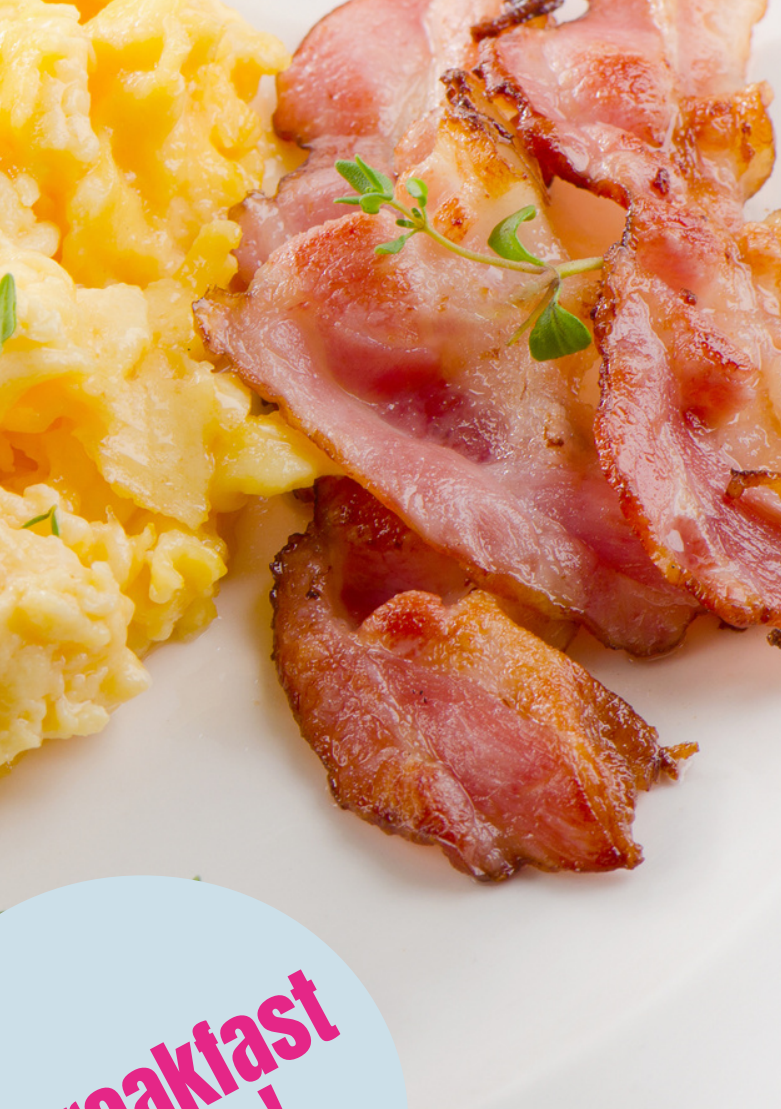
Smart Cooking

- Use cabbage instead of lettuce for budget-friendly salads, wraps, and “mock pasta” and stir-fries.
- Extend your minced meat and stew dishes by adding chopped organ meats.
- Cook in bulk and freeze for convenience and savings. Weekly meal prep is highly recommended
- Choose simple, whole-food-based recipes. From the Green List, choose one protein, two or three vegetables, and one healthy fat.
- Prepare stews and curries using affordable cuts of meat and add vegetables to extend portions.
- Embrace offal, a tasty and nutritious option often overlooked.

“

*Eating well doesn't have
to break the bank.
Investing in your health
through cost-effective
choices at the grocery
store is not just a wise
financial decision; it's a
priceless investment in
your well-being.*





**Breakfast
Idea!**



BREAKFAST 6g Carbs

Scrambled Eggs (2 eggs)
Grilled Bacon (4 pieces)

50g Avo Slices

Cup of Coffee with a
dash of fresh cream



Easter!

CELEBRATING EASTER WITH T2 DIABETES: MINDFULLY AND HEALTHILY

Easter is coming up soon, at the end of March, and for those of us managing T2 diabetes, this holiday can bring a few unique challenges. The traditional fare of chocolates, Easter eggs, and hot cross buns can pose a dilemma, tempting but also potentially harmful to blood sugar levels.

However, with a thoughtful approach and some creative alternatives, celebrating Easter can be both enjoyable and health-conscious. In this article, I'll explore how to navigate Easter with T2 diabetes, addressing the mental and emotional aspects, offering alternatives to sugary treats, and providing tips for managing the holiday while prioritizing your health.



Mind Over Matter

CONFRONTING MENTAL HEALTH CHALLENGES

Before diving into Easter celebrations, it's essential to address the mental chatter we experience during a holiday that can be focused on sugary delights.

Managing diabetes requires constant vigilance, and occasions like Easter can trigger feelings of guilt, anxiety, or even a sense of deprivation.

It's crucial to recognize these emotions and practice self-compassion.

Remember, enjoying Easter with diabetes doesn't mean you have to miss out on the fun.

Focus on the aspects of the holiday that bring you joy – whether it's spending time with loved ones, embracing traditions, or simply relishing the arrival of autumn.

Shift your mindset from what you can't have to what you can enjoy in moderation.



Alternative Treats:

SWEET SOLUTIONS FOR A HEALTHIER EASTER

While traditional Easter fare may be laden with sugar, there's a wealth of delicious alternatives that won't send your blood glucose levels soaring. Consider swapping out sugary chocolates and candies for healthier options like:

Dark Chocolate: Opt for dark chocolate with a high cocoa content (70% or higher), which contains less sugar and more antioxidants than milk chocolate. Enjoy a small piece as an occasional treat.

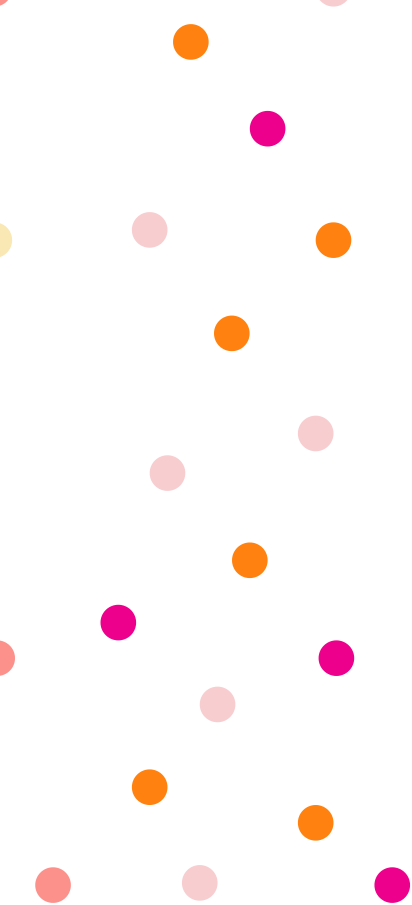
Sugar-Free Chocolates: Opt for sugar-free chocolates with either Xylitol, Erythritol, or Stevia. Read the labels and the ingredients list. Stay away from sweeteners that will spike insulin and potentially your blood sugar. (see article on page...)

