

The Fat Cell Destroyer

A microscopic view of blood cells. In the center, a white blood cell is visible, surrounded by numerous red blood cells. The red blood cells are biconcave and have a reddish-pink hue, while the white blood cell is larger and has a more irregular, textured appearance. The background is a warm, reddish-orange color.

HIGH
BLOOD SUGAR
QUICK FIX

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Blood Sugar Quick Fix Instructions



TABLE OF CONTENTS

INTRODUCTION	5
1 FORGET ABOUT THESE FOODS	6
2 LEARN TO READ INGREDIENTS	8
3 HEALTHY FOODS	9
4 FIGHT CRAVINGS SUCCESSFULLY	11
5 EASY MOVEMENTS AND EXERCISE	12
6 EATING AT THE RIGHT TIME	13
7 HABITS TO LOWER BLOOD SUGAR LEVELS	14

REFERENCES

15

INTRODUCTION

GETTING YOUR BLOOD SUGAR LEVELS UNDER CONTROL QUICKLY

Type 2 Diabetes isn't an easy thing to live with. However, by applying some very easy rules, you can vastly improve your health and keep your blood sugar levels in a stable place - definitely.

Even better, some of you may even manage to go full “reversal” and forget about diabetes altogether.

This little e-book focuses on your first step - which is: getting your blood sugar levels under control FAST.

I will offer you efficient tips to manage your glycemia (the medical term for blood sugar levels) in no time.

You will now learn:

- Which foods are good for you and which aren't
- How to read labels and know what ingredients shouldn't come anywhere near your mouth
- How to deal with cravings efficiently
- Easy body-movements and simple exercises to lower blood sugar
- Food timing strategies to help you beat Diabetes
- Best habits to lower blood sugar

With the following information, you will be taking your first major step towards a life without diabetes or at the very least, a life where diabetes isn't dictating what you should do.

You made the first step by buying this program, it's now time to apply the following rules to change your life forever!

Come on, let's get into it!

Shall we?

FORGET ABOUT THESE FOODS

Not all foods are good for you.

You already know that.

However, do you know which foods are a definite no-no if you want to improve your blood sugar management?

Here's a list of foods that really shouldn't get anywhere near your mouth:

- Crackers, biscuits, cookies, ice-cream, cakes and pastries
- Milk and White chocolate
- Jams, sweet jelly and Industrial Honey
- White sugar and things with added sugar (such a flavoured yogurt, prefer plain ones with fresh fruit instead)
- Pizzas, Kebabs, Burgers, French fries, Chips (Crisps) and other fast-foods
- Soft drinks, fruit juices and diet drinks (most of them have dangerous and sometimes carcinogenic sweeteners)
- Sweets and snack bars (snack bars are very easy to make and that allows to control the ingredients)
- Industrial pre-prepared foods (anything that you pop straight into the microwave or oven)
- White bread, white pasta and white rice
- Breakfast cereals (these are probably one of the worst offenders when it comes to the quantity of hidden sugars they contain, even the so-called healthy types - prefer oats (not instant) or homemade granola with a little honey as a sweetners instead)
- Some types of alcohol, especially light beers, sweet cocktails and pre-made cocktail mixes
- High-calorie coffee based drinks (you know which ones I am talking about ;))

This list isn't exhaustive but it gives you a good idea of the things you should definitely avoid. Nevertheless, should you eat one of these food items once in a blue moon, it's fine.

The point is that they shouldn't be a part of your NORMAL DAILY diet.

Instead, there are plenty of healthy alternatives that are actually way tastier than their unhealthy counterpart.

The biggest culprits that will raise your blood sugar levels quickly are **white bread, pasta and rice**.

While those are staples, I will tell you about alternatives that will prevent you glycemia to go crazy.

For instance, brown rice, rye bread or pasta made with legumes and wholewheat won't spike your sugar levels as fast and will provide a steady stream of energy throughout the day.

