

DIABETES

Avoid:

- 1) Wheat
- 2) Cow's milk contains gluten and casein = Leaky gut inflammation through overtime. It can impact every system in the body. Energy, digestion, sleep, vision and more underlying causes.

Underlying causes:

- Poor diet
- Over weight
- High levels of inflammation
- Living sedentary lifestyle
- Experiencing high amount of stress
- Family history
- Having high blood pressure and history of heart disease
- Hormone condition (Hypothyroidism, PCOS, Cushing syndrome)
- Expose to harmful chemicals, virus, toxin
- Certain medication (can disrupt insulin production)

Plan to reverse diabetes:

- No refined sugars
- Wheat / gluten / grains
- Cow's milk
- Alcohol
- GMO food
- Hydrogenated oil

Should follow these:

- Eat food high in fiber
- Epimax – contains Chromium picolinate
- Virgin Coconut Oil
- ALA
- Glysomin
- Magnesium Aspartate
- Eat clean lean protein
- Pancreatin
- Eat food low in glycemic index
- Krill Oil
- Gymnema
- Exercise
- Apple cider vinegar
- Green banana
- Raw potato starch – resistant starch
- Momordica charantia (Bitter melon)
- Milk thistle
- Fenugreek (Trigonella foenum graecum)
- Total Polysaccharide complex
- Garcinia indica