

# How I Reversed My Type-2 Diabetes in Eight Months without drastic changes to my lifestyle



**By James J Jones**

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Hi, this is James Jones, and in this short report I'm going to tell you how I reversed my type two diabetes... but before I do, one thing is very important:

*You need to make sure that you consult with your doctor over any medical condition. Listening to your doctor is your first line of defense against any illness or disease, and you should always, always take your doctor's advice over some guy on the Internet.*

Now that being said, if you have diabetes now or are diabetic, or if your blood sugar is going up every time you go to the doctor's office, I want you to pay very close attention to what I'm going to tell you because I was able to reverse my type two diabetes in eight months and it really wasn't that hard.

I didn't do anything drastic. I didn't go on some PX90 super exercise program. I didn't go on those starvation diets or fad diets. I didn't fast and I didn't try one of those juice only diets that are so expensive, time consuming and wasteful.

I didn't really go on a "diet" at all. I didn't do anything drastic. I attacked it by slowly changing my habits. I did one thing every month, one positive thing, one positive habit, and I kept adding onto that each month and I'm happy to say that as of right now, my diabetes is reversed and my blood sugar is back to normal.

But, I'm getting ahead of myself – let me start from the beginning...

In November of 2017 I went to my doctor for a physical.

I went in because I had my yearly physical scheduled, but I also just wasn't feeling very well. Nothing I can really pinpoint but I was overweight; I was eating bad stuff; I was eating too much junk food and fats and sugars and starches and carbs. I was eating all the stuff that tastes good, but it's really bad for you and you can probably relate to that. I was consuming way too many adult beverages and in general I just had not been taking very good care of myself.

I work from home and even though I do stand when I work -- I have a work station set up at my kitchen bar where I can put my computer up so I can stand and work.

So that's one good thing I was already doing, but it just wasn't enough. I wasn't getting hardly any exercise each day. So when I went in to see the doctor, I knew my numbers were going to be bad. We got the numbers back a couple of weeks later and I went in to have a consultation with my doctor. I was shocked when he looked at me and said, "James, you're pre-diabetic" and then he told me I would

have to start taking insulin if things didn't change. I was stunned at first but I guess not really that surprised considering my lifestyle.

Diabetes runs in my family. My mother developed diabetes later in life. All her sisters had diabetes. Her brother had diabetes. Her mother had diabetes. My father's mother had diabetes. In fact, my grandmother had to have her legs amputated because of diabetes.

Now medical technology has advanced a lot since the sixties, so that's much rarer, but diabetes can cause a lot of other medical issues. For instance, it can cause blindness, especially in people who already have eye problems.

So for us people over 50 diabetes is even worse and it's very important if you're over 50 start taking better care of yourself and if you are diabetic, pre-diabetic, or if your blood sugar numbers are going up, then you need to start working on it.

My doctor could see my concern so he said to me, "look, you've got time to reverse this. If you start working on it right now, you can have this reversed within a year."

I said, "how do I do that?"

He gave me some pointers and a pamphlet that gave some idea of the type of diet and lifestyle changes I would need to make.

I decided I needed to take this seriously! I didn't want to be on insulin the rest of my life. My plan was to change one thing every month and just stack on those changes month after month.

One of the first things I noticed as he was talking to me and also from reading the pamphlet – I learned starches seemed to be a big factor in diabetes. So I just decided right then and there I'm cutting starches out of my diet. No more rice, no more french fries, no more potatoes. No potato chips. No more chips and salsa. I completely eliminated starches from my diet in November of 2017.

Now I love me some french fries so I'm not saying I won't have a french fry off a friend's plate every once in a while, but I don't eat any significant amount of starches anymore. I don't order them when I go out and if a particular dinner comes with a starch I'll substitute for something else (usually a green vegetable) and when I'm home I just don't keep them around so I'm not tempted.

The next thing I changed was cutting back on carbs.

I learned there are two types of carbs: Simple Carbs and Complex Carbs.

Simple carbs are things like white bread, white rice, pasta, white pasta. Those are all simple carbs. And when you eat them they are digested very, very quickly. They are digested and it gets into your bloodstream quickly and your pancreas has to start taking care of that sugar immediately.

