



MASTERING
DIABETES.

Quick Jumpstart Guide

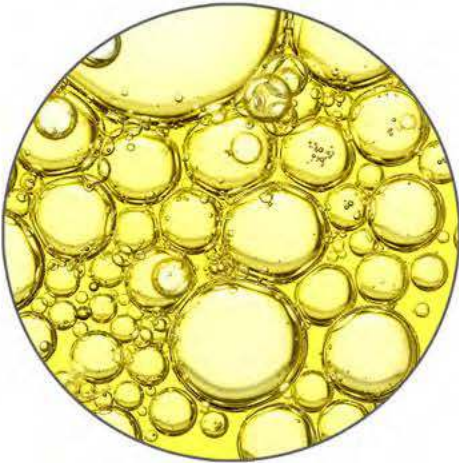




WHAT CAUSES INSULIN RESISTANCE?

low carb diets significantly increase your risk for insulin resistance and diabetes

Insulin resistance is the root cause of all forms of diabetes



Insulin resistance is caused by lipid overload due to a low carb (or high fat) diet

When excess fat accumulates in the muscle and liver tissue, the ability of glucose to enter both tissues is significantly compromised. This is important because blocking glucose from entering the muscle and liver results in high blood sugar. Clearing the liver and muscle of fat and insulin requirements are significantly reduced.

Low Carb Diets are High Fat Diets High Fat Diets Reduce Insulin Action

High fat diets are a risk factor for insulin resistance Saturated fatty acids are the worst offenders

The overaccumulation of saturated fatty acids from animal products like meat, fish, and dairy products can saturate the storage capacity of adipose tissue, resulting in a lipid spill over into the liver, muscle, heart, and insulin-producing cells in the pancreas. The storage of lipid in tissues that are not designed to store lipid blocks the ability of insulin to do its job effectively.

