



JUST FOR DIABETICS **DIABETES REVERSAL AND CURE PROGRAM**

FREE DOWNLOAD

EXERCISE ROUTINE
MENU CYCLE
VITAMIN THERAPY

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Sample Download

Exercise Program, Vitamin Therapy and Menu Sample

This free download is not the full and complete version. It is sample.

The principals of exercise

It is very important to understand that the efficacy of exercise is not only in the kind of exercise we do, but also, the way in which the exercise is executed. Many diabetics do some sort of exercise, but it doesn't result in the reversal of their diabetes. The reason is that they do not do the right exercise nor in the right way.

What type of exercise works best? Researchers in the area of kinesiology explain that, while free weights help build bulk and make you strong, if you stop going to the gym, you quickly lose that muscle strength. On the other hand, resistance training makes you stronger and firms and tones your body more effectively. My research also showed that the development of lean muscle (toned muscle) is more helpful for healing from diabetes than the development of bulky muscle. With resistance training, even if you stop going to the gym for a month or two, you still retain your muscle strength. I am not suggesting you must stop using free weights completely, I used resistance exercise machines at the gym and this proved to be highly effective and an essential component of my getting cured.

With resistance, the muscles are forced to work harder without creating bulk. My research confirmed that strong, lean muscle results in quicker insulin sensitivity restoration.

How does this work?

Diabetes affects the muscles, so much of the reversal process has to focus on the muscles. I have mentioned what goes on inside a diabetic body in the month one menu program. When you become a diabetic, your body becomes **insulin resistant**. To reverse the diabetes, your body needs to become **insulin sensitive** once again. As you work with the weights (or weight machines) and work the muscles properly, the body again begins to be sensitive to insulin. Once the body again becomes sensitive to insulin, the diabetes reverses itself. It is that simple.

Method of exercising

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Tips for increasing your chances of success

While you are going to the gym and doing the exercise correctly, the worst thing you can do is to include sugar in your diet. I tested this on myself and the result was failure to achieve the desired result. **You Must Take Sugar Out of Your Diet When Making Efforts to Reverse Your Diabetes.** It is refined sugar that caused your diabetes in the first place. What do you think the impact of continued consumption of refined sugar will be on your chances of success with this cure program, if it was the sugar that caused the diabetes in the first place?

Cardio exercise

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Don't try to be a superman or superwoman by doing too much in the first week. Make sure to consult with a doctor before beginning your exercise program. Most importantly, make sure you are being monitored by your doctor, especially when you are starting out the program. If your doctor suggests that the cardio exercise or any of the exercises that we recommend are too vigorous, do less and work your way up with your doctor's approval.

Frequency of exercising

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Benefits of exercise

Statistics paint a gloomy picture of the health of Americans and Canadians. Regarding those who are either obese or overweight, here are the figures: American men, 71%; Canadian men, 65%; American women, 62%; Canadian women 49%.

There are a number of benefits to exercising, as opposed to taking appetite suppressants (which are often referred to as diet pills).

Exercise can help:

- ✓ reduce cholesterol
- ✓ reduce your risk of heart disease and stroke
- ✓ make you more spiritually tuned, since it clears your mind
- ✓ make you feel good and rejuvenated
- ✓ strengthen your heart, muscles, and even bones
- ✓ prevent dementia (as determined by scientists in the UK).

Slowing down the aging process

Exercise and taking vitamins is a well-established means to slow down the aging process. No so-called age-reversing pill or supplement in a bottle will help you slow down the aging process, no matter what the ads tell you or what celebrity is helping pitch the product.

Don't be ashamed if you are not able to do everything you are recommended to do in this program. All I ask is that you see the program through and in the end, at the very least, your health will have improved.

Don't be surprised if you lose up to 10 pounds a month using the routine that I have put together for you.