Complex carbs are digested much slower so they don't overwork your pancreas.

Complex carbs are things such as quinoa grain, brown rice, wheat, sweet potatoes and nuts. So you want to eat more complex carbs and less or no simple carbs.

Another thing I did was I started walking more. I started going into my office more. I was going to the office usually about once or twice a week so I started going to the office everyday because of that was just extra exercise, just the act of walking to my car and walking from the parking lot into the office. That was extra exercise. And I added some more walking as I progressed.

Another month, I decided to cut out coffee because along with coffee I would use a lot of cream and I didn't like the the low fat cream, I was using the good stuff. I decided if I'm not gonna have the good stuff, I might as well not have coffee at all and so I just went ahead and got coffee out of my diet as well, which actually had other benefits to me to my health.

I started looking for other things I could do and I discovered that I was consuming a lot of hidden sugar. Sugar that I didn't even know was in the product I was drinking. For instance, after I stopped drinking coffee, I started drinking Gatorade because Gatorade really quenches my thirst. I drank it a lot when I was a kid when I was playing football. After a couple of weeks I discovered that there is about 38 grams of sugar in Gatorade, so I cut out Gatorade and started drinking LaCroix water.

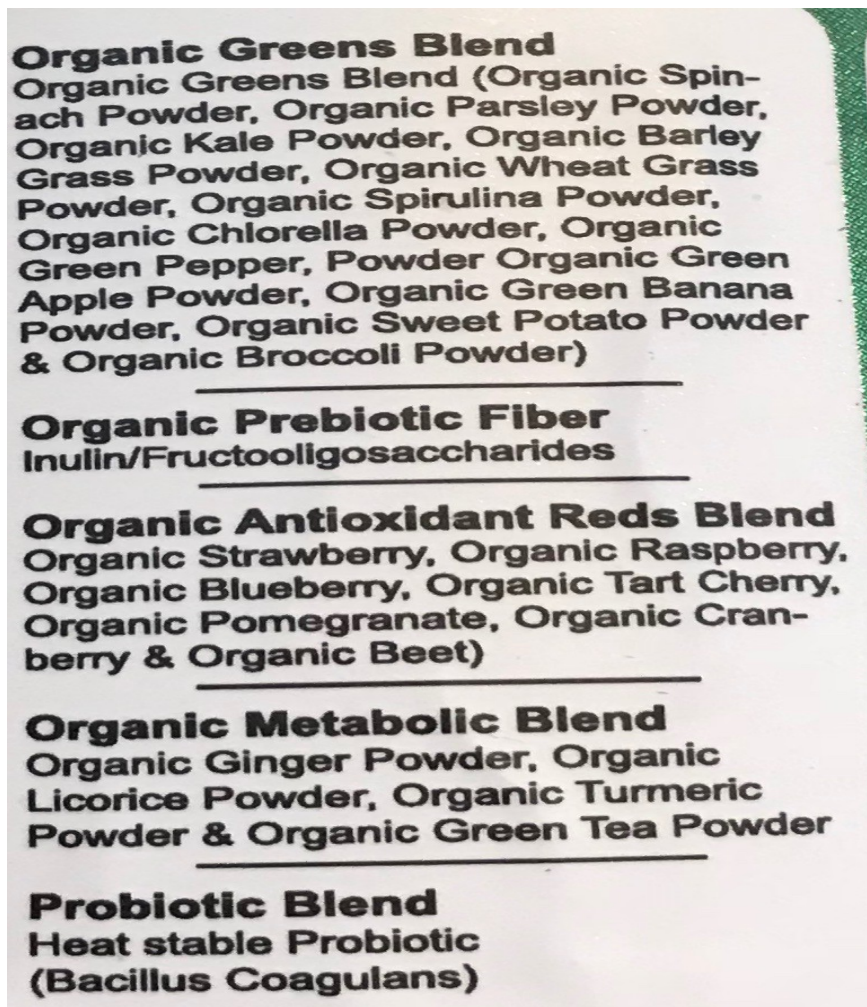
Speaking of sugar, have you ever noticed that when you're looking at the label on a drink or food, it has nutritional facts – such as the total fat, the sodium and potassium, total carbohydrates and all those have related percentage values. The percentage of the daily value, it'll say something like 11% total carbohydrates or 33 grams. So 33 grams is 11% of your daily allowance of carbohydrates. Notice that sugar doesn't have a percentage next to it... it may have: sugar 32 grams, but no percentage. You know why that is? It's because there's no nutritional value in sugar. None whatsoever. So I decided to cut out all sugar or as much as possible.

