

REVERSE IT!

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



**Find Your
Perfect Heart
Rate to
Lower Blood
Sugar**



**THE NEW
FOOD PYRAMID**

**How it's changed
for the better!**

**TRANSFORM
Your Insulin Sensitivity
with simple food!**

**HOLIDAY
Guide!**

**CHRISTMAS *Day*
LUNCH MENU**



Christmas
SWEET TREAT RECIPES



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

Type2health.co.za



Advertising Enquiries:

Phone: 076 332 8652

Email: admin@type2health.co.za

REVERSE IT! Magazine is published on behalf of Type2Health (Pty) Limited



DISCLAIMER: Type2Health (Pty) Ltd and Reverse It! endeavor to provide accurate information within this publication; however, we cannot guarantee its accuracy. The content herein is intended for general informational purposes only and does not constitute medical advice. It is strongly advised to consult with your healthcare provider before making any decisions based on the information presented. Type2Health and Reverse It! disclaim any responsibility for any direct or indirect loss or damage that may occur from the use or reliance on any information contained within this magazine.

Please note that all prices and stock availability are subject to change. Errors and omissions excepted [E&OE].

Summer, Sunshine, and a Season to Reset

As the year draws to a close and summer arrives in full South African splendour, it's time to exhale. December invites us to slow down; to trade deadlines for sunsets, and to find joy in the simple things: the laughter around a braai, the feeling of sand between our toes, the rhythm of long, lazy afternoons.

This season isn't just about rest; it's also about reflection. It's a moment to look back at how far we've come; the small victories, the lessons learned, the progress made toward better health, balance, and wellbeing. Whether it's making more mindful food choices, walking more often, or simply taking time to breathe, every step counts.

Many of us arrive at December running on empty, having given so much to work, family, and commitments. But true renewal comes when we give ourselves permission to pause. Rest isn't a reward; it's a necessity. Use this time to reconnect with nature, with loved ones, and most importantly, with yourself. A quiet morning walk, an afternoon nap, or an evening of laughter can do wonders for both your mind and your metabolism.

It's also a good time to take stock and dream a little. What do you want 2026 to look like? Perhaps it's the year you finally put your health at the top of your list — not as a resolution, but as a lifestyle. Maybe it's the year of consistency over perfection, progress over pressure. Remember, meaningful change doesn't happen overnight; it's built through daily choices and the belief that you deserve to feel your best.

As we turn the page toward a new year, let's carry forward that same energy. Let's make 2026 the year of intentional living, where rest isn't an afterthought but a strategy, where movement is joyful, and where self-care is non-negotiable.

From all of us at Reverse It, thank you for sharing this journey with us. Here's to sunshine, gratitude, and new beginnings. May your summer be full of fun, rest, and the clarity to focus on what truly matters.

Wishing you a bright, healthy, and inspired festive season!

Warmly,

Linda





TABLE OF CONTENTS

INSULIN SENSITIVITY Transform how your body responds to insulin	06
HOLIDAY GUIDE Tips on how to manage blood sugar while on holiday	11
CHRISTMAS DAY Full Low Carb Menu	14
THE DIABETIC FOOD PYRAMID Re-learning everything about food	17
YOUR HEART RATE How to use your heart rate to lower blood sugar	23
RECIPES Christmas Sweet Treats	27



DIABETIC ACCESSORIES SA

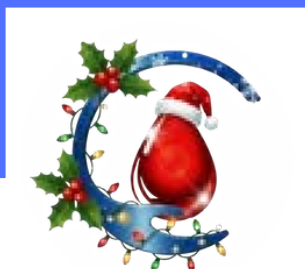
VISIT OUR ONLINE STORE AT
WWW.DIABETICACCESSORIESA.COM
OR EMAIL US AT
DIABETICACCESSORIESA@GMAIL.COM



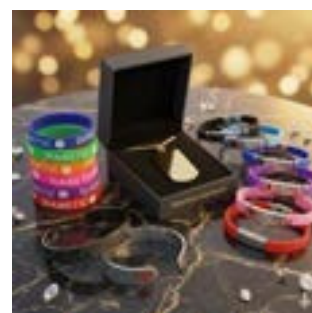
082 348 4501
DiabeticAccessoriesSA@gmail.com
www.DiabeticAccessoriesSA.com

Diabetic Accessories SA | Diabetic Accessories SA | Diabetic Accessories SA

To see our full range of products, visit:
www.DiabeticAccessoriesSA.com/store



**KETO, BANTING, LOW CARB, NO SUGAR ADDED, SUGAR FREE PRODUCTS AND
OTHER ESSENTIALS FOR PEOPLE LIVING WITH DIABETES**



Transform Your Insulin Sensitivity!

