

Cure Diabetes FOREVER!

Your Ultimate Diabetes Reversal Formula



Cure Diabetes Forever!

By Norman Blacksand

[If you like this booklet, you will LOVE this even more!](#) 😊

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Now that we've got the legal stuff out of the way, let's get down to BUSINESS...

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If you have any conditions or allergies that require medical attention, you should consult your health care practitioner before taking any drug or dietary supplement.

Introduction

This booklet was written by a diabetic for a diabetic or someone caring for a diabetic. The experiences and knowledge I've gathered have been very personal to me...each a step to understanding Type 2 diabetes better and how do I reverse or control it without the use of drugs / medication and insulin.

Very much of the information you'll find here are from my own findings (sometimes accidental) from all the years dealing with diabetes. Of course, the help of many friends and family have also sped up my learning curve 😊

While this book is designed to stand on its own, I do suggest that if you lack solid fundamentals, you also download the [Cure Diabetes Forever Program](#) (it's completely risk-free to try) and learn that material first.

Once you've mastered the fundamentals, you can use the information in this guide to "fast track" your transformation to reduce your diabetes naturally and further reduce your blood sugar, cholesterol & blood pressure levels without medication.

STEP BY STEP PLAN TOWARDS RECOVERY - EAT YOUR WAY OUT OF DIABETES



Inside my [Cure Diabetes Forever Program](#), you will see what certain foods can help and protect you (AUTOBOTS) and what bad foods can worsen your condition (DECEPTICONS).

This 3 – step eating plan WILL reduce your blood sugar levels in weeks or even days in some cases. Please do speak to your doctor / physician if you're already taking medication for your type 2 diabetes. Once your blood sugar is stabilized naturally, you might be taking medication that is unnecessary or having too much insulin in your body that can lead to you having low sugar (hypo) bouts.

This eating plan is designed in a way to progressively heal your diabetes and getting back the proper nutrition, vitamins and minerals.

Progressively, the steps in the eating plan here are:

1. Detox
2. Transition - Gradually reintroducing foods
3. Maintenance

In the earlier sections within my program, I will have asked you about what your eating habits are? Yup...I know I was quite terrible with all the donuts, bagels and etc.... (you can read more about my story [here](#)), but yeah, you've got to replace those sugar coated toxic refined carb foods with nutrient, vitamin and mineral-densed foods on a daily basis to reverse the damage the inflammation and high blood sugars has done to your body.

Now let's focus on cutting those back and eating to promote a healthy diabetes management program. Remember that you have a greater risk of complications and other dangerous side effects if you do not adjust your diet.

You have a much more important thing going on than just eating to satisfy your hunger, you are eating for a better, longer diabetes free LIFE!

THE FIRST STEP - DETOX

(Detox with low carb with plenty of vegetable , less cooking, no refined sugars and plenty of fiber up to 30gms) for 30 days

The detox stage is where you would dump all deception foods at all cost and only take in 20-40 gms of net carbs* (better if most of the carbs come from fibrous and leafy vegetables)

(To learn more about what “deception” and “autobot” foods are, just [go here...](#))

In this part of your recovery, it is essential that you focus most of your foods on vegetable / plant based carbs, proteins and fats.

For the most part, you want vegetables (fibrous) to make up the bulk of the 20-40gms. There is some room for fruit too, but keep it to a select few such as dark fruits such as blueberries, blackberries and raspberries.

*Net carbs = Total carbohydrates less dietary fiber

You may also select proteins and fats from the autobots list of foods, foods which have good omega 3 fats and lean protein. However, with lean protein, especially meat, it would be great if you be able to use grass-fed beef and milk from grass fed cows.

The idea in this detox stage is to eliminate the bad eating habits you've been practicing and at the same time healing your body with the nutrient-densed food that will accelerate your recovery.

The key essentials

1. Focus 80% of your diet on wholesome plant-based sources
2. Select lean protein such as oily fishes such as salmon, cod and grass fed beef
3. Try to do as little cooking as possible
4. Good oil and fats (avocados, raw nuts, olive oil, flaxseed oil, foods rich with Omega 3)
5. Plenty of fiber – 30 gms

GO RAW – Raw for 30 days diet

If you are a vegan and would like to see a substantial improvement in your blood sugar in this detox stage, let me share something with you...a group of 6 diabetics went on a 30 day diet on wholesome vegan raw diet and found tremendous improvement in their diabetes management. Most of them were over 200mg/dL before the diet and were on insulin or a cocktail of medications.