Sugar-Free Desserts: Explore recipes for sugar-free or low-carb desserts that satisfy your sweet tooth without spiking blood sugar levels. From sugar-free cheesecakes to almond flour cookies, there's no shortage of tasty options to try.

Fruit Platters: Create vibrant fruit platters featuring a variety of fresh berries and nuts (check the Banting Green List). Watch your portions and don't overindulge with fruit.

Nut Butter Eggs: Make your own nut butter eggs using natural nut butter (such as almond or peanut butter) mixed with a small amount of sweetener and coated in dark chocolate. These homemade treats are deliciously satisfying and customizable to suit your taste.





Managing the Easter Holidays:

Managing your blood glucose during Easter with T2 diabetes requires careful planning and mindful choices. Here are some tips to help you enjoy the holiday while keeping your health in check:

Plan Ahead: Before Easter arrives, plan your meals and treats to ensure they align with your dietary goals and blood sugar targets. Stock up on healthy ingredients and prepare nutritious alternatives to traditional Easter treats.

Portion Control: While it's okay to indulge in moderation, be mindful of portion sizes and avoid overindulging in sugary treats. Enjoy smaller servings of your favorite Easter goodies and savor each bite mindfully.

Stay Active: Incorporate physical activity into your Easter festivities by going for a family walk, playing outdoor games, or embarking on an Easter egg hunt. Exercise helps regulate blood sugar levels and can counteract the effects of indulging in treats.

Communicate with Loved Ones: If you'll be celebrating Easter with family or friends, communicate your dietary needs and preferences in advance. Offer to contribute diabetic-friendly dishes to the feast, ensuring there are options available that align with your health goals.

By approaching Easter with mindfulness, creativity, and proactive planning, individuals with diabetes can celebrate the holiday joyfully while prioritizing their health and well-being. Remember, Easter is about more than just sweets – it's a time for connection, reflection, and renewal. With the right mindset and a few healthy swaps, you can savour the season while keeping your diabetes management on track.



CHEESECAKE FAT BOMBS

- 225g Full Fat Cream Cheese
 - 1/2 cup Grass-Fed Butter or Ghee
 - 1/4 cup Sugar-Free Powdered Sweetener
-
- Beat cream cheese and butter until fluffy.
 - Add sweetener and mix well.
 - Wet your hands with water, and scoop one tablespoon of the mixture and roll into balls.
 - Place the balls on some baking paper and into the freezer for 1 hour.
 - You can also spoon the mixture into small chocolate moulds or ice trays and freeze.
 - Freeze 1 hour
 - [Store in freezer, makes about 30 pieces]

Carbs per fat bomb: +/- 2-3g carbs

HOT CROSS BUNS

- Sugar Free chocolate chips
- 4 Eggs, medium
- 1 tsp Baking powder
- 1/2 tsp Cinnamon powder
- 1/2 tsp ground Cloves
- 60 g Coconut flour
- 30 g Psyllium husk
- 1/2 tsp Salt
- 1/2 tsp ground All Spice,
- 2 tbsp Sweetener, granulated
- 1 Sweetener, powdered
- 250 ml Water
- Mix all the dry ingredients in a mixing bowl.
- Add the eggs and mix.
- Add the boiling water and mix until evenly combined.
- Roll into 8 equal balls and place on a baking tray.
- Bake in a fan assisted oven at 180c for 20-30 minutes until golden on the outside and cooked in the centre.
- Mark each hot cross bun with a cross using the powdered sweetener confectioners/icing mix and water paste.

Source: www.thinlicious.com



**Lunch
Idea!**



LUNCH **12g CARBS**

Cauliflower Rice
with
Stir Fry Veggies

Broccoli
Spinach
Peppers
Sugar Free Soy Sauce

Brussel Sprouts.

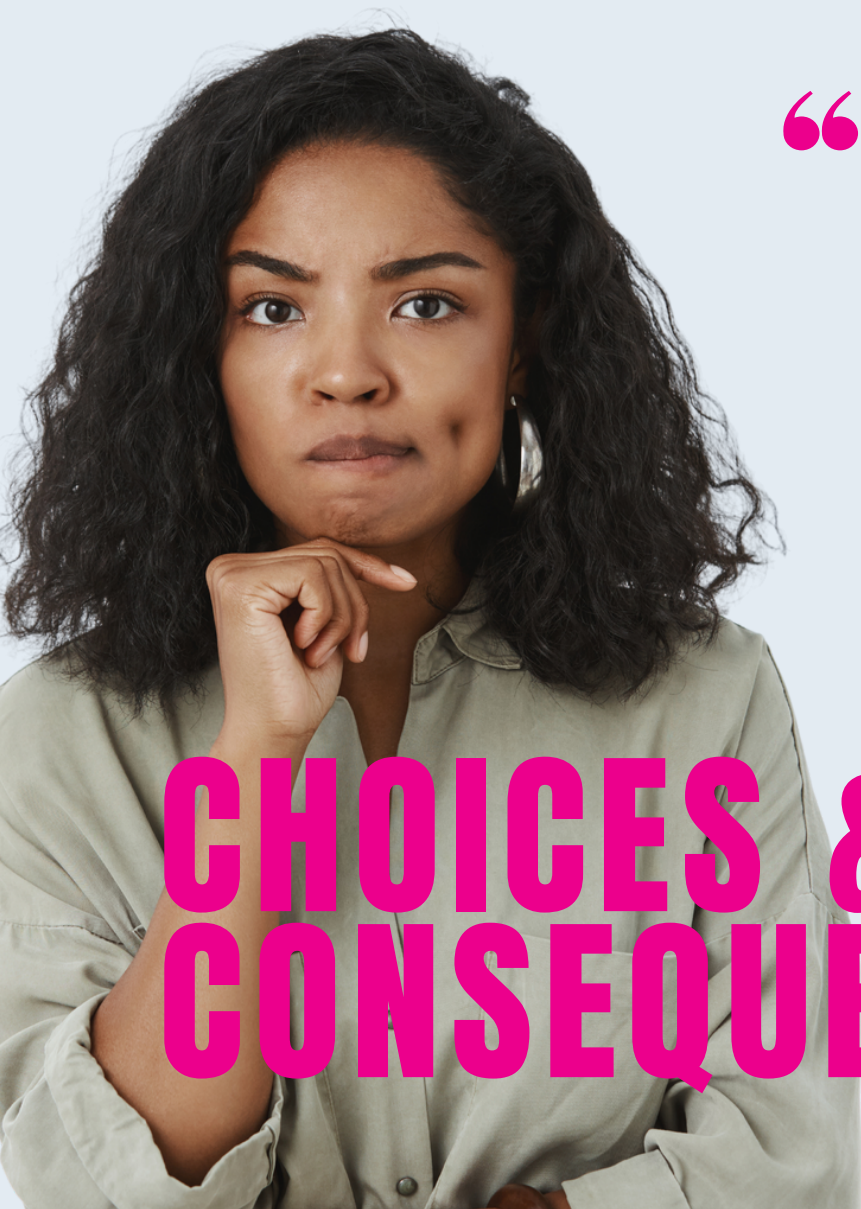
Brussels sprouts are renowned for their nutritional value and can be a beneficial addition to one's diet. They are a member of the cruciferous vegetable family, which includes broccoli, kale, and cabbage, known for their health-promoting properties.

