

SEPTEMBER 2024

ISSUE 04

REVERSE IT!

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

SUPPLEMENTS FOR T2

MEN'S HEALTH

Exploring the challenges
men experience with T2
Diabetes

FROM SEED TO PLATE!

SAVE MONEY!
Start your own
veggie garden!

FOOD NOISE

Dealing with the
constant noise in our
heads about food!

LEONA, FOUCHE

How I reversed my Type2
and got off all
medication

STRESS

The Effects of Stress on
Blood Sugar





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

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Spring is a season of renewal and change, a time when nature comes alive with growth and new beginnings. As we embrace this season, it's also an opportunity for those managing type 2 diabetes to refresh their health routines and make positive changes.

In this Spring Edition of Reverse It magazine, we highlight the importance of supplements in supporting your journey with type 2 diabetes. Just as spring nourishes the earth, the right supplements can nourish your body, helping to manage complications and boost overall well-being.

We also explore the benefits of growing your own vegetables—a rewarding way to ensure you eat fresh, nutritious food that supports your health. Even with limited space, starting a garden is easier than you think, and it's a powerful step towards self-sufficiency.

Lastly, I address the often-overlooked stigma of type 2 diabetes in men. Many men struggle to talk about their diagnosis, feeling isolated. We delve into why this happens and how we can encourage more open dialogue and support.

As you read this issue, consider the changes you can make this spring. Whether it's trying new supplements, starting a garden, or opening up about your health, each step can lead to meaningful progress.

Here's to a season of growth and positive change.

A handwritten signature in black ink that reads "Linda".



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Walking the Talk

LESSONS IN HEALTH & HOLISTIC LIVING

.....Norrie Williamson

In the last edition, we explored a holistic approach to managing diabetes, emphasizing that it's not just about exercise or diet but about adopting a new lifestyle. We acknowledged that going 'cold turkey' rarely works for most people.

Surprisingly, in the wake of recent elections and a new cabinet, we find unexpected inspiration from Gayton McKenzie, the newly appointed Minister of Sport, Arts, and Culture. Despite his controversial past, including a history with gangs and time in prison, McKenzie has transformed his life, becoming a motivational speaker and author. Now in his new role, he's leading by example, embracing a healthier lifestyle and encouraging others to do the same.



McKenzie's approach is not about quick fixes but about gradual, lasting change. He's promoting daily exercise and sharing his journey on Instagram, inspiring many to join him. His "Wednesday Weigh-in" has become a public testament to his commitment to a better, healthier future.

Healthy Eating Trumps Exercise

The combination is life changing!

Professor Tim Noakes was quick to acknowledge the Minister's efforts with guidance that correctly pointed out the two most effective components would be exercise and diet.

Exercise alone is not the solution, as without the correct diet, exercise (for weight loss) becomes a form of starvation as the body will not get sufficient calories to function. The challenge of a healthy lifestyle is therefore a combination of healthy exercise AND a healthy diet.

Tim Noakes promotes that healthy eating will always trump an exercise program in the pursuit of a healthy lifestyle, and the prime reason for this is the prevalence of sugar in modern foods and eating habits.

Healthy eating is becoming increasingly challenging as manufacturers sneak sugar into foods once considered natural and healthy.

Chicken is coated in sugary breadcrumbs, meat basting is sweetened, and even bacon and steaks are marinated in honey flavors.

Diabetics quickly notice the impact as their blood sugar levels fluctuate with these modern diets. However, combining exercise with a healthy-fat, low-carb (HFLC) approach can transform their condition. This month, we focus on elevating your exercise routine.

It's not easy, but Gayton McKenzie's weekly weigh-ins offer support and accountability. Having partners and supporters on this journey can help everyone overcome challenges.



The first three messages are:

1 Attract others to join you in your quest for a change and betterment as you will never regret having companions along the way.

2 Acknowledge that the real lifestyle change will be made when you combine improvements to both exercise and eating.

3 It really doesn't matter what you did in the past, it matters entirely what you do from this point forward.



Starting an exercise program can be daunting, especially if you're unsure where to begin. We've outlined a basic 4-week program tailored for those just getting off the couch and for those ready to combine walking with low-intensity running.

If you're not currently exercising 2-3 times a week, consult your healthcare provider for guidance on how to start safely and possibly adjust your diabetes management to accommodate the added exercise stress.



Start Small and Build:

Your vision and desire of running may include the joy of being out in the open running and walking, feeling the sun on your back, the wind in your hair, and yes sometimes even the cooling drizzle of rain on a hot humid South African evening: Perhaps you want to see how fast you can cover a 10km or how far you can go or perhaps you just want to improve your health – but where do you start?

The “Bad” news

Running is one of the toughest sports to get into and enjoy. The first four to eight weeks can be grueling, but seasoned runners will tell you it's worth it. The benefits go beyond physical changes, impacting mental health and resilience.

Running becomes a stabilizing force in your life, but your body must first adapt to the demands of the sport. Unlike team sports, running is all about personal effort, which can feel daunting but is ultimately empowering.

As you start, your body and ego will face challenges, but these initial hurdles will set the stage for significant progress. Gradually, you'll build the strength and perspective needed to succeed.

The Good news

There is a bright light at the end of the tunnel! The starting point is right here. Once you push through the initial 2-3 month adaptation phase, your progress can be rapid and significant, regardless of your age. With the right training and dedication, you'll see dramatic improvements over the next 4-5 years.

You can expect 15 to 20 years of progress, although after 8-10 years, continued improvement may require more effort. Yet, many people start running later in life and still outperform younger participants.

But before you achieve greatness, you must take the first steps—starting below.

A Simple Programme

- 1** Follow the six-week program at the end of this article, as a simple beginners guide. If you have never exercised before, now is the time to start, and you only need to start on day one with 10-minutes of walking!
- 2** The initial four weeks of this schedule are designed for those who haven't exercised in a while.
- 3** If you've been active recently and have medical clearance, you might start at week 5 of the run and walk program.

By completing these programs, you'll be ready for a 5 or 10 km event sooner than you think. Whether you're interested in competition, socializing, health, weight control, or simply enjoying the outdoors, running or walking is yours to enjoy at your own pace, with no pressure to compete. This program is available in a Logbook format to help track your progress and keep you motivated. You'll soon be amazed at the strides you've made!