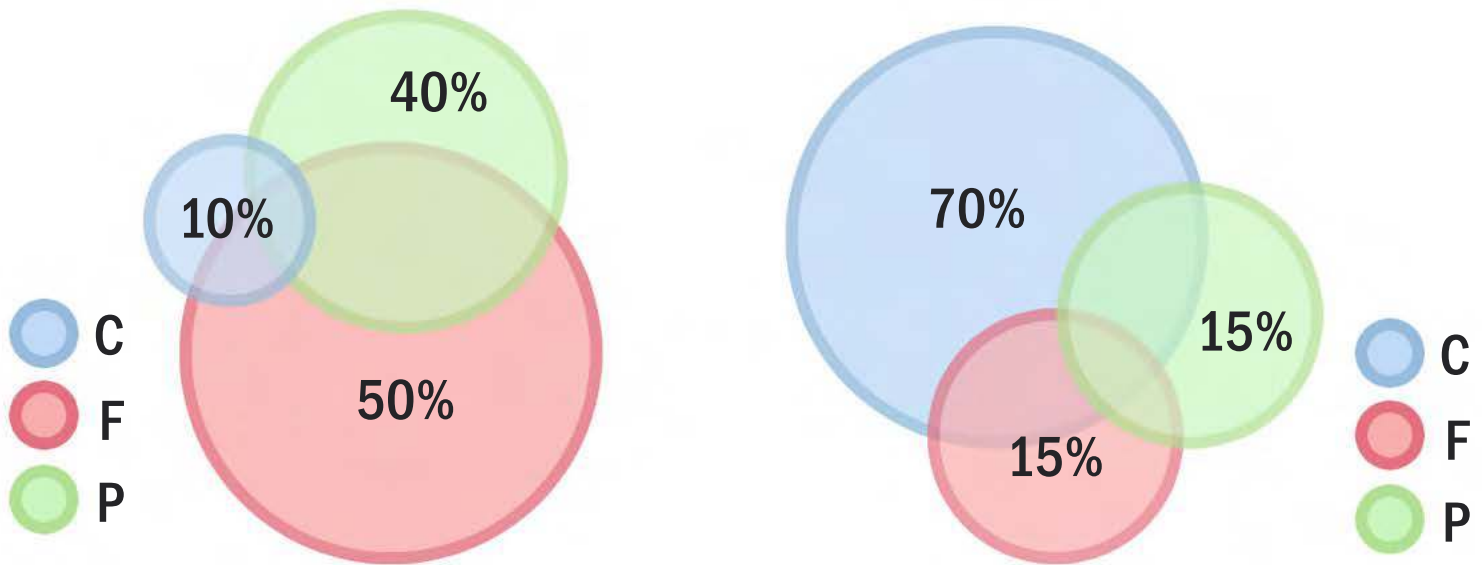


WHAT REVERSES INSULIN RESISTANCE?

low fat diets are the gold standard for reversing insulin resistance and type 2 diabetes

Evidence-based research clearly shows that low fat diets reverse insulin resistance very effectively*

*Please consult the references for more information on these studies



Low Carbohydrate Diet

Low carbohydrate intake (<40%)
High fat intake (>40%)
High protein intake (>40%)

**Risk Factor for
Insulin Resistance**

High Carbohydrate Diet

High carbohydrate intake (>60%)
Low fat intake (<15%)
Low protein intake (<15%)

**Effective at Reducing
Insulin Resistance**



WHY INCREASE CARBOHYDRATES?

but i thought that carbohydrates were bad for me!

Not all carbohydrates are created equal. Highly refined carbohydrates can cause serious metabolic distress. Whole carbohydrates from whole food are clean-burning fast-acting fuel.

Transitioning to a diet high in plant-based whole carbohydrates can have profound impacts on your overall health, and promote exceptional well-being. Don't be scared by the word carbohydrate - the "bad" carbohydrates that you've heard about in the news come from refined sugars, breads, pastas and sweeteners and the "good" carbohydrates that this guide promotes come from fruits and vegetables.

Here are a few reasons to transition to a diet containing predominantly whole carbohydrates:

1 Your digestive system needs an overhaul

If you suffer from any of the digestive diseases of the western diet, eating more carbohydrate-rich food can start the gut healing process. Conditions like Celiac's disease, irritable bowel syndrome (IBS), flatulence (gas), diarrhea, bloating and constipation are familiar symptoms of underlying intestinal inflammation.

2 You have poor mental focus

Choosing the right fuel can not only increase your physical energy, but your mental acuity as well. As you transition to a clean and carbohydrate-rich diet, you may notice a clearer, more focused state of being. Your brain runs on glucose for most of your waking life - so give it the fuel it needs to power you through the day.

3 You are constantly tired

The first thing that many people report after increasing their intake of fruits and vegetables is "tons more energy." If you're like most people, eating a diet high in protein and fat for many years makes you feel run down and constantly lethargic. Eating more carbohydrates can turbocharge your life very quickly.



THE BENEFITS OF WHOLE CARBOHYDRATES

if I eat more whole carbohydrates, what health benefits can I expect?

Whole carbohydrates are brain and muscle fuel.

Carbohydrates from whole food are used as fuel in every tissue in your body. Through a process known as glycolysis, cells uptake and “burn” glucose for energy. Your brain and muscles are the largest consumers of glucose in your body, so fueling on whole carbohydrates can turbocharge your energy levels and help you gain sharp mental acuity. Additional benefits include:

1 The best digestion you’ve ever had

did you know that carbohydrates are food for you and the trillion bacteria in your colon? Modern research is uncovering how undigestible plant fiber can actually provide a fuel source for beneficial intestinal bacteria and reduce intestinal inflammation. Impeccable digestion means impeccable health.

2 Sharp mental focus and improved concentration

The difference between the way refined carbohydrates (fake sugars) and easily digestible plant carbohydrates affect brain health is unmistakable. Eating more fruits and vegetables increases mental focus, eliminates food comas and prevents against energy dips. The best thing: it happens FAST.

