

# THE TRUTH ABOUT HIGH BLOOD SUGAR



HOW TO BALANCE BLOOD SUGAR  
LEVELS IN JUST WEEKS

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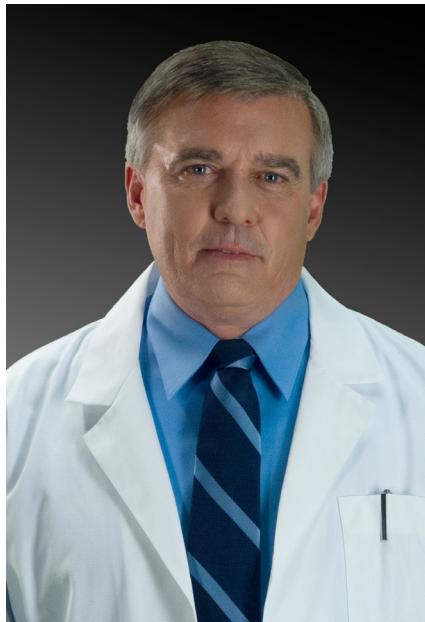
# MISSION

This book is dedicated to the activists and practitioners of natural medicine and natural healing around the world.

We cannot cure disease by blindly following the fabricated, toxic, and profit-driven therapies of the medical establishment. Since conventional treatments have failed to cure any diseases, we must create our own holistic therapies and alternative methods.

As such, all of my royalties on the sale of this book are being used to help fund the mission of educating people about natural health care and exposing corporate and government corruption.

Once you've healed yourself using these methods, I ask you to join my mission by sharing your positive experience with friends and family, so they know there is another path to vibrant health.



A handwritten signature in black ink that reads "Paul Poirier". The signature is fluid and cursive, with "Paul" on the top line and "Poirier" on the bottom line.

# LEGAL DISCLAIMER

In this day and age, it is unbelievable to me that the world has come to this. It pains me that I must write a disclaimer at the beginning of this book.

Imagine – a person who is supposed to be allowed to express his opinions under the banner of “free speech” must still put a disclaimer as a preface to his words, thoughts, and opinions.

Lawyers are squashing the rights of people like me from freely expressing their ideas. So, with a figurative gun to my head, I write these words:

This book offers health, wellness, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medial or health related advice from your health-care professional because of something you may have read on getsugarbalance.com or in this book. The use of any information provided on the site or in this book is solely at your own risk.

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# INTRODUCTION

Welcome to The Truth About High Blood Sugar. You've made a very smart choice in improving your health, and you're one step closer to balancing your blood sugar for good.

As you probably already know, my name is David Pearson. I'm an independent medical researcher, specializing in high blood sugar and obesity.

And if you're tired of watching everything you eat, pricking your fingers, and taking injections or dangerous prescription drugs, this book is for you. The information you're about to learn will not only completely reverse your condition, it will also start repairing the damage done to your body as a result of having high blood sugar.

How can I be so confident? Well, I've spent over two decades researching the dangers of high blood sugar and human health, and what I discovered changed my views forever.

It all started when someone in my family was diagnosed with Type 2 diabetes. Rita, who was like a mother to me, had a wonderful and vibrant life. That is until she went in for a routine checkup and found out she had diabetes.

In the beginning, it was no big deal. She did her best to avoid sugar and took a simple prescription drug to control her blood sugar levels. And it worked at first, but over the years, she got progressively worse. From one drug, she moved to two. And after a few years, she was taking a handful of medications to counteract all the side effects of the first few pills. And then, as she struggled to manage her blood sugar, she was finally put on insulin.

I could see firsthand the pain and suffering this caused her. I was the one who pricked her finger before each meal, and I could see the pain on her face as I did it. The worst was when I pricked her, and there wasn't enough blood for the meter or the meter just displayed an error message. I can still remember her face when I told her we had to do it again.

Then we had the insulin shots. She agonized over those. Maybe she was overly sensitive, but even though I was as careful as I could be, she yelled with each injection.

At the time, I didn't even realize there might be another way. We just followed the advice of her family doctor. But as the years went by, she got progressively worst, and I was at a loss as she faded away.

I was with her on her final night. She was unconscious, but I can still remember her squeezing my hand. I stayed until eight in the morning, when I finally went home to get some rest. I got a call at noon that she had passed, and I will never forget that day.

Something inside me ignited. I kept thinking, "Could I have done something to save her? Is high blood sugar genetic? Is another family member next?" I had already lost a cousin to cancer a few years back.

And that's when I decided to learn more about high blood sugar and see if there was something I could do to make sure this never happened again. In the beginning, everything was new to me, and I wondered if I would ever make sense of what I was learning.

But as time went on (over 20 years now), everything started to come together, and I finally had a holistic understanding of human health that most doctors will never know. We'll get to why that is later in this book.

For now, I just want you to know that there's hundreds of pioneering researchers who are rising above traditional thinking and discovering breakthrough treatments for high blood sugar. Their work, along with mine, has come together to create this book.

I know I've finally found the natural treatment for high blood sugar. But don't take my word for it - everything you'll learn has been third-party tested and proven to work.

In fact, in clinical trials, this treatment worked for patients time and again.

So read this book carefully. Although this book isn't filled with medical jargon, the information it contains is powerful. I've discovered that I can reach more people with a straightforward, no-nonsense book that acts as a practical hands-on guide for what you should and should not do to reverse your high blood sugar. I'll leave the academic papers to solutions that don't work.

Some of what you'll read in this book is highly controversial. And it may even be violently attacked by companies, whose profits are being threatened. So, I ask you to read the whole book thoroughly before making a decision if this is for you.

Remember – what I'm asking of you isn't that radical at all when you understand the true cause of high blood sugar. Unlike pharmaceutical drugs or surgery, this natural system doesn't have any of those dangerous side effects, so why not try it? As you'll soon learn, the real solution is a lot simpler than the medical industry has led you to believe. But before we get to that, let me take a moment to explain how this book is laid out.

In the first part of this book, I'll give you some alarming statistics about high blood sugar and how it's affecting our country. I'll share what's wrong with the current medical understanding and why pharmaceutical treatments will never work.

In Part 2, I'll open your eyes to the true cause of high blood sugar levels, discovered through fellow researchers and my 20 years of study.

In Part 3, we'll go over a 3-step plan to manage your blood sugar naturally in as little as a few weeks.

I've risked my whole career on this! And I promise The Truth About High Blood Sugar is real, and it will change your life once you discover how easy it is to balance your blood sugar for good. You have everything to gain and nothing to lose. So...what are you waiting for? Let's get you started!

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PART 1

# HIGH BLOOD SUGAR DECEPTION

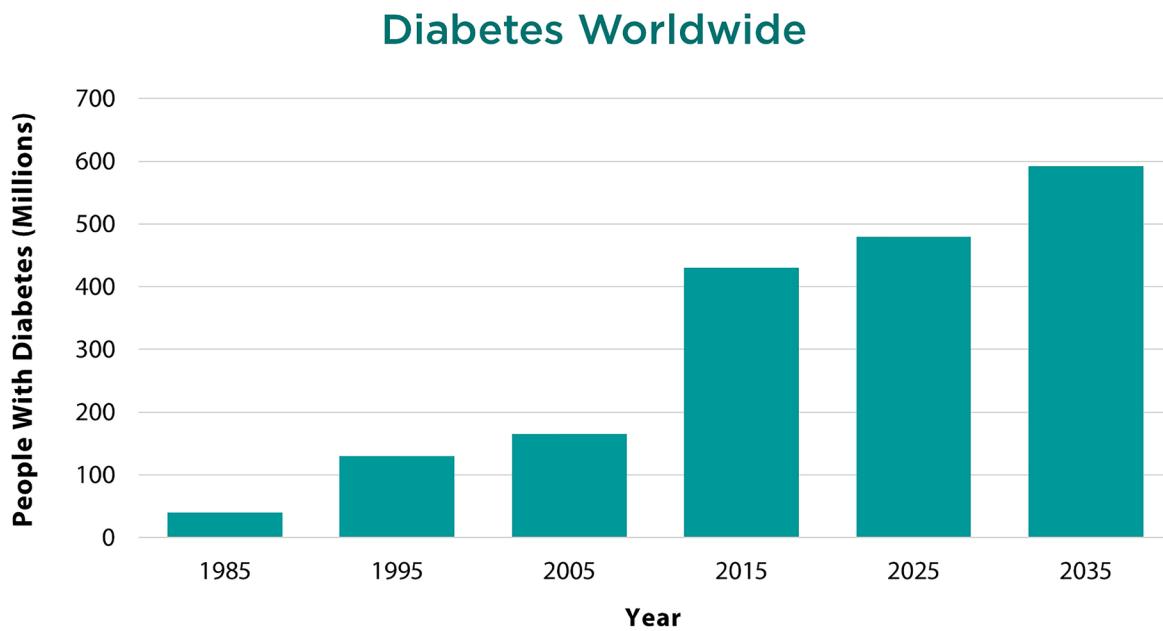
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# CHAPTER 1

## HIGH BLOOD SUGAR: A GROWING PROBLEM

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Diabetes is a growing problem in the world. In 2013, there were approximately 422 million people with diabetes worldwide (1), and it's expected to rise to almost 600 million by 2035. Of those affected by this condition, 46% are between the ages of 40 – 59 years old. (2)

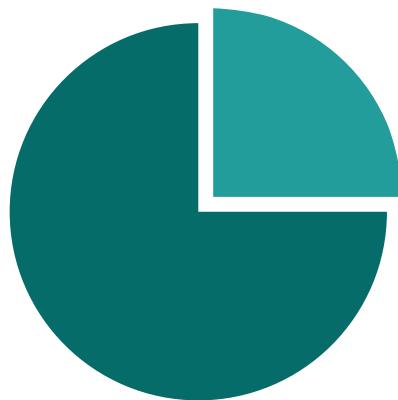


In the United States, the situation isn't much better. Approximately 30 million people have diabetes or about 1 in 10 Americans. And this number is rising drastically each and every year, especially in children.