Just 30 days later and a couple of the 6 went off insulin along with their medications; a few others saw drastic reduction in their insulin and medication. It's truly a wholesome experience and this goes to show that a diet of foods as natural as they can be is the most fundamental for remission of any chronic disease which is linked to a bad diet.

TRANSITION STAGE

Once your body starts to heal ...and your blood sugars start to stabilize at 100mg/dL and lower for at least 1 week in a row, you may start to progressively add regular foods step by step.

The goal of this stage is to slowly reintroduce certain foods into your daily diet. These foods are usually everyday foods such as

1. Fruits
2. Whole grains
3. Maybe try a treat or 2 – small treats of cookies etc/ sweets (and see how it affects your blood sugar)

The first step of this phase is to expand your daily intake of carbs or double of detoxification stage (on a progressive basis) You will want to add those grams slowly and sensibly to make sure your blood sugar level can handle the extra carb load.

Please also make sure that your fasting blood sugars remain stable around the 100mg/dL or lower at all times.

Fruits

We do not recommend fruits generally in the detoxification stage as many fruits contain carbs and also fructose. Excess of sweeter fruits such as oranges, apples, kiwis, peaches, pears, grapes and etc can increase your carbohydrate intake which can contribute to higher blood sugar levels and after meal spikes.

Whole grains

Some people may have different response towards whole grains. For myself, I have been taking rolled oats for breakfast for quite some time, but 2 scoops of rolled oats with hot water just spikes my after-meal blood sugars too high. So, I reduced the serving to about 1 scoop and taken with a oil/fat and protein based food and it somehow had less impact on the after meal blood sugar.

Aim for 40-80 grams of net carbohydrates

You will find that 40-80 gms per day is still not enough for that deli sandwich on whole wheat or spaghetti marinara u crave. But do your body a favor of making sure blood sugars <100mg/dL while first stabilizing at 40 gms then moving to 50gms and so forth.

Above the 60 mark with good planning, will allow you to add back some favorite carbs. Just don't pull away from the leafy greens and other vegetable servings you have faithfully included in your diabetes reversal plan to a great success to date. It might be that your blood sugar level is able to handle 80-100 gms without going above 100gms, especially if you're choosing a moderate carb food with nutritional upside such as brown rice, quinoa, rye.

As you progressively reintroduce your favorite carbs, you will want to be familiar with GI and GL, particularly because GI connects the carb eaten to how fast the body processes it as glucose.

MAINTENANCE STAGE AND LIFESTYLE DIET CHOICES

The maintenance phase is just a step after transition and many will not actually feel the difference as you will be more familiar with the foods you are eating.

As a general guide, reintroduce unfamiliar foods in a gradual basis , taking smaller portions and make sure you test your blood sugars 1 ½ hours to 2 hours after meal to note the effects of blood sugar spikes. Our bodies digest food and breaks down the macronutrients to be absorbed into blood stream and blood sugar should be at its peak 1 ½ to 2 hours after the meal.

As mentioned in the meal plan section inside [my program](#), it is essential to have a balanced meal in every meal that you eat. That means to include a good lean protein such as fish, chicken breast, eggs, good oil / fats such as flaxseed oil, avocado, olive oil and nuts and complex carbohydrate such as green leafy vegetables and whole grains.

This is to ensure you have a balanced and nutrition-densed diet every meal and more importantly for the digestive system to gradually absorb the nutrients into the bloodstream. This is where you can manage blood sugar spikes after meal. If you just eat any carbohydrate, say a piece of bread, you will find your blood sugar spiking high after the meal as carbohydrates a digested and absorbed quickly.

Therefore, including protein and oil/fats will slow the absorption and prevent after blood sugar spikes.

The idea here is to find eating habits that maintain your blood sugar in the normal to optimal range whilst continuing to heal your body and feed it with nutrition as it has been starved for so long. Plus, these eating habits should keep your happy – for as long as possible as you live, one that you can lead with little or no medications.