Before starting your exercise with resistance machines or weights, do a five-minute warm-up. During your exercise with weights or resistance machines, rest not more than one and half minutes between sets. This will keep your body warm. In addition, after you are finished using resistance machines or weights, when you begin to use the cardio machine(s), your heart rate will rise to about 150 beats per minute

because your body will be well warmed up. It is a good idea to wear a long-sleeve sweater on top of a T-shirt and warm jogging pants so that you can create thermo (heat). Cotton works well. Thermo does three things:

1. Helps your body warm up faster
2. Helps sustain your body's warmth during exercise
3. After the gym workout, it helps prevent your body from cooling down too quickly.

Suggested Workout Routine for Reversing Type 2 Diabetes

There are two VERY IMPORTANT STEPS I highly recommend that you take before following the suggested exercise routine:

Step 1: Prior to undertaking the following exercises, I highly recommend that you consult with your doctor to determine how much your body can manage. For example, a forty-five-year-old type 2 diabetic might be able to do all the exercises, while a seventy-five-year-old type 2 diabetic may or may not be able to do all the exercises. Therefore, visit your doctor and take a few minutes to go over the exercise routine to determine how much you may be able to do and how frequently. Any form of exercise will be beneficial for the exercise part of the cure program. The vital principle behind the program's exercise methodology is that you should break a sweat and continue exercising for at least 25 minutes from that point. This will help burn sugar and fat. It is equally important that, as you use the weights or resistance machines, you always squeeze the particular muscles you are working so that you feel a burning sensation. Without that burning feeling, it means you are doing the exercise incorrectly.

While it is recommended that your exercise routine be done first thing in the morning on an empty stomach to allow the body to burn off sugar deposits in your body faster, you may wait and do your exercises when your body is fully awake and your energy level is at its peak. The peak period starts when you are fully awake and energetic, and it continues until about 4 PM.

Step 2: Select a fitness centre that has the exercise apparatuses that you need or at the very least, alternative exercise apparatuses that you can use to perform the exercises. If you are not already enrolled in a gym, do a tour of a gym before you sign up. Do not feel pressured to sign up. Figure out a payment plan that allows you to have complete control of your payment. For example, if you sign up for a year, pay the full amount up

front. Allowing the gym to automatically withdraw money from your account monthly is not recommended. They can abuse it and once they have your money, they may not give it back. Ask questions and check the fitness center's policies, opening hours, etc., before signing up. Even more importantly, get full information on the fees, membership cancellation policies, and any penalties. You should not have to pay hundreds of dollars just to sign up for a membership in addition to a monthly usage fee. Many fitness centers charge up to \$19.95 as a one-time membership fee and from \$15 up to \$25 in monthly fees based on a one-year agreement. Once you have found a fitness center that you like, you can try a week usage fee to see how you like the environment.

Month 1

Exercise Routine

Sample Only

To start your morning exercise routine, do the stretches given below, followed by five minutes of light jogging on the treadmill. Then do the weight-training exercises given in the chart.

Stretching Exercises

Triceps stretch

- Stand straight with feet hip-width apart with your arms extended overhead.
- Bend your right elbow so your right hand touches the top middle of your back.
- Extend your left hand overhead and grasp just below your right elbow.
- Gently pull your right elbow down and toward your head to stretch the arm.
- Next, stretch the other arm in the same way.
- Repeat the stretch cycle 3 times.

Hamstrings stretch

- Stand straight with knees slightly bent.
- Bend down from the hips and lower your head toward your feet.
- Place your hands around your calves and hold that position for 30 seconds to give your back a good stretch.
- Repeat the stretch cycle 3 times.

This exercise stretches the neck, back, glutes, hamstrings, calves.

Leg stretches

- Stand straight.
- Move one leg forward (about 20 to 30 inches).
- Begin to bend the leg while kneeling with the second leg until you come into a lunge position.
- Hold for 30 seconds.
- Do the same with the other leg.
- Repeat the stretch cycle 3 times.

Thigh stretch

- Lie on your back with your legs fully extended and your back firmly pressed against the floor
- Raise one knee and with both hands, pull it in as close to your chest as you can.
- Hold that position for 30 seconds.
- Do the same with the other leg.
- Repeat the stretch cycle 3 times.