What's scarier is that 1 in 4 people with diabetes don't even know it. (3) It's estimated that 86 million

adults have pre-diabetes. Experts estimate that over 100 million Americans will be diabetic by 2050. That's diabetes in every family.

These are impressive numbers if you are a pharmaceutical company. But for everyone else, diabetes is a huge tax on health, happiness, and government resources.



**1 IN 4  
AMERICANS  
HAVE PRE-DIABETES**

If you or someone you love is living with diabetes, you know how consuming this disease really is. It requires constant monitoring of blood glucose levels, medication, insulin injections, visits to physicians and hospitals, and more.

So why is it getting worse every year? And why hasn't the medical industry been able to control this epidemic?

We'll answer these questions in this chapter. Just remember – you'll never get a cure from the pharmaceutical companies, only ways to manage the disease. The only problem is that managing diabetes only leads to more complications.

## High Blood Sugar Complications

Having diabetes puts you at risk of a lot of other problems. That's why it's so important that you don't just manage diabetes. Current treatments don't regulate blood sugar very well. This leads to high glucose levels, and that's where the trouble begins. Over time, this causes all sorts of complications such as:

### Heart Disease & Strokes

Heart disease and strokes account for about 65% of deaths in people with diabetes. The risks of heart disease and strokes are 2-4 times higher for diabetics than for adults without diabetes.

## High Blood Pressure

About 73% of adults with diabetes have blood pressure greater than or equal to 130/80 mm Hg, or they have to use prescription medication for hypertension.

## Blindness

Diabetes is the leading cause of new cases of blindness among adults aged 20 to 74 years. Diabetic retinopathy causes 12,000 to 24,000 new cases of blindness each year.

## Kidney Disease

Diabetes is the leading cause of kidney failure, accounting for 44% of all new cases. In 2002, 153,730 diabetics were living on chronic dialysis or had a kidney transplant.

## Nervous System Disease

About 60-70% of people with diabetes have mild to severe forms of nervous system damage. The results of such damage include impaired sensation or pain in the hands or feet and other nerve problems.

## Amputations

More than 60% of non-traumatic lower limb amputations occurred among people with diabetes. In 2002, 82,000 amputations were performed due to diabetes.

## Dental Disease

People with diabetes are twice as likely to have periodontal or gum disease. Almost 1/3 of all diabetics have severe periodontal disease resulting in infected and loose or lost teeth.

## Complications of Pregnancy

Poorly controlled diabetes before conception and during the first trimester of pregnancy can cause major birth defects in 5-10% of pregnancies and spontaneous abortions in 15-20% of pregnancies.

## Other Complications

Uncontrolled diabetes often leads to biochemical imbalances that can cause acute, life-threatening events such as diabetic ketoacidosis and comas. People with diabetes are more susceptible to illnesses and have worse prognoses.

The saddest part of all of this is that Type 2 diabetes is an easily reversible condition with dietary changes. Unfortunately, this isn't a good business model for the pharmaceutical companies which stand to lose \$55 billion a year. (4) Keep this in mind as we learn about how they diagnose high diabetes.

## Diagnosis Controversy

What I'm about to share is very controversial. But it's important to understand so you know what we are dealing with.

To help me explain, we first need to understand the difference between Type 1 and Type 2 diabetes.

**Type 1 Diabetes** – Your body **DOES NOT PRODUCE ENOUGH INSULIN**.

**Type 2 Diabetes** – Your body **PRODUCES TOO MUCH INSULIN**.

The difference between the two types of diabetes is very important, so pay attention.

When diabetes was first discovered, only patients who didn't have enough insulin received insulin injections. This is a true diabetic – what is referred to by the medical industry as a "Type 1". And this makes sense because they lack the insulin they need to metabolize sugar properly. This is easy to diagnose – just measure your insulin levels, and you get a clear diagnosis.

On the other hand, the diagnosis of Type 2 diabetes is not an exact science. It is a subjective art based on interpretation of vague symptoms, values, and subjective judgments. It is pseudoscience masquerading as an exact science. Don't be fooled by the standardized diabetes tests.

I believe the way they diagnose diabetes is wrong. Insulin deficiency should be the foundation of a diabetes diagnosis. Therefore, people who don't suffer from insulin deficiency should not be diagnosed with diabetes.

While symptoms experienced with high blood sugar are real and need to be treated, they're not the same thing as that of Type 1 diabetic.

## 6 THE TRUTH ABOUT HIGH BLOOD SUGAR

Here's my point – if you have high blood sugar, there's nothing wrong with your pancreas. You just need to make some simple lifestyle changes, and your blood sugar will normalize on its own.

### This is why high blood sugar is so easy to reverse.

The medical industry doesn't want you to know this. The medical industry has lumped everything together to make this condition sound complicated and more dangerous. This sells more drugs and makes you feel hopeless to treat yourself.

Unfortunately, their incompetence leads to very real problems.

Like I said before, Type 2 diabetics don't need extra insulin. In fact, they have too much! So, when a Type 2 diabetic gets prescribed insulin shots, they end up having way too much insulin in their body. This is why Type 2 diabetics on insulin end up with the most severe complications.

Let's look at a few more myths.

## High Blood Sugar Myths

The medical industry will do anything to confuse you and prevent you from looking for solution on your own. Let's look at a few myths they use to stop you from trying alternative treatments.

## High Blood Sugar Caused By Genetics

**FALSE** – I want to make one thing clear. High blood sugar is not caused by your genetics (5) . Genetics take thousands of years to change. People's genes have not changed in the last 30 years, but that's exactly how quickly the high blood sugar epidemic has come about. Also, in studies with twins, why are there cases where only one twin develops high blood sugar complications?

What's changed is our environment. We have lives with more stress, our food has gotten much worse, and we are all exposed to thousands of chemicals that have never even been tested for safety.

So the next time you hear someone on the news say the cause of a disease is genetics, remind yourself that most chronic diseases have only been around for the last century or so – nowhere near what it takes for genes to play a factor.

## Sugar Causes High Blood Sugar

**FALSE** – High blood sugar levels are not caused by eating too much sugar. In fact, your body thrives on sugar; every cell in your body depends on it. The real answer is a little more complicated, and I'll show you exactly why sugar on its own is not the problem.

## There Is No Cure for High Blood Sugar

**FALSE** – People are often told that they will have the disease for the rest of their lives. This is not true at all. High blood sugar is based more on lifestyle than other factors. There are thousands upon thousands of case studies showing it is very easy to reverse high blood sugar consistently.

## There Is No Cure for Type 1 Diabetes

This book mostly focuses on high blood sugar as a result of too much insulin production. If you or a loved one suffers from Type 1 diabetes, I encourage you to watch the documentary "SIMPLY RAW: Reverse Diabetes in 30 Days". You can find the DvD on Amazon or watch it on YouTube for free.

The medical industry spreads these myths with the help of the mainstream media outlets such as CNN, Time Magazine, and others. In fact, pharmaceutical companies drop over \$5.4 billion on direct-to-consumer ads each and every year.

With all of this money exchanging hands, I don't think it's a stretch to say there is a bias around that that there is some influence on the narrative of the daily news.

The truth is, the medical industry is completely clueless on the true cause of high blood sugar.

## The Current Theory

According to the medical industry, high blood sugar is a metabolism disorder.

In the case of Type 1 diabetes, specifically, they say it is an autoimmune disease generally caused by genetics. Autoimmune basically means the body attacks itself. But why would your body attack itself? (We'll find out later.)

As for high blood sugar (which is far more common), they say "insulin resistance" is the cause. They blame defects in your insulin receptors as the reason why your cells can't use your insulin.

If you look, you'll find volumes of research papers talking about these theories, but if you ask them what the underlining cause of not producing insulin or not using insulin correctly ...

**Their answer is “Cause Unknown”.**

Decades of research and hundreds of billions of dollars and their answer is “Cause Unknown”.

No wonder they have no cure – they don’t even have a clue about what the true cause is.

The main problem is they’ve pigeonholed themselves into a box where only treatments that involve prescription drugs can be the answer. This is why they will never find the solution. I can’t even begin to describe the pain, suffering, and death cause by their incompetence.

I don’t want to spend too much time on conventional theories. If they were correct, there wouldn’t be an epidemic facing the world right now, and you wouldn’t be reading this book.

In the next chapter, we’ll learn more about conventional treatments and their dangers.

# CHAPTER 2

## THE PRESCRIPTION CONSPIRACY

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### The Fake Search for the Cure

Just think about this for a second. How many thousands of dollars have you spent on doctors, prescription drugs, and insurance? After all that money, what results did you get? Are you beaming with health, or are you still sick?

Last year in the United States alone, \$2.8 trillion was spent on health care – more than any other country spent. And yet, our rates of cancer, heart disease, diabetes, dementia, autism, and almost all diseases are some of the highest in the world. How could we be spending the most money on health care and research and still have the highest level of disease?

**Diabetes medication has never even cured a single patient of diabetes.**

In fact, the health and pharmaceutical industry hasn't really cured anything since the 1950s. Think about that. How many billions, even trillions, of dollars have gone into research for cures?

How many charities exist to collect donations to search for a cure? And after all this time and money, nothing has been cured in the last 65 years? How can that be? Don't believe me? Look it up. Try to find diseases that have been cured.

Yes, you go the doctors, and they tell you have "this" or "that". Just take some of this medicine, and you'll feel better. But do you ever really feel better?