THE FAT CELL DESTROYER - HIGH BLOOD SUGAR QUICK FIX

But...

In the fight against diabetes and to regulate your glycemia, know this:

You **NEED** to control your carb intake.

Carbs are broken down into sugars (glucose) and then, your pancreas will produce insulin to move the sugar into your cells. Therefore, the more carbs you eat (or sugar, of course), the more insulin you will produce. And as you know, this is one of the main factors behind insulin resistance and type 2 diabetes.

As such, **only** add carbs when you are having physical days and limit your consumption of carbs on sedentary days.

Moreover, do remember that vegetables, dairy products and fruits also contain carbs. More often than not, those are more than enough.

LEARN TO READ INGREDIENTS

Ideally, all of your ingredients should be fresh and cooked from scratch. However, we all know that not everybody can do or afford to do that all the time.

So, when you are buying canned goods (such as tomatoes, beans, pickles and other veggies), tomato or pesto sauce, yogurt, hummus, sausages, bread or anything with several ingredients, make sure to check the label thoroughly.

Why, you may wonder?

Well, the truth is that most industrials care more about profits than your health. And in the fight against diabetes, you can't afford to put unhealthy food into your body.

Main rules when it comes to food labels:

- Don't trust the claims in front of the packaging, most of them are marketing oriented and don't necessarily reflect the truth. In some cases, there are downright false.
- Ingredients are listed from the highest to the lowest amount. Thus, focus on the first ingredients when thinking of purchasing a product. If the first three contain refined grains, sugar or sugar derivatives, or hydrogenated oils, that product is unhealthy.
- If your food label contains an incredible amount of ingredients, it means that it's highly processed. It's best to avoid it.
- Don't be tricked by the following claims: no added sugar (that doesn't mean it isn't naturally sweet), multigrain (usually a combination of refined grains), light (usually has added sugar to compensate for the lack of fat) and anything else that looks way too good to be true.

Finally, know that sugar has many names and industrials don't hesitate to hide that fact cleverly. So bring your sugar list when shopping to avoid extra glucose spiking your blood sugar levels.

Sugars, Syrups and Other Types of Sugar: beet sugar, brown sugar, buttered sugar, cane sugar, caster sugar, coconut sugar, date sugar, golden sugar, invert sugar, muscovado sugar, organic raw sugar, raspadura sugar, evaporated cane juice, and confectioner's sugar, carob syrup, golden syrup, high-fructose corn syrup, honey, agave nectar, malt syrup, maple syrup, oat syrup, rice bran syrup, rice syrup, barley malt, molasses, cane juice crystals, lactose, corn sweetener, crystalline fructose, dextran, malt powder, ethyl maltol, fructose, fruit juice concentrate, galactose, glucose, disaccharides, maltodextrin and maltose.

The bottom line is to avoid processed foods when possible. However, when you do buy some, weed out the highly processed stuff.

HEALTHY FOODS

So, what should you buy on your next shopping trip?

Here's several foods that will work with you to fight diabetes. They are classed into different categories to make it easier for you.

As a rule of thumb, when it comes to vegetables and fruits, prefer seasonal and organic ones.

For dairy products, meat and fish, opt for grass-fed, organic and/or wild options.

Best Vegetables to Lower Glycemia: Garlic, onions, spinach, kale, chard, lettuce, collard greens, turnip greens, green beans, artichokes, beets, asparagus, bell peppers, bok choy, cabbage, broccoli, Brussel sprouts, cabbage, cauliflower, celery, radishes, squash, eggplant, endive, leeks, mushrooms, pumpkin, parsnips, sweet potato, swede, turnips, watercress, zucchini, water chestnuts

Diabetic-friendly Fruits: Avocados, sour cherries, blueberries, blackberries, strawberries, watermelon, cantaloupe, grapefruit, pineapple, tomatoes, raspberries, strawberries, apples, pomegranate, mango, cranberries, lemons, oranges, mandarines, durian, watermelon, olives, guava, grapes (in moderation), papaya

