



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

Type2health.co.za









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INDEX

06

BELIEVE YOU CAN!

The Missing Piece in Putting Type 2
Diabetes into Remission

29

DIABETES WARRIORS

True-life stories from our Tribe

11

SALADS!!

Perfect Meals or Sides for Spring

35

KEEP CALM & EAT YOUR PROTEIN

The most important macro

25

BUILDING YOUR PLATE

How to create a meal to meet your macros to reverse T2

39

WORLD DIABETES DAY

14 November - Most important day for diabetics

Table of Contents

Spring 2025 Edition

As the chill of winter melts away and new buds begin to bloom, spring reminds us of something powerful: change is not only possible It's absolutely natural!

This season is all about renewal.

In the pages ahead, you'll find stories and strategies to help you shift from old habits to healthier ones, with gentle but consistent steps. Whether it's cleaning up your plate with our springtime recipes or decluttering your self-talk with a mindset reset, now is the perfect time to take action.

In this issue, we dive into what it really takes to put Type 2 diabetes into remission, not just through food or fitness, but through your belief. Because lasting change starts in the mind. And believing that you can take control is the first, most important step.

Let this be your season of new beginnings. Start small. Be kind to yourself. And above all, trust that change is happening, even if you can't see all the blossoms just yet.

Here's to spring, fresh starts, and the power of believing in your transformation.

With you on the journey,



Support for post-injection or compromised skin



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We're giving our readers the chance to win an exciting new product from Skin Free - NATURAL REPAIR SERUM. Developed for diabetics to support post-injection or compromised skin.

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- Look for and comment on the giveaway post using the hashtag

 #SkinFreeGiveaway and tag as many friends to enter

It's that easy!

? Competition open to South Africa only. The Entries close 30 September 2025



The Missing
Piece in Putting
Type 2 Diabetes
into Remission

You have heard it all before: reduce the simple carbs, move your body more, prioritise sleep, and manage your stress. But there is one powerful ingredient in the reversal of type 2 diabetes that does not get the attention it deserves — self-belief. It may surprise you to know that Professor Tim Noakes, one of South Africa's most influential medical scientists, spent 38 years studying the human body only to conclude that it is not the body alone that achieves the seemingly impossible. It is the mind.

He said, "What you really believe will happen is exactly what will happen."
When it comes to putting Type 2 diabetes into remission, this could not be more relevant.



Whether you have just been diagnosed or have lived with type 2 diabetes for years, the road to reversal begins with a decision: I believe I can do this. Not just because someone else did, but because you believe in your ability to change your story.

Think of Roger Bannister, the first man to break the four-minute mile. Before he did it, the world believed it was physically impossible. But his coach believed in him, and that belief changed history. Within weeks, other athletes began breaking the same barrier. Why? Because belief had shifted. The impossible had become possible.

Now reflect on your own life. What have you convinced yourself you cannot overcome?

- Late-night cravings?
- Constant high blood glucose?
- The fear of giving up bread or pap for good?

Your Brain Is Listening

Science shows us that the brain governs our limits. Even athletes in peak condition may lose races, not because of their muscles, but because of the moment their brain decides to give up. The mind creates symptoms (pain, fatigue, doubt) to justify surrender.

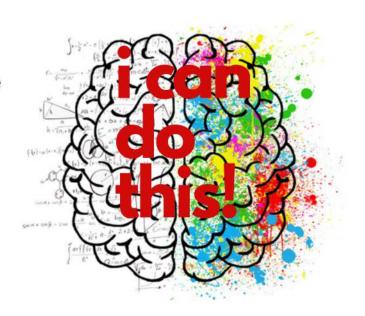
Now imagine the opposite. Imagine your brain being filled with encouragement, certainty, and purpose.

"I am reversing my type 2 diabetes. I am lowering my blood sugar. I am stronger than this craving."

This is not fantasy. It is the foundation of brain retraining and meaningful physiological change.

Professor Noakes describes how Lewis Pugh, an endurance swimmer and environmental campaigner, trained to swim at the North Pole in water colder than freezing. How did he survive? By preparing his mind to believe (not just hope) that it was possible.





The Science Meets the Soul

Putting Type 2 diabetes into remission is not just about biology. It is about belief in biology.

Yes, lowering your daily carbohydrate intake will help regulate blood glucose. Yes, movement, sleep, and nutritional changes are vital. But these tools are only effective when you believe that they are working and that you are capable of lasting change.

You can follow the Always Eat Food List. You can meal prep nourishing meals. But the real transformation begins when you look in the mirror and say:

"I believe I am worth the effort. I believe I can reverse my diabetes. I believe I already am."

The Power of a Self-Fulfilling Prophecy

Professor Noakes points out, a selffulfilling prophecy is "a false definition of the situation evoking new behaviours which make the original conception come true."

If you tell yourself, "I will never get off medication," your actions will follow that script. But if you start saying "I am getting healthier every day," your behaviour will adjust to match that vision.

This is not magic. It is mindset.

Start Today

You do not need to be perfect. You do not even need to feel completely ready. All you need is a spark of belief. Let that grow.

Surround yourself with real stories of real people who have reversed type 2 diabetes.

Join our Diabetes Warriors WhatsApp Group. Speak kindly to yourself. Keep showing up. The rest will follow.