Most pharmaceutical drugs don't even attempt to fix the root cause; they just try to manage the symptoms. It's like owning a car and seeing the engine repair light going on. And instead of repairing the engine, you just break the engine warning light. No more warning light, but how long will your car work until it breaks down?

And as you'll soon find out, not only do these drugs not work, they are riddled with dangerous side effects – including death! Just look at the warning label on most prescription drugs and ask yourself:

**Is it worth all these risky side effects if it's not even treating the root cause?**

The problem is they don't want you to be cured. Good customers are sick customers. That's the real reason there are no cures. Diabetes is a perfect business for them. You must buy medication over and over again ... forever!



## Pharmaceutical Profits

Think about this. **Diabetes alone is a \$245-billion-dollar business and growing.** All those doctor visits, prescriptions, and insulin injections are making the drug companies a fortune.

The amount of money we spend on diabetes is continuously rising with no end in sight.

The major manufacturers of Inulin are Novo Nordisk, Sanofi-Aventis, and Eli Lilly. These three companies are making billions upon billions of dollars from insulin alone. Global insulin sales have increased 400% since the beginning of 2000, and they are growing exponentially. Insulin provides a majority of their sales, and they don't want these profits to stop. Just look at this quote from the former Editor-in-Chief of the New England Journal of Medicine:

*"The combined profits for the ten drug companies in the Fortune 500 (\$35.9 billion) were more than the profits for all the other 490 businesses put together (\$33.7 billion) [in 2002]. Over the past two decades, the pharmaceutical industry has moved very far from its original high purpose of discovering and producing useful new drugs."*

*"Now primarily a marketing machine to sell drugs of dubious benefit, this industry uses its wealth and power to co-opt every institution that might stand in its way including the US Congress, the FDA, academic medical centers, and the medical profession itself."*

– DR. MARCIA ANGELL

(FORMER EDITOR-IN-CHIEF OF THE NEW ENGLAND JOURNAL OF MEDICINE)

Not only are these companies making a fortune, they also keep raising their prices. And why wouldn't they? They have no competition. Unlike most drugs that only have 10 years of patent protection, insulin has unlimited protection.

Yes, insulin is classified as a biologic drug which current law protects from generic versions. So don't expect discounts any time soon.

Corporate greed and corruption would all be worth it if these drugs actually worked. Unfortunately, not only do they not work, they cause a slew of other problems.

## Toxic Drugs

Few people realize that prescription drugs have become a leading cause of death. **Drugs caused more than 2.2 million hospitalizations and 110,000 hospital-based deaths last year alone!**

Women, elderly people, and people with disabilities are least used in clinical trials, although they are the most affected.

Prescription drugs are now killing far more people than illegal drugs. And for the first time ever, more people were killed by prescription drugs than all motor vehicle accidents.

"Pharmageddon" is upon us. Pharmageddon is "the prospect of a world in which medicines produce more ill-health than health and when medical progress does more harm than good". And it is no longer a prospect, but fully upon us.

## Medications

The medical establishment uses several toxic pharmacological therapies in a deliberate but misguided attempt to control and suppress the symptoms and complications of high blood sugar. These drugs are ineffective and can damage the kidneys, liver, and heart when used for long periods of time.

Some of these drugs are very dangerous. In 2007, an investigation found that Avandia increases the risk of heart attack, heart failure, and death.

This means that up to 100,000 deaths were potentially caused by this drug. (Drugs are supposed to help you – not shorten your life.) Just look at the scary side effects of these drugs:

## CLASS OF DRUG: BIGUANIDES

**Common Name:** Metformin (Glucophage), Phenformin, Buformin

**Side Effects:** Lactic acidosis (Can lead to death), nausea, headache, bloating, flu-like symptoms, immune depression, kidney damage, liver damage, upper respiratory infection, lung dysfunction, abnormal stools, chest discomfort, hypoglycemia, constipation, increased heart rate, muscle pain, nail disorders, increased sweating, light headedness, vitamin deficiency.

## CLASS OF DRUG: SULONYLUREAS

**Common Name:** Chlorpropamide (Diabinese), Acetohexamide (Dymelor), Glicazide (Glucotrol), Glimepiride (Amaryl), Glipizide (Glucotrol), Glyburide (Micronase, Diabeta, Glynase), Tolbutamide (Orinase), Tolazamide (Tolinase)

**Side Effects:** Hypoglycemia, headaches, increased heartbeat, diarrhea, nausea, itching, vomiting, anemia, kidney damage, liver damage, heart problems, inflammation, immune depression, frequent infections, blood disorders, leucopenia, blurred vision, yellow skin, muscle pain, organ damage, obesity, joint pain, skin rash, autoimmune disorders.

## CLASS OF DRUG: MEGLITINIDES

**Common Name:** Nateglinide (Starlix), Repaglinide (Pradin), Mitiglinide

**Side Effects:** Flu-like symptoms, headache, back pain, drowsiness, joint infections, organ damage, coughing, immune depression, frequent infection, damage to pancreatic cells, hypoglycemia, blurred vision, seizures, coma, allergic reactions, autoimmune disorders.

## CLASS OF DRUG: THIAZOLIDINEDIONES

**Common Name:** Pioglitazone (Actos), Rosiglitazone (Avandia), Troglitazone (Rezulin)

**Side Effects:** Congestive heart disease, hepatitis, edema, obesity, flu-like symptoms, headache, nausea, cold sweat, inflammation, bloating, obesity, muscle aches, blood disorders, liver damage, kidney damage, hypoglycemia, blurred vision, shaking, seizures, coma, heart failure.

## CLASS OF DRUG: ALPHA-GLUCOSIDASE INHIBITORS

**Common Name:** Acarbose (Glucobay, Precose)

**Side Effects:** Flu-like symptoms, nausea, headache, inflammation, obesity, bloating, diarrhea, hyperglycemia, cold sweats, blurred vision, light headedness, shaking, seizures, coma, organ damage.

And these are just the documented side effects of these drugs. This list doesn't include rare symptoms that are completely unexplained. Insulin Therapy isn't much better.

## Insulin (Hormone) Therapy

If none of the drugs listed above help control your blood sugar levels, the next thing doctors try is insulin injections.

If you're a Type 1 diabetic, insulin makes sense. But as a Type 2 diabetic, insulin only leads to more problems.

The body regulates insulin levels perfectly in response to what you eat. Any attempt to replace this autonomic control causes major problems in the long run. The use of synthetic insulin disrupts the body's natural homeostasis. It forces your body to shut down its own production of insulin.

**Again, synthetic insulin doesn't address the root cause of high blood sugar and can potentially only makes things worse.**

Just look at the list of side effects below of what insulin therapy can do to your body:

- » Nausea
- » Headache
- » Heart palpitations
- » Blurred vision
- » Numbness around the mouth
- » Tingling sensation in the fingers
- » Muscle weakness
- » Irritability
- » Loss of consciousness
- » Skin reactions (redness, itching, swelling, or rash)
- » Body swelling
- » Weight gain
- » Hormonal imbalance
- » Pancreas stops making insulin naturally
- » Amputation
- » Cancer
- » Even death!

## NOTE

If you are already on insulin and will continue with insulin injections, please read the bonus book about the benefits of using natural insulin. Natural insulin is much safer, and the only reason it isn't commonly prescribed is because it can't be patented. In other words, the pharmaceutical companies can't overcharge for it. As in all cases, never change or alter any medication without the advice of your doctor!

Not only do these treatments have a host of potential issue, these "solutions" aren't even effective at prolonging your life.

The *Veterans Affairs Diabetes Trial* (6) followed two groups of veterans with Type 2 diabetes. One group controlled blood sugar with drugs, and the other didn't. The results? The group with controlled blood sugar had the same risk of heart attacks and dangerous complications as the group not controlling blood sugar.

**So, these medications won't improve or extend your life.**

Medicine isn't supposed to cause more problems than it solves. But that's exactly what modern medicine does. If you're still not convinced, keep reading.

## Fabricated Results

Every day Americans are subjected to a barrage of advertising by the pharmaceutical industry. They feature beautiful people enjoying themselves in the great outdoors, pitching the benefits of so-called breakthrough treatments.

But are any of these benefits true? Aren't the pharmaceutical drugs tested? Aren't there studies proving they're safe and effective?

**The pharmaceutical industry sponsors 90% of published clinical trials.**

Just tell me who's funding the study, and I'll tell you the result ... before they even start.

It's clear there is a deep conflict of interest in pharmaceutical companies sponsoring trials on their own drugs. Industry-sponsored trials are four times more likely to produce positive results than independently run experiments.

Producing positive results is clearly not left to chance. Some trials are manipulated by comparing a new drug to inadequate doses of another useless drug. Trial patients are selected by the ones most likely to react well to the given experimental medication.

Many of the trials that fail to show positive results or too many dangerous side effects are simply buried.

For example, take the anti-depressant drug Reboxetine. All the evidence suggested Reboxetine was safe and effective. Later it was found that out of seven trials conducted, only one had positive results. (7) Guess which one they published?

This is just one example; all drug companies operate like this. You just can't trust the results drug companies give. Their decisions are based on profits.

**Most so-called studies aren't based on real scientific truth anymore.**

The truth is that most pharmaceutical drugs don't work. In fact in most cases, you would probably do better without taking anything at all.

# Do Current Treatments Work?

No. The current treatments just don't work. You may think that the medication they're giving you will help your condition, but the reality is very different. And you already know this happens if you've been chronically ill for some time.

## Typical Progression of Diabetes Using Medical Treatments



When you're first diagnosed, your doctor puts you on a single medication. And in the beginning, this actually improves your blood sugar levels. But over time, no matter what drug you take, the effects eventually wear off.

## 16 • THE TRUTH ABOUT HIGH BLOOD SUGAR

So you end up on a second medication or a third medication as your doctors does his best to stabilize your sugar. This pretty much happens to everybody.

