

# REVERSE IT!

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

*How to pair your*

**MACROS**

*Low Carb*  
**SOUPS**



**Keep Moving**  
**YOGA**

**GO  
LOW**

TO REVERSE T2

**FIBRE!**

**FIBRE!**

**FIBRE!**

**WINTER EDITION!**







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

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## LOW CARB

The key to reversing insulin resistance and putting T2 diabetes into remission



# FROM *THE* EDITOR

As the cooler months settle in, I want to take a moment to express my heartfelt gratitude to each and every one of you who works tirelessly to put type 2 diabetes into remission.

Whether you are making changes in your own life, supporting a loved one, or educating others, your dedication is truly inspiring. Reversing type 2 diabetes is not just a goal, it's a journey of **resilience, empowerment, and choice**.

With winter upon us, I know how tempting it is to reach for those comforting treats; curling up under a blanket with a steaming cup of hot chocolate and a few rusks. It's part of what makes the season feel special. But being diabetic does not mean we have to miss out! There are wonderful, delicious sugar-free and low-carb alternatives that allow us to embrace these little joys without compromising our health. A rich, creamy hot chocolate made with unsweetened cocoa and almond milk, a warm bowl of nourishing soup, or a homemade low-carb rusk can bring just as much comfort while keeping us on track.

It's also important to stay consistent with exercise, even when the cold makes it hard to leave the warmth of bed. Movement is essential for managing blood sugar levels, improving circulation, and keeping energy levels up. In this edition, we've included an article on yoga for diabetics. These are simple, effective exercises that can be done in the comfort of your home. Whether it's yoga, stretching, or a quick indoor workout, staying active will help you feel your best throughout the season.

To keep you warm and satisfied, we've also included a section on hearty low-carb soups; perfect for nourishing your body while staying true to your health goals.

This season, let's remind ourselves that we deserve to enjoy life's simple pleasures—just in a way that nurtures our bodies and supports our health goals. Stay warm, stay strong, and keep making choices that honour your well-being.

With appreciation, encouragement and BIG warm winter hugs, from

*Linda* 



# SOUP

It's the start of winter and there's nothing more comforting than a steaming bowl of soup to warm the soul. But for those of us working to reverse insulin resistance and put type 2 diabetes into remission, winter soups aren't just about warmth and comfort, they can be a powerhouse of nutrition and an essential part of your meal plan.

Packed with fibre-rich vegetables, healthy fats, and protein, these soups can keep blood sugar levels stable while keeping you satisfied for longer.

The key to a diabetes-friendly soup is ensuring it stays within your daily carbohydrate allowance. That means no hidden sugars, no starchy thickeners, and absolutely no high-carb fillers. The good news? You don't need them! By using ingredients exclusively from the Banting Green and Orange Lists, you can create delicious, nutrient-dense soups that nourish your body without spiking your blood sugar.





# CAULIFLOWER CHOWDER



## Ingredients:

400g cauliflower, chopped  
100g celery, diced  
100g onion, diced  
50g butter  
2 cloves garlic, minced  
500ml vegetable broth  
150ml heavy cream  
Salt and pepper to taste  
30g grated cheddar cheese (optional for topping)  
Chopped fresh parsley for garnish (optional)

## Instructions:

- In a large pot, melt the butter over medium heat. Add the diced onion and celery, and sauté until they are softened, about 5 minutes.
- Add the minced garlic to the pot and sauté for an additional 1-2 minutes until fragrant.

- Add the chopped cauliflower to the pot along with the vegetable broth. Bring to a boil, then reduce the heat and let it simmer for about 15-20 minutes, or until the cauliflower is tender.
- Using an immersion blender or transferring the mixture to a blender in batches, blend the soup until smooth and creamy. Be careful when blending hot liquids.
- Return the blended soup to the pot if necessary and stir in the heavy cream. Season with salt and pepper to taste.
- Let the chowder simmer for another 5-10 minutes to allow the flavors to meld together.
- Serve the chowder hot, optionally topping each serving with grated cheddar cheese and chopped fresh parsley.
- Serves Four.