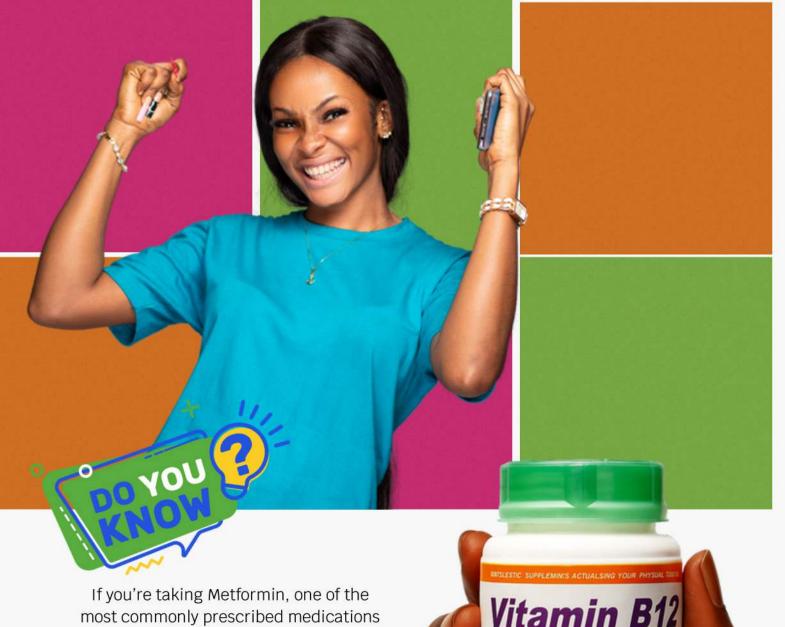
In this journey, it is not your body that needs convincing; it is your mind.

And once it believes? There is no stopping you.



"There is nothing more powerful than a made-up mind."

Lewis Pugh, Antarctic swimmer and UN Patron of the Oceans



If you're taking Metformin, one of the most commonly prescribed medications for Type 2 Diabetes, it may deplete your body's Vitamin B12 levels over time.

Why is Vitamin B12 so important for T2 Diabetics?

Boosts Energy – Helps reduce fatigue and supports healthy red blood cell formation.

Supports Nerve Health – Vital for protecting nerves and reducing the risk of neuropathy.

Aids DNA & Cell Repair – Supports healthy cell growth and repair.

Protects Brain Function – Plays a key role in memory, focus, and mood regulation.



Place your order today! 082 9903989



Spring signals a fresh start, and there's no better time to give your plate a seasonal makeover. For anyone working to put Type 2 diabetes into remission, salads are not just a light option; they are the cornerstone of a blood sugar-friendly lifestyle.

Using ingredients from the **ALWAYS EAT** List (and a few **EAT SOMETIMES** items), salads offer a nutrient-dense, high-fibre, low-carb solution that supports metabolic healing.

WHY SALADS MATTER

Salads are rich in fibre, antioxidants, and healing phytonutrients. But it's the fibre that plays the leading role for us diabetics.

Fibre slows digestion and buffers the absorption of glucose into your bloodstream, preventing sudden spikes in blood sugar. It also feeds the beneficial gut bacteria that influence insulin sensitivity and appetite control.

Even more powerful? Eat your salad first. This food sequencing technique, fibre first, then proteins and fats, and lastly complex carbs, flattens post-meal glucose spikes and improves insulin response.



WHY ORDER MATTERS: FIBRE FIRST

Eating your salad first, before your protein or any carbs, can help to:

- Lower your glucose response
- Reduce insulin demand
- Increase satiety
- Improve digestive health

This sequence is especially critical for individuals whose HbA1c is still above 6.0%, where insulin resistance is active and even moderate carbohydrate intake can lead to spikes.

Salads are not side dishes; they are therapeutic meals. Eaten first, built from the right ingredients, and enjoyed daily, they are a critical part of reversing insulin resistance and restoring long-term health.

Let this spring renew your plate and your purpose. Start every lunch or dinner with a generous bowl of greens, and let nature do the healing.

Building a blood sugar friendly salad

THE BASE ALWAYS EAT LIST

- √ Spinach
- √ Kale
- √ Cos or romaine lettuce
- ✓ Rocket
- √ Swiss chard
- √ Cabbage (green or red)
- √ Microgreens or baby greens



CRUNCH & COLOUR ALWAYS EAT LIST / EAT SOMETIMES LIST

- ✓ Cucumber
- √ Celerv
- √ Radish
- √ Courgette ribbons
- √ Broccoli or cauliflower florets
- √ Carrot (in moderation)
- √ Cherry tomatoes
- ✓ Peppers (green, yellow, red)
- √ Mushrooms
- ✓ Avocado
- √ Seeds (sunflower, pumpkin)
- √ Olives or capers



DRESS SMART ALWAYS EAT LIST / EAT SOMETIMES LIST

Avoid store-bought dressings. Instead, use:

- Cold-pressed olive oil
- Apple cider vinegar
- Dijon mustard
- Fresh Lemon Juice
- Garlic, herbs, sea salt, black pepper







This vibrant salad is a refreshing, nutrient-rich blend of crunchy lettuces, peppery wild rocket, crisp radish, sweet carrots, and cooling cucumber; all elevated with a sprinkling of sesame seeds and delicate coconut shavings. The addition of red onion adds just the right amount of zing, making every bite bright and satisfying.

Tossed with a sweet and tangy low-GI dressing, it's not only bursting with flavour but also diabetic-friendly and gentle on blood sugar levels.