Simple Foods to Eat Every Day



Insulin resistance is the root cause of Type 2 diabetes, so the most logical thing to do is to improve your insulin sensitivity to help your body use insulin more effectively..

The exciting news is that you can do this naturally, through food and exercise. Every meal is an opportunity to tell your body to respond better to insulin, regulate blood sugar, and reduce inflammation.

You don't need complicated diets or expensive supplements. By including certain foods daily, you can gradually reset your metabolism and give your cells the tools they need to work properly again.

Think of it as gentle nutritional training for your body; small steps that lead to powerful, long-term results.

Here's how to build your plate each day with simple, nutrient-rich foods that support balanced blood sugar and optimal insulin sensitivity.

1

Load Up on Leafy Greens
Spinach, kale, Swiss chard, and broccoli leaves are powerhouses of magnesium, antioxidants, and fibre, all of which improve how your cells respond to insulin. Aim for 100–150 g (approximately 1 cup) of raw or cooked vegetables daily. Rotate your greens through the week for variety and maximum nutrition.



2

Add Cruciferous Veggies
These include broccoli, cauliflower, cabbage, and Brussels sprouts. They contain sulforaphane and glucosinolates, compounds known to regulate blood sugar and support liver detoxification — both essential for balanced insulin function. Choose one type per day (about 1 cup cooked) and rotate throughout the week.



3

Prioritise Protein
Protein helps steady blood sugar and preserve lean muscle, which keeps your metabolism active and insulin working efficiently.

Include:

- Eggs: 2–4 daily, boiled or poached in olive or coconut oil.
- Fatty fish: Salmon, sardines, or mackerel 2–3 times per week for omega-3s.
- Lean red meat: Once or twice a week (100–150 g).
- Plant-based options: Black-eyed beans or brown lentils once a week for fibre-rich, low-GI protein.



4

Include Healthy Fats

Healthy fats are vital for hormone balance and inflammation control. They also help slow digestion and steady post-meal glucose.

Aim to include daily:

- Extra virgin olive oil: 1–2 tablespoons on salads or vegetables.
- Avocado: Half a fruit per day.
- Nuts: 30 g (almonds or walnuts) with meals, not as snacks.
- Chia and flaxseeds: 1 tablespoon each for omega-3 fats and fibre.



5

Feed Your Gut with Fermented Foods

Your gut bacteria play a big role in blood sugar control. Add a small daily portion of fermented foods like sauerkraut or kimchi (1–2 tablespoons), or unsweetened coconut yoghurt (100 g). A healthy gut helps your body respond better to insulin.

6

Boost Metabolism Naturally

A few natural metabolic boosters can enhance your body's glucose control:

- Apple cider vinegar: 1 tablespoon in water before a main meal.
- Cinnamon: ½–1 teaspoon daily in tea, coffee, or over vegetables.
- Turmeric: 500–1,000 mg with black pepper a few times per week.



**Small steps,
simple
choices, big
results ..
that's the
Reverse It
way.**

Transforming your insulin sensitivity isn't about deprivation; it's about adding the right foods every day. Fill your plate with colour, texture, and natural, whole foods that your body recognises and uses efficiently.



Top 3 Habits to Change

Your daily habits can either help or harm your blood sugar.
Here are 3 common habits that may be holding you back
and why it's important to change them.



CUT THE REFINED CARBS & SUGAR

They cause sharp glucose spikes and worsen insulin resistance.

GET MOVING

Sitting too much keeps blood sugar high, while even a short walk after meals can bring it down.



PRIORITISE SLEEP & STRESS CONTROL

Poor sleep and constant stress raise blood glucose, making management harder.



VITAMIN B12

30 Capsules
R89



- ✓ Supports healthy nerves
(reduces tingling, numbness
& weakness)
- ✓ Helps prevent anaemia &
fatigue
- ✓ Boosts energy
- ✓ Boosts brain function
- ✓ Protects long-term nerve &
heart health

****Price excludes delivery!**



MAGNESIUM GLYCINATE

120 Capsules
R361



60 Capsules:
R190

- ✓ Helps to support healthy
blood sugar
- ✓ Helps with nerve tingling &
cramps
- ✓ Helps to lower blood pressure
& protect the heart
- ✓ Calms muscles
- ✓ Improves sleep quality
- ✓ Reduces inflammation

****Price excludes delivery!**

**Place your order
and pay by
15 December 2025
before year-end
shutdown!**



admin@type2health.co.za

Holiday Guide for T2 Diabetics



HYDRATION IS NON-NEGOTIABLE

Hot weather increases your risk of dehydration, which can raise blood sugar levels. Make water your constant companion. Keep a bottle nearby, whether you're at the beach, braai, or shopping.