3 Abundant energy

Without doubt, the single most prominent effect of eating a diet high in plants is increased energy. Do you remember what it felt like when you were a kid with boundless energy? Well it’s time to get back there! Imagine waking up every morning with more energy than you know what to do with. Let’s make it happen.

4 Improved blood sugar control and insulin sensitivity

Most people with diabetes claim that they “can’t eat fruits because it spikes blood sugar.” This results from insulin resistance, not from a fruit intolerance. By reducing dietary fat intake, insulin resistance vanishes, resulting in the ability to eat carbohydrates like never before. Blood glucose control here we come!



THE BENEFITS OF WHOLE CARBOHYDRATES

a high intake of whole carbohydrates benefits all body tissues

5 Achieve your ideal body weight. And stay that way for life.

One of the main problems with the western diet is an imbalance of carbohydrates, fats and protein, and a heavy dependence on refined food products. Eating a diet high in whole carbohydrates kickstarts the weight loss process. No more dieting, no more deprivation. Eat unlimited food, as long as it's whole.

6 Recover from exercise like a champ

Eating before, during and after exercise is a science that is unfortunately misunderstood. Conventional wisdom can lead you astray, resulting in overconsumption of protein following a workout. What if you could recover from exercise in 6 hours instead of 24? Watch the difference, it's unbelievable!

7 Turbocharged immune system function

Inflammation is the root cause of many chronic health conditions. Many people suffer from chronically active immune systems, which need constant support from anti-inflammatory foods. In addition, research is now showing that the immune system is strongly influenced by the health of your gut. If you're tired of getting sick, strengthen your immune system with food, and kiss medication goodbye.

8 Clear and beautiful skin

The gut-skin axis is a direct line of communication between your intestine and skin. Foods that cause intestinal inflammation often lead to pimples, acne and unwanted skin rashes. If you want youthful, healthy and clear skin, fix your gut first! Say goodbye to skin care products and hello to food.

9 Rock solid sleep

Eating a diet high in whole carbohydrates often decreases your need for stimulants like caffeine. By decreasing your caffeine intake and eating foods that feed your brain with it's most important fuel - glucose - your brain regains the ability to operate normally, and shut off when darkness comes. Sleeping like a baby every night has never been easier.

FOODS TO MINIMIZE

avoid foods that cause inflammation and metabolic stress

**For scientific research supporting these claims,
read the references contained at the end of this guide**



Dairy Products

Dairy products have been shown to increase inflammation in many tissues and increase your chronic disease risk, make it very difficult to control your blood glucose, and cause digestive problems. Do your best to reduce or completely eliminate your intake of cheese, milk, cream, ice cream, yogurt, and butter and watch as your blood glucose control and digestion improve dramatically.



Sugars and Sweeteners

There are over 100 synonyms for sugar including high fructose corn syrup, cane, molasses, sorbitol, mannitol, maltodextrin etc. Research suggests that sugars and sweeteners can cause weight gain, obesity, dental problems, brain fog, cancer, diabetes and heart disease. Avoid these foods as much as possible.



Meat and Fish

Depending on who you ask, meat and fish are either great or terrible. The problem is simple: the nutrient quality of the meats and fish is poor. Research shows that vegetarians live longer than meat eaters, and that meat consumption can increase the risk for colon and reproductive cancer. Be informed.



Oils of Any Kind

Even though most people have been brainwashed to believe that olive oil and coconut oil is “heart healthy,” the truth is that all oils are problematic for blood glucose control and vascular function. Do your best to minimize or completely eliminate the use of all oils (olive, coconut, MCT, canola etc.) and improve the health of your cardiovascular system, muscles, and liver immediately.



SERVES 2

61

3

11

15

CARBS FAT PROTEIN FIBER

Citrus Corn and Carrot Salad

Combining oranges with carrots is a highly underappreciated combination that will make your mouth water. Combining these ingredients with a touch of sweet fennel seed and spicy cilantro makes this salad recipe an automatic winner, and a delicious way to spice up your busy lifestyle with a boost of flavor.

