

ERNEST QUANSAH

A DIABETIC'S JOURNEY



**HOW TYPE 2 DIABETES CAN
BE REVERSED AND CURED**

Excerpts Only

Diabetic's Journey

**How Type 2 Diabetes
Can Be Reversed and Cured**



Ernest Quansah

Diabetic's Journey: How Type 2 Can Be Reversed and Cured
by Ernest Quansah

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Acknowledgements

First and foremost, I would like to thank God for making me a type 2 diabetic, due to which I developed a desire to find a cure for the condition and which led me to take on the role of a diabetes researcher.

I want to thank Bruce McLean for recommending that I see his pharmacist-friend who was working at Sunset Pharmacy and is an expert in diabetes. To get me started, Bruce put me on the right vitamins and told me that type 2 diabetes could be cured. I needed to hear that.

My heartfelt gratitude also goes to my family doctor, Dr. Anthony Robinson. I thank him for diagnosing the diabetes before it took my life and for indicating what I needed to do to reverse and even cure it.

My sincere thanks also goes to Dr. Xiao Qin, who started me off on acupuncture treatments and advised me about diet and what exercise to do in order to see results in the fight against type 2 diabetes. She and Dr. Robinson truly got me started on the right path. All the individuals I have acknowledged played a part in assisting me to achieve optimum health. I could not have done it without them.

Lastly, I would like to thank three organizations: firstly, WebMD for featuring how I reversed and cured my diabetes in their fall 2016, Diabetes issue, as well as on their website; secondly, the International Diabetes Federation (IDF,) whose mission it is to promote diabetes care and its cure worldwide; and finally, Clyto Access, for inviting me to present my diabetes research at the International Diabetes and Degenerative Disease Conference. It was a great honour, indeed.

Introduction

It is estimated that 11% percent of Americans are diabetic and 30% are pre-diabetic. In Canada, 9% of the population is diabetic. Worldwide, there are 425 million diabetics, and experts predict that by the year 2040, if the current trend continues, one out of every eight people will be diabetic, totaling a staggering 1.8 billion diabetics worldwide. (This statistic is based on the assumption that by 2040, the world population will have reached eight billion.) Type 2 diabetes occurs within every race and culture and in any part of the world. Unlike developing nations where many are not educated about diabetes until it is too late, those of us in developed nations are more aware of diabetes and its effects. Despite this fact, far too many of us fail to act until our health has been seriously compromised. This is because type 2 diabetes, although very damaging to internal organs, is not in itself painful. As a result, it is easy for diabetics to overlook the condition and continue on the same path that brought it on.

Can type 2 diabetes be reversed and permanently cured? The International Diabetes Federation's mission statement says it can. So does the latest research, which I will talk more about in this book. Aside from these facts, great inspiration came to me when I learned about Dr. Paula Baillie-Hamilton, PhD. After giving birth, she was not able to lose the extra weight she had gained. She then headed a research program that revealed a main cause of what had prevented her and postnatal woman in general from losing weight. This information applies to all overweight individuals. The outcome of her research led her to author *Toxic Overload*, a book especially intended to help postnatal mothers lose weight.

Inspired by Dr. Baillie-Hamilton's approach described in her book, I undertook my own research in an effort to find a way to reverse my diabetes. I used myself as the test subject, mainly because my own case was severe and if the research were to yield positive results, it would prove that even an extreme case of diabetes could be reversed.

I love what I have accomplished, but what I love most is sharing my knowledge with others and helping them reverse their type 2 diabetes.

***If you have type 2 diabetes, don't just become a statistic.
Now is the time to cure it.***

—Ernest Quansah

Managing Type 2 Diabetes

I thought I understood the ways of the world. It is true. Money makes people do bad things to other human beings. When I was diagnosed with the type 2 diabetes, I knew little of the world that surrounded the condition. As I continued along my personal journey, the tentacles of this world caught me and pulled me into it. These tentacles were greed, lies, taking advantage of others when they are vulnerable, and the preventing of diabetics from understanding and gaining knowledge about their eventual demise. I came to understand that all this was being done so that unwitting victims could be harnessed for maximum profit. During my research and attempts to heal myself, I discovered that there were individuals, so-called “top” diabetes bloggers, and hundreds upon hundreds of companies, (perhaps even thousands,) all bent on profiting from vulnerable diabetics. They do this by successfully promoting diabetes management to 90% percent of type 2 diabetics. There is money to be made by misleading diabetics.