After blood sugar is controlled and fully re-established via the 3 stages of diet changes, you'll be able to handle SOME sugar. SOME does not mean going back to eating a 2 pound cake and a tub of ice cream after dinner.

Occasionally, you may indulge in a pie or ice cream or cake or a glass of beer, but be sure to know how it affects your blood sugar. Usually a small serving of sugar food is manageable when you have fully established your blood sugar control and reversed most of the damage the disease has caused your body. The key is to be balanced.

Although by this time your diabetes should be at full remission, you need to be mindful that it would be pointless to go back to your old eating habits of high simple carbs and 300-400grams of carbohydrates daily.

A note about food sources

CARBOHYDRATES (CARBS)

Carbohydrates are broken down into glucose, complexed minerals, enzymes. A host of poorly understood synergistic factors and cellulose. As we have already discussed, this glucose can be used for various anabolic processes as well as burned for energy/. Broken down into glucose, most of these carbs in a normal diet are burnt for energy.

The diabetic has difficulty burning carbs for energy because the diabetic's glucose transport mechanism does not function properly. Imagine a good house with a perfectly good furnace that has clogged gas pipes.

Essentially there are 2 types of carbohydrates ie simple vs complex

Simple – these are usually fast absorbed from the digestion process into the bloodstream. These are typical “decepticon” foods such as refined sugar, white flour, white bread and etc. These are stripped off nutrients, but densed with calories...that's why you feel full after eating but screws your blood sugar giving high spikes and insulin will bring it down low to give you hunger cravings and that's why you have this insatiable appetite for these sweet, junk food

Complex – Usually takes longer than simple carbs to be absorbed into the bloodstream and are mainly fibrous. Examples are vegetables, fruits, legumes and whole grains.

Dietary fiber is excellent for diabetics.

FIBER

Fiber is a type of carbohydrate (just like sugars and starches) but since it is not broken down by the human body, it does not contribute any calories. Yet, on a food label, fiber is listed under total carbohydrate. So this gets kind of confusing for people who have diabetes. Carbohydrate is the one nutrient that has the biggest impact on blood glucose. So, does fiber have any effect on your blood glucose?

The answer is that fiber does not raise blood glucose levels. Because it is not broken down by the body, the fiber in an apple or a slice of whole grain bread has no effect on blood glucose levels because it isn't digested. The grams of fiber can actually be subtracted from the total grams of carb you are eating if you are using carbohydrate counting for meal planning.

So, fiber is a good thing for people with diabetes. Of course, most of the foods that contain fiber (fruits, vegetables, whole grain breads, cereals, and pastas) also contain other types of non-fiber carbohydrate (sugar, starch) that must be accounted for in your meal plan.

The average person should eat between 20-35 grams of fiber each day. Most Americans eat about half that amount. A study in the *New England Journal of Medicine* showed that people with diabetes who ate 50 grams of fiber a day — particularly soluble fiber — were able to control their blood glucose better than those who ate far less.

So if fiber does not give us any calories, why exactly should you eat it? There are two types of fiber: insoluble and soluble. Insoluble fiber keeps your digestive tract working well. Whole wheat bran is an example of this type of fiber. Soluble fiber can help lower your cholesterol level and improve blood glucose control if eaten in large amounts. Oatmeal is an example of this type of fiber.

Another benefit of fiber is that it adds bulk to help make you feel full. Given these benefits, fiber is important to include in the daily diet for people with diabetes, as well as those who don't have diabetes. You can add fiber by eating whole grain products, fruits, vegetables, and legumes. Leave the skin on fruits and vegetables, as it is high in fiber. Eat whole grain breads and crackers. And be sure to increase your fiber intake generally, and remember to drink 6-8 glasses of water per day to avoid constipation.

The best carbohydrate for diabetics are VEGETABLES hands down! Vegetables with bright colours such as green, orange, yellow, purple, red and brown (you can include white for cauliflower) are nutrient dense and full with fiber.

The fiber content in complex carbs also slows down digestion and doesn't give that stomach emptying effect that will spike your blood sugars and causing you to have cravings and hunger pangs all the time.

The ideal amount of fiber for diabetics is nothing less than 30gms a day.