	WEEK/DAY	SESSION	ROUTE/TIME	COMMENTS	AVG. HEART RATE	WALKING PULSE	WEIGHT	SLEEP (HOURS)
WEEK ONE	Day One							
	Day Two							
	Day Three							
	Day Four							
	Day Five							
	Day Six							
	Day Seven							
WEEK TWO	Day One							
	Day Two							
	Day Three							
	Day Four							
	Day Five							
	Day Six							
	Day Seven							

This schedule is based on the advice and structure provided in “Every Beginners Guide to Walking, Jogging and Running” by, Norrie Williamson and published by Penprint

Walking LogBook

BEGINNERS



GUIDE

WALKING ● JOGGING ● RUNNING

WEEK ONE

- Day One: Walk 10 Mins
- Day Two: Rest
- Day Three: Walk 15 Mins
- Day Four: Rest
- Day Five: Walk 10 Mins
- Day Six: Rest
- Day Seven: Walk 15 Mins
(record time/route accurately)

WEEK TWO

- Day One: Rest
- Day Two: Walk 15 Mins
- Day Three: Rest
- Day Four: Walk 20 Mins
- Day Five: Rest
- Day Six: Walk 15 Mins
- Day Seven: Walk 15 Mins
(record time/route accurately)

WEEK THREE

- Day One: Rest
- Day Two: Walk 20 Mins
- Day Three: Rest
- Day Four: Walk 25 Mins
- Day Five: Rest
- Day Six: Walk 20 Mins
- Day Seven: Walk 15 Mins
(record time/route accurately)

WEEK FOUR

- Day One: Rest
- Day Two: Walk 25 Mins
- Day Three: Rest
- Day Four: Walk 30 Mins
- Day Five: Rest
- Day Six: Walk 20 Mins
- Day Seven: Walk 20 Mins
(record time/route accurately)

WEEK FIVE

- Day One: Rest
- Day Two: Walk 5 min, Run 30 Seconds,
Walk 3 Mins. (Repeat 3/4 times)
- Day Three: Rest
- Day Four: Walk 30 Mins
- Day Five: Rest
- Day Six: Walk 5 min, Run 30 Seconds,
Walk 3 Mins. (Repeat 3/4 times)
- Day Seven: Walk 20 Mins or Rest

WEEK SIX

- Day One: Rest
- Day Two: Walk 5 min, Run 30 Seconds,
Walk 3 Mins. (Repeat 5 times)
- Day Three: Rest
- Day Four: Walk 5 min, Run 30 Seconds,
Walk 3 Mins. (Repeat 5 times)
- Day Five: Rest
- Day Six: Walk 5 min, Run 30 Seconds,
Walk 3 Mins. (Repeat 5 times)
- Day Seven: Rest or Walk 20 Mins
(record time/route accurately)

A portrait of a Black man with a short beard and mustache, smiling warmly at the camera. He is wearing a dark green crew-neck t-shirt. His hands are clasped in front of him. The background is a plain, light grey.

**Breaking the
Silence:**

**The Stigma of
Type 2 Diabetes
in Men**



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Despite its prevalence, there exists a notable silence surrounding Type 2 diabetes, particularly among men. This article delves into the stigma surrounding Type 2 diabetes in men, exploring the possible reasons behind their reluctance to discuss it openly and the implications of this silence. Moreover, it highlights the importance of men stepping up as leaders and examples in managing their condition without shame or embarrassment.

The Stigma of Type 2 Diabetes in Men:

In many cultures, there exists a pervasive stigma surrounding health issues, particularly those related to chronic conditions like diabetes. For men, this stigma can sometimes manifest as a reluctance to acknowledge their health struggles openly.

Some expectations of masculinity dictate that men should be strong, self-reliant, and resilient in the face of adversity. Consequently, admitting to a chronic illness like Type 2 diabetes can be perceived as a sign of weakness or failure to meet these expectations.

Moreover, there are some misconceptions surrounding Type 2 diabetes, with many attributing the condition solely to poor lifestyle choices such as diet and exercise habits. This misconception can lead to feelings of shame and self-blame among men diagnosed with the disease, further contributing to the stigma. As a result, men may avoid discussing their condition with friends, family, or even healthcare providers, fearing judgment or criticism.

“

Type 2 diabetes doesn't discriminate based on gender. It's time to dismantle the misconception that it's solely a women's health issue and empower men to take control of their well-being without fear or judgment.



Type 2 diabetes (T2D) affects men in various ways, often presenting unique challenges and health implications specific to their gender. Here are several ways in which T2D affects men particularly:

Higher Risk of Cardiovascular Complications:

Men with T2D have a higher risk of developing cardiovascular complications such as heart disease, stroke, and peripheral artery disease compared to women with diabetes. This increased risk is attributed to factors such as higher levels of abdominal obesity and lower levels of HDL (good) cholesterol in men.



Sexual Dysfunction:

Sexual Dysfunction: T2D can lead to sexual dysfunction in men, including erectile dysfunction (ED) and decreased libido. The condition affects blood flow and nerve function, both of which are essential for normal sexual function. Studies have shown that men with diabetes are more likely to experience ED compared to those without the condition.



Higher Incidence of Amputations:

Men with T2D are at a higher risk of lower limb amputations due to complications such as peripheral neuropathy and peripheral artery disease. Poor circulation and nerve damage associated with diabetes increase the likelihood of foot ulcers and infections, which, if left untreated, can lead to the need for amputation.



Increased Risk of Kidney Disease:



T2D is a leading cause of kidney disease, particularly in men. Diabetes affects the small blood vessels in the kidneys, leading to a condition called diabetic nephropathy. Over time, this can progress to kidney failure, requiring dialysis or kidney transplantation.

Higher Rates of Mortality:



Men with T2D tend to have higher mortality rates compared to women with the same condition. This disparity is partially attributed to the increased prevalence of cardiovascular disease and other diabetes-related complications in men. Additionally, men are often less likely to seek medical care or adhere to treatment plans, which can contribute to poorer health outcomes.

Impact on Mental Health:



T2D can have a significant impact on mental health, with men experiencing higher rates of depression and anxiety compared to women with diabetes. The stress of managing a chronic condition, concerns about complications, and the stigma surrounding diabetes can all contribute to poor mental well-being in men.

Challenges in Seeking Support:



Men with T2D may face unique challenges in seeking support and accessing healthcare services. Societal expectations of masculinity, including the reluctance to show vulnerability or seek help, can prevent men from discussing their health concerns openly or adhering to treatment plans.