For two years, I had tried to simply manage (not try to reverse or cure) my diabetes, as most diabetics are led to do. The ads of the companies promoting diabetes management through their drugs and treatments have done a great job in convincing diabetics to believe their intentionally misleading information. I understand that the pancreas no longer works and the patient requires manual injections of insulin when one has type 1 diabetes, but in the case of type 2 diabetes, the condition is mostly acquired through lifestyle choices. This also applies to obesity. So how did we arrive at just managing type 2 diabetes?

We live in a society that believes technology and science are always right, and also, we must take the word of people in positions of authority in these fields. These so-called authorities have convinced diabetics to settle with *managing* type 2 diabetes by using pharmaceutical drugs.

I maintain that the global society is not as caring as we might think. Many years ago, I saw a report about how a group of people were able to convince one individual within their group to side with the rest of the group members and accept an incorrect statement as truthful fact. Let me explain how the experiment was conducted:

Twenty lines were drawn on a blackboard in a classroom of 20 students. The professor conducting the experiment asked 19 of the students to form one group. He then instructed the 19 students that they were part of an experiment to show how easy it is for the majority to influence the minority. The 19 that formed the group were then taken aside and instructed that during class, they would be asked to count the 20 lines that the professor

put on the blackboard, but say that they only counted 19 lines. The smartest student in that class, the 20th student, was not informed of the experiment.

Later, all the 20 students were asked to count the lines on the board, as planned. The 19 students who were privy to the experiment said they counted only 19 lines. The smartest student—the 20th student—counted the lines and said he counted 20 lines. In fact, he insisted: “There are 20 lines on the board. Not 19.” The rest of the class disagreed with him. This disagreement went back and forth for a while as each party wanted to win the debate. The scientist asked the single student, “How is it that 19 students counted 19 lines and yet you, a single student, have counted 20 lines?” The master of the class, the professor, instructed the single student to carefully recount the lines. Just as he was instructed, the student fulfilled the instructions. “Oh, I see,” he admitted. “They are right. There are 19 lines.”

Of course, he was correct at first when he asserted that there were 20 lines on the board, but because all of the other students, as well as the professor, insisted that there were only 19 lines, the smartest student in that class became convinced that he was wrong and sided with the 19 classmates who were, in fact, the ones who were wrong. With persistence, the experimenter convinced the smart student to align his mind with the rest of the class.

Like the smart student who was convinced that he was not smart enough to discriminate between 19 and 20 lines, and ended up accepting that his classmates were correct and not him, type 2 diabetics believe what the TV ads tell us—“live with diabetes and manage it.” In the case of type 1 diabetes, (where the pancreas no longer works,) as well as with type 2 diabetes which is inherited, these two types of diabetes are not acquired by lifestyle choices. These two categories of diabetes cannot be reversed. However, an acceptance of living with and manage diabetes, regardless of which type, has become the worldwide norm and standard. This begs the question: If all the types of diabetes must only be managed, why does the International Diabetes Federation’s own mission statement clearly say that their mission is to promote diabetes care and cure worldwide? This makes one question why the American Diabetes Association and the Canadian Diabetes Association (both members of the International Diabetes Association) promote managing type 2 diabetes and not curing it. It means that these organizations are in conflict with the International Diabetes Federation’s mission. I believe in the International Diabetes Federation’s mission. I hope that just as the 19 students convinced one student to interpret 20 lines on a black board as 19 lines, that all type 2 diabetics who acquire their condition though lifestyle will believe in the International Diabetes Association’s mission—to promote diabetes care and cure.

Type 2 diabetes can be reversed. I am convinced of this not only because of my personal success, but also because of the declarations of

some of the most highly respected medical organizations and results of other researchers. All this should leave no doubt in the minds of diabetics.