Enjoy it as a standalone light meal, especially on crisp spring days, or pair it with grilled chicken, seared tofu, or baked fish for a more substantial plate. You can also add hard-boiled eggs for leftovers the next day!

It's also a beautiful side dish for a Spring braai, a brunch table, or even tucked into wraps for a nutritious lunch. Fresh, simple, and full of goodness. This salad proves that healthy eating doesn't mean sacrificing taste.

- No added sugars Erythritol won't raise blood glucose levels.
- Healthy fats From olive and sesame oils to help with satiety and nutrient absorption.
- Vinegar Apple cider vinegar has been shown to help reduce post-meal blood sugar spikes.

FOR THE SALAD

- Iceberg Lettuce
- Butter Lettuce
- Wild Rocket
- 2 Carrots (grated or julienned)
- Red Onion (thinly sliced rings
- Red Peppers (Capsicum) thinly sliced
- Radish thinly sliced
- · Cucumber thinly sliced
- · Coconut shavings
- · Sesame Seeds

SWEET & TANGY SALAD DRESSING

- 3 tbsp apple cider vinegar (with the mother)
- 1 tbsp fresh lemon juice
- 2 tsp Dijon mustard
- 1 tbsp olive oil (extra virgin)
- 1 tsp sesame oil (optional, for added depth)
- 1–2 tsp sweetener or erythritol (adjust to taste)
- · Pinch of salt
- Cracked black pepper
- Optional: ½ tsp grated fresh ginger for a subtle kick

Instructions:

- 1. In a small jar or bowl, whisk together the vinegar, lemon juice, mustard, and sweetener until well combined.
- 2. Slowly drizzle in the olive oil and sesame oil while whisking to emulsify.
- 3. Add salt, pepper, and ginger if using.
- 4. Shake or stir well before pouring over your salad.



This fresh Spring seafood salad is a celebration of light, vibrant eating. It's packed with lean protein and bursting with flavour. With tender shrimp sautéed in garlic butter and delicate mussels folded into a crisp bed of iceberg lettuce and wild rocket, it offers a refreshing yet satisfying meal that's both low in carbs and diabetic-friendly.

The protein content makes it ideal for maintaining blood sugar stability and providing sustained energy, while the addition of sesame seeds adds a gentle crunch and a hint of nuttiness. Juicy tomato wedges bring balance and brightness, making each bite feel like a taste of Spring sunshine.

Serve this salad chilled or at room temperature, perfect for a lazy weekend lunch, a light weeknight dinner, or as a starter at a Springtime gathering or alfresco brunch. It pairs beautifully with sparkling water infused with citrus or cucumber for a truly refreshing seasonal meal.

- Low in carbs and sugars No added sweeteners or hidden sugars.
- Citrus and garlic enhance the natural flavour of the shrimp and mussels.
- Healthy fats from olive oil support blood sugar control and boost satiety.
- Dijon mustard gives a mild tang that ties the seafood and greens together beautifully.

Serve this salad cold or slightly warm (with freshly cooked garlic butter shrimp) for a satisfying, protein-rich, blood-sugar-friendly meal.

FOR THE SALAD

- Iceberg Lettuce
- Wild Rocket
- Tomatoes cut into wedges
- 1 can of mussels (drained)
- 200g cooked shrimp (fry in garlic butter for 5 -6 minutes)
- Sesame Seeds

ZESTY LEMON-GARLIC DRESSING

- 3 tbsp fresh lemon juice
- 2 tbsp olive oil (extra virgin)
- 1 tsp Dijon mustard
- 1 small garlic clove, finely grated or minced
- 1 tsp apple cider vinegar
- ½ tsp smoked paprika or chili flakes (optional, for a gentle kick)
- Salt and cracked black pepper to taste

Instructions:

- 1. In a small bowl or jar, whisk together lemon juice, vinegar, Dijon, and garlic until combined.
- 2. Slowly whisk in olive oil until the dressing emulsifies.
- 3. Add smoked paprika or chili flakes if you like a bit of heat.
- 4. Season to taste with salt and pepper.
- 5. Shake or stir again just before using.







This Mediterranean-inspired tuna and egg salad is the perfect go-to for a satisfying Spring lunch that's as nourishing as it is flavourful. With the heartiness of protein-rich tuna and hard-boiled eggs, combined with crisp romaine, peppery rocket, and bursts of briny green olives and capers, it hits all the right notes (it's salty, fresh, and deeply satisfying). Topped with a creamy lemon-herb dressing, it's a meal in itself, ideal for a low-carb lifestyle or anyone looking for a blood-sugar-friendly lunch that doesn't compromise on taste. Serve it on a sunny patio, or pack it into a jar for an easy Spring picnic.

- High in protein from tuna and eggs, this salad helps keep you fuller for longer, supports muscle maintenance, and contributes to steady blood sugar levels.
- Low in carbohydrates, with no refined sugars or starchy fillers — ideal for managing insulin response.
- Heart-healthy fats from olives, tuna, and olive oil promote satiety and support cardiovascular health.
- Leafy greens and tomatoes provide fibre, hydration, and essential micronutrients without spiking glucose.
- The creamy dressing adds richness without hidden sugars or carbs, tying it all together in a way that feels indulgent but stays blood-sugar friendly.

