

PRE-DIABETES AND TYPE 2 DIABETES CURE

As Featured by WeBMD

AUTHOR'S NOTE

It is important to read this manual in its entirety. This is the only way the reader will be able to understand the importance of the content and what it seeks to bring to light.

You are invited to share this free literature with friends, including those who are not overweight, obese, or a type 2 diabetic. Share it on social media and talk about it. You can also post the download link on your social media and ask friends to share it.

This manual has been designed to assist everyone. We are providing this information in the hope of starting an informed conversation about pre-diabetes, type 2 diabetes, and being overweight.

Thank you,
Ernest Quansah

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INTRODUCTION

The purpose of this free book is to educate pre-diabetics, type 2 diabetics, and those who feel overweight to advance in overcoming these conditions in a most effective way.

Diabetes misinformation is prevalent. This book will set the record straight by giving evidence that pre-diabetes, full-blown type 2 diabetes caused by lifestyle choices can easily be reversed and even cured permanently. The overweight and obese can also reverse their conditions with the correct choices. It all begins with being willing to listen to the information on how the goal can be achieved.

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The Business of Diabetes and Its Conspiracy

Don't be fooled. Diabetes is a worldwide business backed by many national governments around the globe. Several of these governments continue to change the names of their diabetes organizations from what they were to a new name to match those of other countries.

Diabetes UK is a multimillion-dollar business. I had a membership with Diabetes UK for support. What I found was that soon after I joined, Abbott Diabetes Care gave me a free blood glucose metre in exchange for my personal information. I first heard about this company when I was diagnosed in 2009. This is what happened:

After diagnosis, I was sent to Burnaby General Hospital to learn how to manage my diabetes, not how to cure it. All in attendance for the same purpose as I were given a package which contained items such as tooth paste and condoms, but the most significant of all the content was the blood glucose metre with ten needles, all for free. Once we had received the package, we were required to fill out a form that asked us for our personal information, such as home address including phone number. At first, I assumed that the information was only to be used by the Burnaby General Hospital where I was currently being given help. A few months later, I received a call in which the man speaking with an English said, "Hi Mister Quansah. How is your blood glucose metre working for you?" I was puzzled for a minute. I replied, "Who are you and how did you get my phone number? It is not listed in the phone book." The man on the other end of the phone replied, "I work for Abbott Diabetes Care." I expressed how I felt about being contacted. The man quickly said I did not have to answer his questions if I didn't want to.

It turned out that the hospital had collected our information and either sold it or given it to Abbott Diabetes Care in exchange for the blood glucose metres. The phone call was the first time I heard about that company. Diabetes product manufacturing companies have teamed up with Diabetes UK to market their products.

The Conspiracy

A recent survey found that, worldwide, over 50% of people don't trust large corporations, government, and the media. That same survey found that those who do not trust the entities I have mentioned, trust individuals instead.

Remember what I just said. The reason will be discussed later under the topic 'Managing Diabetes'.

One of the most dangerous conspiracies in the modern world is the one perpetrated by the diabetes industry. What I am saying should not be taken lightly. Most people have no idea how they are being prepared and harnessed for profits. CEOs of large corporations attend the same conferences where they are trained on how to turn consumers into money trees, regardless of the damage caused to consumers. I learned that organizations, such as refined sugar product makers, diabetes drug makers, diabetes blood sugar metre makers, all conspire together. Pay attention closely to what follows. The only reason why I found out about this conspiracy is because I once worked for a major company and was sent to conferences. That is when I began to learn what goes on behind closed doors in big business. The companies are concerned about one thing: their investors and not you, the consumer. In the case of diabetes-related industries, the case is the same. Specifically, they are not really concerned about you, the diabetic—they are concerned about selling their products. So how does it all work?

The equation below sums it up:

**Refined Sugar Products = Diabetics = Pharmaceutical Drugs
+ Blood Glucose metres = Profit**

As you can see, the diabetic and the overweight persons are caught right in the middle of money-grabbing. The main reason why these organizations are successful is because people who are pre-diabetic or full-blown type 2 diabetic and the overweight don't listen to the solution. Some don't want to bother to process the information. The drugs companies and diabetes product manufacturers, just like in any major industries, spend hundreds of millions of dollars each year doing customer research to find out how they can keep you entrapped for life. In other words, they research how to get you to give them a share of your money for the rest of your life. This is where managing diabetes or weight management comes in, which are not cures.