In 2016, after I completed my work as a type 2 diabetes researcher, I was graciously invited by James Matkin, a Harvard Law graduate and a constitutional lawyer based in Vancouver, BC Canada, to join Academia.edu where I posted a paper which I titled *The Case Against Managing Type 2 Diabetes*. The paper has been downloaded by other Academia researchers. Here it is for you to read:

The Case Against Managing Type 2 Diabetes

Type 2 diabetes is the largest non-communicable disease in the world. According to the American Diabetes Association®, in 2012, 29.1 million Americans had diabetes. That is 9.3% of the population. Eighty-six million Americans aged 20 or over were pre-diabetic. Data from the Public Health Agency of Canada shows that in 2011, 2,359,252 million Canadians were diabetic. These numbers have been on a steady increase and will continue to be so. Worldwide, in 2016, the number of diabetics was estimated at 421 million. (These are the most recent collective statistics.) In late 2011, one report suggested that by the year 2030, one out of every eight people in the world will be diabetic—a staggering figure of about 800 million people. The amount spent each year on diabetes in the United States far exceeds most nations' five-year GDP. The majority of people believe that type 2 diabetes is an incurable disease. One evening, I had friends over for dinner. After the feasting was over, I presented them with the cover design I was considering for the first edition of this book, which was soon to be released. One of the women in attendance asked, "How are you going to convince people that type 2 diabetes is not a disease and that it is a reversible condition?" For many days, I pondered the answer to the question. We live in a time where emphasis is placed on scientific facts and research. To date, there is no research that has proved that type 2 diabetes *cannot* be reversed—none. Despite this being the case, we are only told that type 2 diabetics have to manage their diabetes. There are so-called experts—including medical doctors—who claim that no one knows exactly what goes on inside the body of a diabetic and that type 2 diabetes is *not* caused by the accumulation of sugar, causing the body to become insulin resistant. The problem I have with their argument is that if no one knows what goes on inside the diabetic's body, why is it that one of the latest type 2 diabetes drug ads states that the drug prevents some of the sugar ingested from reaching the kidneys, thus lowering blood sugar?

What is managing type 2 diabetes?

Managing type 2 diabetes is a process whereby the patient is prescribed pharmaceutical drugs for their diabetes. The patient is required to take a certain dosage prior to or with meals. The dosage amount is dependent

upon test results. A diabetic's doctor orders quarterly blood glucose tests. After diagnosis, I did what medical doctors and the TV ads said diabetics should do—managed the diabetes. Later, I would take a critical step, which was to search for a diabetes cure. Upon a visit to my physician, I asked him open-ended questions, such as: “Dr. Robinson, can type 2 diabetes be cured?” His response to this particular question was “Yes.” I then understood that I had to research a cure and in the process discovered literature upon literature stating that type 2 diabetes is not a disease, but a reversible condition—like obesity—that can be permanently cured.

Prior to asking my doctor if diabetes could be cured, I was managing it like millions of other diabetics. As I've already said, both type 2 diabetics and non-diabetics—as well as most medical doctors—see diabetes as a disease that should be managed. This is not correct. Every informed medical doctor will attest to this.

Managing diabetes meant I would remain a diabetic. At the clinic I was sent to for treatment, I was informed how to manage the diabetes and told that type 2 diabetes is progressive and that my type 2 diabetes would eventually reach the point where the pancreas would die and therefore not be able to secrete insulin. As well, it could cause the following catastrophic ailments:

- heart disease
- liver failure
- blindness
- leg amputation
- diabetic ulcers
- blindness
- impotence.

The more I evaluated my condition and the above diseases, the more irrelevant and pointless managing appeared, thus, I found myself forced to either research a cure with the help of experts, or allow my health to be overtaken by one or more of the above.

Is type 2 diabetes a disease?

The term “disease” has two definitions.

1. By definition, cancerous tumors, Ebola, herpes, heart disease, etc. are diseases, even when less than one thousand people are identified with such an ailment. These are serious diseases.
2. When only a few people in the world were obese—for example—the condition was not considered a disease. However, as more people became obese, institutions, such as the pharmaceutical drug developers were the first to refer to the increase in weight gain as the disease of obesity. Type 2 diabetes shares a similarity with this example. As more people acquired what many doctors saw as the

condition of type 2 diabetes, the pharmaceutical intuitions quickly termed the increase as the spread of a “disease.” Thus, a condition—which is not a disease but an increase in the number of people with a condition—is soon termed a disease.

Once a condition—such as type 2 diabetes—comes to be termed a disease, the institutions that made the declaration then get down to creating a drug for the so-called disease. This means, rather than establishing the cause of a condition and providing the information to people about how to prevent or reverse it, the condition/disease is allowed to continue and the drugs are sold to mask the symptoms. The fact is that the symptoms are there to tell you to make simple lifestyle improvements.