Shoulder and torso stretch

- Stand straight with both legs about shoulder width apart and arms relaxed.
- Raise your right arm above your head.
- Lean toward the left while stretching the arm, shoulder, and side.
- Hold that position for 30 seconds.
- Do the same with the other arm.
- Repeat the stretch cycle 3 times.

Neck stretch series

- Stand with your legs apart and arms relaxed.
- Tilt your head to the right towards one shoulder.
- Hold for just a few seconds.
- Do the same for the other side of your neck.

- Next, tilt your neck forward to give the back of your neck a good stretch.
- Do the same for the front of the neck by tilting your head backwards.
- Lastly, stand with your arms relaxed and move your head to the right to make a full circle. Do the same to the left.
- Repeat this cycle for 1 minute.

Do all these stretches each day you exercise. Below is your weight-training exercise routine that you need to use for the first month. As you begin to get stronger, increase the weight or resistance level. The exercises are recommended to be done in the morning, but can be done at any time. The full-day routine is split into the morning segment and cardio in the evening. Again, if that is not possible to set aside these times, do the exercise at anytime followed by cardio and please make sure to break a sweat and sustain it for at least 25 minutes.

Day 1: Morning

Back	
Pull wide to front	15 reps - 25 reps - 25 reps
Seated rolls	15-15-15
Close grip, pull down to front	15-15-15
Legs	
Leg curl	15-15-15
Leg extension	15-15-15
Seated calf raises	15-15-15
Inner thigh press – if machine is available	25-25-25-25

Do 20 minutes cardio on elliptical machine after the above routine.	

Month 1

Sample Vitamins/Supplements

Supplements for the treatment of diabetes

I conducted extensive research into the importance supplements in the cure of type 2 diabetes and developed this specific program for diabetics. A diabetic body does not absorb enough nutrients from daily food intake, thus, meals need to be fortified with vitamins. It is the three-step approach of diet, exercise, and vitamin/supplement therapy that healed me in less than a month. Just for Diabetics is the first and the only diabetes-cure program that includes vitamin/supplement therapy in its cure program.

Below is some information on vitamins suggested in the Just for Diabetics program and how they should be taken.

Recommended supplements to be taken during Month 1

They are to be taken during certain time of the day to be effective. See full version for details

- ✓ Omega 3
- ✓ Vitamin
- ✓ Vanadyl Sulfate Optional
- ✓ Chromium Picolinate
- ✓ Gymnena Sylvestre
- ✓ High-potency multivitamin
- ✓ Zinc
- ✓ Probiotics

✓ Fenugreek Optional

Note: While on the program, you should **not** stop taking your prescription drugs until your doctor says to stop.

WARNINGS

Before employing use of this program, see your doctor. Do not take Vanadyl Sulfate or Gymnena Sylvestre for more than 30 days.

It is also recommended that you take the Vanadyl Sulfate for three days at a time and then take three days off. Do this cycle for one month. Then take one month off to let this mineral be cleared from your body. Repeat the cycle if needed (if the diabetes is not reversed after the first month).

DO NOT take multivitamins after night exercise. They will stimulate you and make it difficult to sleep.

Month 1

Menu Cycle

I am chef of 20 years. I know all about food. When I was diagnosed with type 2 diabetes, I realized that I knew very little about diabetes diets. The doctors who were working with me strongly said I had to modify my diet, but they did not tell me what to eat and what not to eat. The omission of this information was a good thing. In 2012, I began doing research and learned that the commonly recommended diabetes diet is not what it should be. Almost all diabetes books are written by people who have never been diabetic. They sell recipe books and most of these books are highly dangerous to diabetics. For example, eating fruits first thing in the morning—I researched and tried this and could feel the harmful effects. I am sharing this with you because there are just too many recipes books for diabetics written for the purpose of profit but without benefit. If these recipes books actually brought about results, diabetes would not be on the increase worldwide.