Here is an example of the collaboration:

Diabetes Canada was formally called the Canadian Diabetes Association but changed its name recently to Diabetes Canada to align with others diabetes associations, such as Diabetes UK and Diabetes Pakistan. If not for collaboration, what other reason would they have to make the name change? Prior to their name change, their website provided information on diabetes care. This was until they began to accept funding from diabetes drug manufacturers.

Diabetes Canada is a member of the International Diabetes Federation, whose mission is “Promoting diabetes care, prevention and a cure worldwide”. On the other hand, Diabetes Canada does not promote diabetes care and a cure. It promotes managing diabetes. In 2009, Diabetes Canada stated on their website that a blood glucose level of 7 millimoles per liter (mmol/L) was a good level. Now they have changed that number to 5. That means, what they are saying is that if your blood glucose level is above 5 mmol/L, you need diabetes drugs to manage your blood glucose level. What this translates into is that the diabetes drug companies have successfully added people whose blood glucose level is from 5 to 7 millimoles to their customer base.

It is very interesting that when Diabetes Canada first changed their name to Diabetes Canada, in a TV ad, they targeted people in their thirties asking them to go and get a blood glucose test. Yet, many of these people did not have type 2 diabetes, which generally affects people in their mid-forties.

Why did the Diabetes Canada ad target young men and women? Was it so that, if their blood sugar level tested over 5 (mmol/L), they would be considered diabetic and would have to take diabetes drugs? Was changing the starting point for considering someone diabetic changed from 7 mmol/L and above to 5 mmol/L to increase the number of people who depend on diabetes drugs, thus increasing the customer base for the pharmaceutical companies? If the intent was to help sell you drugs manufactured by their sponsors, the pharmaceutical companies, then isn't it clear who are they serving?

Type 2 Diabetes on the Increase

Type 2 diabetes is mainly on the increase due to two causes:

1. Lifestyle choices that make people diabetic. As one doctor I interviewed for the book *Diabetic's Journey* said, "They depend on modern medicine to cure themselves when all they have to do is eat moderately and exercise—and 90% of their diseases will be cured or prevented, including type 2 diabetes, heart attack, and stroke." Three other medical doctors have said similar things. "People don't listen." Perhaps, it is because type 2 diabetes and being overweight is not physically painful. When we experience physical pain, we seek medical attention. Don't we?

2. Lack of correct information. The most misleading information about pre-diabetes and type 2 diabetes (both which do not require manual insulin injections), is that these conditions should be managed using pharmaceutical drugs. But the purpose of these drugs is to allow the diabetic to continue to eat refined sugar, which is the leading cause of pre-diabetes and type 2 diabetes, as discovered by Dr. Sanjay Basu PhD, an epidemiologist at Stanford University.

Why You Are Encouraged to Manage Your Diabetes

Type 2 diabetes is managed through the use of prescription drugs. Managing diabetes in this manner has allowed the condition—which can be reversed—to proliferate worldwide. Managing your diabetes means you will always remain a diabetic. Diabetics are told to manage their condition, thus, they depend on diabetes drugs. This is one of the reasons most people trust single individuals more than corporations, governments, and the pharmaceutical industry.

You would think that after my type 2 diabetes cure methodology was featured on WebMD, the evidence would have been acknowledged and given further attention by related institutions. Instead, I encountered what I call a triple-layer cover-up. Here is what happened:

- 1.** I reached out to Diabetes UK and asked if they would publish my article “How type 2 diabetes can be cured”. They refused.
- 2.** I reached out to Diabetes Canada, which was then called Canadian Diabetes Association to ask them to help me educate diabetics on how to reverse and cure their diabetes. They too refused.
- 3.** Lastly, there is an online magazine called Diabetes Forecast published by the American Diabetes Association. I wrote them and offered to contribute an article on how type 2 diabetes can be reversed and cured. They asked me to submit the article, but I never heard from them after I sent it in.

The organizations I have mentioned above are some of the most powerful there are today in the health industry. They have intentionally avoided promoting the International Diabetes Federation’s own mission to promote diabetes cure worldwide.

These organizations have teamed up with their governments to sell diabetes drugs to citizens, in addition to other products; for example, Diabetes Canada distributes recipe books to newly diagnosed diabetics. In the meantime, type 2 diabetes is on the increase. Experts predict that if the current trend in growth continues, by the year 2040, one out of every eight people—1.8 billion people worldwide—will be diabetic.