In respect to drugs manufactured for type 2 diabetes, the function of such drugs is to allow the diabetic to continue to consume refined sugar. Yet, it is the refined sugar that is the main cause of type 2 diabetes in the first place (along with overeating of foods high in sugar). Therefore, the drug defeats the purpose for which it was developed. How so? The sole purpose of the drug is to make it possible for the diabetic to continue to consume refined sugar and if refined sugar is the main cause of type 2 diabetes, then this means that the drug *keeps* the diabetic a diabetic.

There is absolutely nothing good or positive about managing a condition that can be cured: this fact is supported by many medical doctors. One must consider that by only *managing* diabetes with drugs, this can lead to stroke and various other diseases. If you are a type 2 diabetic, should you manage the diabetes while waiting for outcomes such as blindness or leg amputation and a shortened lifespan? No caring person would wish this fate on any living creature, so why would you create this for yourself when it is possible to get your full health back after being diagnosed with this reversible condition?

Understanding type 2 diabetes

Type 2 diabetes, or diabetes mellitus, occurs when a person’s body becomes insulin resistant. A normally functioning body is insulin sensitive.

Insulin resistance

Insulin resistance is the physical condition in which the body ceases to respond to insulin, a secretion produced by the pancreas whose main purpose is to transport sugars inside the body to the cells within the muscles and the blood stream to be used as energy. Insulin resistance occurs when there is an insufficient amount of insulin secreted by the pancreas for the transport of excess sugars in the body, which have been acquired through food consumption. From a young age, one consumes processed foods, sugary drinks, and so forth, and once one reaches the age of forty or over, there is a heavy buildup of sugar in the body and the insulin generated lacks the

capacity to transport the excess sugar to the muscles for use as energy. The excess sugar settles in the body, particularly in the muscles. This is the main reason why type 2 diabetics are known for their lack of energy. Lack of energy also means lack of physical strength. When the body becomes insulin resistant, that individual is diagnosed and termed a diabetic.

Insulin sensitivity

Insulin sensitivity is the physical condition in which the body is able to utilize sugars for energy. Utilization of sugars for energy occurs when insulin produced by the pancreas—a small organ located below the stomach—transports sugar to the muscle cells where it used as energy. A body that is insulin sensitive is a diabetes-free body; which means, it is functioning the way a non-diabetic body should function. The characteristics of a healthily functioning, non-diabetic body are these:

- A healthy liver
- Clear, normal eyesight
- A non-diseased heart
- Properly functioning internal organs
- Proper levels of probiotics in the intestinal walls
- Prevention of leg amputation
- Prevention of diabetic ulcers.

The opposite of insulin sensitivity is insulin resistance.

A major eye-opener during my journey was learning how consumers are lied to and misled. The deception is relentless and unyielding. Those doing the misleading want the consumers' money at all costs. But all things have their opposites. I have also encountered people who, at any cost, are honest in their dealings with other human beings. My awareness of this began with a Latter-Day-Saint man that I met. During a conversation with him, he informed me that when he went into business, others in the same industry approached him and told him that if he would be dishonest, he would make ten times the profit. He said to me that despite the advice he was given, he resolved to be completely honest in his business practices. With this policy of honesty, he was successful, sent all his children to medical school and even bought his own plane. It was his words of wisdom that opened my eyes to see how business is often conducted in the world.....

I went to see Dr. Allan in November of 2012. He asked me how I was. I told him how I had revered my type 2 diabetes and that it took me just 21 days, once I had found the right formula. He responded, "If people would eat moderately and exercise regularly, 90% of their ailments would disappear,

including heart conditions and diabetes.”

What does *disappear* mean? Gone forever. Cured.

Dr. Allan continued: “But people don’t want to listen. They put their faith in so-called modern science. For every little thing they ask, ‘Isn’t there a drug for this? Isn’t there a drug for that?’”

My hearts truly goes out to the hundreds and millions of diabetics who feel as though they have no other option but to live with their condition. Living with and managing type 2 diabetes acquired through lifestyle choices is distressing because at some point, it will likely progress to type 1 diabetes and eventually take the person’s life, but not before the diabetes induces several serious diseases that I have already mentioned.

My journey has been worth the struggle. It has been very educational.

Why Do We Do Things That Hurt Us?