NET CARBOHYDRATE

To calculate actual daily carbohydrate intake, you may offset the content of fiber in your food. For example, a cup of broccoli has 12grams of carbs and 6grams of fiber. Therefore, your net intake of carbs is only 6 grams.

PROTEIN

Protein is absorbed much slower than carbs and they are the building blocks of cells, tissues, muscles, hormones and etc in your body...many people are lacking protein and focus too much on carbs...that's why are getting enough calories but just not enough nutrients.

Focus on good proteins (autobots) such asfish (salmon, mackerel, tuna, cod, tilapia and many more), chicken , turkey (breast meat is the better choice), legumes and tofu. Red meat such as beef, lamb and pork are sources of protein which should be taken moderately in view of higher saturated fat.

1g per pound of bodyweight is optimal but make sure you get 1g per kg of your bodyweight is a must! That means if you weight 180lbs or 82kg , you should be getting no less than 82gms of protein in a day. Finally, you should be aiming for at least 1 protein source in each meal.

There are some talks and findings that excess protein is bad for your kidneys. Yes this is true especially for people already having chronic kidney diseases. Currently, it is not proven in medical science that consuming 1gm of protein per kg of bodyweight will lead to kidney disease¹. However, if you have an underlying kidney condition because of diabetes, please consult your physician on a diet rich in protein.

(1) [LaBounty, P, et al. \(2005\). Blood markers of kidney function and dietary protein intake of resistance trained males. J Int Soc Sports Nutr.2:5.](#)

OILS AND FATS

Some fats kill and other fats heal. If you want to be healthy, know the difference, and choose dietary fats accordingly. “Udo Erasmus – author of Fats that Heal and Fats that Kill”

The oils and fats in our diet are crucial to our daily lives. It is used to manufacture cell membranes, hormones, cell tissue, cholesterol and a host of other things that the body needs to run right.

Oil and fats are excellent for energy production. 1 gm of fat is approximately 9 calories and therefore fat is stored as energy reserves in our body. You may be surprised to know that our brain is mostly made out of fat!

Two sides of a coin

As mentioned in the ‘transformers’ food section within my [Cure Diabetes Forever](#) Program, there are good and evil fats. Good fats are known as unsaturated fats such as monounsaturated and polyunsaturated fatty acids. However, saturated fats from plant sources are also known to have dietary benefits. These good fats are better known as essential fatty acids such as the Omega 3.

However do be careful some of our grocery store fats and oils as most are not natural products are engineered products. These oils have been molecularly re-engineered and refined to the point it removes all of the fiber, proteins and other essential nutrients.

Bad fats

These bad oils and fats have been extracted using high temperature and refining processes that totally destroy the fats/oils original state. This process is also known as hydrogenation which is toxic. This stuff comes out so bad that even insects and mice usually will not eat it. However, it sure looks good on the shelf with its uniform clarity and lack of sediment in attractively styled plastic and glass bottles. Welcome to the world of TRANS-FATS!

Extracted from www.udoerasmus.com

Hydrogenated or partially hydrogenated oils are widespread in breads, cakes, candies, cookies, granola bars, crackers, digestive biscuits, pancake mixes, raisin bran, instant soups, chocolate, desserts, fruit cakes, chips, convenience and junk foods, peanut butter, some salad dressings, and even in the croutons used to make your 'healthy' Caesar salad. Research suggests that they ought to be absent from the foods of anyone interested in health.

According to research studies, trans- fatty acids

- **increase cancer risk factors** (interfere with liver detoxification, change B and T immune cell ratios, interfere with the functions of anti-cancer fatty acids);
- **elevate cardiovascular risk factors** (elevate total cholesterol and 'bad' LDL cholesterol, lower 'good' HDL cholesterol, make platelets more likely to stick to together to form a clot, increase the strongest known risk factor for cardiovascular disease (lipoprotein{a});
- **interfere with insulin function**, making diabetes worse, and more likely to occur;
- **decrease testosterone**, increase abnormal sperm, & interfere with pregnancy in animals;
- **correlate with low birth weight babies**, & lower human breast milk quality;
- **change the fluidity of cell membranes**, making them more leaky, thereby lowering cell vitality; and
- **interfere with the healing fats** - essential fatty acids - required for health.