The good news is that the best time to take action to reverse and cure your diabetes is while you are managing it with drugs. There is no interference between the two. During that time, you can be monitored by your doctor. I also recommend that you use our diabetes cure program, as well as work with a dietitian.

Our formula was featured on WebMD.

This should give you an assurance that our program works.

We invite you to take action now by going to this link right away:

<https://justfordiabetics.com/>

Diabetes America

The purpose of this article is to provide information on Diabetes America (the current situation of diabetes in America) and to offer a solution as to how type 2 diabetes can be reversed and even cured. The solution being given is evidence-based.

Diabetes is now one of the leading killers in America and is on the increase. The disease costs the American government over 260 billion dollars a year. This figure is predicted to increase as the number of cases grows in the field of Diabetes America. (The costs include expenses related diseases triggered by diabetes, such as heart disease and stroke.)

Diabetes Information

Lifesaving information that Diabetes America needs as a nation to promote a healthy lifestyle is often prevented from reaching victims of the disease. But can the condition be reversed and cured? Dr. Joel Furnham, a well-respected doctor, related in a video how pharmaceutical companies requested that he author an article on diabetes, which he did. Upon completion, the drug company that had requested him to write the article declined to publish it indicating that, if they published it, diabetics would come to know that their condition could be cured.

The Increase of Cases of Diabetes in America

Diabetes in America is growing mainly due to two reasons:

1. As one doctor I interviewed for the book *Diabetic's Journey* said, "People don't listen. They depend on modern medicine to cure them, but it cannot. All they have to do is eat moderately and exercise and 90% of their diseases will be cured, including type 2 diabetes. It would also prevent heart attack and stroke." Four other medical doctors have said similar things to me about people not listening. In my own journey with type 2 diabetes, my doctor first put me on diabetes drugs because he thought that if he had told me what to do to reverse and cure my diabetes, I wouldn't have listened. Later he did talk about a cure and I listened. I followed his advice, which was to use different approaches that work together to reverse and cure my type 2 diabetes.

These approaches were mainly diet and exercise. This led to me doing two weeks of research that led me to the understanding of the process our bodies go through on the way to becoming type 2 diabetic. Armed with that information, I eventually developed a three-part program, tested it, refined it, and then tested the refined version. In less than a month, my diabetes was reversed. When did I know that I was on the way to regaining good health? While exercising, my energy level would surge. I called my doctor and he told me to do another blood glucose test. Within three hours of his receiving the results, I was summoned to his office. I will never forget the exchange we had. He showed me my test results and to quote his exact words, he said, “Look at your test result. You are no longer diabetic. So, tell me. How did you do it?” He continued, “Congratulations. You are unique. I will even give you a hug if you like.” I told him about the program I had developed on the basis of my research. I further said that now that I directly knew type 2 diabetes could be reversed, I felt I needed to write a book about my journey and develop a website to help others. His reply? “That is an excellent idea!” He issued a handwritten testimonial which I included in the book *Diabetic’s Journey* as well as in a free giveaway. Listening to vital information is an important component if you wish to reverse your diabetes or lose weight.

2. The worst discovery I made when researching the reversal and cure of type 2 diabetes supports what Dr. Fuhrman said. The information on reversing and curing this condition is intentionally withheld from those who need it the most—the sufferers in Diabetes America. The most misleading information about pre-diabetes and type 2 diabetes (both conditions which do not require manual insulin injections) is the information which states that these conditions should be managed using pharmaceutical drugs. The consumption of refined sugar is the leading cause of pre-diabetes and type 2 diabetes. Managing diabetes means the victim will remain diabetic, which leads to stroke, heart disease, and even early death.

Before Blood Test Results

PATIENT'S NAME QUANSAH ERNEST	LAB NUMBER 173611013	CHART NUMBER	INTERNAL USE ONLY 1-GR9A 06253	PG 1
AGE	DATE OF BIRTH: 24	X M	PRN: *	REQ.
PATIENT'S PHONE#	POSTAL CODE (604)451-2407 V5H 3M1	REPORT DATE & TIME 03 SEP 09 06:02		