Latest research shows that type 2 diabetes can be successfully reversed and cured; and this can be achieved within four months. See a related article here: <http://nationalpost.com/health/type-2-diabetes-can-be-cured-in-four-months-if-you-cut-calories-and-exercise-research-shows>

The method that can bring about such results has been well researched and is being used by Diabetes UK to help their diabetic members. Here, I am presenting a diet based on basic recommendations given to me by a naturopathic doctor and my own research. Before I began work with the naturopath, I was sent to the diabetes clinic at a local general hospital to consult with a dietician. At the clinic my doctor had sent me to, the nurse/dietician who was the head teacher of the class was a type 2 diabetic herself.

How was she going to help me and everyone in the class if she herself was still diabetic? You be the judge. Here is one example the lack of knowledge of the teachers regarding proper diet for type 2 diabetics: I informed them that, in the morning, I would add unsweetened apple sauce to my oatmeal as a sweetener. Both dieticians who taught the class said it was okay for me to do that. They also suggested a particular cereal to the class, citing that it had a good fiber-to-protein ratio. They were correct about that. However, there was just one problem. I purchased the cereal they recommended, but it was sweetened with sugar. These and several other oversights of theirs, plus a lack of results, led me to the naturopathic doctor. Immediately after hearing of the diet that had been suggested to me by the nurses at clinic, the naturopath told me that I must stop adding apple sauce to my oatmeal. She also told me to stop eating the cereal that had been suggested to me because of the sugar it had in it! The naturopath was so concerned about my having been misinformed that she asked me for a list of the foods I had been asked to eat by the nurses and dieticians at the hospital, which specialized in diabetes. I wasn't surprised that I hadn't been cured of my diabetes through the information and guidance I had received from them.

Foods that help reverse and cure type 2 diabetes, plus related tips

Type 2 diabetes is most effectively reversed by using several approaches that work together. The role of a low-calorie diet is to accelerate the burning of fat that covers the cells. Burning of the fat allows the cells to absorb and process sugar, and further, transport it to the muscles to be used as energy.

During the three-week program that brought about my diabetes reversal, I drank a protein shake every morning. My main meals consisted of cooked vegetables, stewed beans, salads, fish, and chicken breast. All these were cooked in a variety of ways.

One method I used with my diet was to cook vegetables and then leave them in the fridge so that when I needed some, I took the amount I needed. Doing this helped me save time and avoided the possibility of cheating, or breaking my diet. Without any prepared food in the fridge, I would be tempted to buy processed food just to relieve my hunger. As for the meat and other items, I would portion them and freeze them. Then, when I wanted to have chicken, fish, or stewed beans with vegetables, I would take them out of the freezer and put them in the fridge to be eaten the next day.

Losing body fat

Though diet, I made every attempt to lose body fat. I made salads with kale, Swiss chard, mushrooms, onion, and diced pickles tossed with virgin olive oil, kosher salt, and crushed peppers. It is important to be creative with meal preparations. The secret is to make your salad taste good so that you enjoy eating it. I don't believe in diet salad dressings. You can get tasty vinaigrette dressings in super markets. I like to cut tomatoes in half, remove the seeds, cut the tomatoes in pieces, and blend them with olive oil, vinegar, salt and pepper. You can also get a good quality raspberry vinaigrette or orange vinaigrette. They taste great. I use just enough to gently coat the salad. (Remember, a low-calorie diet which includes salads allows you to lose body fat, which means excess weight.)

Rules you must not break

After I discovered the proper diet and implemented it, I was still not able to reverse my diabetes. I re-evaluated it and realized that I was still eating sugar. This was back in 2012. I had learned that the worse thing I could have done was to eat refined sugar.

In 2017, Dr. Sanjay Basu, Ph.D, an epidemiologist from Stanford University, published the results of their findings on the causes of type 2 diabetes. The article can be found in *The Guardian* newspaper. According to Dr. Basu, he and his team traveled around the world to unveil the main cause of type 2 diabetes and successfully traced it to refined sugar. The root cause was not being overweight or obese, but sugar. His finding support what I discovered during my research back in 2012.