- Aim for at least 6–8 glasses a day, and more if you're sweating.
- Avoid sugary cool drinks and limit fruit juices; they may seem refreshing, but can cause blood glucose spikes.
- If you want something with flavour, try sparkling water with lemon slices, cucumber, or mint.



DON'T SKIP YOUR BLOOD SUGAR CHECKS

Holidays can disrupt routine, but your meter shouldn't take a vacation. Testing regularly helps you understand how holiday meals, heat, and activities are affecting your levels.

- Keep your testing kit and medication handy when travelling.
- If you're away from home, store insulin properly — heat can damage it.
- Track readings in your app or notebook so you can adjust if needed.

MOVE AFTER MEALS ESPECIALLY THE BIG ONES

Walking after eating is one of the simplest and most effective ways to help your body use glucose for energy.

- Even a 10–15 minute walk after lunch or dinner can improve blood sugar control.
- Make it social — take the family for a stroll after Christmas lunch, or walk along the beach at sunset.



BE SMART WITH ALCOHOL

A glass of wine or bubbly can fit into a healthy lifestyle, but alcohol can affect blood sugar in unpredictable ways.

- Never drink on an empty stomach.
- Choose light options — dry wines, sugar-free mixers, or a spritzer with soda water.
- Limit to 1-2 drinks, then switch to water.
- Remember: alcohol can make you feel hungrier and lower your inhibitions around food choices.



EATING OUT: CHOOSE WITH CONFIDENCE

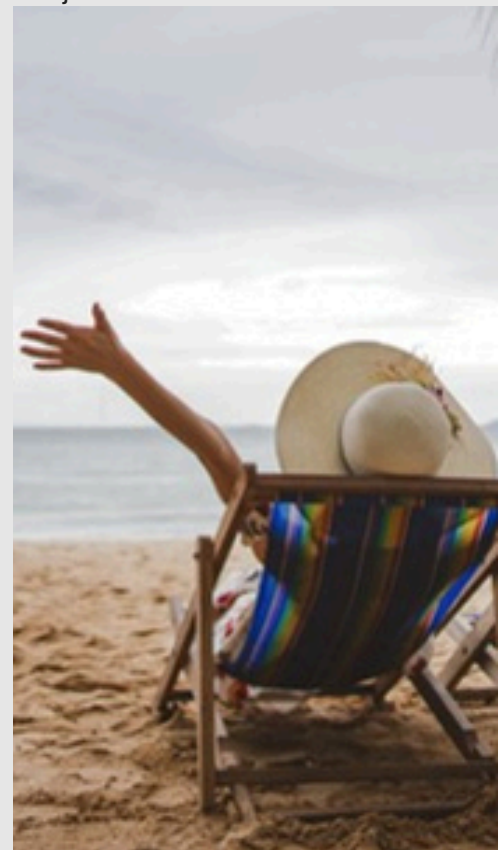
Dining out is part of the fun, but restaurant meals can be heavy on carbs and fats. Small swaps make a big difference:

- Starter: Opt for a salad or grilled calamari instead of garlic bread.
- Main: Choose grilled or baked meats or fish, and ask for veggies or salad instead of chips.
- Sauces: Request them on the side — they're often loaded with hidden sugars.
- Dessert: Skip dessert!
- Buffets: Fill half your plate with salads and vegetables first, then add a lean protein. Skip the starch!

KEEP A ROUTINE — BUT LOOSEN THE RULES (A LITTLE)

Holidays are about enjoyment, not perfection. Allow yourself small treats mindfully rather than avoiding everything and feeling deprived. The key is balance:

- Stick to regular mealtimes as best you can.
- Sleep well — late nights and skipped rest can raise stress hormones and blood sugar.
- Focus on connection, movement, and fun, not just the food.





TRAVEL TIPS

If you're taking a road trip:

- Pack snacks like nuts and biltong, or fruit for the road.
- Keep medication in a cool, insulated bag.
- Stop every two hours to stretch and rest. Check your blood sugar. Please don't drive if your blood sugar is lower than 4.5 mmol. Eat or drink something to correct.
- Wear comfortable shoes if you'll be walking or sightseeing — and don't forget to check your feet daily for any blisters or cuts.

The holidays are a time to celebrate life, and your health is part of that celebration. Just because it's the festive season doesn't mean you need to throw all your healthy habits out the window.

Overindulging may feel good in the moment, but it can leave you feeling sluggish, overwhelmed, and can place unnecessary stress on your heart and blood sugar levels.

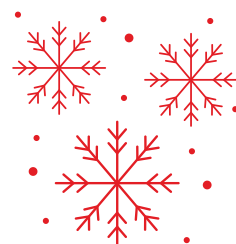
Remember: you can still have a wonderful, joy-filled holiday without going overboard. In fact, staying balanced helps you enjoy the moments more; the laughter, the sunshine, the family traditions, without the discomfort or health dips that often follow uncontrolled eating and drinking.