Eventually, you end up on a little bit of insulin ... then more insulin ... then more and more insulin.

The people on the fewest drugs are the ones doing better.

So the fact is, over the years and despite what everyone tells you, your high blood sugar, even if you're NOT diabetic, is just getting worse and worse and worse.

So whether your sugar goes up or down from the medication they prescribe, your condition is actually getting worse. And multiple studies have proven this.

The UKPDS12 (United Kingdom Prospective Diabetes S12tudy) (8) was a huge study undertaken in the UK to see if intensive blood glucose lowering in Type 2 diabetes would prevent organ damage over the long run.

Although the drugs were certainly successful at lowering blood sugar levels, they were unable to find any evidence that taking drugs reduces heart attacks or strokes, decreases the likelihood of leg amputations, or improves life expectancy.

Not only did they find that current treatments don't work, they also discovered that they caused an increased risk of hypoglycemia and weight gain.

Still don't believe drug companies have been lying about the benefits and results of their drugs? Let's just look the lawsuits.

## Lawsuits

Here is a list of the 20 biggest lawsuits against the drug companies. (9) There are literally thousands of lawsuits and settlements that I couldn't list in this book. The amount of corruption in the industry is appalling.

YEAR	COMPANY	SETTLEMENT	VIOLATIONS
2012	GlaxoSmithKline	\$3 Billion	<ul style="list-style-type: none"><li>• Failure to disclose safety data</li><li>• Paying kickbacks to physicians</li></ul>
2009	Pfizer	\$2.3 Billion	<ul style="list-style-type: none"><li>• Doctor Kickbacks</li></ul>
2013	Johnson & Johnson	\$2.2 Billion	<ul style="list-style-type: none"><li>• Doctor Kickbacks</li></ul>
2012	Abbott Laboratories	\$1.5 Billion	<ul style="list-style-type: none"><li>• Illegal Promotion</li></ul>

YEAR	COMPANY	SETTLEMENT	VIOLATIONS
2009	Eli Lilly	\$1.4 Billion	<ul style="list-style-type: none"> <li>Illegal Promotion</li> </ul>
2001	TAP Pharmaceutical	\$875 Million	<ul style="list-style-type: none"> <li>Medicare Fraud</li> <li>Doctor Kickbacks</li> </ul>
2012	Amgen	\$762 Million	<ul style="list-style-type: none"> <li>Illegal Promotion</li> <li>Doctor Kickbacks</li> </ul>
2010	GlaxoSmithKline	\$750 Million	<ul style="list-style-type: none"> <li>Poor Manufacturing Practices</li> </ul>
2005	Serono	\$704 Million	<ul style="list-style-type: none"> <li>Illegal Promotion</li> <li>Doctor Kickbacks</li> </ul>
2008	Merek	\$650 Million	<ul style="list-style-type: none"> <li>Medicare Fraud</li> <li>Doctor Kickbacks</li> </ul>
2007	Purdue Pharma	\$601 Million	<ul style="list-style-type: none"> <li>Illegal Promotion</li> </ul>
2010	Allergan	\$600 Million	<ul style="list-style-type: none"> <li>Illegal Promotion</li> </ul>
2010	AstraZeneca	\$520 Million	<ul style="list-style-type: none"> <li>Illegal Promotion</li> </ul>
2007	Bristol-Myers Squibb	\$515 Million	<ul style="list-style-type: none"> <li>Medicare Fraud</li> <li>Doctor Kickbacks</li> <li>Illegal Promotion</li> </ul>
2002	Schering-Plough	\$500 Million	<ul style="list-style-type: none"> <li>Poor Manufacturing Practices</li> </ul>
2006	Schering-Plough	\$435 Million	<ul style="list-style-type: none"> <li>Medicare Fraud</li> <li>Doctor Kickbacks</li> <li>Illegal Promotion</li> </ul>
2004	Pfizer	\$430 Million	<ul style="list-style-type: none"> <li>Medicare Fraud</li> <li>Doctor Kickbacks</li> <li>Illegal Promotion</li> </ul>
2008	Cephalon	\$425 Million	<ul style="list-style-type: none"> <li>Illegal Promotion</li> </ul>
2010	Novartis	\$423 Million	<ul style="list-style-type: none"> <li>Doctor Kickbacks</li> <li>Illegal Promotion</li> </ul>
2003	AstraZeneca	\$355 Million	<ul style="list-style-type: none"> <li>Medicare Fraud</li> </ul>

YEAR	COMPANY	SETTLEMENT	VIOLATIONS
2004	Schering-Plough	\$345 Million	<ul style="list-style-type: none"> <li>• Medicare Fraud</li> <li>• Doctor Kickbacks</li> </ul>

## Government Protection?

What about the government, you ask? Doesn't the Food and Drug Administration (FDA) step in and make sure drugs and treatments are safe and effective?

Well ... that's what it was first created for, but today, it doesn't work anything like that anymore. Pharmaceutical companies have been spending millions of dollars lining the pockets of corrupt politicians in order to keep the drugs flowing.

In fact, most of the top executives at the FDA either worked for pharmaceutical companies in the past or were offered high paying jobs right after their term.

Listen. It's easier to believe what you've been told and follow everyone else rather than think for yourself. This is part of human nature. We want to believe that what the drug companies and government tells us is true. Unfortunately, most of it is isn't.

This disinformation is driven into people's minds to such an extent that hearing anything different sounds crazy to them.

If people knew the truth, these industries would lose huge profits because the financial "health" of these operations depends on them having complete control about what the public knows about their own nutrition and health.

Unfortunately, you just can't trust the nutritional information provided by the government anymore. We have to start listening to our bodies.

Diabetes as a general condition, is all about the money, and the pharmaceutical companies are making a killing off of your suffering. Drugs and insulin therapy used to be your only option, but neither is a good option.

In the next chapter, I'll show you a new science. One that is not driven by profits, but instead, one that is driven to put an end to all of the pain and suffering caused by the condition.

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## PART 2

# THE HIGH BLOOD SUGAR REMEDY

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# CHAPTER 3

## THE BREAKTHROUGH DISCOVERY

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In the next few chapters, you'll learn how a series of breakthroughs led to the discovery of the true cause of high blood sugar – something the medical industry has suppressed for years.

It all started when a colleague of mine sent me an email of a study he came across. At the time, I was struggling for answers. I had made some progress on my own, but I was stuck. And then I read this.

### Obesity Surgeon Finds the Cure

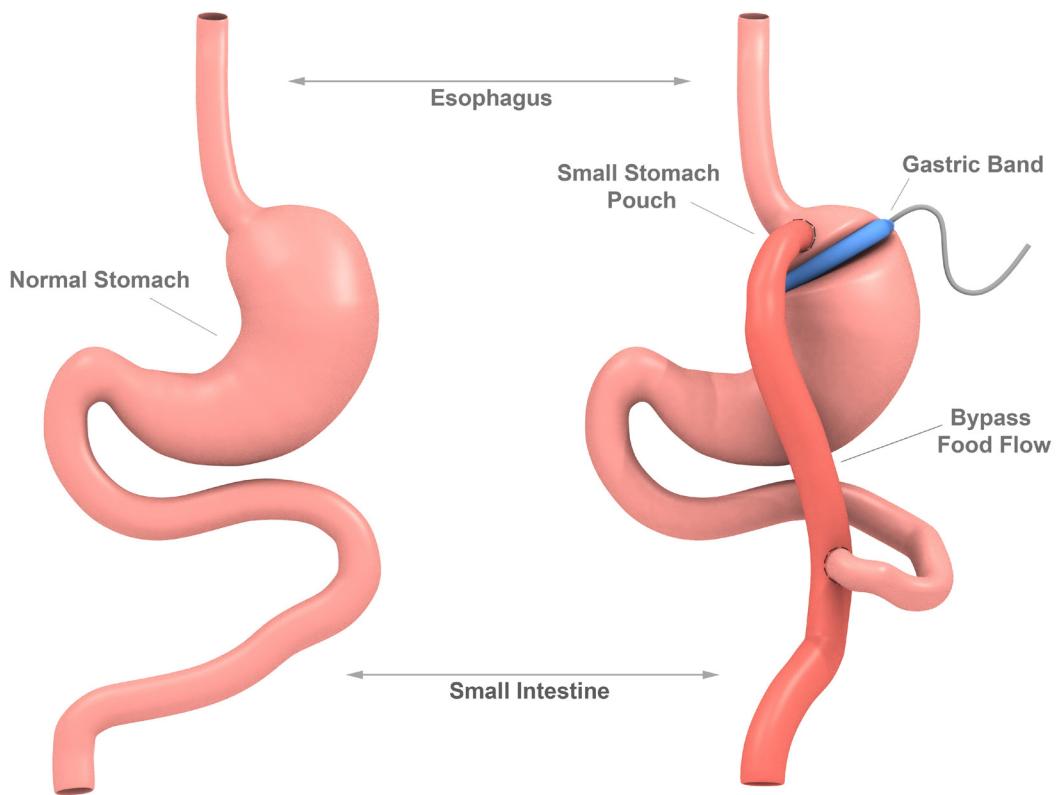
The study was written by a professor from Newcastle University. Dr. Roy Taylor runs their Diabetes Research Group, and his research will change the lives of millions.

Although he's met a lot of opposition, he's found a way to publish a paper in a respected medical journal. The first few times he tried to publish this study, he was turned down. Most people didn't believe the results.

Even he didn't believe it at first. As a medical student, you're told that people with high blood sugar get steadily worse and eventually need insulin. Everyone sees high blood sugar as a progressive and eventually an incurable disease.

What makes the resistance to Dr. Taylor's research so surprising is that for years it's been known that high blood sugar can be reversed through extreme calorie restriction – most notably through gastric bypass (weight loss) surgery.