CREAMY LEMON-HERB DRESSING

- 2 tbsp plain Greek yogurt (full-fat, unsweetened)
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- ½ tsp apple cider vinegar
- ½ tsp garlic powder or 1 small clove grated fresh garlic
- 1 tsp fresh or dried parsley (or dill)
- Salt and cracked black pepper to taste

Instructions:

- 1. Whisk all ingredients together in a bowl or shake in a small jar until smooth and creamy.
- 2. Adjust lemon juice or olive oil to reach your preferred consistency.
- 3. Chill slightly before drizzling over your salad for best flavour.

FOR THE SALAD

Romain Lettuce
Rocket Leaves
1 can tuna chuncks (drained)
2 hard-boiled eggs
Green olives
Tomato cut into chunks
Capers (Optional)



This warm kale and roast veggie salad is a bowl full of comfort and colour. Roasting the sweet potato, Brussels sprouts, carrots, and onion brings out their natural sweetness and adds depth of flavour. Crunchy pumpkin seeds and tart cranberries add texture and contrast. Serve it as a nourishing side or top with a poached egg for extra protein.

- High in fibre from kale, Brussels sprouts, carrots, and seeds, supporting digestion and steady glucose absorption.
- Sweet potato is included in moderation and is part of the Eat Sometimes (Orange List), offering slow-releasing energy and essential nutrients like beta-carotene.
- Healthy fats from olive oil and pumpkin seeds help improve insulin sensitivity and enhance satiety.
- Optional dried cranberries add a pop of natural sweetness — keep portions small or choose unsweetened varieties to keep sugar low.

FOR THE SALAD

4 cups kale, chopped (stems removed)
1 cup diced sweet potatoes
1 cup Brussels sprouts, halved
1 cup carrots, sliced
1/4 cup red onion, sliced
1/4 cup toasted pumpkin seeds
1/4 cup dried cranberries
(unsweetened, or reduced quantity if sweetened)

SWEET & TANGY MUSTARD VINAIGRETTE

- 2 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- A few drops of liquid stevia or sugar alternative (optional to taste)
- ½ tsp garlic powder
- Salt and black pepper to taste

Instructions:

- 1. Whisk all ingredients in a small bowl or shake in a jar until emulsified.
- 2. Drizzle over the salad just before serving.
- Toss sweet potatoes, Brussels sprouts, carrots, and red onion with olive oil, salt, and pepper.
 Spread evenly on a baking sheet.
- Roast for 20–25 minutes, stirring halfway through, until tender and caramelised.
- Drizzle a small amount of olive oil over the kale and massage the leaves for 2–3 minutes until they soften and darken in colour...

Assemble the Salad:

Add the roasted vegetables to the kale. Sprinkle with pumpkin seeds and dried cranberries.





OMINIC (Practical steps for healthier living and possible remission of Type2 diabetes)

Medication only manages the symptoms, but lasting change comes from how you live, eat, move, and take charge of your health. Our new study guide & course gives you the step-by-step strategies to help put Type 2 diabetes into remission.

This is your chance to break free from "managing" and start transforming.





Get the Building Healthy Habits for Diabetes Remission PDF study guide that will teach you how to change your lifestyle to beat T2 diabetes forever! You will also get a 30-day meal plan, shopping lists, recipes, lifestyle calendar, action lists, progress tracker, and more.

All this for just R1200

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Sign up now and get 50% off — because your journey to remission starts today. **DISCOUNT OFFER EXPIRES 15 SEPTEMBER 2025**

"I Can't Afford to Eat Healthy" — Really? Let's

Many people believe that eating healthy is expensive. But if you truly commit to the Green List (and stop buying bread, rice, pap, pasta, sugary drinks, crisps, biscuits and cakes), you'll actually save money.

The average family spends around R240 a week on Red List items. That's nearly R1,000 every month on food that makes your blood sugar worse and your health decline.

Let's also be honest about one more thing: It's not okay to say, "I'm eating differently now, but my family still eats what they want." That thinking stops here!

If you're living with Type 2 diabetes or insulin resistance, and your children or partner are still eating the same way you used to, what kind of future are you preparing them for?

This is not just about reversing your diabetes; this is about breaking the cycle for your family. It's about teaching your children to eat better. live smarter, and take care of their bodies before they end up where you have.

Start by involving your family in meal preparation. Teach them how to wash the spinach, steam the cabbage, open a tin of fish, or scramble some eggs

These are the habits that shape their future. And remember: You don't need expensive sugar-free biscuits or fancy keto flours. That's not what this protocol is about. Those things can be enjoyed occasionally, not every week. Stick to real food, simple meals, and consistency.

Cutting Out Red List Foods Could Save You R1.000 a Month!

- Bread, rice, pap, pasta, crisps, sugary drinks, and biscuits add up fast.
- By sticking to the Green List, your health improves and your wallet thanks you.
- Don't fall for "healthy" replacements like almond flour or sugar-free cookies. Save those as a treat once a month, not a daily habit!





Your Family Must Join the Journey

- You're not just reversing your diabetes, you're protecting your children.
- Involve them in cooking and teach them what real food looks like.
- Health isn't personal, it's generational.
- You're teaching them **NEW** habit







Health is not just personal — it's generational.





So, why is Magnesium Glycinate important for T2 Diabetics?