Calories: Approximately 418 kcal | Total Fat: Approximately 35.7 grams | Carbohydrates: Approximately 7.1 grams  
Protein: Approximately 6.5 grams



# CHICKEN BROTH



*This recipe is also great for those winter-flu days!*

## Ingredients

1 litre water  
400g skinless chicken breast, cubed  
2 cloves garlic, minced  
1 tsp fresh ginger, grated  
1 small onion, diced  
1 celery stalk, chopped  
1 medium carrot, sliced  
1 cup cabbage, shredded  
1 tsp salt (adjust to taste)  
½ tsp black pepper  
½ tsp turmeric (optional, for extra anti-inflammatory benefits)  
1 tbsp fresh parsley, chopped (for garnish)

## Instructions

- In a large pot, bring the water to a gentle boil.
- Add the chicken, garlic, ginger, onion, celery, carrot, and cabbage.
- Season with salt, pepper, and turmeric (if using).
- Reduce heat and let it simmer for 20–25 minutes until the chicken is fully cooked and the vegetables are tender.
- Taste and adjust seasoning if needed.
- Garnish with fresh parsley and serve warm.

Calories: Approximately 115 kcal | Total Fat: Approximately 2 grams | Carbohydrates: Approximately 6 grams  
Protein: Approximately 21 grams



# COCONUT VEGETABLE



## Ingredients

1 tbsp olive oil  
1 small onion, diced  
2 cloves garlic, minced  
1 tsp fresh ginger, grated  
1 celery stalk, chopped  
1 medium carrot, sliced  
2 cups cabbage, shredded  
1 medium head broccoli, chopped  
1 tsp salt (adjust to taste)  
½ tsp black pepper  
1 tsp dried thyme or mixed herbs  
750ml vegetable broth (or water with 1 vegetable stock cube)  
½ cup coconut cream (for thickness)

## Instructions

- Heat olive oil in a large pot over medium heat.
- Add onion, garlic, and ginger. Sauté for 2 minutes until fragrant.
- Add celery, carrot, cabbage, broccoli, salt, pepper, and thyme. Cook for another 5 minutes.
- Pour in the vegetable broth and bring to a simmer. Cover and cook for 20 minutes until vegetables are soft.
- Blend using a stick blender (or transfer to a blender) until smooth.
- Stir in coconut cream, adjust seasoning, and heat for another 2 minutes.
- Serve warm and enjoy!

Calories: Approximately 130 kcal | Total Fat: Approximately 8 grams | Carbohydrates: Approximately 9 grams  
Protein: Approximately 3 grams



# BEEF SHIN & VEG



## Ingredients:

1 tbsp olive oil  
1 small onion, finely chopped  
1 garlic clove, minced  
2 pieces of beef shin on the bone  
(about 500g total)  
1 cup finely chopped cabbage  
1 cup diced carrots  
1 cup chopped spinach or Swiss chard  
½ cup chopped celery  
½ cup chopped green beans  
1 tsp dried mixed herbs (or fresh  
thyme/oregano)  
4 cups water or homemade stock  
Salt and black pepper to taste  
Fresh parsley to garnish (optional)

## Instructions:

- Heat olive oil in a heavy pot or cast-iron pot.
- Brown the beef shin pieces on all sides. Remove and set aside.
- In the same pot, sauté onion until soft, then add garlic, celery, and green beans. Cook for 2–3 minutes.
- Return the beef shin to the pot. Add herbs and water or stock.
- Bring to the boil, then reduce heat, cover, and simmer gently for 1½ to 2 hours, until the meat is tender and falling off the bone.
- Add the diced carrots, cabbage, and spinach. Simmer uncovered for a further 15–20 minutes until vegetables are tender.
- Season to taste with salt and pepper.
- Remove beef bones, shred the meat and return it to the pot. Scoop out marrow and stir it through the soup for added richness.
- Garnish with parsley if desired and serve warm.

Calories: Approximately 130 kcal | Total Fat: Approximately 8 grams | Carbohydrates: Approximately 7 grams  
Protein: Approximately 12 grams



# LOW CARB SOUP DUMPLINGS



1 cup almond flour (96g)  
2 tbsp coconut flour  
2 tbsp psyllium husk powder (for structure)  
1 tsp baking powder  
½ tsp salt  
2 large eggs  
2 tbsp olive oil or melted butter  
2–4 tbsp hot water (as needed for texture)  
Optional: 1 tbsp chopped fresh parsley or chives

- Mix dry ingredients:
- In a bowl, combine almond flour, coconut flour, psyllium, baking powder, and salt.
- Add wet ingredients:
- Beat the eggs and mix with olive oil (or butter), then stir into the dry mixture. Add hot water one tablespoon at a time until a soft, slightly sticky dough forms.
- Shape dumplings:
- Scoop about 1 tbsp of dough per dumpling and gently roll or shape into a ball. You should get around 16 small dumplings.
- Cook in soup:
- Bring your soup or broth to a gentle simmer (not boiling hard). Drop in the dumplings, cover, and simmer on low for 10–12 minutes. They'll puff up slightly and firm up.