Dr. Taylor first learned about the link between gastric bypass surgery and diabetes in the 1980s when he visited a surgeon named Walter Pories. Gastric bypass surgery is where they use a clamp to reduce the size of your stomach so you get full easier and don't eat as much.



Dr. Pories had been studying weight loss surgery on obese patients. One of those studies followed 608 extremely obese patients for 14 years.

The results of gastric bypass surgery on weight loss were spectacular and more than just weight loss. Patients also saw significant improvements in their health including lower blood pressure, improvement in sleep, and a huge drop in their risk of dying from heart disease.

But to Dr. Taylor, there was one thing of particular interest – of the 608 patients in the study, 311 had pre-diabetes or full Type 2 diabetes. And what he discovered shocked him.

### **For most of these patients, their blood sugar levels returned to normal shortly after surgery!**

Their diabetes cleared in just days, and most of the patients left the study as non-diabetics. They no longer had to take their diabetes medication, even those on insulin.

Even more impressive is that 14 years later in a follow up study, 83% of the former diabetics still had normal blood sugar levels. They were cured!

The only problem was that weight loss surgery is not an easy option. There are serious complications when things go wrong, from diarrhea to infections and even death. In addition, it didn't work in all cases. About 20% of the patients still had diabetes despite having bypass surgery. Still, Dr. Taylor knew he was on to something.

## Fatty Liver and Pancreas

It's well known that the hormone responsible for storing fat is insulin. The more insulin you have, the easier it is to gain weight. That's why most people with high blood sugar are overweight.

Belly fat is particularly dangerous because it clogs up organs like your liver and pancreas. You may have not known that your liver can become "fatty", but it's actually one of the first places your body stores fat. Many individuals with the former condition are also diagnosed with Fatty Liver Disease or NAFLD.

Dr. Taylor's research suggested that it's the buildup of fat inside the liver and pancreas that causes all the trouble. These two organs are the ones responsible for controlling insulin and blood sugar levels. And as the fat builds up, they stop working properly.

Everyone has a different threshold of how much fat they can store in their liver and pancreas before they stop functioning. Genetics seem to play some role in how much an individual can store.

The good news is that however clogged up you are, you can quickly clean out your liver and pancreas (the program in this book does just that), reversing your condition and restoring normal blood sugar levels.

The bad news is, if you don't clean out your liver and pancreas, you will not only experience the complications from years of prescription drug use, you may also permanently damage these organs.

## The New Castle Study

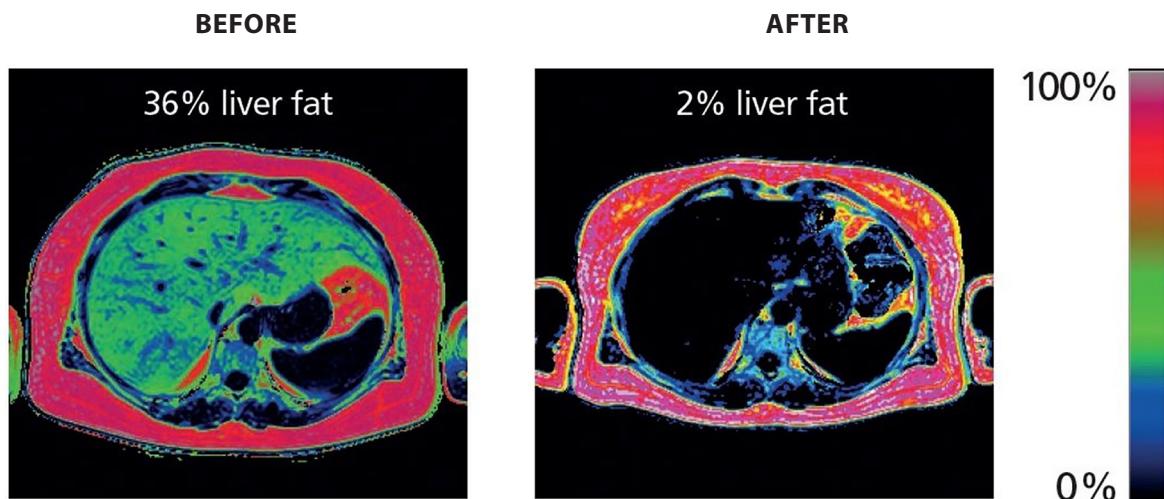
As soon as Dr. Taylor realized the significance of this discovery, he came up with a calorie-restricted diet that mimicked what patients ate after gastric bypass surgery. That way, the fat could be cleared out of the liver and pancreas without surgery.

First, he needed to be able to measure exactly what was happening to the levels of fat in the liver and pancreas of his patients. For that, he used an MRI machine that happened to be available at the university.

Next, he needed funding, but with most funding coming from pharmaceutical companies these days, he needed to look elsewhere. They didn't want a cure to jeopardize their profits. Lucky for him, he found a nonprofit organization to give him enough money for a small study of 14 patients.

These patients were taken off of their blood sugar medications and given a strict, calorie-restricted diet for eight weeks.

As the fat clogging up their livers melted away, their symptoms improved. And by the end of the eight weeks, many of them saw drastic improvements in their fatty livers. Just look at a MRI scans from one of those patients.



For the volunteers that stuck to the diet for the full eight weeks, they lost an average of 33 pounds and 5 inches off their waistlines. Even more impressive, 100% of these patients saw their blood sugar returned to normal. Now these people were pre-diabetics or folks that were recently diagnosed. So Dr. Taylor created a second study to find out whether this would work with long-term, Type 2 diabetics.

### **The results were almost as incredible!**

The second study was published in 2015 and tested 29 people who had Type 2 diabetes for either 4-8 years or more than 8 years. Again, they found that those who stuck to the diet got great results.

In this study, 87% of the group who had been diabetic 4-8 years and 50% of those who had diabetes for more than 8 years completely reversed their diabetes. Their blood sugar was back to normal without any medication.

Dr. Taylor's discovery has shown that Type 2 diabetes can be reversed in very motivated people. But I knew there was more to this story. Not all of the patients reversed their diabetes, and I couldn't expect people to starve themselves to get these incredible results.

# CHAPTER 4

## THE TRUE CAUSE OF HIGH BLOOD SUGAR

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In the last chapter, we learned that fat in the liver and pancreas was connected to high blood sugar. But why does your liver and pancreas clog up in the first place?

This stumped me for years. I had my mind wrapped up around sugar being the main culprit. All of my research focused around sugar, but sugar alone wasn't the answer. I kept researching until I discovered the information I'm going to share with you today.

I can't stress how important this is. This discovery is a true medical breakthrough that can end diet induced high blood sugar levels for good.

People just need to forget the medical establishment's narrative that this condition is not reversible. (They just want to peddle prescription drugs to manage the symptoms!)

Once you understand the true root cause, you'll see how easy it is to fix.

High blood sugar isn't the lack of insulin in your body or insulin resistance as you've been told. That's only part of the story. The true cause is something completely different.

Before we get to that, I want to explain something very important.

*The human body is one of the most complicated and incredible things in the entire universe. It's so complex that we may never fully understand how it all works. The only way to treat yourself is to give the body what it needs so it can cure itself.*

To understand the true root cause, we are going to have to get a little more detailed on how your cells use energy. I've done my best to simplify my ideas, but if you don't understand a concept, don't worry. The solution to all of this is super simple, and we'll get to that in Part 3 of this book.

## The TRUE Cause of High Blood Sugar

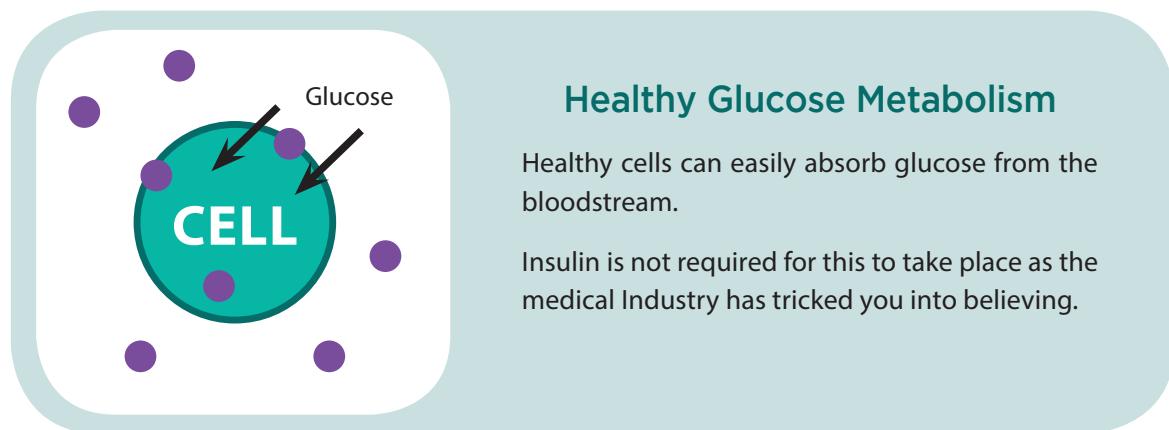
This is by far the most important factor in developing chronic high blood sugar, so read carefully.

Your body is made up of trillions of cells, and each one of them needs energy to survive – just like you do. Your cells feed primarily off sugar in the form of glucose.

Everything you eat ultimately gets converted into glucose and sent into your bloodstream.

In a perfectly healthy environment, glucose is easily absorbed through the cell wall. The cells don't require insulin to absorb glucose (this is a myth). (10) (11)

Now here's the **true cause** of high blood sugar "they" don't want you to know.