This season is also a chance to set a powerful example for the kids and younger family members. When they see you choosing water over another sugary drink, taking a walk after lunch, it teaches them what a realistic, healthy relationship with food looks like. These small behaviours can ripple through the family in a positive way.

Here's to a balanced, happy, and heart-friendly holiday season.



CHRISTMAS Day LUNCH



Even at Christmas, it's possible to enjoy a delicious, festive meal without pushing your blood glucose out of range. This simple low-carb menu keeps the focus on flavour, freshness and balance, helping you stay in control while still celebrating. With a few smart choices, you can enjoy every bite and head into the new year feeling steady, energised and proud of your progress.

One of the best ways to keep your blood glucose steady on Christmas Day is to start with a balanced breakfast that sets the tone for the rest of the day. Prioritise protein and healthy fats early on to prevent mid-morning spikes, and keep your main meal focused on low-carb choices such as meats, non-starchy veg and festive sides made from your Foundation (Green List) foods. Staying well hydrated and spacing meals sensibly also helps prevent snacking, which will lead to insulin spikes! (remember, you're insulin resistant!)

It also helps to approach treats with **intention** rather than **impulse**. If you choose to include a small indulgence, pair it with protein to reduce its impact on your glucose levels. Keep moving throughout the day! Even a short walk after lunch can smooth out post-meal rises and support stronger glucose control. Most importantly, aim for consistency rather than perfection; small steady habits make the biggest difference to keeping your mmol/l in a healthy range.



LUNCH MENU



ROAST CHICKEN WITH LEMON & HERBS

Season a whole chicken with olive oil, lemon, thyme, garlic, salt and pepper. Roast until golden. Serve with steamed veg.



CAULIFLOWER MASH

Steam cauliflower, blend with butter, salt, pepper and a dash of cream.



BERRY & CREAM CHRISTMAS CUPS

Layer fresh strawberries and blueberries with whipped cream (no added sugar). Chill and serve.



GREEN BEANS WITH ALMONDS

Sauté green beans in butter with sliced almonds and a squeeze of lemon.



CREAMY SPINACH BAKE

Mix cooked spinach with cream, garlic, salt and pepper. Bake until bubbly.



STUFFED MUSHROOMS

Fill mushrooms with cream cheese, spinach and herbs. Bake until golden.



FOOTY'S®

NATURALLY, NO SHORTCUTS



ALL NATURAL

DIABETIC FRIENDLY PRODUCT RANGE



STAND A CHANCE TO WIN ONE OF 10
FORA DIAMOND GD50 BLUETOOTH
BLOOD GLUCOSE MONITOR



WWW.FOOTYS.CO.ZA



FOOTY'S



@ F O O T Y S Z A



INSPIRE

You don't have to miss the magic of Christmas to manage Type 2 diabetes. Slow down, savour thoughtfully, and listen to your body.



Re-Learning *what we were* taught about Food!

Simple Eating
Changes, Powerful
Results



THE OLD FOOD PYRAMID

The one printed on the back of cornflakes boxes, with its neat little tiers of bread, pasta, and cereal forming a mountain of “healthy eating”?

At the very top, barely visible, was saturated fats... the ultimate villain!

We were taught that butter would clog our arteries, nuts were dangerous little calorie bombs, and six small meals a day were the ticket to health.

Well, fast forward a few decades, and it turns out we severely misled. Not by accident, but by a combination of flawed science and clever marketing!

#TrueStory

HOW WE GOT HERE

Back in the 1970s and 80s, a wave of studies (many later criticised for poor design) suggested saturated fat was the main cause of heart disease. Public health authorities panicked. Meanwhile, the cereal and grain industries were more than happy to promote a low-fat, high-carb diet. They funded research, created catchy campaigns, and emblazoned our beloved pyramids with rows of bread, pasta, and rice.

The result? We faithfully followed the rules, avoided fat like it was radioactive, and scarfed down carbs at every meal.

Obesity rates rose. Type 2 diabetes became rampant. And yet, that food pyramid stood firm, smiling at us from our breakfast boxes like a smug little reminder of how “healthy” we were supposed to be!

what we know, now!

Fast forward into the 21st century, and the evidence tells a very different story! ***It's time to relearn everything.***

- **Fats** are friends, not foes. Healthy fats like olive oil, avocado, and yes, even butter (in smaller portions), are vital for brain health, hormone balance, and steady blood sugar. The fear of fat was completely overblown and misdirected.
- **Fruit** isn't always your friend. While a modest amount is fine, the old advice of "five portions a day" can send blood sugar soaring for those with insulin resistance or type 2 diabetes.
- **Nuts** won't make you fat. They're calorie-dense, yes, but also incredibly satiating and packed with nutrients. Demonising them was a huge mistake!
- **Butter** vs margarine. We were told to avoid butter while spreading trans-fat-laden margarine on everything. Ironically, butter is a safer, healthier choice.
- Six small meals a day? **Bad idea** for T2 diabetics. Constant grazing keeps insulin levels high, making it harder to manage weight and blood sugar.
- Crash diets are risky. Quick fixes may yield short-term results, but they often backfire, slowing metabolism and causing rebound weight gain.