They are dense in nutrients; rich in essential vitamins and minerals, including vitamin C, vitamin K, vitamin A, folate, potassium, and manganese. They are an excellent source of dietary fiber, promoting digestive health, aiding in weight management, and supporting heart health.

Brussels sprouts contain antioxidants such as flavonoids and glucosinolates, which help reduce inflammation and protect against chronic diseases. They are also relatively low in calories, making them a great option for those looking to manage their weight or maintain a healthy diet.

NUTRITIONAL INFO (1 cup portion)

Calories: Around 35 calories
Carbohydrates: Approximately 7 grams
Protein: About 3 grams
Fat: About 0.25 grams
Fibre: Roughly 2-3 grams



“ Every choice has a consequence – in health and in life. Understanding this simple truth empowers us to make decisions that lead to a healthier, happier future. ”

CHOICES & CONSEQUENCES

Have you ever experienced inner conflict and wondered about the reasons behind your health-related choices?

On our journey of managing diabetes, the importance of choices becomes increasingly evident. T2 Diabetes is a complex and demanding condition, and making the right choices every day is pivotal for maintaining health and preventing complications. This article delves into the dynamics of choices and consequences in diabetes management, exploring the reasons behind decisions that hinder healing, and advocating for a proactive approach to better health.

“When you know better, you **MUST** do better..

Knowing Better, Doing Better:

The adage “When you know better, you do better” resonates deeply in the context of our health. We can sometimes find ourselves at a crossroads where knowledge and action intersect. Understanding the consequences of unhealthy choices is crucial, especially with T2 diabetes. Despite being armed with information about the dangers of uncontrolled blood sugar, and the importance of a healthy lifestyle, some of us still make choices that impede our healing journey.

Understanding the Psychology:

Having a diabetes diagnosis can be overwhelming, leading to a myriad of emotions such as fear, frustration, and even denial. This emotional rollercoaster coupled with the carbohydrate addition from which we have to detox, can influence decision-making, steering individuals towards unhealthy choices despite the knowledge they have gained.

Recognizing and addressing the psychological aspects of diabetes management and carb addition is essential. It requires a shift in mindset from seeing lifestyle changes as restrictions, to viewing them as empowering steps toward better health.

Breaking the Cycle:

Breaking the cycle of unhealthy choices requires commitment, consistency, perseverance, and a willingness to embrace change. Creating a personalized plan with realistic goals can make the process more manageable. Small, consistent steps, such as adopting a low-carb lifestyle, incorporating regular physical activity, and managing stress, can have a profound impact on your diabetes management regime.

“
*Everything in life is
a reflection of the
choices you make.
If you want a
different result,
make a different
choice!*
”

In Conclusion...

Choices and consequences form the crux of your journey to healing. By acknowledging the psychological challenges, listening to our bodies, and embracing support and education, individuals can navigate the path to better health. It's a journey that demands mindfulness, resilience, and a commitment to making choices that align with the ultimate goal – a healthier, more vibrant life, free of T2 Diabetes. Because, at the end of the day, the consequences are far more dangerous, with the worst case scenario being death.

If you feel you are struggling to move forward, or if you suspect you may be suffering from depression as a result of your diagnosis, please speak up. Speak to your healthcare provider, a psychologist or join a support group. You are not meant to go through this alone. There is help out there.





GREEN
LIST

Pumpkin.

Pumpkins are more than just a Halloween decoration; they're a nutritional powerhouse that can add immense value to your diet. Rich in vitamins, minerals, and antioxidants, pumpkins offer a range of health benefits.

They're packed with fibre, which aids digestion and promotes satiety, making them a great choice for weight management. Additionally, their vibrant orange color indicates high levels of beta-carotene, which is converted into vitamin A in the body, essential for vision, immune function, and skin health. Pumpkins also contain potassium, which supports heart health, and antioxidants like vitamin C and E, which help combat inflammation and oxidative stress. Incorporating pumpkin into your diet through soups, roasted dishes, or even baked goods not only adds delicious flavor but also contributes to overall well-being.

So next time you're at the market, consider grabbing a pumpkin to nourish your body and delight your taste buds.



NUTRITIONAL INFO (1 cup portion)

Calories: Around 25 calories
Carbohydrates: Approximately 6 grams
Protein: About 1 gram
Fat: Less than 0.1 gram
Fibre: Roughly 1 gram

SUNSHINE & “EARTHING”: ILLUMINATING THE PATH TO ENHANCED INSULIN SENSITIVITY.

By GLEN CRONJE
Quantum Clinician

In a world that is cautious about the effects of the sun, scientific studies reveal a different story. This article delves into how sunlight, combined with grounding, activates crucial processes in the body, from enhancing our immunity to improving sleep (both critical to improve insulin sensitivity), and unravels the science behind the phenomena, and debunking misconceptions about the sun's impact on our health.