Refined sugar must be taken out of one's diet or diabetes will not have reversed. I will repeat: to successfully reverse type 2 diabetes, the excess sugar in the body has to be burned off. Will the sugar buildup inside one's body burn off while the person is still eating sugar and thus, adding to the sugar that is already in the body?

The human body needs sugar for energy. The brain also needs sugar for energy and proper functioning. The problem is that we often overeat sugar, and sugar is even more addictive than cocaine and other addictive substances. This was reported in *The Guardian*. Researchers have linked sugar as a cause of cancer and a litany of deadly diseases.

It was not until I overcame of my addiction to sugar that I began to see significantly positive results. It was not easy. I love sugar, ice cream, candy bars, cookies, and anything sweet. As long as it is sweet, I want it. So I had to discipline myself. The discipline came as a result of choosing between one of two options: Either I could take sugar out of my diet and heal, or I could continue to eat refined sugar and allow the onset of the diseases triggered by diabetes, which would eventually destroy my health and kill me.

I wanted to eat to live, not eat to die. I took the sugar out of my diet and along with persistent exercise and the use of vitamins and supplements, the diabetes was reversed. When I went to my doctor for a checkup, aside from telling me that my blood

sugar was normal and my diabetes had been reversed, he said these words, “Your blood pressure is absolutely perfect, you don’t have high blood pressure and your heart is in good condition. You are in excellent shape.” Imagine that.

Obesogens and weight gain

Truly, information is power. No wonder some industries go to court to prevent consumers from gaining access to critical information that will allow the consumers to make informed decisions. While conducting my research on a cure for my diabetes, many doors of learning opened to me. One important subject I discovered was “obesogens”. I first learned about obesogens from the research of Paula Baillie-Hamilton, published in the *Journal of Alternative and Complementary Medicine* in 2002. A documentary hosted by Dr. David Suzuki in 2017 called *Programmed to be Fat?* drew public attention to this subject. After Dr. Paula Baillie-Hamilton experienced weight gain she was not able to lose after child birth, she conducted her research on obesogens and this led her to write several books, one of which is titled *Toxic Overload*.

Obesogens are endocrine-disrupting chemicals found in our food that cause an alteration of fat-producing genes. For example, antibiotics given to chickens and cows end up in our bodies when we eat these meats. One of the most studied of these chemicals is Tributyltin, which has been found in pesticides and in marine mammals. Tributyltin is also used to treat wood and is even found in the receipts that are generated by cash registers. This particular chemical has been studied by Dr. Bruce Blumberg of the University of California, Irvine. According to Dr. Blumberg, in his experiment, when he gave Tributyltin to a lab mouse, the mouse gained weight. Further, the chemical caused a change in the mouse so that it continued to make and deposit more fat in its body. Thus, the chemical programmed cells in the mouse to keep reproducing fat.

The conclusion of the research on obesogens is that these chemicals may alter the human metabolism and predispose some people to gain weight. Some of the foods containing obesogens include meat, fish, dairy, canned foods and soups. According to the research presented, as we eat these foods on a regular basis, our bodies lose the ability to burn off excess fat and begin creating even more of their own fat. That is the effect of obesogens. In other words, our genes become programmed to produce fat by the foods we consume on a daily basis.

Conclusion: Obesogens prevent people from losing weight. Similarly, not taking refined sugar out of a diabetes reversal program prevents the diabetes from reversing.

Month 1

Sample Meal Plan

The meal plan I am laying out includes recipes I created as a professional chef. I am sharing them because they helped me reverse and cure my diabetes. I sincerely wish for you to achieve the same results. I am making the cooking fun; which means, you do not need to measure anything. Just cook like mom does at home. In cooking, the only time you must measure ingredients accurately is when you are baking breads or desserts.