Better Blood Sugar Control: Helps your body use insulin more effectively. Supports steady blood sugar levels



Relief from Cramps: Eases muscle tightness and nighttime leg or foot cramps



Calms Nerves & Improves Sleep; Helps to reduce tingling or "pins and needles" in hands and feet. Helps relax the body for better sleep and less stress



Gentle on the Stomach: Unlike some other forms of magnesium, magnesium glycinate is easy to tolerate and unlikely to cause diarrhoea

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R190

(Excluding Delivery)

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Building Your Plate to

REVERSE Type 2 Diabetes

When it comes to reversing Type 2 Diabetes through lifestyle change, what you put on your plate matters. Every meal is an opportunity to support your body's healing and reduce your HbA1c. The cornerstone of this approach is the ALWAYS EAT Food List. These are foods low in carbohydrates, high in fibre, and nutrient-dense.

Here's how to build your plate wisely and consistently:

Start with the Always Eat List

This list includes foods that contain up to 6g of carbohydrates per 100g serving. These foods should make up the bulk of your meals.

They are not only low in carbs but are packed with fibre, vitamins, and antioxidants that help regulate blood sugar and improve insulin sensitivity.

Think: leafy greens, broccoli, cabbage, cauliflower, peppers, mushrooms, and fresh herbs.

Make it a habit to fill at least half your plate with two or three different vegetables from the Always Eat List. A colourful mix improves the nutrient variety and keeps meals interesting.

Add a Clean Protein Source

Pair your vegetables with one protein source. If you do not eat meat or fish, opt for eggs, black beans, brown lentils (on the Eat Sometimes List and in small quantities). Protein slows down digestion and reduces the likelihood of blood sugar spikes after a meal. It also helps maintain muscle mass and supports metabolic health.

Protein should be roughly a palm-sized portion on your plate. To calculate how much protein you need daily, use 1.5 to 2 grams of protein per kilogram of your ideal body weight. For example, if your goal weight is 60kg, aim for 90g to 120g of protein per day, divided across your meals.



Include One Healthy Fat



Don't fear fats, especially when they are healthy and unprocessed. Fats help you feel satisfied and further slow the release of glucose into your bloodstream. They also support hormone health and the absorption of fat-soluble vitamins (A, D, E, and K).

Examples include avocado, a drizzle of olive oil, a few nuts or seeds, or olives. Stick to one portion to keep your energy intake balanced.



Follow the Golden Rules

To successfully reduce your HbA1c and begin reversing Type 2 Diabetes, keep these rules in mind:



- Stick to a maximum of 30g of carbohydrates per day. This limit is crucial for lowering insulin resistance and allowing the body to burn stored fat.
- No snacking between meals. Let your body rest from constant digestion to improve insulin sensitivity.
- Avoid all foods from the Never Eat List. These include ultra-processed items, starches, and sugary foods that are highly inflammatory and will spike your blood sugar.
- Only introduce foods from the Eat Sometimes List once your HbA1c falls below 6%, and even then, only occasionally. These foods are higher in carbohydrates and can disrupt your progress if reintroduced too early or too often.

The Power of Consistency



Putting Type 2 Diabetes into remission is not about deprivation; it's about learning how to nourish your body properly and become more insulin sensitive. By building your meals around the Always Eat List, choosing balanced macros, and following a whole-food, low-carb approach, you're creating the internal environment for healing.

Every plate is a chance to bring your HbA1c lower, improve your energy, and reclaim your health.

Let your next meal be medicine.



ALWAYS EAT



Always eat from this list. Choose One Protein, 2/3 veg, and 1 Fat for a meal While eating from the Green List, restrict your carbs to 25g-30g Max per day

ANIMAL PROTEIN

Beef Chicken Turkey

Duck

Game / Venison

Goat Lamb Pork

Bacon

All parts of the animal

Offal (gizzards, hearts,

kidneys) Tripe

Seafood

Fish

Prawns

Cravfish

Mussels

Pilchards

Tuna

Sardines

Salmon

Hake

Mopani Worms

Locusts

Any other traditional

African meats.

DELI Cold Cuts (not

processed)

Natural and cured meats

and sausages

Salami

Pepperoni

Sausages (check for starch

ingredients)

DRINKS

Tea & Coffee Still & Sparkling Water Sugar Free Cordials (Please read the labels for hidden sugars) Footy's Sugar Free

FATS & OILS

Avocado

Bacon Fat

Beef Tallow

Butter

Ghee

Lard

Coconut Oil

Avocado Oil

Macadamia Oil

Olive Oil

DAIRY

Full Fat Milk

Cheeses

cheddar & gouda

Brie

Camembert

Gorgonzola

Parmesan

Mozzarella

Roquefort

Ricotta

Full Fat Plain Yoghurt

Full Fat fresh cream

Full fat cottage

Cheese

Full fat cream cheese

FRUIT

Coconut

Lemon / Limes

Strawberries

Blueberries

Raspberries

Blackberries Gooseberries

Prickly Pear

SWEETENERS

Erythritol Monk Fruit Stevia

Xylitol

All Spices, Flavourings, and Condiments and sauces are ok PROVIDING they do not contain sugar, seed oils, and wheat/starch **ALWAYS READ THE LABELS**

VEGGIES

All Leafy Greens

- Spinach
- kale
- lettuce

Artichokes

Asparagus

Aubergine / Egg Plant

Avocado

Bamboo Shoots

Bok Chov

Broccoli

Brussel Sprouts

Cabbage

Carrots

Cauliflower

Celery

Chives

Chu Chu Pear (chayote)

Courgettes

Fennel

Frozen Peas

Green Beans

Gherkins

Leaks

Mushrooms

Olives

Onions

Peppers

Pumpkin

Radish

Sauerkraut

Snow Peas

Tomatoes

Turnip

Zucchini

SEEDS & NUTS

Almonds and Almond

flour

Brazil Nuts

Chia Seeds

Coconut flour

Flax Seeds (Flax powder)

Hazelnuts & Hemp Seeds

Macadamia Nuts

Sunflower Seeds

Sesame Seeds

Walnuts

Peanuts (raw)

Natural Peanut Butter

(sugar free)



EAT SOMETIMES



Eat from this list **ONLY** once your HbA1c falls below 6%, and then only have these foods now and then and NOT every day.