When I was diagnosed, I repented over the decisions I had made that hurt me. When I was a child, my grandparents owned and operated the largest bakery in the town where we lived in Ghana. Flour, butter, and sugar were delivered to their warehouse by the truckload. I had easy access to sugar and made use of it. Many days, I would make sugar water, then dip freshly baked bread into it and eat it. Afterward, I would drink the rest of the sugar water. I did this day in and day out. For years, I regularly consumed sugar, soft drinks, chocolate, candy bars, and all sorts of sweets.

In my adulthood, when I bought a box of chocolates, I would eat one, and then before bed, I would eat another one. I would tell myself that since I had eaten some of the chocolate, I needed to even it out by eating half the box. In the middle of the night, if I woke up, I would go directly to the kitchen cupboards for more of the chocolate. I would take one piece. Then I’d go back to my bedroom and say to myself, “Maybe just one more.” The next thing I knew, the box of chocolates would be empty. I also had no problem eating cookies first thing in the morning before I had breakfast and as the last snack before bed. I would intentionally read before sleeping at night just so that I could bring cookies or other sweets to bed and snack on them while I read. I did not have the ability to say “no” to sweets and we all know how addicting sugar is.

As I mentioned in the opening chapter, these unhealthy eating practices worsened after I lost my job. The result was waking up each

morning to find a whitish, sticky substance on my eyelids and later it began to show up on my tongue. People tell me that I am lucky to be alive because I was such an extreme case by the time I was diagnosed. But I do feel the pressure of the situation put me into the role of a diabetes researcher. Before this new role, when I worked as a chef, I was so busy that I did not take care of my health. Consumption of cookies and finishing off with a soda drink is not so uncommon. In my case, when I came home from work I would be so tired, I would eat nothing but sweets. My staff warned me about the consequences when they noticed that I was drinking a lot of soda drinks and eating cookies. Like many people do when given good advice, I ignored what said.

The image you are looking is the photocopy of the blood test that led to my being diagnosed as a type 2 diabetic.

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

DR. ROBINSON	APPT. SEP 03 2009	LifeLabs 3680 Gilmore Way Burnaby, B.C. V5G 4V8 www.lifelabs.com
	CHART FILE	Test Results: Telephone: _____ Toll Free: 1 _____

TEST	OUT OF RANGE	WITHIN RANGE	LAB	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 Ann Hsh
Diabetes*

AR

cc to Pt

FINAL REPORT *need 2/09* *r.l. dec*

Had I not gone to see the doctor and instead continued even a few more days drinking and eating refined sugar in the quantities I was, I would have gone into cardiac arrest. This is what my doctor informed me. If the cardiac arrest had happened at home when I was by myself, I could have died. I had put my life in danger without knowing it.

The Power of Denial

Until I experienced it, I never realized really how powerful denial was. I couldn't believe what was happening. Me? A diabetic? I had heard that Blacks were prone to diabetes, but I could not accept my present

circumstances or believe they were happening to me. In the past, when I had dealt with people who were in denial in my counselling practice, I could not understand their mindset when something obvious was staring them in the face and yet, they were still able to deny it. For the first time, I was doing the same thing. My mind was closed shut. What I wanted to believe was that none of this was true.

Information is Power

I was not the type who could just accept that I had to live with and manage my diabetes for the rest of my life. The only way I could heal myself was to delve into research to allow me get to the bottom of what was going on inside my type 2 diabetic body. I found myself compelled to do the research not to heal just myself, but also for the millions of other diabetics around the world. I was intrigued by the work of Dr. Paula Baillie-Hamilton. As I mentioned previously, she struggled with her weight and dieted, but without success. A study she conducted revealed that obesity in people who cannot lose weight is often caused by toxins. Based on her research findings, Dr. Baillie-Hamilton wrote several books, the one I have mentioned is *Toxic Overload*. One of her major discoveries was that an alteration of fat producing genes is caused by chemicals in our food. The concept that chemicals in our environment could be contributing to the obesity epidemic is often credited to an article Baillie-Hamilton published in the *Journal of Alternative and Complementary Medicine* in 2002. Since then, many studies and related articles have supported her thesis.