While on this program, you should drink lots of water. Should not have *any* sugar-sweetened drinks, such as colas and processed juices. Eat five to six small meals a day. Have the first meal within two hours of waking up and the last meal two hours prior to going to sleep. Ideally, you want to eat every two to two and half hours (snacks included) to keep your blood sugar from dropping. If you miss a meal, it is okay, but it is not a good idea to go without food for more than three hours.

Note: According to the World Health Organization, eating two cups of uncooked vegetables each day improves your health.

Day 1

Breakfast: A whey protein shake 30 minutes after your morning exercise. I am usually in the gym at 7A.M. for an hour and half. By the time I have arrived home and taken a shower, it is 9AM. I am still within the two-hour window for having my first meal.

Note: It is important to eat fibre on its own because it binds things up and helps with elimination.

Lunch: I eat one and a half cups of cut, baked, or grilled mixed vegetables with 2 to 3 ounces of baked or poached salmon.

Dinner: Eat 2 cups of a bok choy, mushroom, and kale salad with 1 tablespoon of your favourite dressing. Eat that with half a cup of cooked beans.

Snacks

Snack # 1: In between breakfast and lunch, have a snack. For example, one to two cups uncooked vegetables with humus dip. This is a wonderful snack.

Snack #2: In between lunch and dinner, have cabbage and tofu soup. You will find a recipe for this later on.

Before bedtime snack: While you are asleep, your body is repairing itself; including your muscles. Give it protein to rebuild itself and make it stronger. I drink a protein shake or have a cooked chicken breast as my last snack/meal two hours before bedtime.

Note: All your protein shakes should be sweetened with stevia and can be blended with strawberries.

Day 3

Breakfast: Egg white omelet with a cup of sugar-free yogurt, two slices of brown bread toast. Drink water (never fruit juice).

Lunch: 1 and half cups of equal parts of dice tomatoes, mushroom, and onion salad with balsamic vinaigrette dressing and 4 ounces poached or baked fish.

Dinner: Kamut pasta with tomatoes sauce and cooked vegetables. Don't top it with cheese—too fatty.

Snack # 1: 1 and half cups cabbage and tofu soup.

Snack # 2: 1 to 2 cups mixed berries.

Recipes

In this age of the Internet, even chefs go online to look for recipes. I sometimes go to a website called allrecipes.com for ideas. I also have tons of cookbooks, mainly because of my profession. Go online or buy yourself a nice recipe book with clean, healthy, and tasty recipes. Always pick recipes that do not call for too many ingredients and are less expensive to reproduce.

The food items in the menu cycle can be made without following a recipe. However, I have included some low-calorie recipes that I created to speed up my recovery from diabetes. They worked miracles for me.

Cutting board: Always wet a towel or a thick paper towel, ring the water out, and place the towel under the cutting board. This will prevent the cutting board from moving while you are using it.

Cabbage and Tofu Soup

Ingredients

1 to 2 tablespoons olive oil

Half a medium-sized onion, diced

2 large diced carrots

1 green cabbage cut into chunks

6 cups vegetable stock

Large, diced, firm tofu

Salt and pepper to taste

1 bay leaf

Utensils needed

Large cooking pot

Cutting board

Knife

Wooden spoon for mixing

Cooking procedure

Heat the olive oil. Add onions and cook until transparent. Add the carrot and cook for a minute. Add the cabbage and top with enough vegetable stock to cover the cabbage. Bring to a boil, then lower heat and simmer. When the cabbage is almost cooked, add the tofu. Season soup to taste. When the soup is done, you may thicken with a little cornstarch if you don't want the broth to be too watery. You may also add just a little vinegar to give it a kick. Alternatively, you can use a combination of chicken stock and tomato sauce to give the soup more flavour.

A serving of this soup has less than 300 calories. If you have this soup twice in a day, you have taken in only 600 calories.

Baked Vegetables

Eating steamed vegetables can be very discouraging at times. But there is way to add flavor so that they are more enjoyable to eat. Here is what I do.