THESE FOODS ARE HIGHER IN CARBOHYDRATES
While eating from the Orange List, restrict your carbs to 50g Max per day

FRUIT

Apples Apricots

Bananas (as green as possible)

Cherries Clementines Custard Apples

Figs

Granadilla

Grapes (limit to 12 grapes per

serving) Gauva Jack Fruit Kiwi Fruit

Lichi Mango

Oranges

Nectarines

Naartjie Peaches

Pears

Papaya

PawPaw

Pomegranate

Quinces

Water Melon

LEGUMES & PULSES

All legumes (raw, soaked and

cooked)

All vegetable sprouts.

Black beans

Broad Beans

Buckwheat

Butter Beans

Cannelloni beans

Chickpeas

Kidney Beans

Lentils

Peanuts

Quinoa

Split Peas

Steel cut Oats (no instant oats)

Watch your portions since these are higher in carbs (suggested 2

spoons in a portion)

SWEETENERS

Raw Honey

VEGGIES

Beetroot & Golden Beets Baby Potatoes (served cold)

Celeriac

Corn on the Cob

Hubbard Squash

Mixed Frozen Vegetables (diced)

Parsnips

Peas

Pumpkin

Squash

Sweet Potatoes



REAL-LIFE STORIES OF COURAGE AND PERSISTENCE

The Diabetes Warriors support group is a vibrant, determined community of individuals diagnosed with Type 2 diabetes who are committed to reclaiming their health through lifestyle change.

Members come from all walks of life. They're mothers, fathers, professionals, pensioners, and young adults, each with their own story, but united by a common goal: to reverse insulin resistance and put the disease into remission without relying on chronic medication.

These are some of their stories

At 74 years old, **Gogo Mutambirwa** is a shining example of resilience and routine. Living with type 2 diabetes, high blood pressure, and arthritis, she manages her health with a careful balance of medication, gentle movement, and most importantly, mindful nutrition.

Gogo follows a healthier eating plan inspired by the Diabetes Warriors Food Lists, choosing foods that support stable blood sugar and better energy. With support from her dedicated helper, she goes for daily walks, using her crutch when needed, and never misses her monthly physiotherapy or medical check-ups.

She monitors both her blood glucose and blood pressure at home, knowing when to rest, when to walk, and when to reach out for help. When her levels drop, she hydrates, takes a small sweet bite, and waits until she feels strong enough again. When they spike, she avoids going out alone and speaks to her doctor.

meet our warriors!



Through it all, the Diabetes Warriors support group reminds Gogo that she is never alone. With daily encouragement, shared knowledge, and a focus on long-term reversal, she continues to take charge of her journey, one brave step at a time.

My Diagnosis was My Turning Point

On 8 August 2017, at age 37, I was diagnosed with type 2 diabetes.

It started with constant thirst, fatigue, and blurry vision. I looked up the symptoms in my dad's old medical book; everything pointed to diabetes. At the pharmacy, my fasting blood sugar was 35 mmol/l. Three days later, it was still 35. The pharmacist told me to

see a doctor immediately.

With no GP at the time, I went to a low-cost clinic. The doctor started me on metformin. Over the next year, I tried various doses, but nothing worked. The local day hospital offered no consistency, different doctors, different advice, no plan.

Then COVID hit. My main doctor left, and every visit felt like starting over. I became anxious and burnt out. Finally, I found a private GP—a turning point. She understood diabetes and supported me through the burnout. My sugars remained high—around 15 mmol/l. My energy was gone, my weight stuck at 90 kg, and my vision worsened.



In October 2023, I started insulin. That's when I told myself, "This ends now!" I'd seen the worst complications; my uncle lost both legs. I refused to let that be me.

Recovery was tough. I began exercising, even though I'd never been sporty. My son helped me eat better; I truly believe he saved my life.

For over a year, my morning blood sugar levels have remained between 5.0 and 5.5 mmol/L. I joined a WhatsApp group using colour-coded food lists (green, orange, red) and followed it strictly. I drank more water, even bought a cooler. It worked until they started posting graphic images. I left. People need support, not fear.

Later, I found a Cape Town T2 group, and then the Diabetes Warriors community. That changed everything. For the first time, I felt supported and seen.

The biggest lesson? I never want to experience burnout again. It nearly broke me. I'm still on insulin, but it's on my terms now. I'm healing, I'm stronger, and I'm not giving up. From October 2023 to January 2025, I lost 14 kg. By July 2025, I'd lost another 4 kg. My doctor says if I drop 6 more, I can come off meds.

I'm almost there!



Thandi says: "When I was diagnosed with type 2 diabetes on 17 July 2024, I was overwhelmed. I worried about my daughters, my family, and how I would manage this disease. Everything felt uncertain.