Why It Matters for Type 2 Diabetes

For those managing type 2 diabetes, the old food pyramid wasn't just unhelpful; it was actively counterproductive.

High-carbohydrate diets drive insulin resistance, spike blood sugar, and make weight management a struggle.

Many of us followed the rules to the letter, only to end up heavier, hungrier, and sicker.



The Smarter (Low Carb) Food Pyramid for Beating Type 2 Diabetes

It has been proven that a low-carb model works for reversing Type 2 diabetes because it targets **the root cause**: carbohydrate intolerance.

When you eat fewer carbs, less glucose enters the bloodstream, so your body needs far less insulin to manage it. Lower insulin levels allow blood sugar to stabilise, reduce insulin resistance, and give the pancreas a much-needed break.

In simple terms: remove the excess glucose, remove the pressure.

By prioritising vegetables, protein, and healthy fats, this new pyramid keeps you full, flattens glucose spikes, reduces cravings, and supports real metabolic healing, without relying on outdated guidelines or food-industry messaging.

So, it's time to flip the pyramid. A new, low-carb approach prioritises foods that stabilise blood sugar and nourish the body. Here's what the **"Reverse It"** pyramid looks like:

- Base (the foundation): **Non-starchy vegetables**, like leafy greens, broccoli, peppers, and salads. These provide fibre, vitamins, and bulk without spiking sugar.
- Next layer: **Protein** like fish, eggs, chicken, meat, cheese and plant-based proteins. Protein stabilises blood sugar and keeps you full.
- Next layer: **Healthy fats**. Olive oil, avocado, butter, nuts, and seeds. These should no longer be feared.
- Occasional foods: Low-sugar fruit like berries, full-fat dairy. Moderation is key.

“

THE NEW FOOD PYRAMID IS DESIGNED TO SUPPORT BLOOD SUGAR CONTROL, REDUCE INSULIN SPIKES, AND HELP REVERSE SOME OF THE DAMAGE CAUSED BY DECADES OF MISINFORMATION.

”

T2 Diabetes

FOOD PYRAMID[©]

LOW
GI FRUIT

DAIRY [5%]

HEALTHY FATS [5%]

PROTEIN [20%]

CRUCIFEROUS & NON-STARCHY VEGS [70%]

NO PROTWISTS

Ovo Protein Powder

**SUGAR-FREE.
FILLER-FREE.
B.S. FREE.**

Pure Protein. Zero Junk. Real Results.

Fuel your body with clean, functional nutrition.

No sugar, no fillers, no nonsense.

At OVO Protein, we're all about making healthy living simple, delicious, and sustainable.

Egg White Powder

Pure, fat-free, high-quality protein made from real egg whites. Perfect for smoothies, shakes, baking, or boosting your meals with clean protein power.

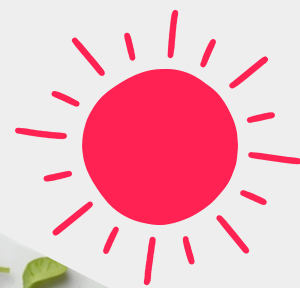
Protein Bars

The ultimate guilt-free treat. Rich, chocolatey, and packed with over 10 g of protein per bar, with zero added sugar and no crash.

Whether you're training, meal prepping, or just living life, OVO Protein keeps you fueled, strong, and satisfied.