Now on to the good news. Fats actually don't make you fat...it's excess calories...and it's usually excess calories from decepticon foods such as refined carbohydrates, sugars and toxic fat.

Some of the best fats and oils to choose from are from natural and unprocessed sources such as avocados, flaxseed, olive oil, flaxseed oil, grapeseed oil, nuts such as almonds, cashews, walnut, hazelnut, peanut butter, nut butters, oily fish such as salmon and cod and many others.

You may also supplement your diet with a high quality essential fatty acid supplement such as Udo's Oil Blend (<http://www.udoerasmus.com>)

MANUFACTURED / PROCESSED FOODS – DO THEY QUALIFY TO BE LABELLED FOOD ANYWAY?

Everybody knows any food manufactured or processed isn't the best thing for you. Especially if you're diabetic! But just why?

You see back in the days where there were no mobile phones, iphones, ipads, computers, internet and even hybrid cars...perhaps your parents or even grandparents ate foods that you would go bad in a few days had you not ate it immediately.

“Processed foods are foods that have been altered from their natural states in order to extend their shelf life. Foods that come in a box, can, bag or carton are processed. They are often poor quality and usually cheap. About 90% of the money Americans spend on food is used to buy “edible foodlike substances” as Michael Pollan, well-known author of The Omnivore's Dilemma and professor, calls them.”



The main aim of processed foods (although noble) is convenience and of course profits at the expense of stripping away all the foods natural nutrients , vitamins, trace minerals and phytonutrients and worse chemically enhancing them with bad stuff that wont kill you immediately.

Some of these baddies “decepticons” include high fructose corn syrup, hydrogenated oils and trans-fatty acids. We’re going to introduce to you another form of food disaster when foods are processed. GLYCATION!

“Glycation happens when sugar molecules either fructose / glucose binds to a protein or fat molecule without any control by enzyme. “

Yes, Professor, but what does that actually mean in English?

Sugars bonding to protein / fats are called advance glycation end products or AGE. Glycation is a process in the body in the enzymes do work to add sugars to protein and fat molecules , but in a controlled and when-needed basis.

Similar to cholesterol, there are good and bad AGEs.

1. Barbecued meats
2. Fried/broiled/oven roasted meats
3. doughnuts
4. cakes
5. dark colour sodas – including diet
6. mayonnaise
7. cream cheese
8. whole-fat dairy products
9. margarine
10. frozen meals that were cooked in high heat
11. frozen breakfast foods
12. conventionally processed cold cuts.

Notice most of these stuff is also made from refined flour, sugars and equally destructive decepticon foods. Birds of a feather flock together!...

Are you ever amazed at how time passes so fast?

I know I am. Have you ever said to yourself "I will start my program tomorrow" or "I will get started next week" or "when the first of the month arrives I will start fresh". What usually happens? That's right... nothing.

So again, if you have ever said any of these things to yourself, I urge you to **decide once and for all that your life starts RIGHT NOW...** your transformation starts RIGHT NOW, not later, not tommorow... RIGHT NOW so make a commitment to yourself and take control of your health TODAY...

Your Journey Has Just Begun...

Look, if you suffer from diabetes or pre-diabetes, you simply CANNOT afford to put this off.

Diabetes WILL kill you ... if you let it!

But the good news is you DON'T have to let that happen. You don't have to suffer blindness, heart disease or even amputation.

And you DON'T have to rely on expensive, dangerous drugs, either!

You can reverse your diabetes in under a month.

[Go check this out right now...](#) and see how to fix the REAL cause of your diabetes... using safe, inexpensive natural home remedies...

Here's to a brand NEW you! :)

[Cure Diabetes Forever](#) was launched in the United States, but our reach is global. If you have anything to tell us about your own transformation journey in your area or country—and how you've come up with effective “tricks” of your own—please email me at: normanblacksand@gmail.com

Whenever we update our books, you will receive the new versions totally free as long as you're on our VIP mailing list. ([Join here](#) if you aren't on our ****FREE**** VIP list yet.) I hope you enjoy tremendous success with your own transformation by using this program, and I look forward to hearing YOUR success stories soon.

Your Friend,

Norman Blacksand