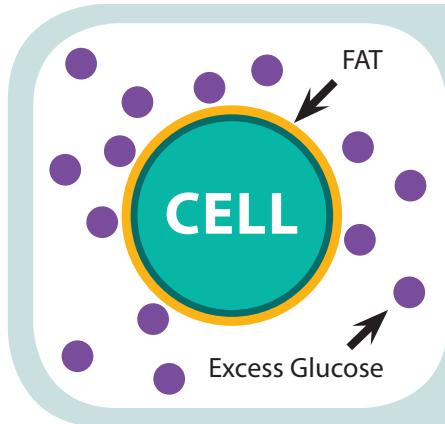


When you eat a typical meal, say pork chops and potatoes, you take in a good amount of fat and glucose – fat from pork chops that might be fried and glucose from the broken-down carbohydrates from the potatoes.

Now, if you took some of your blood after this meal and put it into a centrifuge (a machine that spins things really fast), you'd separate the red blood cells from everything else. And what you'll see floating at the top is a murky layer of fat. The fat you ate for dinner is now traveling through your arteries.

If your body has a high amount of fat floating in your blood (lipids), your cells get coated with a layer of fat. This makes it impossible for glucose to enter the cell. Cells become weak, and sugar builds up in your blood stream because it's not being absorbed by the cells.

(Insulin resistance can be created in laboratory animals by injecting fat directly into their liver blood supply)



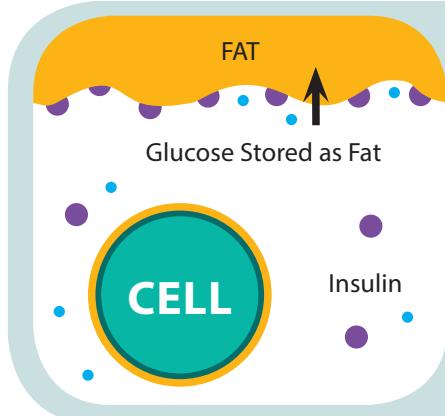
### High Lipid Glucose Metabolism

High blood lipids (FAT) are very sticky and coat the outside of your cells, making it very difficult for the glucose to be absorbed by the cells.

This is why your blood sugar spikes, and you still feel tired. High blood sugar is dangerous, and that's where insulin comes in.

Insulin is how your body deals with excess glucose in the bloodstream. I know that you know that high blood sugar levels can be very dangerous. They can knock you unconscious, leave you in a coma, or even cause death!

In order to deal with this excess glucose and protect your body from harm, your pancreas creates insulin which then grabs excess glucose and stores it as fat. This is also the main reason those with chronic high blood sugar tend to be overweight. Insulin forces your body to store more fat.



### Insulin Function

The body releases insulin to get rid of excess glucose in the bloodstream. Without insulin, your body would go into shock.

While taking insulin injections does help the body recover from the damage caused by high blood sugar, it doesn't address the underlying cause.

Since the way you've been eating has caused your cells to be chronically covered in fat and your blood filled with sugar, your pancreas has to produce an excessive amount of insulin day after day.

**TO CLARIFY – THE TRUE CAUSE OF HIGH BLOOD SUGAR  
IS TOO MUCH FAT AND TOO MUCH SUGAR IN  
YOUR BLOODSTREAM AT THE SAME TIME.**

It's not that either fat or sugar is bad for you. It's when you eat excessive amounts of both with every meal on an ongoing basis which causes the chronic issue.

For example, you could eat a diet that's pure sugar, and as long as you eat little to no fat, your condition would reverse. In fact, a raw, fruit-only diet does exactly that, and it's super high in sugar.

The same goes for a diet high in fat. You can eat all the bacon and butter you want as long as you don't eat any sugars or carbohydrates at the same time.

We'll get to exactly what to eat to support healthy glucose regulation in the next section, but for now, let's connect what we just learned to what we discovered in the last chapter.

## An Overworked Liver

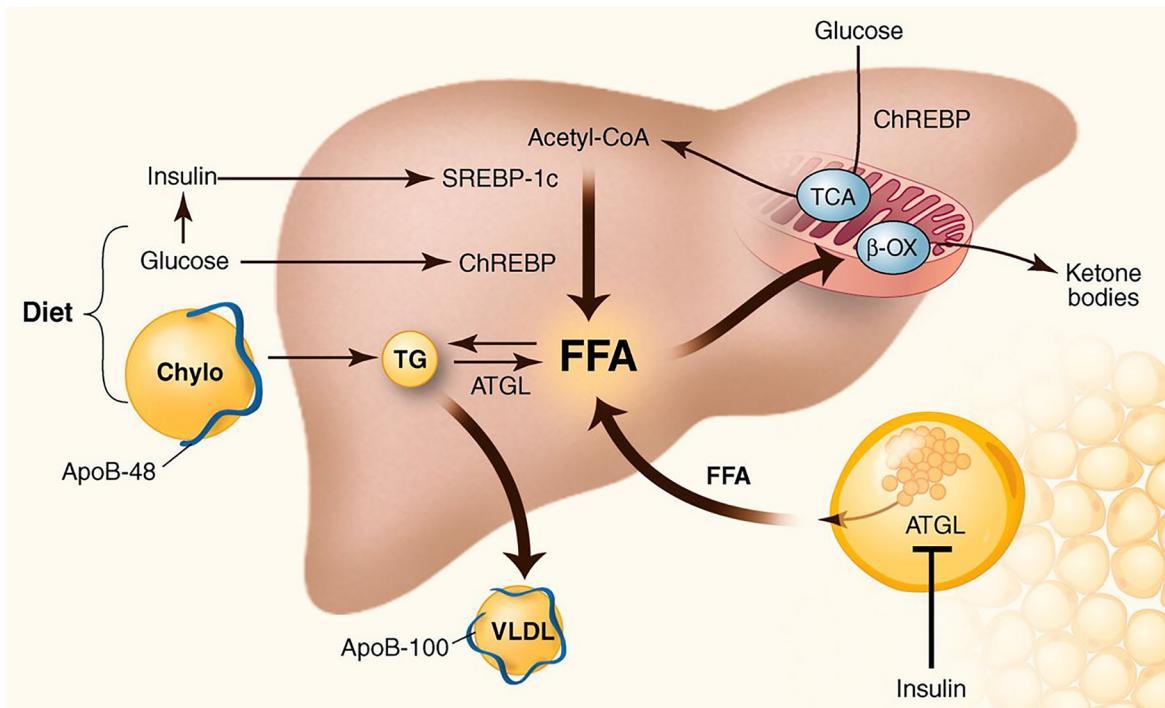
Your liver receives 30% of the blood circulating in your system every minute. It's your very own chemical plant, helping remove harmful toxins and distributing and storing essential nutrients for your body.

Your liver's role in the chronic condition of high blood sugar is the one most ignored by doctors. I bet you didn't know that your liver plays a bigger role in leveling your blood sugar than your pancreas plays.

**In fact, when doctors at John Hopkins University autopsied diabetes patients, they found that only 2% had degenerated pancreases, while 98% had degenerated livers!**

The liver serves two important functions. First, your liver can remove a tremendous amount of excess glucose from your bloodstream.

But maybe even more important is its ability to remove excess fat! Yes, the same fat that coats your cells and prevents them from using glucose.



As I stated before, the true cause of high blood sugar has to do with high levels of fat lipids in the blood with high levels of glucose. If your liver isn't functioning properly, it won't be able to do its job of removing fat and sugar from the blood.

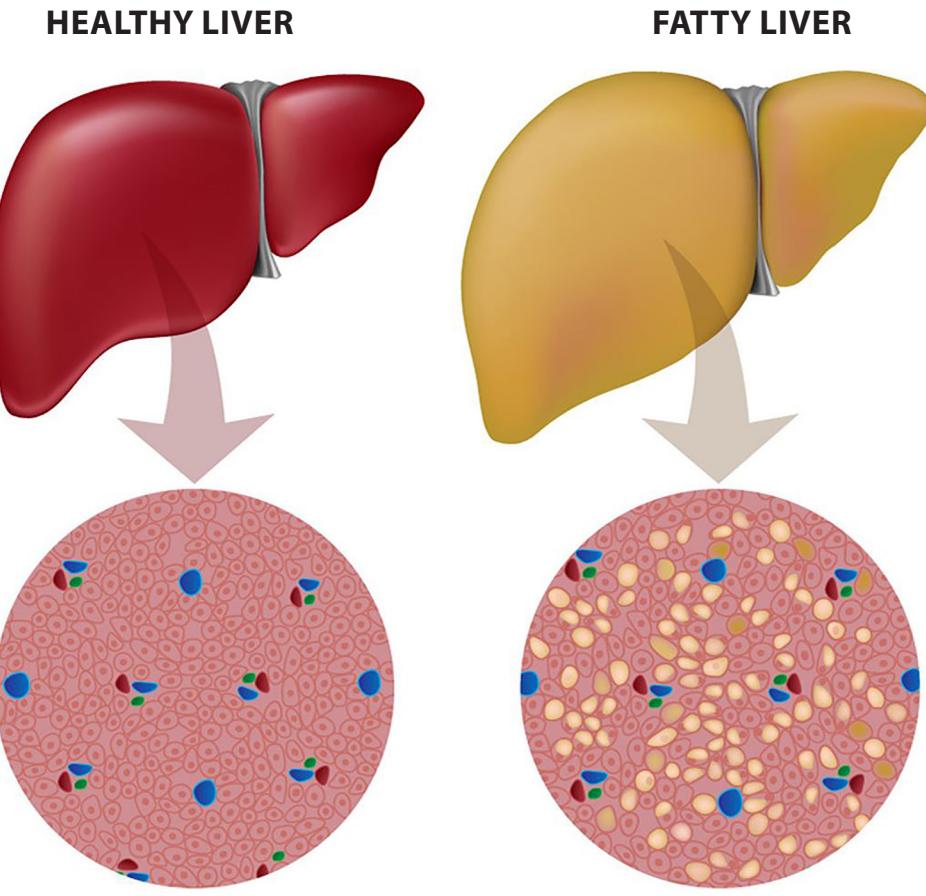
Unfortunately, your liver was never designed to deal with our modern diet. And I'm here to tell you, the way you are eating is the cause of your diabetes. But don't worry; you don't have to give up the foods you love. As you'll soon learn, you just need to make a few simple adjustments.