Scientific reports and studies have shown that sunlight, first and last hour of the day has no damaging effects on the eyes and skin. Combined with grounding to the earth, sunlight boosts the immune system and overall health; via vitamin D synthesis.

How does it do this? The generation of vitamin D via the subcutaneous fat cells is activated. Vitamin D is a key component in building natural immunity vitality and health. In tandem, melatonin is produced which is the strongest antioxidant in the body. It also promotes circadian biology to enable better sleep. As a knock-on effect, it reduces stress in the adrenal system dropping cortisol and as a result lowers inflammation. The mitochondrial ATP energy cycle that powers our bodies, is stepped up significantly. Our red blood cells which are photosensitive much like chloroplasts in plants, are charged up by sunlight.





"Connecting with Nature: Go barefoot for a Boost in Health and Vitality."

The grounding process electromagnetically charges the red blood cells, repelling them from each other and increasing oxygen uptake. Reduction of clotting is part of this process.

Grounding is the best and fastest way to alkalise the body. Overall, our skin, blood, and mitochondria in each cell are all light absorbent and improve bodily function by exposure to sunlight. The current view that the sun is harmful to us has been disproven via numerous scientific studies and facts.

Obviously, one needs to introduce the sun in the first hour and last hour of the day until the skin basically adapts and builds a (solar calus) resistance to burning. The eyes signal the skin to adapt to natural light. This inherent function protects the skin. One would not be wise to go out in the midday sun until your body is acclimatised.

"Scientific studies have also shown that when your body is insulated from the earth by shoes it tends to burn faster. But, engaging in 'earthing' or walking barefoot, establishes a tangible connection with the Earth's electromagnetic field. This scientific act not only grounds us physically but also underscores the intricate interplay between our bodies and the Earth's energy, fostering a harmonious alignment with nature's forces."

VITAMINS ARE PRODUCED IN THE SAME MANNER INSIDE THE BODY FROM FOOD SOURCES.

Grounding with your feet with the earth lessens the effects of burning by quite a margin. Irrespective the scientific studies have shown that the life-giving force we are blessed with, not only gives all living things power to grow.



We thrive because of this mechanism. Bearing in mind that all natural foods are technically captured sunlight; either in fruit and vegetables or protein from animal sources that holds this amazing power within, until your mitochondria unlocks it in the form of photons and electrons which is the fuel that your body runs on.

Minerals from food are drawn into the body via the digestive tract, redirected to the cells where they are distributed into the fluid solutions of each organ. Vitamins are produced in the same manner inside the body from food sources. The only vitamin that the body creates on its own is Vitamin D.



The mitochondria also produce water from the air you breath splitting the oxygen molecule to release water into the exclusion zone of the mitochondria, so it can perform the ATPase energy cycle and maintain bodies electrical "battery like" electrolytic balance and charge.

Technically a hormone is created by sunlight and the skins fat layers. Most of the hormones on the body are created in the fat layers. Provided the gut is functioning correctly, there should be little requirement to supplement.

Exposing the stomach area to direct sunlight has shown to have a massive benefit in healing gut and digestive issues.

As a known fact the gut biome or flora also thrive on sunlight, and exposing the stomach area to direct sunlight has shown to have a massive benefit in healing gut and digestive issues. The grounding aspect is a little more mysterious to understand. However, the basic functions are to allow the natural resonant frequency of the earth to draw up through the feet. (The reason we have sweat glands in our feet is for better conductivity to the earth.).



In addition to the compelling benefits of sunlight as a catalyst for insulin responsiveness, embracing light as a supplementary energy source presents a holistic approach to managing Type 2 diabetes. Beyond the reduction of obsessive food focus, exposure to sunlight can instill a profound sense of satiety. By recognizing the body's capacity to thrive with diminished reliance on food intake, individuals with Type 2 diabetes may cultivate a mindful approach to eating, consuming only when genuinely hungry. This mindful eating habit not only curtails excessive insulin release but also facilitates the pancreas' healing process, fostering the rejuvenation of insulin quality.

Combining sunlight-induced satiety with conscious eating practices, this dual strategy emerges as a promising avenue for promoting overall health and well-being in individuals managing Type 2 diabetes.

**Going to ground in sunlight is
an ancient practice forgotten in time.**

Glen Anthony Cronje.
quantlife@gmail.com

“ Harmonizing sunlight exposure and earthing synergistically engages with nature's electromagnetic forces, fostering a scientifically-backed alliance that enhances overall well-being and vitality.



GREEN
LIST

Cabbage.

Cabbage is a versatile and nutritious vegetable that deserves a place on your plate. With its crunchy texture and mild flavor, cabbage can be enjoyed raw in salads, slaws, or wraps, or cooked in stir-fries, soups, or stews. Beyond its culinary appeal, cabbage offers an array of health benefits thanks to its impressive nutritional profile.

Rich in vitamins, minerals, and antioxidants, cabbage is particularly high in vitamin C, vitamin K, and fiber. Vitamin C supports immune function and skin health, while vitamin K is essential for bone health and blood clotting. Additionally, cabbage contains compounds called glucosinolates, which have been linked to potential cancer-fighting properties.

NUTRITIONAL INFO (1 cup portion)

Calories: Around 20-25 calories

Carbohydrates: Approximately 4.8 grams

Protein: About 1 gram

Fat: Less than 1 gram

Fibre: Roughly 2-3 grams



THAT “S” WORD

EXPLORING SUGAR ALTERNATIVES FOR DIABETICS



Sugar's addictive qualities have drawn parallels to highly addictive substances like cocaine*, with research indicating its ability to trigger cravings and compulsive consumption patterns. The rise of artificial sweeteners as purported alternatives has complicated the issue, especially for individuals managing conditions like diabetes. The addictive nature of sugar lies in its ability to stimulate the brain's reward system, leading to dopamine release and subsequent cravings. This behavior mirrors addictive patterns seen with drugs, necessitating efforts to reduce sugar intake. However, for diabetics, selecting suitable sweeteners is crucial. While some artificial options may pose risks, natural alternatives like stevia and monk fruit extract offer safe choices that don't spike blood sugar levels, providing a solution for managing glucose while still enjoying sweetness.

EAT LESS SUGAR! YOU'RE SWEET ENOUGH ALREADY



*source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1931610/>

SUGAR



Finding suitable sugar alternatives is paramount in maintaining stable blood sugar levels while still enjoying the occasional sweet treat.