"Then I met Dr Maggy (herself living with type 2 diabetes), who encouraged me to join a support group. That was the start of my transformation. At first, I didn't know what to eat or where to begin, but I kept learning. My blood glucose levels, once consistently above 12 mmol/L, are now between 5 and 6 mmol/L. The dizziness and constant headaches are gone.

"Today, I enjoy simple, healthy meals: grilled chicken in the air fryer, steamed veggies like broccoli, carrots, and cauliflower, butternut and spinach, plus boiled eggs and avocado. I exercise daily, 15 minutes each morning before work, and I walk 35 minutes every evening after work to stay active.

Thandi Matjeke

"What keeps me on track is consistency: eating well and taking my medication on time every day. I feel stronger, healthier, and more in control of my life. I look forward to the day I am in remission.

To anyone newly diagnosed: don't give up. You can take back your health—one choice at a time".



TYPE 2 DIABETES REVERSAL TOOLKIT





KNOWLEDGE & MINDSET

- Understanding Insulin Resistance
- Hope & Empowerment
- Consistency over Perfection



MOVEMENT & MUSCLE

- Daily Movement
- Resistance Training
- NEAT (Non-Exercise Activity Thermogenesis)



TRACKING & FEEDBACK

- Blood Glucose Monitoring
- Weight & Waist Measurements
- Food & Mood Journaling



- Low-Carb / Green List Veg Focus
- Protein Awareness
- Smart Carbs
- Meal Timing
- Hydration



METABOLIC SUPPORT HABITS

- Sleep Hygiene
- Stress Management
- Sunlight & Circadian Rhythm



NUTRIENT SUPPORT (WITH MEDICAL GUIDANCE)

- Magnesium (e.g. glycinate)
- Omega-3s
- Vitamin D

Type 2 Diabetes doesn't have to be a lifelong sentence. While conventional approaches often focus only on managing symptoms, more and more people are learning that sustainable habit change can do much more, even put the disease into remission.

But changing habits isn't easy, especially when food, stress, and energy levels are all part of the picture.

The key is to simplify the process and take it one step at a time. Here's a powerful 5-step framework to help you shift your lifestyle and reclaim your health starting today.

remove

REMOVE: Ditch Processed Carbs and Hidden Sugars

The first step is cutting out the foods that silently sabotage your blood sugar. Packaged snacks, sugary drinks, and even "low-fat" or "diet" products are often loaded with refined carbs and added sugars. These spike insulin levels and fuel inflammation.

Start reading food labels. If sugar or white flour is listed in the first few ingredients, it's time to let it go.



REPLACE: Nourish With Real Food

Once you've cleared out the junk, it's time to add in the good stuff. Think colourful, non-starchy vegetables, goodquality proteins, healthy fats like avocado, nuts, and olive oil.

These foods not only help stabilise blood sugar but also leave you feeling full, energised, and satisfied, no blood sugar rollercoaster in sight.

Grounded & Practical

Big change doesn't happen overnight. It begins with five small habits, repeated with intention, until they become your new normal.

REPAIR: Heal From the Inside Out Years of poor diet and stress can harm your gut health and dull your body's ability to respond to insulin. Rebuild with the right nutrients: fermented foods, fibre-rich veggies, magnesium, omega-3s, and antioxidant-rich herbs. This phase is about giving your body the tools it needs to heal, repair, and restore balance.



re-learn



RELEARN: Build Lifelong Habits
True change happens when healthy
habits become your default. This isn't
a short-term diet — it's a new
relationship with food, your body, and
your lifestyle.

Relearn how to trust real food.
Reconnect with your body's natural hunger and energy signals. Surround yourself with people and environments that support your long-term goals.



Now it's time to wake up your metabolism. Incorporate gentle movement, strength training, and restorative sleep. Consider time-restricted eating or intermittent fasting — powerful tools to improve insulin sensitivity and reduce fat around the liver and pancreas. Your body is designed to heal. It just needs the right environment.



Stabilise, don't compromise
— add protein to every
plate.

When it comes to strategies to reverse Type2 diabetes, we often hear about the importance of cutting sugar and carbs.

But just as crucial, and often overlooked, is what we should be eating more of: **protein**.

Whether you're living with Type 2 or prediabetes, embracing a high-protein lifestyle can be a game-changer on your journey to putting the disease into remission. Here's why:-

Protein Helps Stabilise Blood Sugar

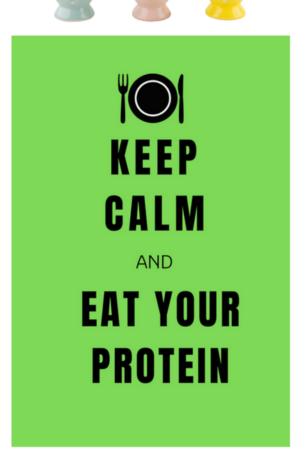
Unlike carbohydrates, protein doesn't cause a spike in blood glucose levels. It digests more slowly, helping to prevent the blood sugar rollercoaster that many people with diabetes are all too familiar with. When paired with carbs, protein can even help slow the absorption of glucose into the bloodstream—blunting post-meal sugar spikes and making glycemic control more manageable.

For those on insulin or other glucoselowering medications, a protein-rich meal can help keep energy levels steady and reduce the risk of sudden crashes later in the day.









So, How Much Protein Do You Need?