IT'S TIME FOR GIVEAWAY

SugaFree, your go-to online shopping experience for all things sugar-free, has generously donated an incredible **hamper packed with delicious sugar-free goodies**. 🎁 This hamper is filled with awesome treats that are sure to delight any diabetic!

How to Enter:

1. Follow SugaFree on Facebook and Instagram 📱
2. Follow Type2Health on Facebook and Instagram
3. Like, comment, and share their giveaway post 🌟
4. Cross your fingers and hope to be the lucky winner!





BREAKING FREE!

*"My Journey from Type 2
Diabetes to a Life
Without Medication"*

Leona Fouché

Pretoria, South Africa

Being diagnosed with type 2 diabetes in November 2018 was a wake-up call that shook me to the core. My HbA1c was a startling 10.4%, and the doctor immediately prescribed 2000mg of Glucophage daily—1000mg in the morning and 1000mg at night. Deep down, I knew my lifestyle had led me to this point. My diet consisted of fast food—McDonald's, Russian and chips, and endless bottles of Coca-Cola.

From that moment, I resolved to make a change. I sought guidance from a dietitian who provided me with a low-GI eating plan. I followed it diligently, yet, to my dismay, my blood sugar levels stubbornly refused to drop below 10 mmol. Breakfast consisted of porridge, lunch was a Low-GI sandwich, and dinner included starchy vegetables like potatoes and pumpkin, paired with protein. I ate six times a day, as recommended, but frustration set in as I saw others in online groups posting their morning readings of 5.5 mmol and 6.1 mmol, while mine remained above 10 mmol.

TAKE CONTROL

Determined to take control, I researched the condition and stumbled upon the growing popularity of low-carb diets.

Skeptical but desperate, I decided to give it a try, even if just for a month. I meticulously planned my meals, kept a food diary, and shopped for fresh vegetables every week. I explored new low-carb recipes, making a conscious effort to avoid the monotony of salads that had derailed my past attempts at dieting. The key was shifting my mindset from a temporary diet to a sustainable lifestyle change.

"Taking the time to plan my meals was (and still is) an investment in my health; it helps me stay on track, save time, and enjoy balanced, nutritious food all week long."

The results were nothing short of remarkable. Within the first week, my blood sugar readings plummeted to below 7. I was astounded—this was all self-guided, with no professional coaching, relying solely on information I found online and through support groups. As I delved deeper into the Diabetes Warriors community on Telegram and WhatsApp, I found the motivation to keep going.



Over the next two and a half years, I lost 68 kilograms, and my blood sugar stabilized between 5.3 and 4.8. Every visit to the doctor confirmed my progress, yet it took eight different doctors before one finally agreed to take me off Glucophage.

NEW WAY *Forward!*

Now, I've been medication-free for over a year. I adhere strictly to my personalized green list of foods, occasionally indulging in items from the orange list, and steadfastly avoiding the red list.

This isn't just a diet for me—it's my life. I refuse to return to the days of medication and high blood sugar.

For me, a 40g portion of oats with 23g of carbs can never replace the satisfaction of a hearty plate of low-carb vegetables.

This journey has been transformative, and it has taught me that with determination and the right support, reversing type 2 diabetes is not just a possibility—it's a reality.

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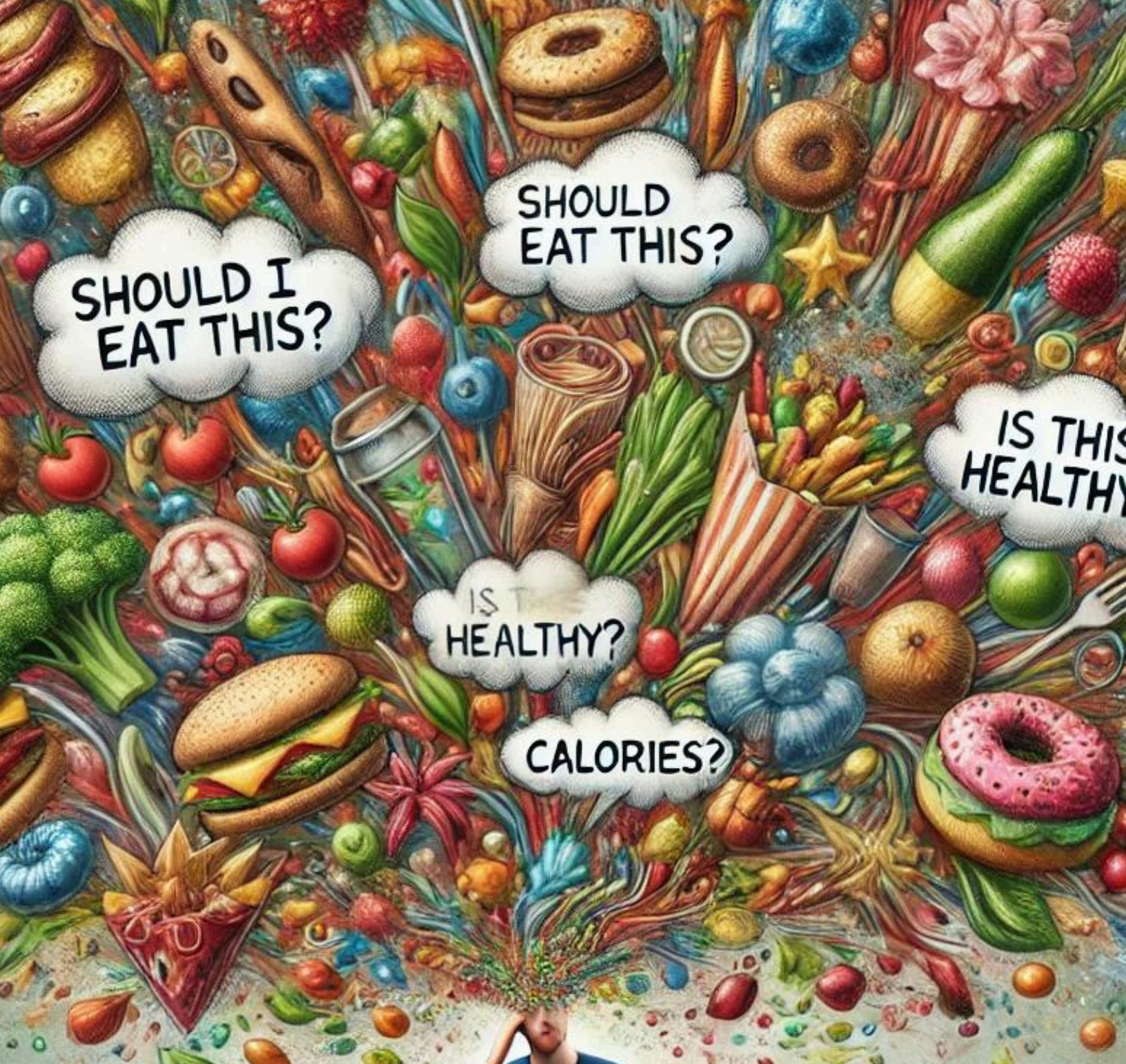