In recent years, several sugar substitutes have gained popularity due to their low glycemic index and minimal impact on blood glucose levels. In this article, I'll delve into the properties, pros, and cons the four common sugar alternatives: Erythritol, Xylitol, Stevia and Canderel.

It's crucial to carefully review the ingredients listed on the packaging of any product. Familiarizing yourself with the various names used for sugars is essential, as sugar can often be disguised under alternative names in ingredient lists. Many manufacturers use different terms to refer to sugar in their products. A comprehensive understanding of these names can help you make informed choices about your dietary intake. For guidance, refer to resources listing the numerous aliases for sugar commonly found in food labels. When reading food labels, look for terms like sucrose, fructose, glucose, maltose, and other sugar-related terms, including those ending in "-ose" or containing the word "syrup." Additionally, be aware of sugar alcohols like sorbitol, mannitol, xylitol, erythritol, and maltitol, which are often used as sweeteners. Familiarity with these names empowers consumers to make healthier choices and manage their sugar intake more effectively.



ERYTHRITOL:

Description:

Erythritol is a sugar alcohol that occurs naturally in some fruits and fermented foods. It's about 70% as sweet as table sugar (sucrose) but contains only 6% of the calories. Erythritol doesn't affect blood sugar or insulin levels, making it an excellent choice for diabetics.

Ingredients:

Erythritol is made through the fermentation of glucose derived from corn starch.

Pros:

- Zero glycemic index does not raise blood sugar levels.
- Low in calories, making it suitable for weight management.
- Does not cause dental cavities.

Cons:

- May cause digestive issues such as bloating or diarrhea in high doses.



XYLITOL:

Description:

Xylitol is another sugar alcohol found in fruits and vegetables. It has a sweetness similar to sugar but with 40% fewer calories. Xylitol has a minimal effect on blood sugar and insulin levels.

Ingredients:

Xylitol is extracted from birch wood or corn husks through a hydrogenation process.

Pros:

- Low glycemic index, suitable for diabetic diets.
- May improve dental health by preventing cavities and reducing plaque.
- Has a similar taste and texture to sugar.

Cons:

- Can cause digestive discomfort, especially in high doses.
- **Toxic to pets, so caution must be exercised in households with animals.**



STEVIA:



Description:

Stevia is a natural sweetener derived from the leaves of the *Stevia rebaudiana* plant. It is intensely sweet, up to 200–400 times sweeter than sugar, but contains zero calories and has no effect on blood sugar levels.

Ingredients:

Stevia leaf extract, often in the form of purified steviol glycosides.

Pros:

- Zero glycemic index, safe for diabetics.
- Contains antioxidants and may have potential health benefits, such as lowering blood pressure.
- Highly concentrated, so only small amounts are needed.

Cons:

- Some people may detect a bitter aftertaste, especially with certain brands or preparations.
- Stevia's intense sweetness may be overwhelming for some, requiring adjustment.



CANDEREL:

Description:

Canderel is a brand name for a sweetener containing aspartame, an artificial sweetener, and acesulfame-K, another artificial sweetener. It is calorie-free and does not raise blood sugar levels.

Ingredients:

Aspartame, acesulfame-K, and other bulking agents. (Banting RED List!)

Pros:

- Calorie-free and does not affect blood sugar levels.
- Suitable for baking and cooking as it retains its sweetness at high temperatures.

Cons:

- Controversies exist over the safety of aspartame, although extensive research supports its safety for most people.
- Some individuals may have a sensitivity to aspartame.

Choosing the right sugar alternative involves considering taste preferences, health goals, and individual tolerance levels. Erythritol, Xylitol, Stevia, and Canderel Stevia are all viable options, each with its own unique properties and considerations. Experimenting with different sweeteners can help find the perfect balance between satisfying cravings and managing blood sugar effectively.

This table provides a concise comparison of four common sweeteners: Erythritol, Xylitol, Stevia, and Canderel. Here's a brief summary based on the information provided:

Sweetener	Taste	Calories (per gram)	Carbs (per gram)	Insulin Response	Blood Sugar Impact
Erythritol	Similar to sugar	0	0g	None	None
Xylitol	Similar to sugar	3	0.71g	Minimal	Minimal
Stevia	Intensely sweet	0	0.07g	None	None
Canderel	Similar to sugar	4	1g	None	None

THERE ARE MORE THAN



NAMES FOR SUGAR!



- Anhydrous dextrose
- **Agave***
- **Agave nectar***
- **Aspartane***
- **Acesulfame K***
- Beet sugar
- Brown sugar
- Cane juice
- Cane juice solids
- Cane sugar
- Cane syrup
- Caramel
- Carob syrup
- Caster sugar
- Coconut sugar
- Confectioners' sugar
- Corn syrup
- Corn syrup solids
- Crystalline fructose
- Date sugar
- Demerara sugar
- Dextran
- Dextrose
- Dehydrated cane juice
- Evaporated cane juice
- Evaporated cane syrup
- Evaporated sugar cane
- **Fructose***
- Fructose crystals
- Fruit juice crystals
- Fruit juice concentrate
- Glazing sugar
- Glucose
- Glucose syrup
- Golden sugar
- Golden syrup
- Granulated sugar
- High-fructose corn syrup (HFCS)
- Honey
- Icing sugar
- Invert sugar
- Invert syrup
- King's syrup
- Lactose
- Maple syrup
- Maple sugar
- Maltose
- **Malt sugar***
- Malt syrup
- Molasses
- Muscovado
- Nectar
- Pancake syrup
- Panocha
- Powdered sugar
- Raw sugar
- Refiners' syrup
- **Saccharin***
- **Splenda***
- Sorghum
- **Sorbitol***
- Sorghum syrup
- Sucanat
- **Sucrose***
- **Sugar***
- **Syrup***
- Superfine sugar
- Table sugar
- Treacle
- Turbinado sugar
- White sugar
- Yellow sugar

ALWAYS
READ
THE
FOOD
LABELS

*Banting RED List - Never Eat!



**Dinner
Idea!**



DINNER **12g CARBS**

Stir Fry Stips of Beef with
Broccoli

Fresh Green Salad with
Onions, Cherry Tomato,
Cucumber slices, Olives, and
Feta

Cup of Chamomile Tea with
fresh lemon

GREEN
LIST

PEPPERS.

Incorporating peppers, whether they're red, green, or yellow, into your diet is a flavorful and nutritious choice with a myriad of benefits. Packed with vitamins, minerals, and antioxidants, peppers contribute to overall health and well-being.