The chemicals we consume that cause weight gain have been termed “obesogens.” Baillie-Hamilton postulates that these chemicals damage our ability to lose weight and resultantly cause the production of fat. She asserts that this is a main reason for a global obesity epidemic. Obesogens distort the appetite, making us crave unhealthy foods. Adrenaline and dopamine, which help us lose weight, are reduced by obesogens and this adversely affects the metabolism.

Obesogens are “endocrine disruptors” because they obstruct the chemical messaging of hormones to cells. These hormones regulate metabolism, growth, and development. Other hormones negatively impacted are those associated with metabolism. Some obesogens have an impact on the number and size of fat cells. Obesogens are very often found in red meat.

One thing that excited me about Dr. Baillie-Hamilton’s approach was that she herself was her main test subject. Inspired by this approach, I undertook my own research to find a way to overcome my diabetes.

Besides the exercise, according to extensive research I had done, I put together a supplements program comprised of all of the most proven and efficacious remedies. Also based on my research, I set out a suitable dietary program. Employing these three elements with regularity, I achieved remarkably quick results. After only three weeks, my test results showed a drop from my October 2011 result of 8.4. It was now January 2012, and after having thought I should just give in to managing my diabetes with pharmaceutical drugs, I was down to 6.2—and as I just said and would like to repeat—this was after only three weeks of executing my own reversal and cure program. What impressed me the most was my ACR result, or albumin to creatinine ratio, which was 1.6. An ACR of 1.6 meant that I had absolutely no liver damage as a result of the sugar levels I had for over two years. I had been told that my ACR should not be more than 2 and my blood pressure should be around 120/80 in order to be considered perfectly normal. And yes, when I saw my doctor with my results after following my program, he told me that my blood pressure was just that—120/80. Adding to my joy was the fact that when I had first been diagnosed with diabetes, my waistline was 46 inches. By the end of 2012, I had that measurement down to 33.5 inches,

It was on February 1st, 2012 at about 8:45 AM that I left home for my doctor's appointment to go over the blood test results of January 27, 2012.

Patient: QUANSAH, ERNEST		Lab No:		
Age: 46 years Sex: M		Patient ID:		
Date of Birth:		Referring Site ID:	Reported by: LifeLabs	
PHN:		 Telephone: Toll Free: Fax:		
Patient's Phone:				
Ordered by: Dr.		Printed on: 2013-01-21 15:16 Page 1 of 1		
Copy To:				
Consent Access:		Collected on: Jan 27 2012 07:05 Reported on: Jan 27 2012 11:00		
Test	Flag	Result	Reference Range - Units	

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
---	-----	---------	--------

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)

Urine (Micro)albumin	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.

As I sat in his office, I told him that I was feeling stronger and more energetic. I was eating right and I was going to the gym, I continued my account saying that the next day, I ate breakfast and, after that, I intentionally did not eat for six hours to see how my body would feel. All this was part of my research. Without food for six hours, if I was still a diabetic, I should feel lightheaded and have a lack energy. But I did not feel lightheaded. That same day, when I went to the gym and did some exercise, I quickly felt stronger than before. The day before my visit to the doctor, I had tested myself again. I had breakfast after the gym, then a salad with baked salmon for lunch. I did not eat again until 7 PM and I did not feel light-headed. All this was continued testing that I was conducting on myself as part of my research.

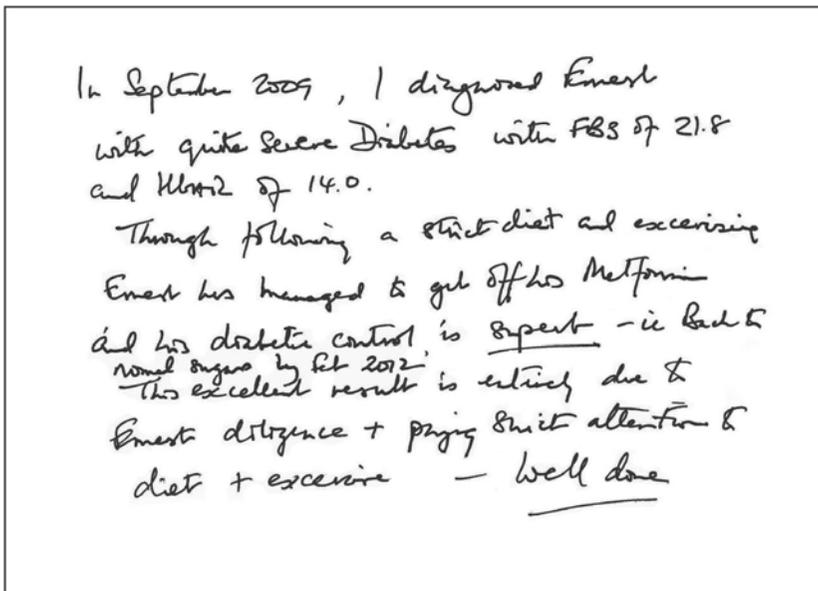
My doctor reviewed my chart and blood test and his eyebrows rose. "Wow, Ernest," he exclaimed. "Your diabetes is gone. Your hemoglobin level is absolutely excellent. Give yourself a pat on the back. I am impressed.