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FOOD NOISE



The Ever-Present Food Noise in the Life of a Type 2 Diabetic

"Food noise" is a term that encapsulates the overwhelming presence of food-related content and information in our lives. Whether it's the relentless food advertisements, the allure of cooking shows, the never-ending stream of social media posts showcasing decadent dishes, or the constant debates about diets and nutrition, food is everywhere. For most people, this noise is just a background hum. But for those managing type 2 diabetes, food noise is much more intrusive and constant.

For a diabetic, food noise is not just an occasional distraction—it's an all-encompassing presence that permeates every waking moment. From the instant you wake up and take that first blood sugar reading, to the last thought before sleep about how your dinner might affect your overnight levels, food noise is there. It's the persistent questioning: What should I eat? When should I eat? Will this meal cause my blood sugar to spike? These questions aren't just fleeting concerns—they're constant companions throughout the day.



This constant mental chatter can be exhausting. The simple act of choosing what to eat becomes a complex decision-making process, weighed down by the knowledge that every bite counts. It's not just about satisfying hunger; it's about maintaining blood sugar levels, avoiding complications, and managing the long-term effects of diabetes. The noise is particularly loud when you're confronted with less straightforward choices—those moments when the foods you crave might not align with your nutritional needs.



But while food noise is ever-present, it doesn't have to be overwhelming. One of the keys to reducing its impact is understanding how different foods affect your blood sugar. This knowledge can empower you to make informed choices, turning what was once a source of anxiety into a manageable part of your routine. Creating a balanced meal plan tailored to your specific needs can help silence some of that noise, providing clarity and direction

MINDFUL eating

Mindful eating is another powerful tool in the battle against food noise. By being fully present during meals—savoring each bite, recognizing when you're full, and appreciating the nourishment your food provides—you can shift your focus from worry to gratitude. This practice not only helps in managing blood sugar levels but also cultivates a healthier relationship with food.

FOOD journals



Using practical tools like **food journals** and meal pre-planning can further reduce food noise. Writing down what you eat and how it affects your blood sugar can provide valuable insights over time, allowing you to identify patterns and make adjustments as needed. Pre-planning your meals can take the guesswork out of eating, offering a structured approach that reduces anxiety and promotes better blood sugar control.

FOOD lists

One of the most effective strategies for managing food noise is relying on trusted resources like our **Green and Orange Food Lists**. These lists categorize foods based on their impact on blood sugar, providing a simple, go-to guide for making healthy choices. By incorporating these foods into your meals, you can minimize the risk of blood sugar spikes and enjoy a greater sense of control over your diet.

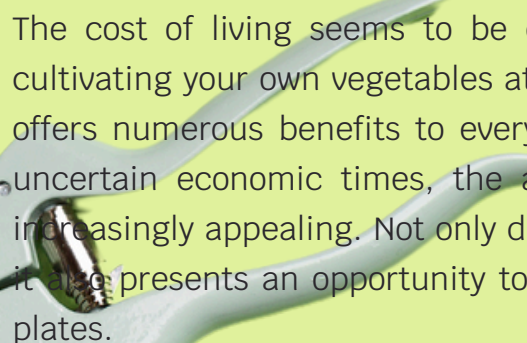
*You got
this!*



Remember, managing diabetes is a continuous learning process. It's okay to feel overwhelmed at times, and it's important to ask questions and seek support when needed. By focusing on knowledge, mindfulness, and practical tools, you can turn down the volume on food noise and create a healthier, happier relationship with food—one that is free from unnecessary anxiety and filled with confidence.

FROM SEED TO PLATE..

"Growing Goodness for Diabetics, One Veggie at a Time"



The cost of living seems to be ever on the rise, and the reality is that the idea of cultivating your own vegetables at home isn't just a hobby – it's a practical solution that offers numerous benefits to everyone, especially us diabetics. As we navigate through uncertain economic times, the allure of starting a small vegetable garden becomes increasingly appealing. Not only does it provide a rewarding and therapeutic escape, but it also presents an opportunity to save money and take control of what ends up on our plates.

With grocery store prices steadily climbing and the quality of produce sometimes questionable, the appeal of homegrown vegetables is undeniable. The satisfaction of plucking ripe tomatoes from the vine or harvesting crisp lettuce straight from the garden is unmatched by anything you'll find on a supermarket shelf. And let's not forget the financial aspect – growing your own vegetables can lead to significant savings over time, especially when faced with inflated food prices and shrinking budgets.

In this article, we'll explore the ins and outs of starting a small vegetable garden, whether you have a spacious backyard or just a sunny balcony. From selecting the right soil and fertilizer to planting from seed and enjoying the fruits of your labor, we'll guide you through every step of the process. So roll up your sleeves and get ready to embark on a journey that not only nourishes your body and soul but also stretches your hard-earned rand a little further in these challenging economic times.

Cultivating Freshness:

A Step-by-Step Guide to Planting Your Own Vegetable Garden at Home.

Step 1: **Choose the Right Location**

Select a spot in your garden that receives at least 6–8 hours of sunlight per day. Ensure the area has good drainage and access to water. Consider proximity to your kitchen for convenience.

Step 2: **Prepare the Soil**

Clear the chosen area of any weeds, rocks, or debris. Loosen the soil to a depth of 8–12 inches using a garden fork or tiller. Incorporate organic matter such as compost or aged manure to improve soil fertility and structure.

Step 3: **Plan Your Garden Layout.**

Consider factors like plant spacing, sunlight requirements, and companion planting. Group vegetables with similar needs together to optimize growth and yield.