These colorful vegetables are particularly rich in vitamin C, providing a significant portion of your daily needs in just one serving. Vitamin C is crucial for immune function, skin health, and wound healing. Additionally, peppers contain vitamin A, which supports vision and immune function, as well as vitamin K, important for bone health and blood clotting. Peppers are also low in calories and high in fiber, making them an excellent choice for weight management and digestive health.

Their vibrant hues indicate the presence of various antioxidants, such as beta-carotene and lutein, which help reduce inflammation and protect against chronic diseases like heart disease and cancer. Whether raw in salads, sautéed in stir-fries, or roasted as a side dish, peppers add a delightful crunch and burst of flavor to any meal while providing a nutritional punch that your body will thank you for.

So, next time you're planning your meals, consider adding some peppers to the mix for both taste and health benefits.



NUTRITIONAL INFO (1 cup portion)

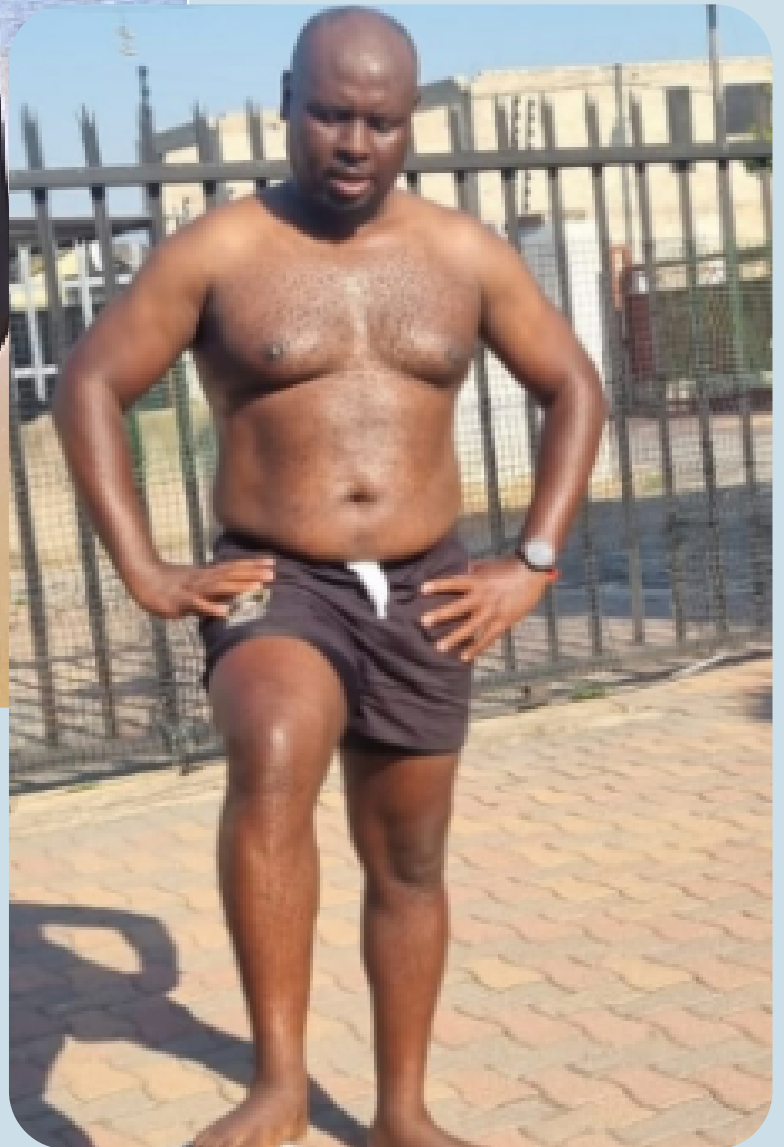
Calories: Around 25-30 calories
Carbohydrates: Approximately 5-7 grams
Protein: About 2 grams
Fat: Less than 1 gram
Fibre: Roughly 2-3 grams

BLOOD GLUCOSE DAILY TRACKER

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fasting Blood Glucose 							
BREAKFAST MEAL 							
Blood Glucose 2hrs POST BREAKFAST 							
Blood Glucose 30 mins BEFORE LUNCH 							
LUNCH MEAL 							
Blood Glucose 2hrs POST LUNCH 							
Blood Glucose 30 mins BEFORE DINNER 							
DINNER MEAL 							
Blood Glucose 2hrs POST LUNCH 							



muzi



“*Navigating life with diabetes wasn’t without its challenges.*”

On a significant day, August 18, 2021, my life took an unexpected turn—I was diagnosed with type 2 diabetes. Looking back, the preceding weeks had been a series of unusual signs: sugar cravings, frequent night-time bathroom trips, and even weight loss, although I attributed the latter to my intense training regimen. Little did I realize that these were all indicators of type 2 diabetes.

Musi's Journey to Reversing T2

Even though I experienced some erectile dysfunction (ED), I brushed it off, assuming it was due to fatigue from training. As symptoms compounded, I began experiencing blurry vision, prompting me to seek medical attention. That visit to the doctor revealed a staggering sugar level of 27+. I was immediately admitted to the hospital to manage this soaring sugar level, an experience that opened my eyes to the seriousness of the condition.

At the hospital, I received comprehensive education about diabetes, its potential dangers, and what lay ahead for me as a newly diagnosed individual. Determined to equip myself with knowledge, I delved into research during my hospital stay, preparing myself for life after discharge.

Upon leaving the hospital, with my sugar levels stabilized at 12, I returned home to my family—my two boys and my wife. Sitting them down, I explained the new chapter in my life. Their unwavering support became my beacon of hope and the catalyst for my commitment to self-care, knowing that they relied on me more than ever. All this occurred when I was 37 years old.

My treatment journey began with prescriptions—Diagluclide MR 60mg, Diaphage 1000, and Jalra 50mg initially. Over time, my medications were adjusted, reflecting the dynamic nature of managing diabetes.

Navigating life with diabetes wasn't without its challenges. I grappled with food portions that caused fluctuations in my sugar levels. Over-exercising and alcohol posed additional hurdles, necessitating a complete lifestyle overhaul. There were moments when my sugar levels hit alarming lows, leading to panic and a realization of the need for better preparation and monitoring.