Calories: Approximately 195kcal | Total Fat: Approximately 16 grams | Carbohydrates: Approximately 6 grams  
Protein: Approximately 8 grams (per 4 dumplings)



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*How to*

# PAIR YOUR MACROS FOR OPTIMAL BLOOD SUGAR





**Pairing the correct macronutrients  
(*carbohydrates, proteins, and fats*)  
is essential for optimal blood sugar management, especially for  
those of us with Type 2 diabetes.**

When you pair whole-food carbohydrates with protein or healthy fats, it slows the absorption of glucose into the bloodstream, preventing rapid spikes in blood sugar levels. For instance, a carb-heavy meal on its own can cause a quick increase in blood sugar, whereas adding protein and healthy fats can provide a more sustained release of energy and help maintain steady blood sugar levels throughout the day. This balanced approach helps reduce insulin resistance, supports energy levels, and ultimately contributes to better overall blood sugar control. By mindfully combining your macros, you can improve your blood sugar readings and reduce the risk of long-term complications related to diabetes.

## **BEST MACRO PAIRING FOR BLOOD SUGAR STABILITY:**

---



01.

### **PROTEIN + FIBRE + HEALTHY FATS**

A winning combo!

Fibre slows digestion, fats reduce glucose absorption, and protein keeps you full. Example: Grilled meat/fish/chicken with avocado & a big leafy salad or cruciferous vegetables





02.

## WHOLE-FOOD CARBS + FIBRE + HEALTHY FATS

Once you start incorporating whole foods from the “Eat Sometimes” list go for whole, unprocessed ones with fibre. Example: Roasted sweet potato with olive oil, served with a crunchy cruciferous salad (broccoli, kale, cabbage). The fibre and fat slow down glucose absorption.

---



03.

## FATS + FIBRE ALONE? ALSO A GOOD IDEA!

Keeps blood sugar stable without glucose fluctuations. For Example: Roasted brussell sprouts and cauliflower rice & tahini drizzle and Avo





## WORST MACRO PAIRING FOR BLOOD SUGAR STABILITY:

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04.

### LOW-FAT, HIGH-CARB MEALS

Carbs are broken down into glucose, which enters the bloodstream quickly. Without fats or fibre to slow this process, blood sugar rises rapidly, triggering a strong insulin response. This can lead to a sugar crash, hunger, and cravings shortly after eating.

Example: Cereal with low-fat milk

## WORST MACRO PAIRING FOR BLOOD SUGAR STABILITY:

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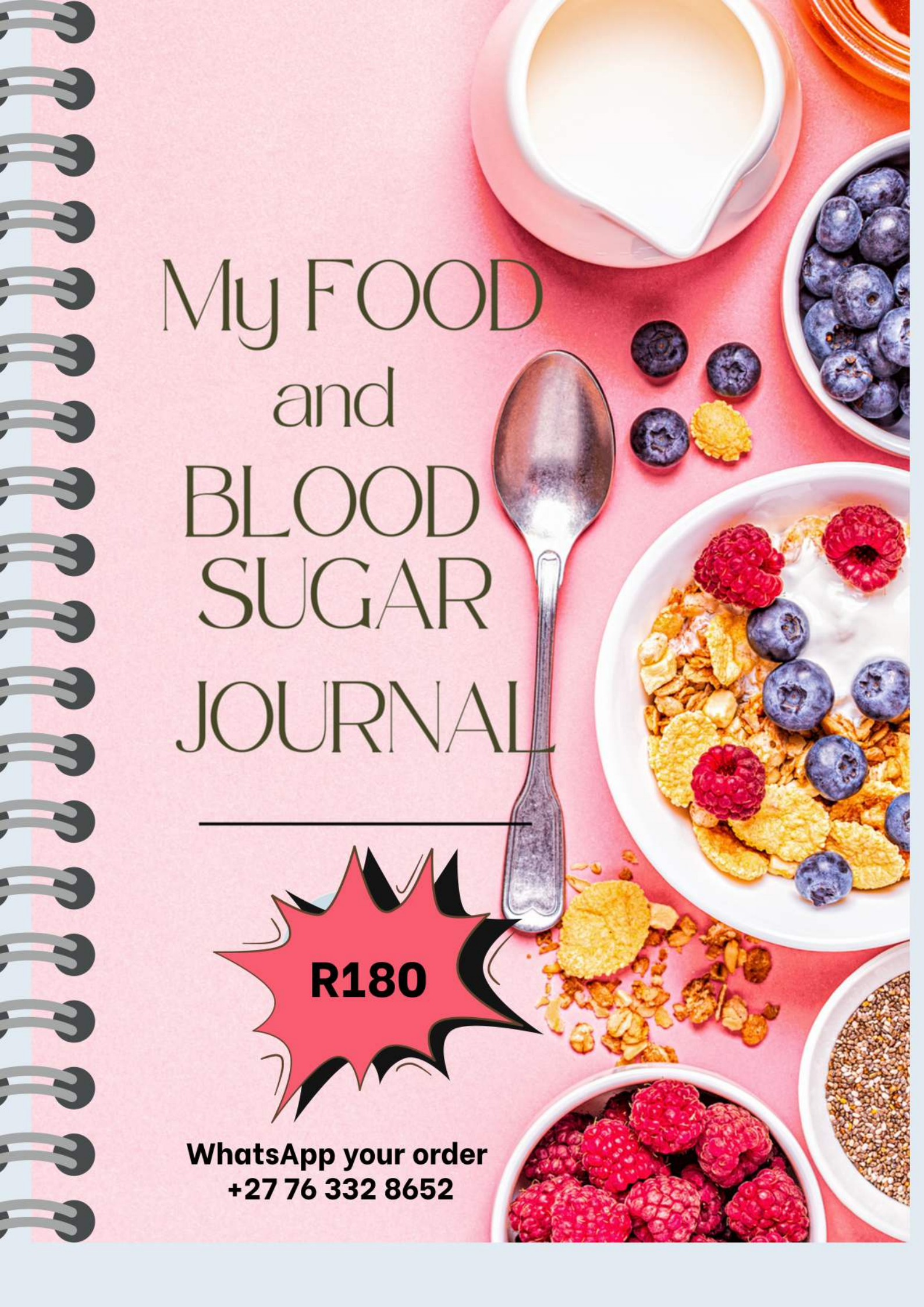
05