DR OBINSON

APPT. _____
SEP 03 2009
 CHART _____ FILE _____

LifeLabs®

3680 Gilmore Way
 Burnaby B.C. V5G 4V8
 www.lifelabs.com

Test Results:
 Telephone: 1-800-551-1111
 Toll Free: 1

TEST	OUT OF RANGE	WITHIN RANGE	REFERENCE INTERVALS
HEMATOLOGY PANEL			
WBC	5.5	4.0--10.0	giga/L
RBC	5.22	4.20--5.40	tera/L
HEMOGLOBIN	145	133--165	g/L
HEMATOCRIT	0.44	0.38--0.50	
MCV	85	82--98	fl
MCH	27.8	27.5--33.5	pg
MCHC	328	305--365	g/L
RDW	12.1	11.5--14.5	%
PLATELET COUNT	228	150--400	giga/L
WBC DIFFERENTIAL			
NEUTROPHILS	2.7	2.0--7.5	giga/L
LYMPHOCYTES	2.0	1.0--4.0	giga/L
MONOCYTES	0.5	0.1--0.8	giga/L
EOSINOPHILS	0.2	0.0--0.7	giga/L
BASOPHILS	0.0	0.0--0.2	giga/L
HEMOGLOBIN A1C	14.2	4.5--6.0	%
The CDA recommends measuring Hemoglobin A1C every three months in all diabetics. Target: <7 % Measurement for screening purposes is not recommended.			
TSH	1.9	0.38--5.5	mU/L
Glucose fasting	21.8	3.3--6.0	mmol/L
Fasting values >= 7.0 fulfill one of the criteria for diabetes mellitus.			
Creatinine	67	70--120	umol/L
eGFR	115	>=60	ml/min
(SEE NEXT PAGE)			

*Sept 9/09
 7 Blood test
 Diabetes*

ce to Pt

AR

FILED REPORTED: *nee 22/09* P.L. J.

After Blood Test Results

Patient: **QUANSAH, ERNEST**

Lab No: _____

Patient ID: _____

Referring Site ID: _____



Reported by: LifeLabs

Age: 46 years Sex: M

Date of Birth: _____

PHN: _____

Patient's Phone: _____

Ordered by: _____ Dr.

Copy To: _____

Consent Access: _____

Collected on: Jan 27 2012 07:05

Reported on: Jan 27 2012 11:00



Telephone: _____

Toll Free: _____

Fax: _____

Printed on: 2013-01-21 15:16

Page 1 of 1

Test	Flag	Result	Reference Range - Units
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General Comments

General Information

This Standing Order will expire on 31-MAR-2012. If this Standing Order is still required, please provide your patient with a new laboratory requisition prior to this date.

General Chemistry

Glucose Fasting

A	6.2	3.3-5.5	mmol/L
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Impaired Fasting Glucose.

This result indicates increased risk of developing type 2 diabetes. 2h Glucose Tolerance Test is indicated if 1 or more risk factors present.

www.bcguidelines.ca/gpac/pdf/diabetes_appendix_a.pdf

Hemoglobin A1C

Hemoglobin A1C

	5.5	4.5-6.0	%
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The CDA recommends measuring Hemoglobin A1C every three months in all diabetics.

Target: <7 %

Measurement for screening purposes is not recommended.

Random Urine Chemistry

Urine Creatinine

Urine Creatinine

	14.8		mmol/L
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Urine (Micro)albumin

ACR (Microalbumin/Creatinine Ratio)

	1.6	<2.0	mg/mmol
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FINAL RESULTS

This report contains confidential information intended for view by authorized person(s) only, and should be shredded before discarding.

Note to physicians: This report has been printed by the patient - the contents should be confirmed by accessing Excelleris or source laboratory reports.

Note to patients: Please contact your physician if you have any questions regarding the results on this report.

Online Diabetes Groups

If you decide to join any online support group, do your homework. In a recent poll, 90% of people said they were duped by incorrect news or information on social media. Another 68% said that they didn't trust social media platforms, such as Facebook. I can understand why. Some of the comments people make, particularly those made by diabetics about diabetes, is so erroneous. At times I am perplexed at how people fall for those types of comments that come from diabetics who are doing absolutely nothing to reverse or cure their diabetes.

Online diabetes support groups do not give advice on how diabetes can be reversed. They provide support to new members who have nowhere else to turn. Therefore, if your intention is to learn how you can reverse your diabetes, you will have to find that out for yourself—don't expect a support group to help with that.

Diabetes support groups are very helpful for those who become upset when they are diagnosed with type 2 diabetes or have general questions about being diabetic. Some people join a group because their spouse has been diagnosed and they want a support base to turn to and gather information on learn how to better take care of their spouse.