Step 4: **Select Your Vegetables**

Choose vegetables from the Green List, that are well-suited to your climate and growing conditions. Consider your family's preferences and the amount of space available. Popular choices for beginners include tomatoes, peppers, lettuce, carrots, and herbs like basil and parsley.

Step 5: **Start Planting**

Follow planting instructions specific to each vegetable variety regarding spacing, depth, and timing. Plant seeds or seedlings according to your garden layout, ensuring proper spacing for optimal growth.

"Planting a seed in your own backyard is like sowing a dream – with patience, care, and a little bit of sunshine, you'll reap a harvest of beauty, nourishment, and endless possibilities."





"Sow the seeds of health, reap the harvest of healing. Growing your own veggies is the first step to turning the tide on Type 2 diabetes."

Step 6: **Watering and Maintenance**

Water your garden regularly, aiming for consistent moisture without over-saturation. Mulch around plants to retain moisture, suppress weeds, and regulate soil temperature. Monitor for pests and diseases, and address any issues promptly using organic methods if possible.

Step 7: **Fertilize as Needed**

Feed your plants with organic fertilizers as needed throughout the growing season to promote healthy growth and abundant harvests. Speak with your local garden centre for advice on the best fertilizer. Follow package instructions and avoid over-fertilizing, which can lead to nutrient imbalances.

Step 8: **Harvesting Your Bounty**

As your vegetables mature, harvest them regularly to encourage continuous production. Enjoy the satisfaction of picking fresh, flavorful produce from your own garden and share the abundance with family and friends.

Step 9: **Extend the Season**

Consider techniques such as succession planting, crop rotation, and season-extending structures like row covers or cold frames to maximize your garden's productivity and extend the growing season.

Step 10: **Reflect and Improve**

Take note of what worked well and what could be improved upon in your garden. Reflect on your experiences and experiment with new varieties or techniques in the seasons to come. Gardening is a journey of learning and growth, so enjoy the process and celebrate your successes along the way!

Cultivating Freshness Indoors:

A Step-by-Step Guide to Planting Herbs in Pots

Step 1: **Choose Suitable Herbs**

Select herbs that thrive indoors and are commonly used in cooking. Popular options include basil, parsley, coriander, chives, mint, rosemary, thyme, and oregano. Consider your preferences and the amount of sunlight your indoor space receives.

Step 2: **Select the Right Containers**

Choose pots with drainage holes to prevent waterlogging and ensure proper soil drainage. Opt for containers that are large enough to accommodate the root systems of your chosen herbs but small enough to fit comfortably on your windowsill or countertop.

Step 3: **Prepare Potting Mix**

Use a well-draining potting mix specifically formulated for container gardening. Avoid using garden soil, as it may compact and hinder root growth. Alternatively, you can create your own mix by combining equal parts potting soil, perlite (Perlite is a lightweight granular material that's white in colour), and compost.



Step 4: **Plant Your Herbs**

Fill each pot with potting mix, leaving about an inch of space at the top. Gently remove the herb plants from their nursery containers, being careful not to disturb the roots excessively. Place one plant in each pot, ensuring the top of the root ball is level with the soil surface. Press the soil lightly around the plant to secure it in place.

Step 5: **Provide Adequate Sunlight**

Place your herb pots in a location that receives at least 6 hours of sunlight per day, such as a south-facing window or a spot under grow lights. Rotate the pots occasionally to ensure even growth and prevent the plants from leaning toward the light source.

Step 6: **Watering and Maintenance**

Water your herbs regularly, allowing the soil to dry out slightly between waterings. Avoid overwatering, as this can lead to root rot. Monitor the moisture level by checking the soil with your finger and adjust your watering frequency accordingly. Trim or pinch off any dead or yellowing leaves to promote healthy growth.

Step 7: **Fertilize Sparingly**

Herbs grown in containers may benefit from occasional fertilization to replenish nutrients in the soil. Use a balanced, water-soluble fertilizer diluted to half strength and apply it once a month during the growing season. Avoid over-fertilizing, as this can lead to excessive foliage growth with diminished flavor.

Step 8: **Harvesting Your Herbs**

As your herbs mature, harvest them regularly to encourage bushy growth and maintain optimal flavor. Use sharp scissors or pruning shears to snip off leaves as needed, leaving a few inches of growth intact to support regrowth. Enjoy the fresh flavors of your homegrown herbs in your favorite recipes!

Step 9: **Pest and Disease Management**

Keep an eye out for common indoor pests like aphids, spider mites, and whiteflies, as well as fungal diseases like powdery mildew. Remove any affected leaves promptly and treat infestations with natural insecticides that won't affect your health as needed.

Step 10: **Enjoy and Experiment**

Embrace the joys of indoor herb gardening and experiment with different varieties and growing techniques. Incorporate your homegrown herbs into culinary creations, teas, infused oils, and herbal remedies to savor the full spectrum of their flavors and benefits.



"Planting seeds of change by growing your own vegetables: a journey towards reversing Type 2 diabetes, one harvest at a time."

TOP TEN GREEN LIST VEGGIES TO START GROWING AT HOME



Tomatoes: Spring is an ideal time to plant tomatoes as they thrive in warm weather. They require full sunlight and well-drained soil.



Peppers (Bell peppers, chili peppers): Peppers are also warm-season vegetables that grow well in spring. They require similar conditions to tomatoes.



Cucumbers: Cucumbers prefer warm temperatures and plenty of sunlight. Spring provides the right conditions for them to grow and produce abundantly.



Green Beans: Green beans can be planted in spring. They prefer warm soil and moderate temperatures.



Squash (including zucchini and butternut squash): Squash plants thrive in spring weather. They need ample space to spread out and plenty of sunlight.



Cabbage: Cabbage is a cool-season crop, which means it grows best when temperatures are cooler, such as during the spring and autumn seasons. Spring provides the ideal conditions for planting cabbage in many regions, especially in areas with mild to moderate temperatures.



Spinach: Spinach is a cool-season vegetable that can be planted in early spring. It prefers cooler temperatures and partial shade in warmer regions.




Lettuce: Lettuce varieties like looseleaf, romaine, and butterhead can be planted in spring. They prefer cooler temperatures and grow well in partial shade.



Carrots: Carrots can be planted in spring as they prefer cooler weather. They need loose, well-drained soil to develop properly.