I will even give you a hug if you like. Well done. You are one of the very few people I have seen in 40 years who have managed to cure their diabetes.”

Good Health Is in the Food We Eat

In 2017, The Canadian Health minister appealed to Canadians about their eating habits and said that four out of every five Canadians are at risk of becoming diabetic. Her statement implies that diabetes can be acquired through lifestyle choices.

Returning back to my visit with my doctor: Once he had given me the exceptional news that I was diabetes-free, he walked me to the door. As



Hand-written testimonial by Dr. Anthony Robinson

we approached the reception area, I felt like I was in a dream. I couldn't believe what I had achieved. In the same way that the news took time to sink in on the day I was diagnosed as diabetic, the new diagnosis had not fully sunk in. One of the receptionists was standing in the hallway doing something. My doctor told her, "Congratulate this man." When we reached the reception area, he showed the receptionists my very first blood test results from when I became a diabetic saying to them, "Congratulate this man. Look at his first test result, when I first diagnosed him two years ago. And look at his test result now. He is free from diabetes. What a great job." He turned to me, smiling. "I am so proud of you." He made me a copy of the test results and handed them to me.

I am living proof that diabetes can be reversed, despite the level of sugar in the body. I accomplished this successfully—*so can you*.

Everything happens for a reason. My experiences and this book were meant to happen. I believe this. I also believe that this book is needed in order to show that, regardless of how bad your type 2 diabetes is, you can restore your insulin sensitivity and return to normal health.

Three Powerful Proofs Showing that Diabetes Type 2 Can Be Reversed

The first proof I would like to present is this: The efficacy of my research in helping diabetics heal was reviewed in 2016 by Brunilda Nazario, MD, *WebMD*, Chief Medical Editor, and was featured in the magazine *WebMD*, Diabetes, fall 2016 issue, page 19. The article was titled *Chef Reveals His Secrets for Reversing Diabetes*. WebMD, made up of hundreds of physicians, provides health care information to medical doctors, as well as to the general public, including diabetics. (You can read the full article in the last chapter of this book.)

The second proof is this: In addition to the above-mentioned *WebMD* article, there is research that confirms that customized diet and an exercise plan like the one I put together after my research can reverse type 2 diabetes. (You can read this article, too, in the last chapter.) Here is the URL to the related article:

<http://www.nationalpost.com/m/wp/health/blog.html?b=news.nationalpost.com/health/type-2-diabetes-can-be-cured-in-four-months-if-you-cut-calories-and-exercise-research-shows>

Here is the final proof: The International Diabetes Federation is an organization whose mission is to promote diabetes care and cure. Their Director of Policy and Programmes, Dr. David Cavan, released his own recipe book for diabetics

Recipes books—or diet alone—is beneficial for those who are pre-diabetic. Based on my research, evidence shows that for reversal to occur, (especially in more severe cases,) the combination of proper diet and customized exercise is most efficacious in bringing about reversal. This fact is supported by the research published in *The Telegraph* and re-published in the *National Post*. Dr. Cavan's position as a leading figure in the International Diabetes Federation, and the fact that he has written a recipe book to help diabetics heal, confirms the assumption that diabetes type 2 can be reversed.

Health Problems Triggered by Type 2 Diabetes

Impotence

High levels of sugar in the body can cause impotence in men. Shortly after I was diagnosed, a large boil grew on the back of my head and some even appeared on intimate parts of my body. My doctor informed me it was because of the excess sugar in my body.

Blindness

In developing nations where there is less education on diabetes, many victims of this condition lose their eyesight.