## Why Your Liver and Pancreas Get Clogged

As I've said before, the true cause of high blood sugar is too much fat AND too much sugar at the same time. Eating the Standard American Diet year after year covers your blood cells in fat, and your excess blood glucose gets out of hand.

Your body only has one choice – release more insulin. As you learned earlier in the book, Type 2 diabetics have too much insulin.

Insulin's primary role is to signal the liver to store excess sugar as fat. And since the easiest place for your body to store fat is your liver, that's exactly why it gets clogged up so quickly. As soon after that, the pancreas gets clogged as well.



As you can see in the illustration above, a fatty liver looks very different from a healthy liver. And they function very differently as well.

So the key to reversing the condition of high blood sugar is supporting your body by cleaning out your liver and pancreas and getting them working normally again so your body can heal itself. Start by eating the right way, so they never get clogged up again.

Giving those with high blood sugar more insulin is insane. Excess insulin is the reason your liver clogs up in the first place. This is why sufferers get worse and worse once they start taking insulin.

You don't have to go down that path anymore. You don't need to suffer through the horrible complications of high blood sugar anymore, because you know the true cause ...

**A fatty, non-functioning liver and pancreas are caused by too much sugar and fat in the bloodstream at the same time.**

But how do you fix all this? Easy, by following the Sugar Balance Program! In the next part of this book, we'll go into The Sugar Balance Program, and I'll give you a 3-step plan anyone can follow to completely reverse diabetes. So let's begin.

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PART 3

**THE SUGAR  
BALANCE PROGRAM**

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# REDUCING HIGH BLOOD SUGAR IN JUST DAYS

So far, I've explained the background to the current high blood sugar epidemic, the standard medical treatments and their dangers, and the new science that completely reverses diabetes for good!

Now it's time to get to the specifics of the Sugar Balance Program. I've spent my entire adult life studying human health, and I promise you, this program works!

## Actual Results

*"I am writing to report the good news. I followed the Sugar Balance Program with the liver cleansing and pancreas healing. I cannot believe the result is so good and true. In less than 4 weeks, my blood sugar dropped from 154 to 75. I deeply appreciate your effort in helping high blood sugar sufferers."*

SUGAR BALANCE SUCCESS STORY – FELICE

Just follow this easy, 3-Step Program, and you'll be shocked at how quickly your blood sugar stabilizes and your symptoms disappear. Follow these simple steps and watch in amazement as you balance your sugar levels naturally!

**STEP  
1**

### **Cleanse Your Liver & Pancreas**

The proper functioning of your liver and pancreas is crucial to naturally balancing your blood sugar levels. In this first step, you'll use a powerful combination of herbs in a delicious shake that gently cleanses and reactivates the cells in your liver and pancreas.

**STEP  
2**

### **The Sugar Balance Diet**

The diet is simple. We've broken down the diet into easy-to-understand guidelines, so you can't go wrong. You'll get a choice of two fasting options and can eat as much as you want of the delicious recipes in the members area!

**STEP  
3**

### **OPTIONAL - Get Some Exercise**

For those who would like to accelerate their results, adding some light exercise such as walking is a great idea. Exercise helps burn up excess sugar and clear out deposits of fat from the liver and pancreas.

Once you start seeing results, remember to send us a testimonial so we can share it with others and showcase the benefits of this powerful program.

What are you waiting for? Let's get you started!

# **IMPORTANT!**

**DO NOT STOP TAKING YOUR MEDICATION OR INSULIN.**

**CHECK YOUR BLOOD SUGAR OFTEN AND WORK WITH YOUR DOCTOR TO ADJUST THE DOSAGE OF YOUR MEDICATION OVER TIME.**

## Before You Start

I've been critical of doctors in the earlier sections of this book, but I'm not anti-doctor. Most are good, hard-working people who have just been misinformed through what they've learned in medical school. (Hint: Big Pharmaceutical companies sponsor the medical curriculum!)

So it's important to talk to your doctor before starting this program. This is especially true if you are on any medication. You'll need their help to safely taper off these drugs.

As a general rule, if your blood sugar drops to normal or below normal for a few days, you may need support to lower the dose of your medication. Ask your doctor for guidelines in advance with specific blood sugar targets as well as how much to drop the medication.

I wish I could give you my recommendations on how to cut your medication without seeing you in person, but that just isn't possible. So you'll have to work with your doctor.

While many doctors will be delighted that you are taking responsibility for your health, some may be unimpressed. If yours is in the second group, it may be time to find another doctor.

While some may attempt to do this program without the help of a doctor, I strongly advise against it.

Use extra caution if any of the following applies to you:

- » You are on insulin or a medication other than metformin (if you are, your doctor may need to reduce those medications quickly to avoid your blood sugar from dropping too quickly).
- » You are on blood pressure or blood-thinning medication (your doctor might most likely have to reduce or come off them completely).
- » You have moderate or severe retinopathy (if so, you should have extra screening for six months following the completion of this program).
- » You are pregnant or breast-feeding (may be best to wait until after you).
- » You have a significant psychiatric disorder or a form of epilepsy (talk to your doctor).
- » **NOTE:** You should not do this program if you are recovering from major surgery.

Having said that, there are a few things to keep in mind before you get started.

## AVOIDING HYPOGLYCEMIA

Those who normally have chronically high blood sugar are always at risk of losing consciousness if blood sugar falls very low suddenly. If you measure your blood sugar often, and work with your doctor to lower your medication, this should not be a problem.

However, to be on the safe side, it's a good idea to have a Glucagon Emergency Kit handy that someone can use if you become unconscious from very low blood sugar.

Glucagon is sold in pharmacies. It's a syringe filled with a sugar like substance. More information visit: [www.lillyglucagon.com](http://www.lillyglucagon.com)

## Tests You Should Have Done

Before undergoing any new treatment, or attempt to start the Sugar Balance Program, it's always a good idea to visit your doctor to get a clean bill of health. It's always a good idea to start with some basic blood work to look for anything serious.

Make sure to ask for the following tests:

- » A1C (long-term blood sugar levels)
- » CBC (complete blood count)
- » Kidney function tests (urea and electrolytes)
- » Liver function tests (including GGT)
- » Blood lipids profile

It's also a good idea to measure your weight and waist size. Remember to take before-and-after pictures so you can fully appreciate how much of a change you've gone through in eight short weeks.

# CHAPTER 5

## CLEANSING YOUR LIVER & PANCREAS

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As you learned in Part 2, your liver and pancreas play the biggest role when it comes to high blood sugar. You also learned that the way to naturally balance your glucose is to cleanse your liver and pancreas and restore their normal function.

The reason we cleanse your liver and pancreas is so they can start working properly, cleaning out the fat in your blood stream, and metabolizing excess glucose, 24 hours a day.

Unfortunately, if you already have chronic high blood sugar, your liver and pancreas have been clogged for quite some time.

In order to restore this function naturally, we are going to need the help of some powerful herbs. For many, restoring liver and pancreatic function just isn't possible without these herbs.

**I can't stress how important these herbs are to naturally balancing blood glucose. They are essential to successfully managing healthy sugar levels on an ongoing basis.**

We've had thousands of people go through the program and I can guarantee you these herbs are powerful, and the results for high blood sugar sufferers are nothing short of extraordinary.

Let's look at the individual herbs to understand their true potential.

INGREDIENT	PROPERTIES
Jie Geng Extract (Platycodi Radix)	Jie Geng improves glucose homeostasis by enhancing insulin sensitivity. The active saponins can lower cholesterol levels in the liver and promote bile acid secretion.
Licorice Root Extract (Glycyrrhizae Radix)	Licorice root contains substances with an anti-diabetes effect. These amorfrutins not only reduce blood sugar, they are also anti-inflammatory and very well tolerated. Licorice root is effective at reducing ALT and AST concentrations in the liver.
Schizandreae Chinese Fruit Extract (Schizandreae Fructus)	Schizandra is used in China to regulate blood sugar levels, reduce high cholesterol, and improve overall health. It also improves liver function and provides relief from Fatty Liver Disease.
Shepherd's Purse Extract (Capsella Bursa)	Shepherd's Purse stimulates circulation, helps stabilize blood sugar levels, and eliminates liver congestion.
Astragalus Membranaceus Bunge Extract	This extract improves blood sugar levels and protects the liver from cellular dysfunction and liver fibrosis.
Lycium Fruit Extract (Lycium Barbarum)	Lycium fruit has been used for centuries in China for its anti-aging properties and longevity enhancements. It's also used in the treatment of diabetes as it protects and tones the liver.
Chicory Extract (Cichorium Intybus)	Chicory has a long history of herbal uses and tonic effects on the liver and digestive tract. It is used widely as a hypoglycemic.
Polygonati Rhizoma Extract	Rhizome extract reduces fasting blood glucose, decreases glycosylated hemoglobin (GHb), and improves glucose tolerance.
Fenugreek Seed Extract	Fenugreek seeds are high in soluble fiber. The seeds have a number of health benefits, one of which is lowering blood sugar by slowing down digestion and absorption of carbohydrates.
Balloon Flower Root Extract (Platycodon Grandiflorus)	Balloon Flower Root is used as an anti-bacterial and an anti-fungal, and it has shown anti-tumor activity in animals. It lowers blood sugar and helps flush out liver parasites.
Solomon's Seal Extract (Polygonatum Biflorum)	Solomon's Seal contains chemicals that decrease blood sugar levels and harmonize the liver while helping to remove fat deposits.