Radishes: Radishes are fast-growing vegetables that can be planted in early spring. They prefer cooler temperatures and mature quickly.

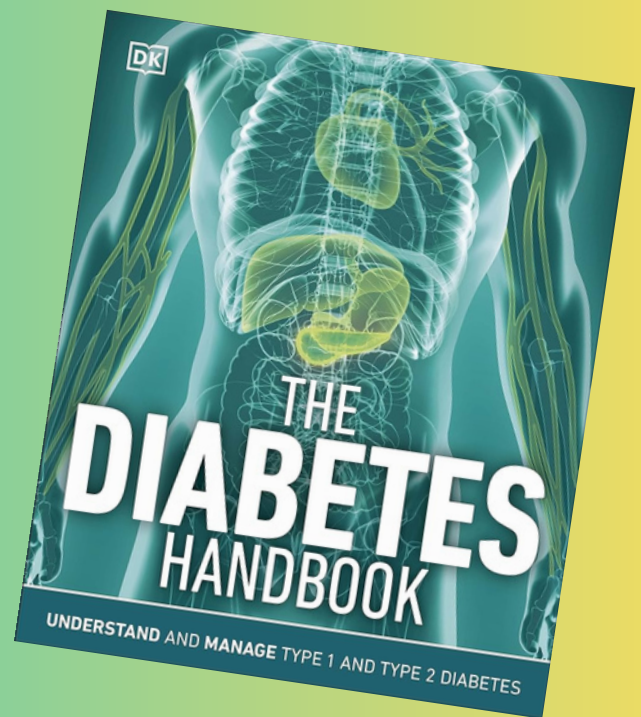


In conclusion, cultivating homegrown vegetables and herbs not only offers a myriad of health benefits and culinary delights but also serves as a powerful catalyst for fostering family bonds and creating lasting memories.

Involving the whole family in the process—from planning and planting to harvesting and cooking—promotes teamwork, communication, and a shared sense of accomplishment. It provides an opportunity for parents to impart valuable life skills to their children, teaching them about sustainable living, healthy eating habits, and the importance of connecting with nature.

Moreover, tending to a garden together can strengthen familial relationships, deepen appreciation for the food we eat, and instill a sense of pride in self-sufficiency. By embracing gardening as a family activity, we not only nourish our bodies but also nurture our relationships, sowing seeds of love, unity, and resilience that will continue to flourish for generations to come.

"The Diabetes Code" by Dr. Jason Fung is a groundbreaking exploration of type 2 diabetes, challenging conventional approaches by focusing on reversing the condition through intermittent fasting and low-carb diets. Dr. Fung explains insulin resistance as the primary driver of diabetes and offers practical strategies to restore metabolic health, empowering readers to take control of their well-being. With compelling case studies and accessible explanations, this book provides hope and actionable steps for those seeking to break free from insulin dependency and reclaim vitality..



"The Diabetes Handbook" by Rosemary Walker is a comprehensive and user-friendly guide designed to empower individuals living with diabetes to manage their condition effectively. Drawing on her experience as a registered nurse and certified diabetes educator, Walker provides clear explanations of diabetes types, symptoms, risk factors, and complications.

The handbook offers practical advice on blood sugar monitoring, medication management, and healthy lifestyle choices, including nutrition and exercise recommendations tailored to diabetes management. Walker emphasizes the importance of self-care and provides strategies for coping with the emotional and psychological aspects of living with diabetes.



MUST READ!

My top picks for spring

SPOT THE DIFFERENCE



"Sugar Free" means that the product contains no added sugar or any ingredients that contain sugar. However, it's important to note that "sugar free" doesn't necessarily mean the product has zero grams of sugar. It may still contain naturally occurring sugars in some ingredients.

Additionally, "sugar free" products might include artificial sweeteners or sugar alcohols as replacements for sugar. These substitutes can provide sweetness without adding calories or raising blood sugar levels.



"No Sugar Added" indicates that no additional sugar has been added during processing or manufacturing. However, the product may still contain natural sugars that are inherently present in the ingredients. For example, a fruit juice labeled "no sugar added" may still have sugar from the fruit itself, but no extra sugar has been included during production.

Products labeled "no sugar added" may still contain artificial sweeteners or sugar alcohols as replacements for added sugar, similar to "sugar free" products.

STRESS



Navigating Stress and Its Impact on Blood Sugar for a Balanced Life"

Stress seems to lurk around every corner. It would be difficult to find someone who claims to live a stress-free lifestyle. Whether it's financial worries, frustrating traffic incidents, or health concerns, identifying what triggers our stress is essential to maintaining our well-being.

First and foremost, it's crucial to pinpoint your stress triggers. These can range from monetary struggles to encounters with reckless drivers or even physical discomfort. By recognizing what situations or circumstances cause you to feel anxious or worried, you gain a powerful tool for managing stress.

Once you've identified your triggers, take the time to write them down. This simple act not only helps to solidify your awareness but also provides a tangible reference point for further exploration.

Next, delve deeper into the root causes of your stress triggers. Just as addressing insulin resistance is fundamental in reversing Type 2 diabetes, understanding the underlying factors contributing to your stress is key to finding lasting relief. Whether it's examining your financial habits, practicing mindfulness techniques to navigate traffic frustrations, or seeking medical attention for chronic pain or health issues, confronting these root causes empowers you to tackle stress head-on.

By taking proactive steps to identify and address your stress triggers, you pave the way for a more balanced and fulfilling life. Understanding yourself is the first step toward finding peace in a hectic world.

“
***Managing your stress is
the same as managing
your blood sugar...***

***It's all up to you, and
how serious you take
it.***



TOP **10** EFFECTIVE WAYS

to manage stress

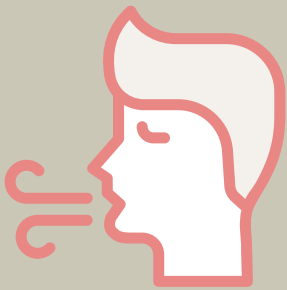


Regular Exercise:

Physical activity is a powerful stress reliever. Exercise releases endorphins, neurotransmitters that boost mood and act as natural painkillers. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

Mindfulness Meditation:

Mindfulness meditation involves focusing on the present moment without judgment. It can help reduce stress by promoting relaxation and increasing self-awareness. Even just a few minutes of meditation each day can make a difference.