### PROCESSED CARBS WITH PROTEIN BUT NO FAT OR FIBRE

Processed carbs, such as white bread, pasta, or pastries, are quickly broken down into glucose (sugar), which enters the bloodstream rapidly. When paired with protein but no fat or fibre, there's nothing to slow down the absorption of glucose, leading to a spike in blood sugar levels.

Example: Spaghetti Bolognese





# My FOOD and BLOOD SUGAR JOURNAL

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# YOGA AND STRETCHING FOR BETTER BLOOD SUGAR CONTROL: A BEGINNER'S GUIDE

**STRETCH, BREATHE, AND HEAL: A BEGINNER'S GUIDE  
TO YOGA FOR DIABETES CONTROL**





Managing Type 2 diabetes goes beyond diet and medication. Physical activity plays a crucial role in maintaining stable blood sugar levels. While cardio and resistance training are often highlighted, yoga and stretching offer a gentle yet powerful way to improve flexibility, reduce stress, and enhance insulin sensitivity. This article explores the benefits of yoga for diabetics and introduces simple, beginner-friendly poses to incorporate into your daily routine.

## *The* **BENEFITS**

Yoga is an ancient practice that combines movement, breathing, and mindfulness. For diabetics, yoga can provide numerous health benefits, including:

- *Improved Insulin Sensitivity* – Regular yoga practice can help lower blood glucose levels and increase insulin sensitivity, making it easier for the body to regulate blood sugar.
- *Reduced Stress and Cortisol Levels* – Stress increases cortisol production, which can lead to higher blood sugar levels. Yoga helps calm the nervous system, reducing stress and its impact on glucose metabolism.
- *Enhanced Circulation* – Yoga promotes better blood flow, reducing the risk of complications such as neuropathy and poor wound healing.
- *Increased Flexibility and Mobility* – Tight muscles and stiff joints can make movement challenging. Yoga improves flexibility, making daily activities and exercise easier.
- *Weight Management* – A regular yoga routine supports a healthy weight, which is essential for managing Type 2 diabetes effectively.



# GETTING STARTED

Yoga is an excellent addition to any diabetes management plan, helping to improve both physical and mental well-being. Whether you're looking to enhance flexibility, reduce stress, or support better blood sugar control, these beginner-friendly poses offer a great place to start. Take it slow, stay consistent, and enjoy the journey towards a healthier body and mind. If you are new to yoga, it's best to start slow and focus on gentle movements that don't require excessive flexibility. Choose a quiet space, wear comfortable clothing, and practice on a non-slip yoga mat. Breathe deeply and move mindfully, listening to your body's limits.

## HERE ARE SIX BEGINNER-FRIENDLY YOGA POSES THAT CAN BENEFIT DIABETICS:

### Mountain Pose (Tadasana)

This foundational pose promotes good posture, balance, and mindfulness.