I myself worked with doctors and eventually, through research, I was able to develop a three-part formula that reversed my type 2 diabetes in three weeks. There are publications by researchers from top universities showing they also have found that type 2 diabetes can be reversed and cured. Somehow this information is not reaching those who need it the most—diabetics.

There are a number of diabetes groups. Before you join one, read their policies and decide if they are a good fit for you. What type of questions can you ask? You can ask questions related to your diabetes or that of loved one; for example, your spouse. I caution, though, that you should be aware that you will likely not be asking questions to a medical doctor or a diabetes cure expert. You will be asking your questions to members of a group who are also diabetics. As a new member—or an established member—you can also respond to comments and give your support to other members.

Research Showing How Diabetes Can be Put into Remission and Cured

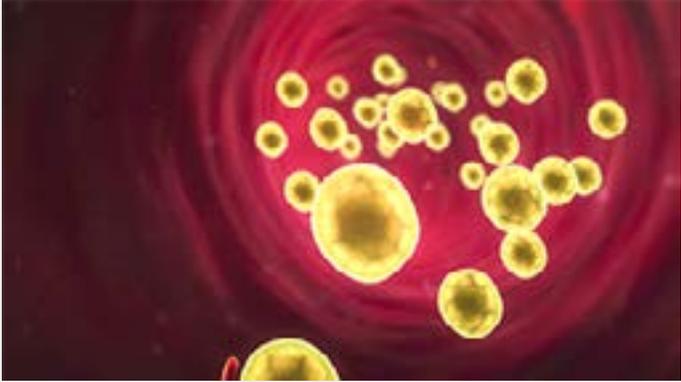
Diabetes is now a global pandemic taking more lives each year than cancer, stroke, or heart attack. In 2010, the World Health Organization (WHO) issued a mandate for all nations to take action to combat the spread. Many nations are beginning to see a surge in cases of both diabetes and obesity. In a 2015 report on diabetes by the International Diabetes Federation (IDF), studies showed that more than 400 million people, worldwide, were living with diabetes at the time. Experts predict that if this trend continues, by the year 2040, 1.8 billion people around the world will be diabetic.

The total health budget allocated for managing diabetes by developed nations far surpasses the GDP of many nations. In 2015, the International Diabetes Federation, whose mission is to promote diabetes care and cure globally, reported that Africa spends 7% of its healthcare budget on diabetes and that healthcare expenditure on the continent due to the disease is USD 3.4 billion. New research released on March 22, 2018 by the American Diabetes Association estimated the total costs of diagnosed diabetes in the U.S. have risen from \$245 billion in 2012 to \$327 billion in 2017. These amounts do not include money spent on diseases triggered by the diabetes, such as stroke, heart disease, and liver failure.

Pre-diabetics and type 2 diabetics, in many nations, particularly in developing nations, often don't have access to information needed to make decisions about how to deal with the condition, nor do they know the causes of the disease and its early signs. This book and the research cited within focuses on the growing recognition by researchers that the main cause of pre-diabetes, type 2 mellitus diabetes, overweight, and obesity is the excessive consumption of sugar and artificial sweeteners. Most importantly, a practical and natural solution is also being given for tackling these conditions.



Pancreas-Controls-Insulin-Sensitivity-1



Fat Covered Red Blood Cells



Normal Red Blood Cells

There are signs of pre-diabetes and symptoms of oncoming type 2 diabetes. This is vital and lifesaving information that many diabetics, globally, are not aware of (particularly those with less education due to their circumstances). These signs and symptoms are:

1. Craving sweets, particularly sugar sweetened beverages, including fruit juices. This craving for sweets can be a sign that one has become pre-diabetic and is heading towards full-blown diabetes if they do not make lifestyle changes.
2. Frequent urination. When this occurs in relation to diabetes, the person has already become a type 2 diabetic and should seek medical attention.
3. Rapid weight loss, which may give a false sense of good health due to a person being pleased with the weight loss is another sign that the person is already a full-blown diabetic type 2.

How does excessive sugar consumption cause pre-diabetes and type 2 diabetes?