Ingredients

2 oranges, cut into thin slices
 2 carrots, sliced into matchsticks
 2 tomatoes, cut into thin slices
 ½ red onion, cut coarsely
 10-15 sprigs of cilantro, chopped
 2 ears of corn, cut off the cob
 2 large bowls of organic spring mix
 1 tbsp fennel seeds

Instructions

1. Combine all ingredients except the spring mix in a bowl and mix well.
2. Toss the salad mixture, ensuring that the juice from the oranges and tomatoes carries the fennel and cilantro flavors throughout the mixture.
3. Serve the salad mixture on top of a bed of spring mix. Avoid mixing the spring mix together with the salad mixture to prevent the spring mix from wilting.



SERVES 4

47

1

8

14

CARBS FAT PROTEIN FIBER

Moroccan Squash Soup

Adapted from a recipe for Moroccan Lentil Soup, this taste of the Middle East is hearty, filling and perfect for a cold evening meal. The aromatic spices give this dish a powerful flavor, and the butternut squash and peas provide a familiar texture reminiscent of minestrone soup.

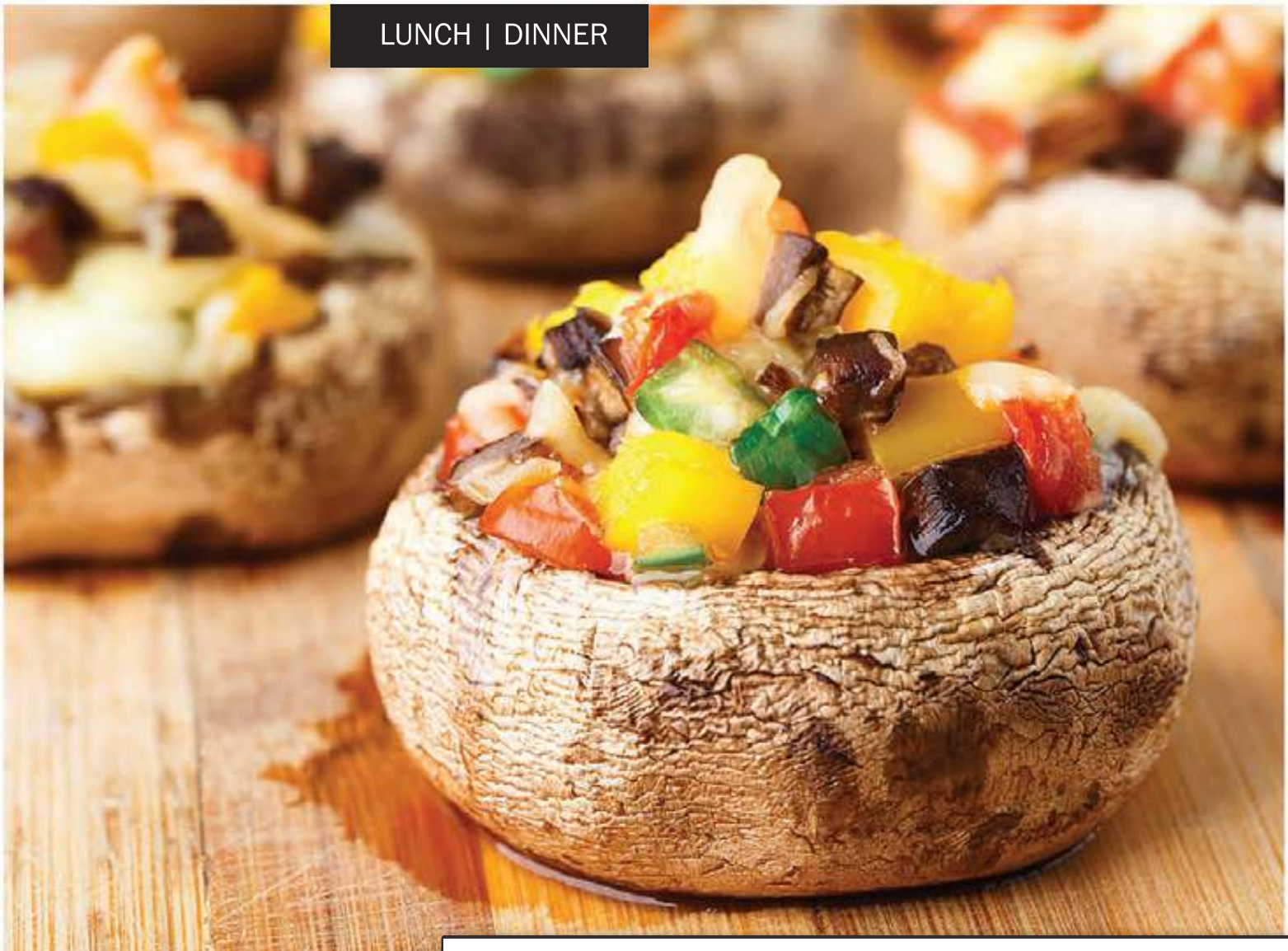
Ingredients

1 large onion, coarsely diced
 6 to 8 cloves garlic, pressed
 5 medium tomatoes,
 chopped into ½" pieces
 1 medium butternut squash,
 cut into ½" pieces
 1 quart vegetable broth
 1 cup frozen green peas
 6 cups organic spinach
 1 tsp. ground cinnamon
 1 tsp. ground cumin
 1/8 tsp. cayenne pepper
 1 heaping tsp. sweet paprika
 pepper to taste

Instructions

1. Add onion and garlic and sauté until the onions begin to caramelize but before they begin to brown.
2. Add cinnamon, cumin, cayenne pepper and paprika, and sauté for about 1 minute.
3. Add the tomatoes, green peas, squash and broth. Season with 10 grinds fresh pepper. Stir well. The squash should be just covered with liquid. Add water if necessary.
4. Bring to a simmer, then lower heat to low and gently simmer for 45 minutes.