A good general guide is to aim for 1.2–1.6 grams of protein per kilogram of your ideal body weight per day. For example, if you weigh 70 kg, that's roughly 85–110 grams of protein daily.

For people with Type 2 diabetes who are actively trying to lose weight or build muscle, staying closer to the higher end of that range can help preserve lean muscle mass while burning fat.



To work out how much protein you should be eating, start with your body weight in kilograms and multiply it by the appropriate factor for your lifestyle or stage of life:

Sedentary adults: 0.8 g per kg
Active individuals: 1.2–2.0 g per kg
Older adults: 1.0–1.2 g per kg

• Pregnant or breastfeeding women: 1.1-1.5 g per kg

For example, a 70 kg active adult would aim for between 84-140 grams of protein per day.

It's also worth noting the difference between men and women. The formula itself is the same, but men usually need more protein because they tend to weigh more and have greater lean muscle mass.

Quick Protein Reference Chart (Green & Orange List)

Food	Serving Size	Protein (approx.)
Chicken breast (cooked)	100 g	31 g
Beef steak (cooked)	100 g	26 g
Lamb chop (cooked)	100 g	25 g
Pork chop (cooked)	100 g	27 g
Salmon / trout (cooked)	100 g	22 g
Tuna (canned in brine/oil)	100 g	23 g
Eggs	1 large	6 g
Cheese (cheddar, gouda, feta)	30 g (1 slice)	7 g
Full-cream Greek yogurt	170 g (¾ cup)	15 g
Cottage cheese (full cream)	½ cup	12 g
Almonds / mixed nuts	30 g (small handful)	6 g
Lentils (cooked, orange list)	½ cup	9 g
Chickpeas (cooked, orange list)	½ cup	7 g



Salads don't have to be "just a side". With the right veggies and plant-based proteins, they can become a complete, satisfying meal. By adding these Diabetes approved protein-rich foods, you'll boost your salad from light and leafy to hearty and nourishing. Each option is packed with protein, fibre, and healthy fats to keep you fuller for longer. Just remember to watch your portion sizes, especially with seeds and nuts from the Orange List, so you don't go over your daily carb allowance.

Soy-Based

- Tofu (extra firm, plain or grilled) → ~10 g per ½ cup
- Tempeh → ~16 g per ½ cup
- Edamame → ~17 g per cup (shelled)



Seeds & Nuts







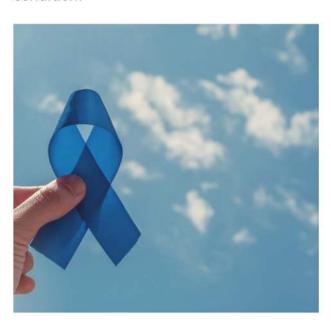


Shining a Light on a Global Health Challenge 14 November

Every year on November 14, people around the world unite to recognise World Diabetes Day (WDD), **the largest global awareness campaign dedicated to diabetes**. It is not just a date on the calendar, but a movement that calls for greater understanding, action, and hope for millions of people living with the condition.

A Brief History

World Diabetes Day was first established in 1991 by the International Diabetes
Federation (IDF) and the World Health
Organisation (WHO), in response to the growing health threat posed by diabetes worldwide. In 2006, the United Nations officially recognised the day, giving it global significance. The chosen date, November 14, honours the birthday of Sir Frederick Banting, who, along with Charles Best, codiscovered insulin in 1921 — a medical breakthrough that transformed diabetes from a fatal disease into a manageable condition.



Why It Matters

Diabetes is one of the most pressing health challenges of our time. According to the IDF, more than 530 million adultsare living with diabetes today — and that number is expected to rise sharply in the coming decades. Beyond the numbers, diabetes affects families, communities, and healthcare systems worldwide.

World Diabetes Day is important because it.

- Raises awareness of the risk factors and symptoms of diabetes, especially Type 2, which is largely preventable through lifestyle changes.
- Highlights the urgent need for better access to education, medicines, technologies, and care for everyone living with diabetes, regardless of where they live.
- Reduces stigma by encouraging open conversations about the condition.
- Reminds us that diabetes is not just a personal struggle but a global issue requiring collaboration.

Goals and Objectives

Each year, World Diabetes Day carries a theme that reflects a critical aspect of diabetes care and prevention. The overarching goals include:

- 1. Awareness & Education
- 2. Helping people understand diabetes, its warning signs, and ways to prevent or manage it effectively.
- 3. Access to Care
- 4. Advocating for equal access to insulin, medications, monitoring devices, and support systems for all individuals living with diabetes.
- 5. Prevention & Early Detection
- 6. Promoting healthier lifestyles, routine screenings, and interventions that can reduce the risk of Type 2 diabetes or detect it early.
- 7. Empowerment & Advocacy
- 8. Giving a voice to people with diabetes and ensuring their needs are heard by governments, health organizations, and society at large.

The blue circle

The Blue Circle is the global symbol for diabetes. It represents unity. It reminds us that tackling diabetes is not the responsibility of individuals alone, but of communities, healthcare systems, and policymakers working together.

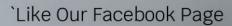




Over 4 million South
Africans live with
diabetes (nearly half
undiagnosed)
making awareness
and early detection
crucial this World
Diabetes Day.

Join Our Private Facebook Group







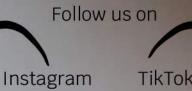
















REVERSE IT! Type2Health ALTHY STARTS