Mentally, the journey was taxing. Thoughts of potential complications like erectile dysfunction, amputation, or blindness clouded my mind until I found solace in support groups. Joining these groups introduced me to inspiring stories from fellow individuals managing diabetes, reshaping my perspective and infusing me with a newfound positivity.

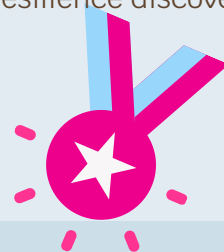
As I embraced support groups, like **Linda's Diabetes Warriors**, and educational programs, my outlook transformed. Participating in advocacy initiatives like visual runs and dedicated training sessions provided invaluable insights into managing diabetes effectively. I adopted a banting meal plan, honed in on my nutritional knowledge, and became a dedicated runner. I started witnessing positive changes in my body and overall well-being.

Progress became evident; my doctor marveled at the positive shift in my health. From weighing 114 kilograms at diagnosis to steadily shedding weight, I embraced a lifestyle anchored in mindful eating, portion control, and regular exercise, aiming to reach my target weight of 90 kilograms.

My journey taught me invaluable lessons: to be proactive, receptive to learning, and vigilant about symptoms. I tragically lost two friends who ignored symptoms, reinforcing the importance of timely action when facing health concerns.

In conclusion, my journey with type 2 diabetes has been transformative.

It's a testament to the power of education, support, and proactive self-care. Today, I live a life of vitality and purpose, grateful for the lessons learned and the resilience discovered on this unexpected path.





personalised weekly meal plans.

Are you ready to take control of your diabetes and embrace a healthier lifestyle? Look no further! Introducing our Customized Meal Plans, specifically designed for individuals with Type 2 Diabetes.



PER
WEEK

R200

0 7 6 3 3 2 8 6 5 2

WHAT'S INCLUDED?

- ✓ 7-Day Meal plan for breakfast, lunch, and dinner.
- ✓ Shopping List
- ✓ Recipes
- ✓ Nutritional Information



yum

WARRIOR RECIPES!



Diabetes Warriors is a Diabetes WhatsApp Support Group. We are currently a family of 500 members in South Africa and into Africa. These are some recipes shared by our members.



Nadia Khamissa, hails from Blantyre in Malawi and is a member of the Diabetes Warriors WhatsApp Support Group. Here Nadia shares one of her easy low carb recipes with us.



INGREDIENTS

- 1 tin tuna in brine
- 1 medium zucchini sliced
- 1 tbsp white onion finely chopped
- 1 small tomato finely chopped and diced
- 1 small green pepper chopped,
- ½ cup grated mozzarella cheese,
- pinch cayenne pepper
- pink salt to taste
- A dash of paprika powder

CABBAGE SALSA

½ cup red cabbage grated
1 tbs apple cider vinegar
salt & pepper to taste
2 tsp sweetener (optional)

INSTRUCTIONS

1. Drain the Tuna
2. Pan fry the onions, green pepper and add the spices
3. Fry on low heat for 5 minutes
4. Add the tuna (Season to taste)
5. Layer an oven proof dish with the tuna mixture and sliced zucchini and top with the cheese
6. Sprinkle with herbs and microwave (or bake in the oven at 180 degrees), until the cheese has melted.

Serve with the side of Cabbage Salsa.

11 CHEESY ZUCCHINI AND TUNA BAKE WITH RED CABBAGE SALSA

NUTRITIONAL INFORMATION

Calories: ~495 | Carbs: ~13g | Protein: ~45g | Fat: ~18g | Fibre: ~5g

SPINACH & MUSHROOM RISOTTO



INGREDIENTS

- 1 cup mushrooms finely chopped
- 2 cups of spinach
- 2 teaspoons crushed garlic
- 2 tablespoons of extra virgin olive oil
- 1 teaspoon sumac spice
- 1 teaspoon mixed Italian herbs
- 1 cup fresh cream
- ½ cup grated parmesan cheese
- Truly Good cauliflower and turnip rice

INSTRUCTIONS

1. Rinse the Truly Good rice well in warm water. Rinse through at least twice and set aside.
2. Fry the mushrooms on a medium heat until tender.
3. Add the spices, and garlic and mix well together.
4. Add the spinach and cover.
5. Cook until the spinach has wilted down.
6. Add the Truly Good rice and mix well
7. Add the cream and the parmesan cheese.
8. Stir well and allow to simmer for about 3-5 minutes.
9. Serve with chopped coriander
10. Serve Hot

Makes two portions.

NUTRITIONAL INFORMATION

Calories: ~ 350 | Carbs: ~ 7g | Protein: ~16g | Fat: ~30g | Fibre: ~5g

TOP TIPS

Always wash your hands before you test blood sugar! Always!



Take a 30 minute brisk walk after your meal to improve insulin sensitivity



Never go shopping on an empty stomach, and always make a shopping list!



Download a carb counting App to help you manage how many carbs you're eating every day



Set a reminder on your phone or in your diary to do an HbA1c test every three months!



Carry a water bottle and aim to stay well-hydrated throughout the day. Proper hydration supports kidney function and helps regulate blood sugar levels.



The Power of Herbs & Supplements in Type 2 Diabetes Management

Type 2 diabetes is a condition that can often be managed and, in some cases, even reversed through a combination of lifestyle changes, including diet and exercise. In addition to these fundamental changes, incorporating certain herbs and supplements into your routine may offer additional support in the journey to reverse type 2 diabetes.



CINNAMON

One of the most promising herbs for diabetes management is cinnamon. Studies suggest that cinnamon may help improve insulin sensitivity, making it easier for cells to respond to insulin.

Sprinkling a little cinnamon on your morning oatmeal or incorporating it into your favorite recipes might be a flavorful and beneficial addition to your diabetes reversal plan.

TURMERIC

Curcumin, the active compound in turmeric, has anti-inflammatory and antioxidant properties. Some research indicates that turmeric may help lower blood sugar levels and improve insulin sensitivity.

Consider adding turmeric to your cooking or opting for turmeric supplements, ensuring they are taken in moderation.



BERBERINE

Berberine, a compound found in several plants, has shown promise in improving blood sugar control. It works by affecting various molecular targets, including AMP-activated protein kinase (AMPK), which plays a crucial role in regulating metabolism. Berberine supplements are available and may be worth discussing with your healthcare provider.