5. Remove soup from heat. Stir in the spinach and let heat through until wilted, for about 2 minutes.
6. Season to taste with pepper.

LUNCH | DINNER



SERVES 2

19

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7

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CARBS FAT PROTEIN FIBER

Stuffed Portobello Mushrooms

The portobello mushroom is truly a versatile creature, and makes a great "bowl" for mixed vegetables. If you've never had a stuffed portobello mushroom before, you're in for a treat that is savory, filling and incredibly simple to prepare. Make sure you don't get too hooked, because there's too much else to enjoy!

Ingredients

4 portobello mushrooms, whole
6-8 crimini mushrooms, chopped finely
1 sweet red pepper, chopped finely
1 sweet yellow pepper, chopped finely
1 sweet green pepper, chopped finely
10 basil leaves, minced

Instructions

1. Preheat the oven to 350 degrees.
2. In a medium saucepan, combine the sweet red peppers, sweet yellow peppers, sweet green peppers and crimini mushrooms and cook on medium high heat for 10-12 minutes.
3. Remove the vegetable mixture from the heat and carefully spoon it into the center of the portobello mushrooms generously. Be liberal in your application.
4. Place the portobello mushrooms in a baking dish lined with aluminum foil, and bake for 15 minutes.
5. Remove from the oven and cool for 3-5 minutes before eating.

LUNCH | DINNER



SERVES 2

47

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CARBS FAT PROTEIN FIBER

Gingered Sweet Potato and Carrot Soup

This recipe makes a great lunch or dinner, and can also be eaten on-the-go. The simplicity of this recipe is one of the reasons it's enjoyable to make, and the sharp bite of the ginger combined with the smooth finish of the sweet potatoes and carrots create a complex flavor combination that is superb.