Prepare these ingredients

1 cup cauliflower, cut

1 cup broccoli, cut

2 sticks celery cut on an angle

1 large jumbo carrot roughly cut

½ onion chopped up

Mushrooms, sliced

Utensils needed

Frying pan or sautéing pan

Baking sheet large enough to hold all the vegetables

Cutting board

Knife

Cooking procedure

You don't have to use the selection of vegetables I've given above. Make your own selection. For example, I might alternatively select broccoli, onions, mushrooms, cauliflower, and carrots for color.

If available, use a double boiler to steam the vegetables, (not the mushrooms and celery). I put the carrot directly into the water and turn on the heat. Then I cut the vegetables, but not the onions or mushrooms yet. Now clean the mushrooms. When the water begins to boil, put the broccoli and cauliflower on the top part of the double boiler and cover and steam for a couple of minutes. By then, the carrots are partly cooked as well. Take only the steamed vegetables from the double boiler and cool them under cold, running water. Strain the carrots. Place the carrots and the steamed vegetables on a non-stick baking sheet.

Now heat a little oil, partially cook the onion quickly on high heat and add to the vegetables. Using the same pan, add more cooking oil and heat. Put the mushroom in the hot oil and sauté for a minute or two. Remove from the heat and add to the rest of the vegetables. Season with freshly ground black pepper, kosher salt, and a little olive oil. Mix and place on the baking sheet. Baked in the oven at 450 degrees until done but not over cooked.

The flavor will absolutely blow you away. This is how I cooked my vegetables so that I enjoy eating them compared to plain steamed vegetables. Using organic vegetables is optional. When you buy non-organic, please wash the veggies well before cooking.

Beans

Beans are considered a super food. They are a good source of potassium and magnesium. Beans are high in fiber and provide up to 1/3 of the daily fiber requirement. As well, beans have protein. There are many varieties of beans. Some cooked beans may give you slight heartburn, so find one that your body can digest without a problem.

Ingredients

4 cups of beans

1 onion, diced

1 large carrot, diced

Two sticks celery, diced

1 can coconut milk

1 can tomato sauce

2 tablespoons vegetable oil

Salt and pepper

Utensils needed

Large cooking pot with lid

Saucepan

Cutting board

Knife

Cooking procedure

Wash the beans and soak in water in the cooking pot. The water should be about 2 inches above the beans. Let sit overnight. The beans will quadruple in volume. The next morning, drain the water. Rinse the beans with clean water and drain again. Add about 2:1 water to the beans and boil until soft. Strain off the water. In the saucepan, sauté the

onion, celery, and carrots for two minutes. Season to taste with salt and pepper. Cook for another 2 minutes. Add the cooked vegetables, the coconut milk and the tomato sauce to the beans, mix and stew on medium heat. Check the seasoning and add more if needed. Stew until the sauce thickens and the bean is soft. Sometimes, I add Thai curry paste to spice up the flavour.

When the bean stew is ready, I portion and freeze some until I need it. Ideally, you want to have cooked beans with all your lunches and dinners. They help neutralize the effects of sugar.

Dark Green Vegetables

Eat lots of dark green vegetables, such as kale, collards, green lettuce, Swiss chard, broccoli, etc. They are high in nutrients and low in carbohydrates. This means, you can eat a lot of them.

Rapini is one of my very favorite vegetables. I add it to my salad every day. Rapini is Italian broccoli. Rapini, in my opinion, is one of the greatest vegetables there is. While researching a cure for my diabetes, I came across an article contributed to Yahoo News by Chatelaine. I have extracted portions of the article and given them below for your perusal.

Five benefits of rapini:

1. Rapini has cancer-fighting properties

Rapini contains powerful cancer fighting phytochemicals. One is indole-3-carbonol (I3C). I3C helps prevent cellular damage caused by free radicals, maintains a healthy hormonal balance for both men and women, and even reduces yeast infections in the body. A study in Japan reported that foods rich in I3C killed candida albicans, the yeast strain that often overgrows when we take antibiotics.