+276 436 19721
info@ovoprotein.co.za
www.ovoprotein.co.za/

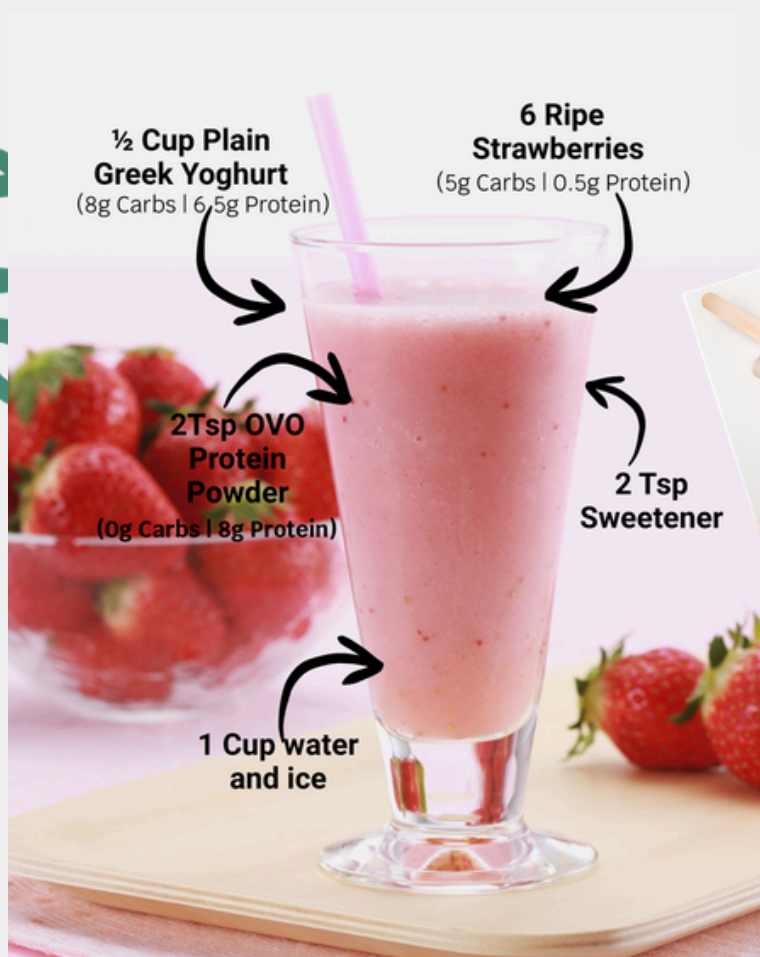


Smoothies



To make the ICE LOLLIES

Whizz all the ingredients in a blender until smooth, then pour into olly moulds. Fix the lid over the moulds, insert wooden lolly sticks and freeze until needed.





How Your Heart Rate Affects Your Blood Sugar When exercising

As the year winds down and the festive season kicks in, it's easy to forget one of the simplest, most powerful tools for managing blood sugar: **movement**. You don't need fancy equipment or marathon training; even a short walk after a meal can make a real difference.

When you eat, your body breaks food down into glucose (sugar) that enters your bloodstream. If you remain seated, that sugar lingers in your blood for longer. But when you move, your muscles use the glucose in the blood for energy. A brisk 10–15 minute walk after meals encourages your muscles to “pull” sugar out of your blood and burn it, lowering your blood glucose naturally.

Movement, however, is not all the same. Different levels of exercise intensity affect blood sugar differently, **which is where the concept of heart rate zones comes in.**



How to Calculate Your Max Heart Rate

Your maximum heart rate (MHR) is the fastest your heart can safely beat during intense exercise. The simplest way to estimate it is:

$$220 - \text{your age} = \text{MHR}$$

👉 For example, if you're 63 years old:
 $220 - 63 = 157$ bpm (beats per minute is the safest max rate for your heart during exercise).

This number helps you calculate your training zones.

THERE ARE FIVE HEART RATE ZONES

- **Zone 1** (50–60% of MHR): Very light activity, like a gentle stroll. Good for warm-up, recovery, or a slow walk after meals. For a 63-year-old this would be 79–94 bpm
- **Zone 2** (60–70% of MHR): Light activity. For a 63-year-old, that's 94–110 bpm. This is the sweet spot for blood sugar management. Your body efficiently burns fat and glucose, improving insulin sensitivity.
- **Zone 3** (70–80% of MHR): Moderate intensity. Breathing is heavier, and conversation is harder. Improves stamina but can be harder to sustain. For a 63-year-old this would be 110–126 bpm
- **Zone 4** (80–90% of MHR): High intensity. Think fast running or steep cycling. It builds performance but is demanding. For a 63-year-old, this would be 126–141 bpm
- **Zone 5** (90–100% of MHR): Maximum effort. Short sprints or all-out bursts. Best for athletes, not daily health. For a 63-year-old, this would be 141–157 bpm

The Best Zone for Burning Blood Sugar

If your goal is to help your muscles pull glucose out of your bloodstream and use it for energy, Zone 2 is the most effective heart rate zone to train in. At this light, steady intensity (94–110 bpm for a 63-year-old), your muscles rely heavily on a mix of fat and glucose for fuel.

Because the effort is sustainable and not stressful, your body doesn't release extra glucose into the blood. Instead, your working muscles act like a sponge, drawing in circulating sugar and lowering blood glucose naturally.

This makes Zone 2 the ideal range for improving insulin sensitivity, stabilising energy, and supporting long-term metabolic health.

Why Higher Intensity Exercise Can Spike Blood Sugar

It may seem surprising, but pushing yourself into the top zones (closer to your max heart rate) can actually raise your blood sugar.