Now, obviously I know I won't be able to cut out all sugar but I'm just going to make

smarter decisions about the things that I put into my body and that was really the takeaway for that month – just being more cognizant of what I was putting in my body, knowing if it's got five grams of sugar. Okay, that's fine. I know that that's five grams, but I'm not going to choose something that has 32 grams. That was the big revelation for that particular month.

Now, one of the most important things I did was I added a nutritional supplement to my diet. This particular nutritional supplement is an organic greens blend. So it's not a pill, it's a powder. You scoop it and mix with water or whatever you want.

*Important – I'm not here to try to sell you some supplement product, that's not the purpose of this report. So I'm not going to mention any particular brand names, just go to GNC and ask them for their best green organic blend. Or search on Amazon for Organic Green Blend – there are tons of them out there. Here's a picture of the ingredient list from the one I use so you can compare:*



I know vegetables and fruits are really important and I was eating my daily fruits pretty well, but I don't really like vegetables that much – well, unless they're starchy vegetables like potatoes and I'd cut those out of my diet-- but I'm talking about the green ones, especially the green leafy vegetables.

I just don't really like them. So I'd go to the grocery store and get a big bag of broccoli and and kale and spinach with good intentions of actually preparing these vegetables and eating them. And then a week later I would end up throwing the rotted vegetables away because I never gotten around to preparing them.

Then I found the green organic blend that has the daily allowance of fruits and vegetables. I started taking a scoop of that a day with my La' Croix water.

I started feeling the effects within about a week. I knew that my body was just craving the nutrients that are in those green vegetables. And I've been depriving my body of those nutrients for years.

Now I'm taking two scoops a day, and it really energizes my body and I feel much, much better. The stuff doesn't taste that good. But put an your favorite unsweet beverage and you can suffer through it because it's well worth it for the sake of your health.

From doing all this and piling on good habit after good habit month after month, I started seeing results after about six weeks. I started noticing that my pants were getting looser, so I went to to buy new pants and I had to go down two pant sizes and so far I've gone down four pant sizes and I'm continuing to lose weight.

My fasting blood sugar is maintaining at below 100 which is normal.

Speaking of which – one of the first things I did after I was diagnosed with pre-diabetes is I went out and bought a blood sugar tester with the blood testing strips. And its very important to test your blood sugar periodically. When I first started out, I tested mine once per week. So go out and get yourself a test meter and some test strips and monitor your blood sugar yourself. Share those results with your doctor.

Normal blood sugar should be under 100 when you wake up in the morning, that's after you've been asleep for eight, nine hours and you haven't consumed anything for at least eight or nine hours. That's called a fasting blood test. It just means if you fasted for a at least eight hours, your blood sugar should be under 100. If it's not, you need to check with the doctor to see if you might be pre-diabetic or even have diabetes. You can also test without fasting by waiting two hours after a meal

and your blood sugar should be under 140.

So now after 8 months, I've dropped about 30 pounds. I've lost four inches in my waist, and my fasting blood sugar is under 100. My A1C (which is another lab test for diabetes) is normal.

Incidentally, when I first started, my fasting blood sugar was running about 120 to 130 and my A1C was also in the pre-diabetic range.

So now my goal is just to maintain what I'm doing, continue to lose weight and keep adding new healthy habits here and there. I feel so much, much better by not putting junk into my body and I want you to feel better too. I want you to start looking after your health because we can't ascend the wealth ladder unless we get our health in order. So let's get healthy and wealthy together.

Here's to your health and your wealth.

James Jones