Neuropathy

Nerve damage is another result of type 2 diabetes, if nothing is done to reverse it.

Diabetic Ulcers

Many people know about leg amputation due to diabetes. Diabetes ulcers are open sores that can lead to infection and in severe cases, leg amputation.

Heart Disease

If I had not done anything to reverse my condition, it could have caused heart disease. The nurses at the clinic I was sent for treatment early on made this very clear to me.

Kidney & Liver Disease

Just as sugar can cause heart disease, it can also cause kidney or liver diseases. To sum up, sugar buildup can destroy your internal organs, period.

I will now put my latest question a different way: With all this information and education on diabetes at one's finger tips, why would a diabetic make decisions that would hurt him or her?

Don't Let Diabetes Control You

According to Dr. Robert Lustig—whom I have already quoted—and other medical doctors, sugar is toxic and is killing us. Dr. Lustig believes that sugar contributes to heart disease, diabetes, and other diseases. Sugar is linked to cancer, which thrives on sugar for growth. Sugar causes brain damage, such as Alzheimer’s, and the American Heart Association is asking people to cut down on sugar consumption. Most doctors don’t know how dangerous sugar is, according to Dr. Lustig. He further points out that there is data and research showing that sugar causes diabetes.

[Self-Cure Resources](#)
[\(available through the Just For Diabetics Website\)](#)

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7-day Menu Cycle: Special foods to eat that will also keep your weight down permanently.

Supplements Plan: The supplements I took, at what time of day, and the reason why they needed to be taken in a certain sequence to be effective.

Exercise Program: An explanation of what exercises to do and how to perform them properly in such a way that you will see results.

Slowing Down the Aging Process: Learn the natural way of living in order to live a long life, and feel young, vibrant, and as healthy as possible.

Look Fit and Feel Great: I included tips on how to lose weight as a diabetic—something that most diabetics struggle with.

Post-diabetes Body Restoration: Type 2 diabetes turns your muscle into fat. Learn how to restore your muscles after you have self-cured your diabetes.

The following image shows a screen shot of the article as it appeared in the *WebMD Diabetes* fall 2016 issue, page 19.

Here, the word “reversing” is used in the article title.

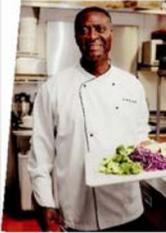
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substance covering my tongue and the corners of my eyes each morning.

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 next month, showed my blood sugar was 394. (For most people without diabetes, blood sugar levels before meals have around 70 to 80 mg/dL.) My doctor said, "Do you realize you're empty after those ping-pong table games?"

The pain on my lower chest disappeared. "But my eyes shut down, I couldn't see, though after five weeks, my strength came back. I was 40 and felt overwhelmed."

Shortly after three years of struggling, I asked my doctor, "Can my diabetes be reversed?" He asked me if you in my family. I said no. He then said, "Yes. The best way to treat it is to change several approaches all working together."

We put together a diet and exercise program with my doctor. Basically, I am an simple carbohydrate. I'd make my favorite veggie-meat and cabbage with lots of vegetables. Or I'd eat up raw vegetables and eat them with hummus. For breakfast, I'd make oatmeal and eat with a little cream and egg whites. I stopped drinking anything more.

Every morning, I'd go to the gym and exercise properly. When I first started, I could lift very much, and was only able to do some minutes of cardio. Then slowly, I was able to use an elliptical for 20 minutes, then 30, and then up to 45. My doctor advised otherwise, so I was in better

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. This isn't hard to be a chef to eat healthy. Reduce treats."

"One of the simplest meals is to eat up vegetables, like with greens and a little dressing, and put a can of tomato packed sauce on top. That's a complete meal!"

My Secret Recipe
A chef shares his secrets for reversing type 2 diabetes

Page 1 of 1 100 words

Let me anything

CHIEF

In the second article, which can be found on the WebMD website, the word “cured” is used in the title. Below is a print screen version.



Why Type 2 Diabetes May Fail to Be Cured

There are four reasons why, in my opinion, diabetes is difficult to reverse:

1. **Information:** The information to reverse and cure type 2 diabetes is available but difficult to find because it is not made available to diabetics in its entirety.
2. **Lack of knowledge and action:** The second problem is that while the information to reverse diabetes is available, most diabetics and non-diabetics alike don't..... take action.

END OF EXCERPTS

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

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