Deep Breathing Exercises:

Deep breathing techniques, such as diaphragmatic breathing or belly breathing, can help activate the body's relaxation response and reduce stress. Take slow, deep breaths, inhaling through your nose and exhaling through your mouth.

Healthy Lifestyle Habits:

Prioritize good nutrition and staying hydrated. A well-balanced diet, sufficient sleep, and proper hydration can help support your body's ability to cope with stress.



Sleep:

Ensure that you are getting 7-8 hours of good sleep every night! Sleep is the best healer. Make your room dark, turn off your phone (charge it away from the bedroom), turn off the TV in the room, ensure your mattress and pillow are a good fit for your body.



Practice Gratitude:

Cultivate a mindset of gratitude by focusing on the positive aspects of your life. Keep a gratitude journal or simply take a moment each day to reflect on the things you're thankful for.

Engage in Hobbies:

Make the time to activities you enjoy, whether it's reading, gardening, painting, or playing music. Engaging in hobbies can provide a welcome distraction from stress and promote relaxation.



Social Support:

Reach out to friends, family, or support groups for emotional support. Talking to someone you trust about your feelings can help alleviate stress and provide perspective.



Take a bath:

Take a hot bath – relax in a bath of warm to hot water for about an hour. A hot bath is known to reduce blood pressure.



Time Management:

Organize your time and prioritize tasks to reduce feelings of overwhelm. Break tasks into smaller, manageable steps and tackle them one at a time. Learn to say NO to additional commitments when you're feeling stretched thin.

SUPPLEMENTS

for T2 Diabetics

Managing type 2 diabetes involves a multifaceted approach that includes lifestyle modifications, medication management, and dietary adjustments. While a balanced diet rich in essential nutrients is fundamental for diabetes management, some individuals may benefit from supplementation to address specific nutrient deficiencies or support overall health. Supplements can play a complementary role in optimizing nutrient intake, improving insulin sensitivity, and reducing the risk of diabetes-related complications. Understanding the importance of targeted supplementation tailored to the needs of individuals with type 2 diabetes is crucial for optimizing their health outcomes and quality of life. This brief overview explores key supplements recommended for individuals with type 2 diabetes and their potential benefits in supporting blood sugar regulation, nerve health, wound healing, and overall well-being.



Importance: Metformin depletes B12 in the body, so it's important to replenish. Vitamin B12 is crucial for nerve function and the production of red blood cells. Diabetes can sometimes lead to nerve damage (neuropathy), and ensuring adequate B12 levels can help maintain nerve health.

Research: A study published in the Journal of Diabetes Research found that individuals with type 2 diabetes often have lower levels of vitamin B12 compared to non-diabetic individuals. Low B12 levels may contribute to diabetic neuropathy.

Recommendation: The recommended daily intake for vitamin B12 is 2.4 micrograms (mcg) for adults. Supplementation may be necessary if blood tests indicate a deficiency.



Animal products:

- Beef, liver, poultry (such as chicken and turkey), fish (such as salmon, trout, and tuna), shellfish (such as clams, oysters, and mussels), eggs, and dairy products (such as milk, cheese, and yogurt)

Plant products:

- Plant-based milk alternatives: Soy milk, almond milk, coconut milk, and other plant-based kinds of milk are fortified with vitamin B12. Always read the labels
- Nutritional yeast provides a cheesy flavor to dishes. Some brands of are fortified with vitamin B12.
- Some plant-based meat substitutes may be fortified with vitamin B12. Always check the product labels for information on fortification.

Importance: Fibre helps regulate blood sugar levels by slowing down the absorption of glucose, which can prevent spikes in blood sugar after meals. It also aids in digestion and promotes satiety, which can be beneficial for weight management.

Research: High-Fibre diets have been shown to improve glycemic control and reduce the risk of developing type 2 diabetes.

Recommendation: The recommended daily intake of Fibre is around 25 grams for women and 38 grams for men. Consuming Fibre-rich foods like fruits, vegetables, whole grains, legumes, and nuts is preferred over supplementation.



EAT
THIS



- Whole grains: Steelcut Oats, Quinoa. (Orange List)
- Fruits: Berries (such as raspberries, strawberries, and blueberries),
- Vegetables: Broccoli, Brussels sprouts, carrots, spinach, kale, and sweet potatoes.
- Legumes: Lentils, black beans, chickpeas, and peas.
- Nuts and seeds: Almonds, chia seeds, flaxseeds, and sunflower seeds.

Importance: Zinc is involved in insulin storage and secretion. It also plays a role in wound healing, which can be important for individuals with diabetes, as they may have slower wound healing.

Research: Studies suggest that individuals with type 2 diabetes may have lower levels of zinc, and supplementation could help improve glycemic control and insulin sensitivity.

Recommendation: The recommended daily intake for zinc varies but typically ranges from 8 to 11 milligrams (mg) for adults. Supplementation may be considered if blood tests reveal a deficiency.



- Meat and poultry: Beef, lamb, pork, and chicken.
- Seafood: Oysters, crab, lobster, and shrimp.
- Legumes: Chickpeas, lentils, black beans, and kidney beans.(Orange List)
- Nuts and seeds: Pumpkin seeds, hemp seeds, cashews, and almonds.
- Dairy: Milk, cheese, and yogurt.

Importance: Magnesium plays a role in glucose metabolism and insulin action. Low magnesium levels have been associated with insulin resistance and an increased risk of type 2 diabetes complications. Magnesium Glycinate particularly helps with night cramps and helps you to sleep better.

Research: Studies have shown that magnesium supplementation may improve insulin sensitivity and glycemic control in individuals with type 2 diabetes.

Recommendation: The recommended daily intake for magnesium is around 300–400 mg for adults. Magnesium glycinate is a well-absorbed form of magnesium and may be preferred for supplementation.



- Leafy green vegetables: Spinach, kale, Swiss chard, and collard greens.
- Nuts and seeds: Almonds, cashews, peanuts, and pumpkin seeds.
- Legumes: Black beans, chickpeas, lentils, and edamame. (Orange List)
- Whole grains: Quinoa, and steelcut oats. (Orange List)
- Fish: Salmon, mackerel, halibut, and tuna.

Importance: Omega-3 fatty acids have anti-inflammatory properties and may help reduce the risk of cardiovascular complications, which are common in individuals with diabetes. Insulin Resistance is driven by inflammation. Omega 3 may also improve lipid profiles and insulin sensitivity.