#### How to do it:

- Stand tall with feet hip-width apart.
- Distribute weight evenly across both feet.
- Engage your core and roll shoulders back.
- Take deep, slow breaths and hold for 30 seconds to one minute.



### Seated Forward Bend (Paschimottanasana)

This stretch improves digestion, relieves stress, and supports better circulation in the lower body.

#### How to do it:

- Sit on the floor with legs extended straight.
- Inhale, lengthen your spine, and exhale as you reach forward toward your toes.
- Hold onto your shins, ankles, or feet without straining.
- Stay in the pose for 20–30 seconds, breathing deeply.





## Cat-Cow Pose (Marjaryasana-Bitilasana)

This gentle spinal movement stimulates digestion and helps relieve back pain.

### How to do it:

- Begin on your hands and knees in a tabletop position.
- Inhale, arch your back, and lift your head (Cow Pose).
- Exhale, round your back, and tuck your chin (Cat Pose).
- Flow between these movements for 5–10 slow repetitions.



This pose enhances circulation, stretches the entire body, and strengthens the arms and legs.



## Downward-Facing Dog (Adho Mukha Svanasana)

### How to do it:

- Start in a tabletop position with hands and knees on the floor.
- Tuck your toes, lift your hips, and straighten your legs.
- Keep your head between your arms and press your heels toward the ground.
- Hold for 20–30 seconds, breathing deeply.

A restorative pose that aids circulation, reduces swelling in the legs, and promotes relaxation.

### How to do it:

- Sit with one side of your body close to a wall.
- Lie down and extend your legs up against the wall.
- Keep your arms relaxed at your sides.
- Hold the pose for 3–5 minutes while focusing on deep breathing.



## Legs Up the Wall Pose (Viparita Karani)





## Child's Pose (Balasana)

A gentle resting pose that stretches the back, hips, and thighs while calming the mind.



### How to do it:

- Kneel on the mat with your big toes touching and knees apart.
- Sit back on your heels and stretch your arms forward.
- Rest your forehead on the mat and breathe deeply.
- Stay in the pose for 30–60 seconds.

### Creating a Simple Yoga Routine

A short, daily yoga routine can make a significant difference in your blood sugar management and overall well-being. Try this beginner-friendly sequence:

1. Start with Mountain Pose (1 minute)
2. Move into Seated Forward Bend (30 seconds)
3. Flow through Cat-Cow (10 repetitions)
4. Hold Downward-Facing Dog (30 seconds)
5. Relax in Legs Up the Wall (3 minutes)
6. Finish with Child's Pose (1 minute)

This simple sequence takes around 10 minutes and can be done in the morning or before bed.

## FINAL STEPS

- ✓ **Practice regularly** – Even a few minutes of yoga daily can yield benefits over time.
- ✓ **Breathe deeply** – Focusing on breath control enhances relaxation and stress management.
- ✓ **Modify as needed** – Listen to your body and adjust poses to suit your flexibility and fitness level.
- ✓ **Combine with a healthy lifestyle** – Yoga works best when paired with a balanced, low-carb diet and other physical activities.



# THE ROLE OF MOVEMENT

## ACTIVATING INSULIN SENSITIVITY



Reversing insulin resistance and putting T2D into remission is a process that requires consistency and dedication.

The steps are simple but powerful:



Remove all processed and refined foods; focus on whole, nutrient-dense foods.



Base your diet on the Green List (eating a max of 30g carbs per day) until HbA1c falls below 6%.



Gradually incorporate foods from the Orange List (slowly increasing your carbs to about 50g per day) all the while monitoring your blood sugar levels.



Never reintroduce foods from the Red List, as they contribute to insulin resistance.



Engage in regular resistance training and daily walking to maximise insulin sensitivity.

Food is only part of the equation. To restore insulin sensitivity, movement is essential, particularly resistance training and walking.

Muscles are like vacuum cleaners; they only work when we turn them on! Movement causes our muscle cells to absorb glucose efficiently when they are active. Strength training, such as bodyweight exercises or resistance bands, builds muscle mass, which in turn increases insulin sensitivity.

Walking, particularly after a meal, for just 30 minutes, enhances glucose uptake and metabolic health.

**By following these principles, you can not only manage but reverse Type 2 diabetes, reclaiming your health and vitality through lifestyle-driven remission.**



# THE IMPORTANCE OF FIBRE FOR TYPE 2 DIABETICS



Fibre is a crucial dietary component for managing Type 2 diabetes, offering numerous health benefits that support blood sugar control, cholesterol management, and digestive health. Among the different types of fibre, soluble fibre plays a key role in reducing LDL (bad) cholesterol, improving insulin sensitivity, and promoting overall metabolic health.