Ingredients

- 1 medium white onion, chopped
- 1 cup vegetable stock
- 2 medium sweet potatoes, peeled and diced
- 4 large carrots, peeled and sliced
- ½" fresh ginger, minced finely

Instructions

1. In a large saucepan, add onion and cook until soft, about 2 to 3 minutes. Add stock plus 2 cups water, then add sweet potato, carrot, and ginger. Bring to a boil, reduce heat, and simmer until vegetables are tender, about 15 minutes.
2. When finished cooking, pour the contents of the saucepan into a food processor or blender. Puree until smooth, adding more broth if needed.

Note: If you are using a standard blender, allow the mixture to cool first; hot liquid may cause the blender to squirt out contents.

3. Pour vegetable puree back into the saucepan and stir until well blended and smooth. Add pepper to taste.

LUNCH | DINNER



SERVES 2

80

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13

16

CARBS FAT PROTEIN FIBER

Citrus Corn and Herb Salad

Crisp. Light. Refreshing. Filling. Hydrating. These are words that come to mind when describing this wonderful and crunchy combination of fruits and vegetables. Perfect for a warm summer lunch or dinner, the citrus and herbs combine to provide a sweet and tangy flavor that is not to be missed.

Ingredients

3 ears of raw corn, shaved off the cob
1 pound of cherry tomatoes, halved
1 large cucumber, english or persian
½ red onion, sliced thinly
3 cara cara or navel oranges, cubed
¼ head cauliflower, cut into small florets
12 basil leaves, chopped finely
8 cilantro sprigs, chopped finely
2 tbsp fresh thyme

Instructions

1. Combine the corn, cherry tomatoes, cucumber, red onion, oranges and cauliflower in a bowl and mix together until the juice of the orange has coated the vegetables evenly.
2. Chop the basil, cilantro and thyme finely, then sprinkle over the vegetable and citrus combination and toss lightly.



SERVES 2

43

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CARBS FAT PROTEIN FIBER

Mediterranean Potato Casserole

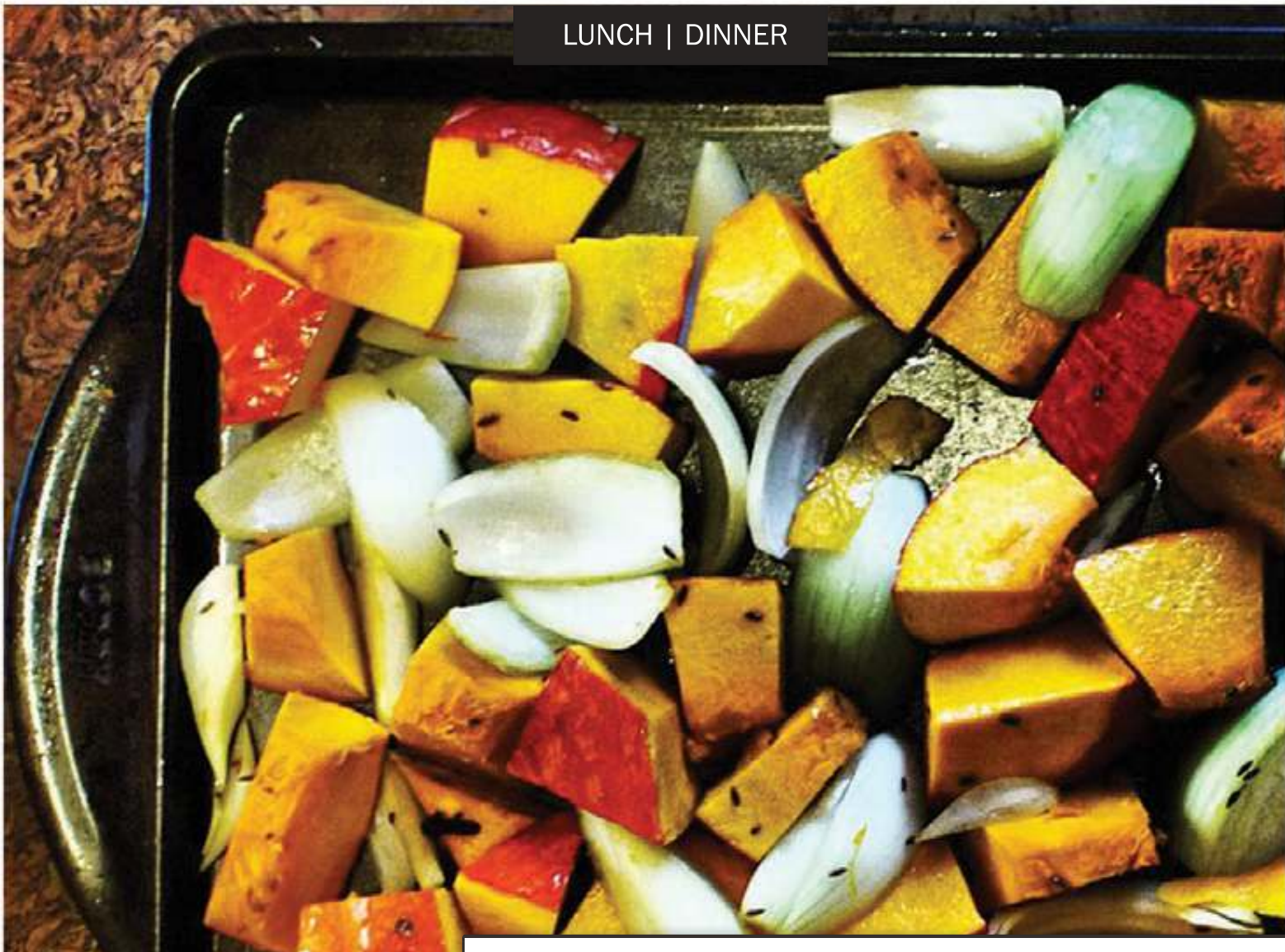
I think of this dish as the plant-eaters equivalent of meatloaf. Hearty, filling and super flavorful, this potato dish will "stick to your ribs" and keep you full for hours. Don't worry, potatoes don't make you fat, but they do make you happy. If you enjoy having a smile on your face with herbs in your teeth, this is your dish!