Research: Studies have shown that omega-3 fatty acids may help lower triglyceride levels and reduce inflammation in individuals with type 2 diabetes.

Recommendation: It is recommended that we consume fatty fish (such as salmon, mackerel, or sardines) at least twice a week to obtain omega-3 fatty acids. Alternatively, fish oil supplements can be considered.

EAT THIS !!

- Fatty fish: Salmon, mackerel, sardines, trout, and herring.
- Flaxseeds and chia seeds.
- Walnuts.
- Soybeans and tofu.



Importance: Vitamin D is important for overall health, including bone health and immune function. Some research suggests that vitamin D deficiency may be more common in individuals with type 2 diabetes and may contribute to insulin resistance.

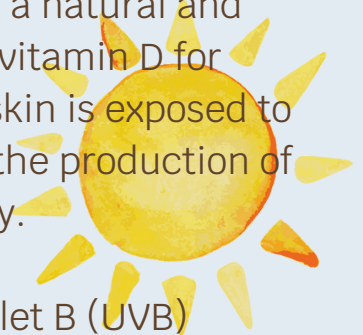
Research: Studies have shown associations between vitamin D deficiency and an increased risk of developing type 2 diabetes, as well as poorer glycemic control in those with existing diabetes.

Recommendation: The recommended daily intake for vitamin D varies but is generally around 600–800 international units (IU) for adults.

Supplementation may be necessary, especially for individuals with limited sun exposure or known deficiency.



Sunlight exposure is a natural and important source of vitamin D for humans. When the skin is exposed to sunlight, it triggers the production of vitamin D in the body.



Specifically, ultraviolet B (UVB) radiation from the sun converts a precursor compound in the skin into vitamin D3, which is then further processed by the liver and kidneys to become the active form of vitamin D that the body can use.

EAT THIS



- Fatty fish: Salmon, mackerel, sardines, and tuna.
- Fortified foods: Some dairy products (such as milk, yoghurt)
- Plant-based milk alternatives (such as soy milk and almond milk).
- Egg yolks.
- Cod liver oil.

Unlock Better Health with Willow Wellness: Your Solution for Managing Type 2 Diabetes Complications

At Type2Health, we know that managing type 2 diabetes involves more than just blood sugar control—it's about supporting your overall well-being. That's why we're proud to offer Willow Wellness, a range of traditional food supplements crafted to meet the unique needs of those living with type 2 diabetes.

Why Willow Wellness?

Willow Wellness isn't just another supplement brand—it's a complete solution designed to empower you in your health journey. Each product is formulated with high-quality, natural ingredients traditionally used to support various aspects of health, including blood sugar control, cardiovascular health, and overall vitality.

Support Your Health with Confidence

With Willow Wellness, you're investing in a lifestyle that supports your long-term health goals. Our products combine traditional knowledge with modern research, ensuring you get the best of both worlds. Plus, our educational resources empower you to understand and apply the benefits of each supplement, giving you the confidence to take control of your health.



The Wellness Specialists

Willow Wellness has been carefully designed to supply a unique range of traditional food supplements supported by an educational hands-on portfolio of ailments to enable natural health practitioners and independent health-conscious persons to have access to a convenient one-stop shopping experience for their supplement needs, queries and applications.



Email: admin@type2health.co.za

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Recipes

LOW
CARB



Baby Marrow & Bacon Muffins

INGREDIENTS:

375g Baby marrows – grated
100g Onion – grated
100g Bacon – chopped
100g Cheese of choice – grated
5ml Bicarbonate of Soda
125ml Coconut oil
120g Almond flour
5 Eggs
Salt and pepper to taste



METHOD:

1. Preheat your oven to 200 degrees Celsius.
2. Mix the Baby marrow, onion, Bacon, cheese, Almond Flour, and Bicarbonate of soda.
3. Mix the oil and eggs and add to the Baby Marrow mixture.
4. Combine the ingredients and add your Salt and Pepper.
5. Add the mixture to your prepared muffin pans and bake for 30-45 minutes.
6. Nutritional Values:

NUTRITIONAL INFORMATION PER MUFFIN (RECIPE MAKES ABOUT 12 MUFFINS):

FATS	CARBS	FIBRE	PROTEIN	CALORIES
2g	3.6g	1.5g	6.8g	200

Coconut Flour Bread

INGREDIENTS:

1 Cup Coconut Flour
1 Cup Mixed Seeds
60 ml Linseed Flour
1 teaspoon Salt
10 ml Baking Powder
6 Eggs
1 Cup Amazi / Buttermilk



METHOD:

1. Preheat your oven to 18 degrees Celsius.
2. Mix all the dry ingredients.
3. Beat the eggs until “fluffy” and add the Amazi / Buttermilk.
4. Mix the egg mixture into the Dry ingredients until well combined.
5. Bake for 50 minutes.

NUTRITIONAL INFORMATION:

FATS	CARBS	FIBRE	PROTEIN	CALORIES
2g	3.6g	1.5g	6.8g	200

Lemon Cheesecake

Crust Ingredients:

1 ½ Cups Almond Flour
1 Tablespoon Butter
1 Tablespoon Coconut Oil
¼ Cup Powdered Sweetener
Pinch of Salt

Cheesecake Filing Ingredients:

½ Cup Powdered Sweetener
400g Cream Cheese
¾ Cup Fresh Cream
Juice of ½ a Lemon
1 Tablespoon Lemon zest



Method: For the Crust:

1. Mix the Almond Flour, butter, coconut oil, sweetener, and salt until well combined – it has to be crumbly.
2. Add the crust to your preferred dish and press down. Place in the refrigerator to “set”.

Method: For the Cheesecake:

1. Add the sweetener and cream cheese to your mixing bowl and mix until smooth.
2. Add the fresh cream and combine.
3. Add the lemon juice and zest to the mixture and beat until it thickens.
4. Once the mixture has thickened, pour into your refrigerated crust and smooth out.
5. You can grate some zest on top if you wish.
6. Let this set in the refrigerator overnight for best results.

NUTRITIONAL INFORMATION:

FATS	CARBS	FIBRE	PROTEIN	CALORIES
25g	4.3g	1.9g	6g	265

R150

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A Diabetic's Guide to

NUTRIENT DENSE

LOW-CARB VEGETABLES