Legumes: Chickpeas, lentils, red beans, pinto beans, black beans, kidney beans, fava beans, peas, mung beans

Low GI (Glycemic Index) Carbs: Millet, quinoa, whole-grain pasta, brown rice, barley, oats (not instant), rye, amaranth, buckwheat, bulgur, sorghum, farro, whole-grain couscous, whole-grain breads (prefer freshly baked bread)

Nuts & Seeds: Chia seeds, hazelnuts, Brazil nuts, almonds, pine nuts, pistachios, cashew nuts, walnuts, macadamias, sesame seeds, pumpkin seeds, pecan nuts

Healthy Fats: Organic butter, grass-fed lard, cold pressed coconut oil, extra virgin olive oil, organic rapeseed oil, avocado, nuts, nut butters (without palm oil or any added sugar, check the sugar list when in doubt), dark chocolate (70% and more), local cheese, buttermilk, cottage cheese, milk, greek yogurt (high in protein and less lactose than a conventional yogurt)

Protein: Tuna, halibut, wild salmon, mackerel, trout, herring, mahi-mahi, sea bass, perch, sardines,

THE FAT CELL DESTROYER - HIGH BLOOD SUGAR QUICK FIX

eggs, chicken, beef, lean cuts of pork, seitan, tofu (made with organic soy), tempeh, edamame beans,

Spices & Herbs: Black pepper, cumin, coriander seeds, paprika, star anise, turmeric, allspice, cayenne pepper, nutmeg, cinnamon (a great spice to reduce blood sugar levels), ginger, cardamom, granulated garlic, cloves, fennel seeds, fenugreek seeds, bay leaf, basil, marjoram, oregano, parsley, rosemary, sage, thyme

FIGHTING CRAVINGS SUCCESSFULLY

When a person has to change their diet, old habits tend to creep in. Especially, cravings for unhealthy foods we love.

By incorporating the foods listed above in your diet, you will find it easier to fight off cravings.

However, let's make it even easier...

Here are some great tips to resist cravings successfully:

- Always make sure you are eating enough protein in your diet. Don't hesitate to have eggs or greek yogurt for breakfast. (1)
- On the same vein, healthy fats will keep you fuller for longer, so don't skip on the fat!
- Be mindful when you are eating and appreciate every single mouthful. Ideally, switch off the TV and smartphone, enjoy your food and if you have company, enjoy a good conversation!
- Sometimes thirst can be mistaken for hunger. Always carry a reusable bottle of water or tea when you are out and about. Also, tea and coffee can help you curb your appetite.
- Always keep low-carb snacks around when you are feeling a little peckish. Cucumber strips with hummus or a greek yogurt with some blueberries are ideal to keep you full until the next meal. If you are exercising, you can indulge in a homemade oatmeal and dried fruit bar, a banana or a couple of tablespoons of peanut butter and an apple.
- If you do indulge in something that really doesn't agree with your diabetes, it's okay. Just resume eating normally straight away. **If your sugar levels have risen quite high, make sure your next meal is low carb and on the light side.**

EASY MOVEMENTS & EXERCISE

Exercise and physical activity in general can do wonders to keep your sugar levels in check.

However, if you have a rather sedentary lifestyle, don't start exercising every single day at high intensity straight away.

You probably won't be able to keep that pace for very long.

The purpose here is to instill new habits that will last and really improve your overall health.

Think of exercise as something fun. If you have always wanted to try aquagym or surfing, go for it!

But...do it at your own pace.