Ingredients

6 sweet potatoes, peeled and cut into ½" pieces
 1 cup kalamata or black olives
 10-12 sundried tomatoes, cut into ½" pieces
 1 white onion, cubed
 1 tsp. fresh or dried thyme
 1 tsp. fresh or dried oregano
 8-10 basil leaves

Instructions

1. Preheat the oven to 375 degrees.
2. In a large mixing bowl, mix the sweet potatoes, kalamata olives, sundried tomatoes, onion, thyme and oregano.
3. Mix until the ingredients are well coated with herbs, then transfer the mixture into a glass or ceramic baking dish.
4. Bake the potato mixture for 45 minutes and enjoy the aroma that fills your house in the meantime. Remove the casserole from the oven when you can easily stick a fork through the potatoes without resistance.



SERVES 2

54

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CARBS FAT PROTEIN FIBER

Roasted Fennel and Squash

Seasoned with fennel and thyme, this hearty and filling combination is a flavorful and simple dish that is remarkably easy to prepare. Adapt this dish to your favorite squash variety to diversify the options.

Ingredients

Choose from a variety of winter squash:
 1 medium Kabocha Squash, cut into ½” pieces or
 1 medium Red Kuri Squash, cut into ½” pieces or
 ¼ Musquee de Provence Squash, cut into ½” pieces
 2 fennel bulbs, cut into 1” pieces
 1 tsp. fresh thyme, minced

Instructions

1. Preheat oven to 375 degrees. Combine the squash and fennel together in a large mixing bowl, and season generously with thyme. Peel squash skin before baking for ease of chewing, otherwise leave the squash skin on. Roasted squash skin can be tough and fibrous, so use your discretion.
2. Combine the squash and fennel on a baking sheet.
3. Roast at 375 degrees for 40 minutes, shaking the pan after 20 minutes to rotate large pieces.