Pre-diabetes and type 2 diabetes commonly occur when one consumes an excess amount of refined sugar—including artificial sweeteners—over an extended period of time. This causes a buildup of sugar inside the body. Unlike with type 1 diabetes, where the pancreas produces very little or no insulin, with type 2 diabetes, the pancreas still functions and produces an adequate amount of insulin. However, when there is a buildup of sugar inside the body, some of that sugar finds its way into the blood stream where it converts into fat. Some of the fat coats red blood cells preventing them from absorbing the sugar and transporting it to the muscles where it would normally be used for energy. When the blood cells are unable to absorb the sugar buildup, the sugar begins to spread through the entire body, including in the internal organs, the eyes and the nerves. This is where the victim has moved from the pre-diabetic stage to the insulin-resistant stage, which means they have developed full-blown type 2 diabetes. Type 2 diabetes is a progressive condition that starts from pre-diabetes, develops into full-blown diabetes, and then type 1 diabetes, where insulin injections are required.

According to Dr. Sanjay Basu Ph.D., an Epidemiologist from Stanford University cited in the Stanford Medicine newsletter in an article written by Digitale (2013): “Researchers from the Stanford University School of Medicine, the University of California-Berkley and the University of California-San Francisco, examined data on sugar availability and diabetes rates from 175 countries over the past decade. After counting for obesity and a large array of other factors, the researchers found that increased sugar in a population’s food supply was linked to higher diabetes rates, independent of obesity rates. Their study was published in Feb. 27 in PLOS ONE.”

The human body is a remarkable mechanism able to heal itself when given the right foods. Lifestyle Medicine, the application of healthy eating to allow the body to heal itself, is gaining popularity in mainstream medicine, particularly in the United States. As a diabetes researcher and lifestyle strategist who once almost lost his life to type 2 diabetes, my research, which saved my life, showed that pre-diabetes can be reversed and type 2 diabetes can go into remission by using three approaches that work together—three natural approaches. Reversing type 2 diabetes through a natural approach was indicated to me by my doctor and led to my extensive research in this area. The result of the research led to the development of the following three approaches:

- 1. A low-calorie diabetic diet:** This facilitates weight loss.
- 2. Diabetic exercise:** Type 2 diabetes affects the muscles because they do not receive the sugar they need to use for energy. It also affects the entire body including the nerves and internal organs because of the effect of sugar buildup inside the body. Exercise designed for diabetics is critical for burning off the excess sugar in the pre-diabetic’s or diabetic’s body. Exercise also strengthens the muscles while facilitating weight loss. Once the sugar has been burnt off, the body turns to fat for energy. The first of the fat to burn off is the thin layer coating the red blood cells. Once that layer of fat is burned off, the red blood cells, which are responsible for carrying sugar to the muscles to be used for energy are exposed and begin to absorb sugar and transport it to the muscles where it can again be properly used as energy. The body begins to recover from its diabetic condition and return to being insulin-sensitive, or diabetes-free, within three to five days.
- 3. Vitamins:** A diabetic often requires vitamin supplementation to help nourish the body with the essential vitamins that diabetics lack.

The man accredited as the father of Mathematics, Abn al Haytham, also known as Al Hazeen, taught his students about the importance of evidence-based conclusions. In 2009, when I was diagnosed with type 2 diabetes, I had a blood sugar level of 21.7 millimoles/L—a life-threatening quantity. Following the norm, I took the only route most diabetics take, (thinking it is the only available solution), which was to manage the diabetes with pharmaceuticals. One out of two diabetics has a shortened lifespan caused directly or indirectly by the disease. Slogans, such as “living happily with diabetes” or “manage your diabetes”, contradict the International Diabetes Federation’s mission: promoting diabetes cure worldwide. When my doctor, Dr. Robinson, and several other health practitioners advised me that type 2 diabetes could be reversed and cured, I entered into research and experimentation and became the test subject, following the above three approaches that all work together. Within three weeks, the diabetes was reversed. The result proved to be the direct evidence of the effectiveness of the three approaches and confirmation that type 2 diabetes can be reversed. This experience with weight loss and healing from type 2 diabetes was featured in the WebMD Diabetes magazine in the article “Secret recipe: How a Chef Cured His Type 2 Diabetes”.

Studies have shown that many diabetics have successfully reversed their condition through lifestyle changes. The results of a clinical research study performed by Dr. Natalia McInnes of McMaster University, Ontario, were published in The National Post in March 2016. The article is titled “Type 2 diabetes can be cured in four months—if you cut calories and exercise, research shows”. The article reported that according to the study performed by Dr. McInnes and her team of researchers “...40 per cent of patients were able to stop taking their medication because their bodies had begun to produce adequate amounts of insulin again.” The method used included calorie reduction, exercise, and monitoring glucose levels.