For those of you who have no idea where to start, here are some easy exercises and some physical activity that you can easily incorporate into your daily life:

- **Walking** is a great workout that can be done indoors (in a mall for example) or outdoors. If you are really out of shape, try walking at least 30 minutes every day to start with. (2)
- Invest in a **home bike** or a **step machine** and exercise while watching TV or listening to music!
- Put down a mat and find free online videos (just type "free yoga videos" in your search engine) to learn **yoga or pilates**, and gently reinforce your muscles.
- **Resistance bands** or/and a **dumbbell set** are ideal to get back in shape, burn some of your carbs and create a lovely figure!
- To bring some fun to your home and...exercise, you could invest in a **small folding trampoline** (for small places) or an actual trampoline if you have the room! Jumping about is a great way to boost your metabolism, exercise and keep your blood sugar levels at healthy levels!
- Take advantage of other occasions to exercise: forgo the elevator, **take the stairs!** Also, **vacuuming** or **mopping** is also a physical activity!
- If you have access to wild places nearby, make the most of it, go **hiking, kayaking,**

climbing...the possibilities are near-limitless!

EATING AT THE RIGHT TIME

If you are struggling to keep your glycemia balanced, you may want to make sure that your eating schedule has a bit of order to it.

If you are a breakfast skipper and tend to be borderline hypo by noon, prepare yourself a nutritious snack to eat mid-morning (homemade cereal bar, a couple of hard-boiled eggs, one piece of whole-grain bread and a bit of hard cheese, or a fruit, etc.).

Similarly, diabetics tend to do better if they have meals at regular hours. Consequently, try to keep having your meals at the same hours. (3)

Once, your blood sugar levels have stabilized (on a regular basis), you may want to try our most advanced plans to definitely reverse your diabetes.

Not unlike what has been achieved by the University of Newcastle. (4)

Moreover, some people may find it beneficial to do intermittent fasting in order to improve glycemia. But, I would only advise intermittent fasting if you are relatively healthy otherwise and to do it very progressively. (5)

The 16/8 method is ideal to get started on intermittent fasting - which means you have an 8 hour window to eat and you "fast" for 16 hours (half of which are sleep).

This can be an interesting tool to improve your insulin resistance and reset your pancreas health.

HABITS TO LOWER BLOOD SUGAR LEVELS

Here's a recap of the habits that WILL regulate your blood sugar levels and get you started on managing diabetes better or in some cases, entirely reversing it!

Exercise Regularly: I can't stress that enough. Regular physical activity is extremely effective to increase insulin sensitivity and for those who need it, weight-loss. Additionally, exercise helps your muscles to burn the already present sugar (glucose) for energy. A **word of caution though, get into it gently and always have a snack with you in case of low blood sugar levels.**

Have a Fiber-rich Diet: Dietary fiber slows the digestion of carbs and limits sugar absorption. As such, it helps you have a gradual rise of blood sugar levels. You will mainly find your fiber in vegetables (which you can eat with very little moderation). And then, in fruits, legumes and whole grains, which are to be eaten in much smaller quantities.

Drink Plenty of Water: As mentioned earlier, thirst can easily be confused by hunger. Also, drinking enough water plays a role in keeping your blood sugar levels within healthy limits. Alternatively, infusions, tea and coffee also work. But limit your intake of tea and coffee (4 cups max per day).

Apply Portion Control: Always prepare your plates in the kitchen rather than bringing the pan on the table. It ensures that you don't serve yourself massive portions and it limits second servings. **As a rule, half of your plate should be full of vegetables, ¼ of protein and ¼ of carbs or legumes.**

Eat Less Carbs and Eat Carbs with a Low GI: Limit your consumption of carbs on lazy or calm days, this will ensure that the extra carbs won't turn into fat and your blood sugar levels will stay balanced. Also, always prefer carbs with a low GI (Glycemic Index), such as sweet potatoes, lentils, corn, fruits, oats, brown rice, etc.

Keep Zen: Stress can significantly impact blood sugar levels. Two hormones, cortisol and glucagon, are secreted during stressful episodes. These two hormones can considerably rise glycemia. Studies have shown that exercise (or physical activity), meditation and relaxation techniques (such as mindful breathing) can reduce stress AND lower blood sugar levels. (6)

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