2. Rapini helps keep bones strong

Rapini's bone-strengthening properties are the outcome of its vitamin K content. One half-cup serving contains 169 micrograms of vitamin K1, a daily dose enough to keep your bones from thinning. One study showed that those consuming 109 mcg. of vitamin K1 a day had a lower risk of hip fracture over a 10-year period.

3. Rapini lowers the risk of heart disease

Rapini has strong anti-inflammatory nutrients, such as folate and vitamin C. Both nutrients reduce homocysteine, a type of amino acid that can damage the arteries causing coronary heart disease.

4. Detox and heal with rapini

Rapini contains sulfur. Sulfur contains the compound, methyl solfonyl methane (MSM), which assists in detoxification of the liver.

5. Improve insulin sensitivity with rapini

Rapini contains two grams of soluble fiber per cup. Combining rapini with a low carbohydrate meal mostly made up of cooked vegetable improves insulin response greatly.

Note: Add rapini to your diabetes reversal program. It improves insulin response, therefore speeding up the reversal process.

[TO WATCH OUR VIDEO TUTORIAL, CLICK THE YOUTUBE LOGO](#)



Prepared by Ernest Quansah: Diabetes Educator and Founder of Just for Diabetics.

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End of Free Download

OUR TYPE 2 DIABETES CURE PROGRAM

KEY TO YOUR IMMEDIATE SUCCESS

Studies show that successful people generally have certain abilities developed that non-successful people don't; for example, when they see an opportunity to improve, they **ACT**. They know that if they procrastinate, they remain stuck and let opportunities slip by. Understanding this **VERY IMPORTANT PRINCIPLE** is the key to successfully reversing your pre-diabetes and diabetes. You just need to **ACT NOW**.

A Perfect Example of Success

When Barack Obama first considered running as a U.S. presidential candidate, he hesitated and didn't act. During a lunch meeting with a friend—an older senator—Barack informed his friend about his decision not to enter the democratic race, being that he did not think he would be nominated. His friend encouraged Obama to go ahead and enter the race. Obama then seized the opportunity and acted right away. He announced his decision to run for the position of President of the United States and ended up winning twice to serve two full terms. What would have happened if he hadn't **acted, but procrastinated instead?**

Pre-diabetes is the sign that full-blown type 2 diabetes is pending if action is not taken. Since type 2 diabetes is a progressive disease, it can further progress to type 1 diabetes whereby insulin injections are required. At that stage, the diabetes cannot be reversed because the pancreas no longer functions. Diabetes is the number one cause of strokes. It also causes heart disease, liver failure, blindness, and the need for limb amputation. All these conditions can develop while the condition is being managed with drugs and can end up taking the victim's life. That is why it is **VERY IMPORTANT** to **TAKE ACTION**.

We hear from diabetics who have been told by their doctor that they have only one year to live. Why did they end up in this situation? Because they depended on modern medicine, as one doctor puts it, until their diabetes progressed to an irreversible stage. For a very small fee that can save your life, take advantage of

this window of opportunity to reverse your pre-diabetes or type 2 diabetes while you still have a chance.

BENEFITS

While on our program, IMAGINE how you would feel if your doctor told you that you are DIABETES FREE! How would your friends and family feel about your accomplishment? You Can Make It Happen

How Much Does It Cost?

To make our diabetes cure program affordable to all, we are now offering it at a deep discount. Our program comes in a digital download format with FREE video demonstrations. Purchase is final and non-returnable.

Regular price ~~\$299.95 USD.~~

Now at an all-time low price

Option 1: One-time payment of \$163.80 US. (A savings of \$136.15.)

Option 2: Three payments of \$69.72 US. (A total savings of \$90.79.)

[TAKE ACTION](#)

[ORDER HERE](#)

Many people ordering our program also ordered our book *Diabetic's Journey*. It has received 5-star reviews on Amazon with one review coming from a doctor.



[ORDER HERE](#)

WISHING YOU TREMENDOUS SUCCESS