Due to recent studies, the medical field is experiencing a growing recognition that a specialized diet and exercise programme can avert the impending diseases caused by diabetes. This is vital information that may not be reaching diabetics globally. It is recommended that diabetics and the overweight consult with a physician prior to undertaking diet modification and exercise. Glucose levels should also be monitored carefully while on such a programme, with regular consultations with one’s doctor until the doctor weans the diabetic off their medication.

Managing Diabetes

The intent of managing type 2 diabetes with pharmaceutical drugs is to allow the diabetic to continue to consume sugar. But it is the sugar that is the main cause the diabetes in the first place. Many who develop the diseases triggered by diabetes, such as heart disease, liver failure, stroke, nerve damage requiring leg amputation, and suffer unnecessary death were managing their condition. Managing diabetes gives its victims a false sense of well-being, allowing the condition—which can be reversed—to proliferate worldwide. This does not mean that diabetics should stop taking their pharmaceutical drugs when using a natural approach to cure the diabetes. In fact, the best chance diabetics have to defeat their condition is while they are managing it. IMAGINE! Within weeks of enrolling in our diabetes cure program, your red blood cells will return to normal function meaning you have become DIABETES FREE.

The road to becoming cured from type 2 diabetes has been documented in the book *Diabetic's Journey*. Don't give up on yourself. You are a click away from reversing your diabetes. All you have to do is click this link Now!

Regular Price \$199

Our Promotional Offer \$179

Order Now

How to Lose Weight and Keep It Off

You can lose weight and keep it off. Obesity and type 2 diabetes have one thing in common and that is they both can be reversed through diet and exercise. If you are overweight and would like to lose pounds and maintain a normal, healthy weight, the same three-prong program of diet, exercise, and vitamin supplementation is available and can help the overweight lose anywhere from 5 to 10 pounds a month and keep it off provided the person follows the directions given in the program.

Type 2 Diabetes Prevention

The latest statistics on the increase in case of type 2 diabetes reveal the stark reality of the chances you or someone you know will be diagnosed with this condition. You can prevent becoming pre-diabetic or diabetic by following our program. Due to the weight loss affected by the program, you will be able to maintain a lean figure and prevent becoming a victim of type 2 diabetes, which kills one out of two victims and induces diseases such as blindness, heart disease, and stroke.

We always say to people, preventing or reversing type 2 diabetes is not as difficult as it is made out to be. You can avoid becoming another statistic simply by following the program we offer on our website. See the last page for details

Evidence

We are now at the most important section of this book. I will start of by asking one simple question.

Have you ever heard or read anywhere that being overweight, pre-diabetic, or having full-blown type 2 diabetes (the type that does not require insulin injections), cannot be reversed? No, you have not, because there is no evidence that it cannot be reversed.

I will now reiterate three pieces of evidence that I presented earlier which show type 2 diabetes can be cured:

Evidence 1

When I, was diagnosed a type 2 diabetic back in 2009, I managed it for two years. One day, while watching a PBS show on diabetes, I took notice of the host named Dr. Joel Fuhrman. I went online and researched him. In one video, he talked about when a pharmaceutical company came to him and requested that he write an article for them to publish. He said that when he presented the article, the drug company refused to publish it stating that if diabetics knew they could cure their condition, they would not buy their drugs anymore.

Now think about the significance of this. If all of sudden pre-diabetics learned that they could regain their good health back and stopped buying diabetes drugs, these drug companies would go bankrupt. Their investors would lose billions upon billions in profits. Their sales force would be out of work. This would impact how they provide for their families, etc. So think about this and figure why it is important that you are carefully persuaded to manage your diabetes while diabetes drug companies have intentionally been preventing diabetics from knowing the truth.

Evidence 2

On March 16, 2017, it was reported that a research study headed by Dr. Natalia McInnes of McMaster University, Ontario, Canada, concluded that: "Type 2 diabetes can be reversed and cured in just four months by cutting calories, exercising, and keeping glucose under control."