Why? Because when your heart is working at its limit, your brain interprets this as stress and thinks you need more energy. So, it signals your liver to release stored glucose into your bloodstream to fuel the extra effort. This is useful in short bursts, but not ideal if your goal is to keep sugar levels steady.



This holiday season, don't underestimate the power of movement. A walk after meals helps manage blood sugar. Adding a few weekly sessions in Zone 2 can improve how your body uses both fat and glucose for fuel, supporting your energy, health, and longevity.

Small steps add up, literally. With each walk, you're not just burning calories; you're training your body to handle sugar better.





Sorella knows how much sweet and chocolate lovers struggle to find their favourite flavours in a sugar-free alternative. That's why we've innovated beyond dark, milk and white chocolate without sugar.

We also craft sugar-free nougat, peanut butter cups, coconut nibbles, cutie pies, salted caramel treats, nut brittle, marzipan and more. We've got you covered when the craving kicks in.

sugarfeesorella.co.za



INSPIRE

*Christmas isn't
about perfection on
your plate, but peace
in your heart.*

*Choose balance,
enjoy the moment,
and celebrate your
health.*



Christmas

SWEET TREAT RECIPES



Sugar-Free Chocolate Almond Clusters

Ingredients:

- 1 cup whole almonds (raw or roasted, unsalted)
- 150g sugar-free dark chocolate (70–85%)
- Optional: pinch of sea salt, cinnamon, or orange zest

Instructions:

1. Melt the chocolate in the microwave (30-second bursts) or over a double boiler.
2. Stir in almonds until fully coated.
3. Drop small spoonfuls onto baking paper.
4. Sprinkle optional toppings.
5. Chill in the fridge for 20–30 minutes until firm.

Why it works: High in healthy fats and very low sugar; almonds blunt glucose spikes.

Makes: 12 cookie clusters

Carbs: 3–4g per cookie

Cinnamon Pecan Snowballs (Low-Carb)

Ingredients:

- 1 cup pecans, finely chopped
- ½ cup almond flour
- 3 tbsp butter, softened
- 2 tbsp erythritol or xylitol
- ½ tsp cinnamon
- ½ tsp vanilla essence
- Pinch of salt
- Optional: extra erythritol for dusting

Instructions:

1. Preheat oven to 170°C.
2. Mix butter, sweetener, vanilla, cinnamon, and salt.
3. Add almond flour and pecans; combine into a soft dough.
4. Roll into small balls and place on a lined tray.
5. Bake 10–12 minutes until lightly golden.
6. Cool completely; dust lightly with powdered sweetener if desired.

Why it works: Almond flour and nuts keep carbs extremely low; no refined flour.

Makes: 14–16 balls

Carbs: 2–3g per ball



Mini Greek Yoghurt Berry Cheesecakes with Nut Base (No-Bake)

Ingredients:

Base:

- ½ cup almonds or pecans (finely chopped or lightly crushed)
- 1 tbsp unsalted butter, melted
- 1–2 tsp erythritol or your preferred low-carb sweetener

Filling:

- 1 cup plain Greek yoghurt (full-fat)
- 150g reduced-fat cream cheese, softened
- 2–3 tbsp erythritol (or sweetener of choice)
- 1 tsp vanilla essence
- ½ cup mixed berries (fresh or frozen—blueberries or raspberries ideal)

Instructions:

1. For the base, mix crushed nuts with melted butter and sweetener until evenly combined.
2. Press about 1–2 tsp of the mixture into the bottom of each ramekin or silicone muffin cup to form a compact base.
3. Beat yoghurt, cream cheese, sweetener, and vanilla until smooth.
4. Spoon the mixture over the nut base in each cup.
5. Top with a few berries or gently swirl them into the filling.
6. Refrigerate for at least 2 hours, until set.
7. Serve: Optionally, sprinkle a few extra crushed nuts on top for garnish.

Makes: 8 mini cups

Carbs: 6–7g per cup (depending on nut choice)



Low-Carb Cinnamon Almond Cookies

Ingredients:

- 1 ½ cups almond flour
- ¼ cup erythritol or xylitol (or another low-carb sweetener)
- ½ tsp baking powder
- 1 tsp cinnamon
- ¼ tsp salt
- 1 egg
- 3 tbsp unsalted butter, melted
- ½ tsp vanilla extract

Optional toppings:

- Sliced almonds
- Sprinkle of cinnamon or powdered sweetener

Instructions:

1. Preheat oven to 175°C (350°F) and line a baking sheet with parchment paper.
2. In a bowl, mix almond flour, sweetener, baking powder, cinnamon, and salt.
3. Add the egg, melted butter, and vanilla extract; mix until a dough forms.
4. Roll dough into small balls (about 1 inch) and place on the baking sheet.
5. Flatten slightly with a fork or your fingers, and add optional toppings.
6. Bake for 12–15 minutes, until edges are lightly golden.
7. Cool completely before serving.