## **How to Increase Soluble Fibre Intake**

One of the best ways to boost soluble fibre intake is by incorporating Psyllium Husk, a natural and effective source of fibre, into your daily routine. Adding this supplement can enhance heart health, improve digestion, and support metabolic function; all crucial for managing Type 2 diabetes.

By making fibre a key part of your diet, you can take a natural and proactive step toward better health and diabetes management.



# HOW SOLUBLE FIBRE HELPS TO LOWER LDL CHOLESTEROL

Soluble fibre works in multiple ways to help reduce LDL cholesterol levels, making it an essential part of a heart-healthy diet:

1. **Binds to Cholesterol in the Gut.** When soluble fibre dissolves in water, it forms a gel-like substance in the digestive tract. This binds to bile acids (which are made from cholesterol) and prevents their reabsorption. As a result, the liver must use more cholesterol to produce new bile acids, leading to lower LDL cholesterol levels in the bloodstream.
2. **Slows Absorption of Dietary Cholesterol.** Soluble fibre slows down digestion and reduces the absorption of dietary cholesterol from food, further helping to maintain healthy cholesterol levels.
3. **Supports a Healthy Gut Microbiome.** Certain soluble fibres, like Psyllium Husk, act as prebiotics, feeding beneficial gut bacteria. These bacteria ferment fibre, producing short-chain fatty acids (SCFAs) that help reduce cholesterol production in the liver.
4. **Improves Insulin Sensitivity.** High insulin levels can contribute to increased cholesterol production. Since soluble fibre helps stabilise blood sugar levels and reduce insulin resistance, it indirectly supports cholesterol management as well.

## *Additional Benefits* **FOR T2 DIABETICS**



Beyond cholesterol reduction, soluble fibre provides several other benefits for diabetics:

- ✓ **Regulates Blood Sugar** – Slows carbohydrate absorption, preventing blood sugar spikes.
- ✓ **Eases Constipation** – Helps soften stools and supports digestive regularity.
- ✓ **Aids in Metabolic Syndrome** – Helps manage Syndrome X and insulin resistance.
- ✓ **Detox & Cleansing** – Assists in food poisoning recovery by absorbing toxins.
- ✓ **Soothes Haemorrhoids** – Prevents straining and promotes bowel comfort.



# GET YOURS NOW!

Fibre is a crucial supplement for Type 2 diabetics, supporting digestion, blood sugar control, and heart health. Willow Wellness Psyllium Husk is a natural, soluble fibre that offers multiple benefits. When taken in conjunction with lifestyle dietary changes, soluble fibre can help to: -

- ✓ **Lower LDL Cholesterol** – Supports heart health and circulation
- ✓ **Eases Constipation** – Aids digestion and promotes gut health
- ✓ **Support Metabolic Health** – Helps manage Syndrome X and insulin resistance
- ✓ **Detox & Cleansing** – Assists in food poisoning recovery by absorbing toxins
- ✓ **Soothe Haemorrhoids** – Softens stools for comfortable relief

Prioritise your health naturally – add Psyllium Husk to your daily routine today!

**R159**

**(100 Tablets)**

**Excl. Delivery**







# HOW LOW CAN YOU GO?



## **LOW-CARB:**

THE KEY TO REVERSING  
INSULIN RESISTANCE AND  
PUTTING TYPE 2  
DIABETES INTO  
REMISSION.



# HOW WE GOT HERE!!



FAST FOOD /  
PROCESSED &  
REFINED CARBS



SEDENTARY  
LIFESTYLE



METABOLIC  
DISEASE

Type 2 diabetes (T2D) is not an inevitable fate but a result of long-term lifestyle choices, primarily driven by diet and lifestyle. It develops when the body becomes resistant to insulin, meaning that glucose struggles to enter the cells efficiently, leading to high blood sugar levels. Over time, the pancreas works harder to compensate, but eventually, it becomes overwhelmed, leading to full-blown diabetes.

**The root cause?** Years of consuming processed and refined foods that spike blood sugar, and a lack of exercise, leading to chronic insulin resistance. The good news is that this condition can be reversed through strategic dietary and lifestyle changes that focus on improving insulin sensitivity.

## Why Low-Carb is the Key to Reversing Type 2 Diabetes

The standard diet, filled with refined carbohydrates, causes repeated blood sugar spikes, forcing the pancreas to release excessive insulin. Over time, this constant insulin demand leads to insulin resistance, the root cause of Type 2 diabetes.

A low-carb, whole-food approach works because it reduces the need for insulin.

By eliminating refined sugars and processed carbohydrates, blood sugar remains stable, insulin levels drop, and the body regains sensitivity to insulin.