Evidence

Evidence 3

In 2012, I went to my doctor's office and asked him, Dr. Robinson, "can type 2 diabetes be cured?" He replied, "Yes." When he had diagnosed me a diabetic type 2 in 2009, he did not inform me that I could cure myself. Several other health practitioners confirmed what my doctor later told me about the possibility of being cured. My doctor went as far as to tell me that type 2 diabetes is best cured using several approaches all working together such as diet and exercise. His advice confirms what Dr. Natalia McInnes of McMaster University, Ontario, Canada, concluded. Type 2 diabetes can be cure through diet and exercise.

I entered into research and experimentation and developed a three-prong diabetes cure program. I was my own test and witnessed for myself that it is possible to reverse diabetes—after three weeks, my diabetes was reversed. The result proved to be direct evidence of the effectiveness of the diabetes cure program that I now offer on my website <https://justfordiabetics.com>.

Testimonial

The diabetes cure program I developed was featured in the WebMD Diabetes magazine in the article "Secret recipe: How a Chef Cured His Type 2 Diabetes".

Why is this important? WebMD is dedicated to bringing the latest and most important health news to consumers, physicians, healthcare professionals and employers. Doctors turn to WebMD for the latest information. Shouldn't you do the same?

Dr. Robinson's hand-written testimonial:

In September 2009, I diagnosed Ernest with quite severe Diabetes with FBS of 21.8 and HbA1c of 14.0.

Through following a strict diet and exercising Ernest has managed to get off his Metformin and his diabetic control is superb - is back to normal sugars by Feb 2012.
This excellent result is entirely due to Ernest diligence + paying strict attention to diet + exercise - well done



My Secret Recipe

A chef shares his secrets for reversing type 2 diabetes

BY ERNEST QUANSAH

I'm a chef and pastry chef by trade. I would bake desserts, cookies, and cakes and eat them for breakfast, lunch, and dinner. Overworked and stressed, I didn't have time to take proper care of myself.

All of a sudden, I noticed I was having an intense craving for sugar. I'd buy massive jugs of lemonade and drink it all day long. I began to lose weight very rapidly. In one month, I lost about 20 pounds. I noticed a sticky, whitish

substance covering my tongue and the corners of my eyes each morning.

In a panic, I went to my doctor. He said, "We need to get a blood test right now, because I suspect you have diabetes." The test results showed my blood sugar was 394. (For most people without diabetes, blood sugar levels before meals hover around 70 to 80 mg/dL.) My doctor said, "Do you realize you're steps away from going into cardiac arrest?"

He put me on heavy doses of medication. Then my eyes shut down. I couldn't see, though after four weeks, my eyesight came back. I was 46 and felt overwhelmed.

Finally after two years of struggling, I asked my doctor, "Can my diabetes be cured?" He asked me if it ran in my family. I said no. He then said, "Yes. The best way to cure it is by using several approaches all working together."

We put together a diet and exercise program with my doctor. Basically, I ate no simple carbohydrates. I'd make my favorite soup—tofu and cabbage with lots of vegetables. Or I'd cut up raw vegetables and eat them with hummus. For breakfast, I'd make steel-cut oats with a little cream and egg whites. I stopped drinking anything sweet.

Every morning, I'd go to the gym and exercise properly. When I first started, I couldn't lift very much, and was only able to do seven minutes of cardio. Then slowly, I was able to stay on the machine for 10 minutes, then 15, and then up to 45. My doctor started reducing my medication.

At nighttime, I went back to the gym, and did only cardio. I worked out seven days a week. I began to feel a surge of energy. Further tests showed that I was healed. "Congratulations! You no longer have diabetes. Your blood pressure is perfect and your cholesterol level is down," my doctor said.

That was four years ago. Today, I'm full of energy. I'm still a chef, and occasionally I'll have something sweet on the weekend—ice cream or a cookie. But eating healthy and exercising—that's the secret.

ERNEST'S LIFE LESSONS

"Take up exercise. Start with five minutes and build up slowly. Your energy will come back."

"Take control of your diet. You don't have to be a chef to eat healthy, delicious meals."

"One of the simplest meals is to cut up vegetables, toss with greens and a little dressing, and put a can of water-packed tuna on top. That's a complete meal."

REVIEWED BY BRUNILDA NAZARIO, MD, WEBMD LEAD MEDICAL EDITOR

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Author Bio

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Keynote speaker and advisor at the 2nd International Conference on Diabetes Care (Kuala Lumpur-Malaysia May 6-7 2019) <https://www.clytoconferences.com/2nd-international-conference-diabetes-and-care>

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