Why it works:

- Almond flour keeps carbs very low.
- Sweetened naturally without sugar.
- Cinnamon gives a festive holiday flavour.

Makes: 18 cookies

Carbs: 2–3g per cookie



Skin Free

Natural Repair Serum

Support for post-injection or
compromised skin

Order OnLine: sugafree.co.za

takealot com



Plant Based

*Gentle on
Skin*



lCape Camomile



Calendula



Centella

Niacinamide

**Developed by a diabetic
for diabetics**



WORLD DIABETES DAY: WHY IT MATTERS

Each year on 14 November, the world comes together to recognise World Diabetes Day. A global effort to raise awareness about one of the fastest-growing health challenges of our time: the day serves as a reminder of the importance of early detection, education, and support for those living with diabetes, as well as the work still needed to prevent Type 2 diabetes through healthier lifestyles and informed choices. Diabetes affects millions of people worldwide, impacting daily routines, long-term health, and overall quality of life. For many, managing the condition can feel overwhelming and isolating. That's why awareness days like this are so important; they create opportunities for connection, understanding, and shared support.



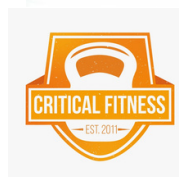
SugaFree & Type2Health Bring the Community Together

To honour World Diabetes Day, **SugaFree** and **Type2Health** joined forces to host a warm and uplifting community event. Guests were treated to tea and a diabetic-friendly cake while sharing their personal stories, experiences, and challenges of living with diabetes.

A Sweet Surprise: Goody Bags for All

Thanks to generous sponsors, each attendee received a thoughtfully prepared goody bag, filled with sugar-free drinks, chocolates, doughnuts and foot creams and lotions. These treats not only added excitement to the event but also showcased the variety of enjoyable, diabetes-friendly options available today.

The day reinforced a powerful message: with support, understanding, and community, living well with diabetes is truly possible.



rest!



The holiday season is often a time of activity, celebration, and indulgence, which can be both physically and mentally taxing, especially for those of us with diabetes. During this period, it's important to prioritise rest as a vital component of overall health. Adequate rest helps regulate blood sugar levels, supports the immune system, and improves mood and energy. When we allow ourselves to pause and step back from the usual daily rush, we give our bodies a chance to recover from the extra demands that holiday gatherings, travel, and meal planning can place on us.

Rest is more than a luxury; it's essential for maintaining stable blood sugar and overall well-being. Chronic stress and lack of sleep can cause glucose fluctuations, making management more challenging.

By intentionally scheduling periods of downtime during the holidays, we can “reboot” our system, reduce stress, and restore both physical and mental balance.

Planned rest not only helps regulate blood sugar but also improves focus and decision-making, making it easier to stick to healthy eating and activity routines amid seasonal indulgences.

Returning to daily life feeling refreshed after the holidays supports steadier insulin sensitivity, more consistent glucose control, and increased energy and resilience. By prioritising scheduled rest, the holidays become a time to enjoy celebrations mindfully while safeguarding long-term health.

Did you know?

- 1** Knowing how your blood sugar rises and falls at different times helps you identify food and activity triggers.
- 2** Knowing how your body responds to insulin shows you which lifestyle factors like sleep, stress, and diet can improve or worsen resistance.
- 3** Knowing how different carbs affect your blood sugar helps you make smarter meal choices.
- 4** Knowing how fat around your abdomen affects insulin resistance, helps you target the areas that matter most for remission.
- 5** Knowing which habits, stressors, or sleep patterns spike your blood sugar, helps you anticipate and manage fluctuations.
- 6** Knowing how physical activity influences blood sugar and insulin sensitivity, helps you choose the right type, intensity, and timing of exercise for maximum benefit.
- 7** Knowing how quality sleep influences blood sugar and insulin sensitivity helps you prioritise rest, routines, and recovery, so your body can use insulin more effectively and support steadier glucose levels throughout the day.

I got you!





INSPIRE

This holiday season, the sweetest gift a Type 2 diabetic can give themselves is mindful choices paired with joyful moments.

JOIN OUR SOCIALS

Join Our Private Facebook Group



Like Our Facebook Page



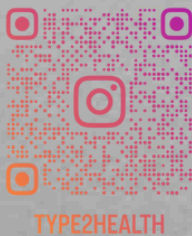
TYPE2HEALTH



TYPE2HEALTH



LinkedIn

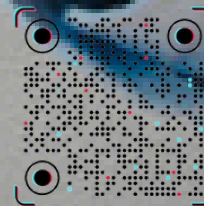
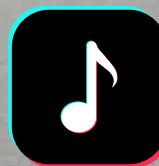


Instagram



Follow us on

TikTok



TikTok