This allows cells to absorb glucose properly, lowering blood sugar naturally and reversing insulin resistance.

**Low-carb is not about depriving the body of all carbohydrates but about removing harmful ones and focusing on nutrient-dense foods that support metabolic health.**



## IT'S NOT ABOUT CUTTING OUT CARBS

### IT'S ABOUT REMOVING PROCESSED AND REFINED FOODS FROM YOUR DIET

A common misconception is that reversing T2D requires eliminating all carbohydrates. The truth is that nearly all foods impact blood glucose to some degree, including proteins, which convert to glucose through gluconeogenesis. The real culprit is processed and refined and processed carbohydrates, which flood the bloodstream with sugar, triggering excessive insulin production and leading to insulin resistance. Instead of focusing on cutting carbs, the emphasis should be on consuming whole, unprocessed foods. The foundation of this lifestyle change must be built on protein, healthy fats, and whole foods. These provide sustained energy, stabilise blood sugar levels, and support metabolic health without the damaging insulin spikes caused by refined foods.

To regain insulin sensitivity and put T2D into remission, it's essential to follow a structured approach to eating:

**The Green List (Always Eat Foods):** This list contains foods that help stabilise blood sugar levels and promote insulin sensitivity. It includes non-starchy vegetables, healthy fats (avocados, nuts, olive oil), and quality proteins (eggs, plant-based proteins, and fatty fish).

**Orange List (Eat Only Sometimes):** Once your HbA1c drops below 6%, you can start incorporating foods from this list in moderation. These include some other fruits, and slightly higher-carb vegetables like sweet potato and butternut. The key is to introduce them gradually and monitor blood sugar response.

**Red List (Avoid Completely):** This list includes all processed and refined foods, sugary snacks, grains, conventional bread, rice, pasta, and starchy vegetables like potatoes and maize meal. These foods contribute to insulin resistance and must be eliminated for sustained remission.



**GREEN LIST**  
Always Eat



**ORANGE LIST**  
Eat Only Sometimes



**RED LIST**  
Never Eat







# Discipline is the ultimate form of self-respect.

## Discipline means showing up even when it's hard.

It means getting out of bed with a sense of purpose, to move your body, to nourish it, to keep your promises to yourself. It means not giving up after a setback, but recognising that every day is a new opportunity to align your actions with your goal of remission.

When you practise discipline in your health, you are building something far greater than just better blood sugar readings. You are proving to yourself that **YOU** matter. That your health is worth the effort. That your future is worth protecting.

Let's be clear: this journey is not easy. It will demand more from you than any medication ever could. But it will also give you more – more energy, more clarity, more strength, more hope.

In a world full of distractions and quick fixes, choosing discipline is a radical act of self-love. It's what turns intention into action and knowledge into transformation.

Because in the end, **discipline is the ultimate form of self-respect.**

## Health is the Foundation of Life!

Health is the foundation of life. Without it, every other pillar, from work, family, and financial stability to enjoyment of daily moments, begins to crumble. When your health is compromised, it becomes harder to show up in the world how you want to. You can't work effectively. You can't be present with your family in a meaningful way. Even the simple joy of walking, playing with grandchildren, or preparing a meal can become exhausting.

Reclaiming your health often requires doing hard things, consistently. That's where discipline becomes essential.

Reversing insulin resistance is not a one-day decision. It's not a quick fix. It's a daily commitment to saying yes to foods that heal, and no to habits that harm. It's checking your blood glucose even when you'd rather not. It's planning your meals ahead of time, choosing real food over convenience, and sometimes fasting when your body needs rest from constant glucose spikes.







### **Skin Tags (Acrochordons)**

*What they look like:*

Small, soft, benign skin growths that hang off the skin, usually the neck, armpits, eyelids, or under the breasts.

*Why they happen:*

Insulin is a growth-promoting hormone. When levels are elevated for extended periods (as in insulin resistance), it can cause overgrowth of skin tissues. People with multiple skin tags often have underlying insulin resistance, even if they haven't been diagnosed with prediabetes or type 2 diabetes yet.



### **Abdominal Obesity (Central Weight Gain)**

*What it looks like:*

A visibly larger waistline, sometimes with a hard or firm belly, even in individuals with an otherwise average weight.

*Why it happens:*

Insulin plays a major role in fat storage. When cells become insulin resistant, the body produces more insulin to compensate. This excess insulin promotes fat storage, especially in the abdominal area, which is metabolically active and closely linked to higher health risks. Central obesity is not just a cosmetic concern; it's a strong predictor of metabolic syndrome and type 2 diabetes.