FENUGREEK

Fenugreek seeds have been used for centuries in traditional medicine. Recent studies suggest that fenugreek may help lower blood sugar levels by improving insulin function. This herb can be incorporated into your diet by adding fenugreek seeds to dishes or taking fenugreek supplements after consulting with your healthcare professional.



ALOE VERA

Aloe vera is not just for soothing sunburns; it may also have benefits for those with type 2 diabetes. Some studies suggest that aloe vera gel may help lower blood sugar levels. However, more research is needed, and it's essential to choose high-quality aloe vera products.

ALPHA-LIPOIC ACID

Alpha-lipoic acid is a powerful antioxidant that may have a positive impact on insulin sensitivity. It's found in certain foods and is also available as a supplement. Before adding it to your regimen, consult with your healthcare provider, especially if you are taking medications for diabetes.



CHROMIUM

Chromium is a mineral that plays a role in insulin action. While research results are mixed, some studies suggest that chromium supplements may help improve insulin sensitivity. It's crucial not to exceed recommended doses, as excessive intake can have adverse effects.

IMPORTANT

Before incorporating any herbs or supplements into your diabetes management routine, it's crucial to consult with your healthcare provider. While these natural remedies show promise, they should complement, not replace, established diabetes management strategies prescribed by your doctor. Additionally, individual responses may vary, and what works for one person may not work for another.

Gut Health

Your gut is your
first brain. Nurture
it with fibre-rich
foods and
probiotics to pave
the way to
diabetes reversal.

reverseit.co.za



4 WAYS TO REDUCE (HYPERGLYCEMIA) HIGH BLOOD SUGAR

Living with Type 2 diabetes often involves incorporating various strategies into daily life to maintain blood sugar levels. While metformin is a common prescription for many patients, it's crucial to recognize that its mechanisms differ from those of insulin injections. Unlike insulin users who can address high blood sugar levels with a simple injection, metformin users may face unique challenges.

Typically prescribed for both morning and evening intake, metformin offers sustained blood sugar control throughout the day. However, if a post-meal blood sugar spike occurs, you cannot just take a metformin tablet. It does not work like that. In such situations, exploring alternative methods becomes imperative. Here are some proactive approaches to help manage high blood sugar levels effectively:

**1**

Take a Walk!

Engaging in a brisk walk is a valuable tool in the arsenal against high blood sugar. The key is to maintain a heart rate in the aerobic zone, optimizing the body's ability to utilize glucose for energy. Caution should be exercised not to escalate heart rate too much, as an anaerobic state can lead to a further elevation in blood sugar levels.

2

Drink Water!

Drinking a full glass of tepid water every 15 minutes can aid in lowering high blood sugar levels. This simple yet effective practice contributes to improved hydration, assisting the body in processing glucose more efficiently. The increased fluid intake also supports kidney function, promoting the elimination of excess glucose through urine.





3

Take a bath!

A warm bath lasting about an hour might seem like a luxurious indulgence, but it can serve as more than just a relaxation technique. Scientifically, a warm bath can enhance blood circulation and stimulate insulin sensitivity, contributing to a reduction in high blood sugar levels. This holistic approach underscores the interconnectedness of physical well-being and blood sugar management.

Mindful Breathing!

4

Deep breathing exercises offer more than just stress relief—they play a role in blood sugar regulation. Stress triggers the release of hormones that can elevate blood sugar levels. Incorporating mindfulness techniques and deep breathing exercises into daily routines can aid in stress reduction, potentially preventing unwanted spikes in blood sugar.



A blood sugar reading surpassing 8.0 mmol (two hours after a meal) is indicative of a hyperglycemic episode. Should your blood sugar fail to return to a normal range two hours post-meal, it becomes imperative to take proactive measures to lower it.

By integrating these strategies into your lifestyle, you not only enhance your overall well-being but also exhibit a responsible approach to your health. Prioritizing the adherence to recommended total carbohydrate limits per meal becomes essential to mitigate the risk of hyperglycemia. Remember, these conscientious steps contribute not only to better blood sugar management but also to the promotion of your overall health.



MY TOP TEN TIPS FOR DINING OUT WITH DIABETES

Eating out does not have to be intimidating, and it never should be an excuse to have a “cheat day” (*there is no such a thing, by the way when you have diabetes*)

Here are my top ten tips for dining out with Diabetes.

1. Always choose a protein
2. Always order a side of veggies as opposed to carbs. (ask what the veggie of the day is). Stay away from starch veg like fries, rice, pasta and mash potato.
3. Pick a dish that contains more fibre.
4. Stay away from dishes that have trans fats or higher amounts of saturated fats. (ask you waiter what fats are use to prepare your meal)
5. Avoid high-sugar beverages. If you're having wine – rather go for half a glass of red wine with your meal. Or better still, go for water with lemon.
6. Don't be afraid to speak to the waiter and ask how the meal is prepared.
7. Eat the veggies or a salad before you eat the protein. When we have fibre in our belly before we eat sugars and starches, the fibre helps slow down the blood sugar spike. So always start with veggies or order a salad as a starter.
8. If you're dining out for lunch, or breakfast, take a 30-minute walk when you get home.
9. Don't feel you need to finish everything on your plate. Some restaurant portions can be rather large. Eat until you are satisfied and take the rest home.
10. Eat slowly and enjoy your meal.

TYPE2HEALTH

Nutrition Network Advisor

Focussing on reversing T2 Diabetes

PRIVATE COACHING

WHAT YOU GET

- Personalised weekly meal plans.
- Shopping list.
- WhatsApp Group Support
- LCHF Nutrition education.
- Lifestyle Assessment.
- Behavioral coaching.
- Accountability & Support.
- Stress management techniques.
- Twice a month private one-on-one appointment (online or face-to-face in Fourways)
- Weekly telephone check-in to provide support and motivation..
- Resource provisions of recipes, educational information.

**R500 PER MONTH
(MIN 3 MONTHS)**

Paid up front in advance



linda@type2health.co.za



076 3328652





OUR VISION

"To lead a movement towards a future where type 2 diabetes is a rarity, by tirelessly educating, supporting, and guiding individuals to reverse the disease and embrace vibrant health, one person at a time."



OUR MISSION

"At Type2Health, our mission is to educate, support, and empower individuals to manage and reverse type 2 diabetes through personalized care and advocacy, fostering healthier lives and a future free from the constraints of this disease."



“

Did you know?

....

A lot of your diabetes
problems can be solved by
just removing some food
and some bad habits from
your lifestyle?

*Believe You Can
and You Will!*