### **Acanthosis Nigricans**

*What it looks like:*

Dark, thickened, velvety patches of skin, often with a slightly raised texture. These typically appear on the back of the neck, underarms, groin, or knuckles.

*Why it happens:*

High insulin levels stimulate skin cells and pigment cells to multiply rapidly. This overgrowth results in the characteristic thickened, darker skin. It's one of the earliest visible signs of insulin resistance, especially in children and younger adults.

# 3

## **MOST COMMON SIGNS OF INSULIN RESISTANCE**





# AVOIDING THE FLU

For people living with type 2 diabetes, avoiding the flu is crucial for protecting both short-term and long-term health. Infections, such as the flu, can quickly disrupt blood glucose levels, making management more challenging and increasing the risk of complications. A strong immune system, supported by healthy daily habits, can make a big difference. Flu prevention isn't just about staying well, it's about staying in control.



# 10



## TO HELP PREVENT THE FLU!



### **Wash your hands often and thoroughly**

Especially after being in public, using the toilet, or before eating, wash with soap for at least 20 seconds.



### **Always carry hand sanitiser**

Use it when soap and water aren't available, particularly after touching public surfaces like lift buttons or door handles.



### **Wipe down the trolley and basket handles before shopping**

These are high-touch items—use sanitising wipes to reduce your risk.



### **Avoid close contact with anyone showing flu symptoms**

Keep your distance from those who are coughing, sneezing, or unwell.



### **Wear a mask if you feel slightly ill**

Even mild symptoms can spread viruses. Wearing a mask protects others and reminds you to avoid touching your face.



### **Stay well-hydrated**

Water helps your body flush out toxins, keeps your system functioning efficiently, and supports blood glucose regulation.



### **Limit time in crowded indoor spaces**

Avoid poorly ventilated, busy areas when possible—flu spreads faster in close quarters.



### **Keep your blood glucose stable**

A well-managed glucose level supports your immune system and improves your ability to fight infection.



### **Eat a low-carb, nutrient-rich diet**

Select fresh, unprocessed foods from your Foundation Food List to boost your immune system's strength.



### **Get plenty of rest and manage stress**

Your immune system functions best when you're well-rested and calm—make time for relaxation and sleep.





**JUNE**

**...IS NATIONAL FRESH  
FRUIT AND VEGETABLE  
MONTH**



# NATURE'S MEDICINE CABINET



June is the perfect time to honour the vibrant colours, flavours, and health benefits of fresh fruits and vegetables – especially those on the ALWAYS EAT Green List. These are the foods that support stable blood sugar, nourish the body, and help reverse insulin resistance.

While the supermarkets may tempt us with frozen or canned options, nothing beats fresh produce, rich in fibre, nutrients, and natural hydration. Choosing fresh foods, grown locally and eaten in season, gives your body what it truly needs to heal and thrive.

## **Eat from the ALWAYS EAT List (Green List)**

Choose low-carb, nutrient-dense fruits and vegetables that appear on the Foundation Food Green List – like leafy greens, cucumbers, broccoli, cauliflower, baby marrows, avocado, lemons, and fresh berries in moderation.

## **Prioritise Fresh, Not Frozen**

Frozen may be convenient, but fresh produce delivers better texture, taste, and often higher nutritional value, especially when it's in season and eaten shortly after harvest.

## **Support Local Street Vendors**

Buy your fruit and veg from small-scale sellers and community markets. They often source straight from local farms, meaning better freshness and more affordable prices. You'll also be supporting jobs and dignity in your neighbourhood.



## **Add Colour to Your Plate**

Use a variety of fresh veg to create meals that are not only beautiful but blood sugar-friendly too. Think stir-fries, salads, roasts, and soups using only Foundation List ingredients.

## **Grow Your Own**

If you can, plant a few herbs, leafy greens, or tomatoes at home. There's something empowering about harvesting your own real food.





**BROCOLLI: 6.65g CARBS /100g serving**



**CAULIFLOWER: 5.3g CARBS /100g serving**



**GREEN BEANS: 7.2g CARBS /100g serving**



**PUMPKIN: 6.5g CARBS /100g serving**



**CARROTS: 9.6g CARBS /100g serving**



**BUTTERNUT: 11g CARBS /100g serving**



**TOMATOES: 3.2g CARBS /100g serving**



**RED PEPPERS: 6.02g CARBS /100g serving**



**BROCOLLI: 6.65g CARBS /100g serving**



**BLUEBERRIES: 13.5g CARBS /100g serving**



**STRAWBERRIES: 7.68g CARBS /100g serving**



**BLACKBERRIES: 9.60g CARBS /100g serving**





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