INGREDIENT	PROPERTIES
Mulberry Leaf Extract ( <i>Morus Alba</i> )	Mulberry leaf has been traditionally used to treat high blood sugar glucose by numerous cultures around the world. Evidence from human studies shows that it significantly reduces the rise in blood sugar that occurs after a meal and helps the liver at the same time.
Dioscorea Japonica Thunberg Extract	Dioscorea Japonica improves muscular strength and increases stamina. It also strengthens liver function and increases immune system resistance. It is a medicinal plant that is known to have anti-diabetes actions.
Neem Leaf Extract	Neem enhances insulin receptor sensitivity and seems to work well for sufferers. It balances the liver and reverses Fatty Liver Disease.

All of these ingredients come together to form the Sugar Balance Shake, which is something that you can make yourself.

## How & Why The Sugar Balance Shake Works

The Sugar Balance Shake is based on over three decades of research and combines these discoveries into a powerful, yet delicious shake. It works synergistically at three levels to provide liver and pancreatic cleansing, healing the underlying problem that caused the condition in the first place. Simple put, this is how it works:

- 1 First, several ingredients work together to manage glucose levels that spike from each meal you eat. This quickly stabilizes your blood sugar levels to prevent any further damage to your liver or pancreas. This is what makes the Sugar Balance Shake work so quickly.
- 2 Next, key ingredients reactivate liver function and balance the Insulin producing receptors in the pancreas. This allows your own body to manage your blood sugar effectively.
- 3 Finally, and most importantly, the remaining ingredients work together to clear out existing fat deposits blocking your liver and pancreas from working effectively. This takes some time, depending on how clogged they are, which is why we recommend taking the Sugar Balance Shake for at least 3 months.

## How To Make The Sugar Balance Shake

I've tried to make this as simple as possible, but you need all these herbs to make the formula work. You can find these ingredients for purchase on the Internet, or even at your local health food store.

Make sure all ingredients are either organic or wildly crafted. It's important all these herbs are of the highest quality or they may not effective:

- » Jie Geng Extract 60mg (Approx. 1/32 tsp)
- » Licorice Root Extract 60mg (Approx. 1/32 tsp)
- » Schizandrae Chinese Fruit Extract 60mg (Approx. 1/32 tsp)
- » Shepherd's Purse Extract 200mg 60mg (Approx. 1/32 tsp)
- » Astragalus Membranaceus Bunge Extract 60mg (Approx. 1/32 tsp)
- » Lycium Fruit Extract 60mg (Approx. 1/32 tsp)
- » Chicory Extract 60mg (Approx. 1/32 tsp)
- » Polygonati Rhizoma Extract 60mg (Approx. 1/32 tsp)
- » Fenugreek Seed Extract 60mg (Approx. 1/32 tsp)
- » Balloon Flower Root Extract 60mg (Approx. 1/32 tsp)
- » Solomon's Seal Extract 60mg (Approx. 1/32 tsp)
- » Mulberry Leaf Extract 60mg (Approx. 1/32 tsp)
- » Dioscorea Japonica Thunberg Extract 60mg (Approx. 1/32 tsp)
- » Neem Leaf Extract 60mg (Approx. 1/32 tsp)
- » Stevia Powder 1000mg (Approx. 1/2 tsp)
- » Cocoa Powder 4000mg (Approx. 2 tsp)

### Directions:

Add all ingredients into a 8oz glass of water. Mix thoroughly with a spoon. Drink immediately.

Take the shake 3x per day, right before each meal.

Ideally, you should continue to take the shake everyday even after your blood sugar stabilizes using the recipe chart above. In doing so, you will continue cleaning and balancing your body so you never have to deal with high blood sugar again.

## SUPPLIER DISCLAIMER

Before making the shake please research all herb brands and suppliers. Unfortunately, we cannot guarantee the effectiveness of the Sugar Balance Program when using ingredients sourced from unknown suppliers for the following reasons:

1. You cannot be certain of the safety of the ingredients (many suppliers use herbs contaminated by pesticides and other toxic chemicals)
2. You cannot be certain about the quality or potency of these products because they may or may not have been tested for strength and effectiveness.
3. You cannot be certain the herbs have not been damaged due to high speed manufacturing practices. (High heat destroys the effectiveness of these ingredients)

## How Much Do You Need?

This is a tough question since I don't know your medical history, how long you've had high blood sugar, or how closely you'll stick to the recommended diets. Having said that, I've put together some guidelines based on what I've learned while working with former high blood sugar sufferers who have gone through the program.

CURRENT HEALTH	RECOMMENDED SUPPLEMENT DURATION
High Blood Sugar For Less Than 3 Years	3 Months
High Blood Sugar For 3-7 Years Or Currently On insulin	3-6 Months
High Blood Sugar For More Than 7 years And On insulin	6-12 Months

**If you have any reservations about herb suppliers or making the Shake yourself, then you may opt to purchase the pre-blended supplement option of Sugar Balance. This is a supplement we produce that contains all of the ingredients listed above at the highest quality and potency.**

## Why We Created Sugar Balance

When we first started sharing The Sugar Balance Program, we used to recommend specific third-party herb suppliers to help support the amazing results of the program. Unfortunately, over time, we began to receive customer feedback on the effectiveness of the program.

Upon research, we discovered the quality of these herbs from various suppliers was very inconsistent (mainly due to lower quality ingredients they were selling in order to increase profits) and these led to customers not seeing the results they expected.

**This did not sit well with us.**

Our corporate mission is to bring health and wellness alternatives to the masses – a revolutionary Sugar Balance Program with products that actually work, are of the highest quality and at a price point that consumers can afford. Naturally, we couldn't continue to recommend a substandard product to our customers.

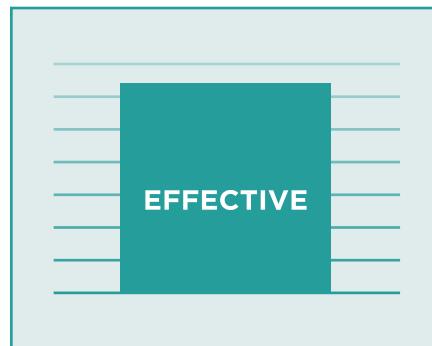
Without any good alternatives, we decided to take matters into our own hands. We spent countless months sourcing the highest quality ingredients available and made sure our supplements were manufactured to the highest standards possible.

## Research

All of these ingredients have been clinically tested and proven effective in double blind studies. They are the result of decades of research from leading universities and research firms around the world.

This is the real deal. It's been thoroughly tested for safety and effectiveness in thousands upon thousands of people.

If you're the type of person who likes to dig into research, you can view the papers and studies that lead to the discovery of the Sugar Balance Program listed in the reference section at the end of this book.



After almost a year of our own internal research and testing, we created Sugar Balance .



Not only does Sugar Balance contain all the ingredients needed at effective dosages, it's also a really cost effective formula.

Sugar Balance is a product that we proudly and confidently stand behind. It contains the highest quality ingredients and has the strongest potency, so our customers can get the results.

Sugar Balance is a guaranteed way to get all the specific herbs used for the shake at effective dosages. And it's available exclusively for Sugar Balance Program customers.

### Sugar Balance Directions

If you've purchased Sugar Balance, making the shake is even easier. Just mix the Cocoa Powder, Stevia and the contents of 1 pill into 8oz of water. Mix thoroughly and drink immediately.

Alternatively, you can skip the Cocoa and Stevia and just take the pill before each meal. Most customers find it much more convenient to swallow a pill than to hassle with mixing the shake. Both methods are just as effective.

## HOW TO GET IT

If you did not order a bottle of Sugar Balance with your purchase of The Sugar Balance Program, and you would like to, you can still get it.

**FOR A LIMITED TIME: New customers are eligible for a 30% discount if you order within 7 days of purchasing The Sugar Balance Program.**

Note: It's made in small batches to ensure potency and quality, so sometimes they run out of stock. It's best to order as soon as possible, so you aren't delayed starting the Sugar Balance Program. You can place your order on the site below:

[www.GetSugarBalance.com/Discount](http://www.GetSugarBalance.com/Discount)

# CHAPTER 6

## THE SUGAR BALANCE DIET

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Now that you have some powerful herbs cleansing and reactivating your liver and pancreas your body is primed to start healing itself, it's time to add a special diet that accelerates healing even further.

Using the herbs and diet together is the one-two punch that is the magic behind the Sugar Balance Program. With these two steps, your blood sugar levels will normalize in no time.

The Sugar Balance Program diet is divided into two phases.



The first phase is a short, intense cleanse that enables your body to unclog your liver and pancreas. It's critical that you complete this phase to get the full benefits of this program. I'll give you a few options to make this as easy as possible.

The second phase starts after your blood sugar drops and reaches healthy levels. This is more of a guide to which foods to eat for the rest of your life. Even though you'll no longer have high blood sugar, you don't want to eat the foods that caused you to have high blood sugar in the first place.

Otherwise, a few years down the road, you may struggle with high glucose levels again. If you're thinking you'll be on a restricted diet your whole life, don't worry. You'll still be able to enjoy all the foods you love, plus this new way of eating will help you lose unwanted weight, boost your energy levels, and have you feeling better than ever before!

Let's get started.

## How Have Our Diets Changed?

Many, many years ago, our great ancestors led a very different life. Although our digestive systems haven't evolved much since then, it is important to note that our diets have changed tremendously. In this section, we will explore how this affects your body, and more specifically, how it damages your liver and pancreas.

## What Did Early Humans Eat?

Although our diet evolved over millions of years, I want to focus on three major shifts that got us where we are today.

It's now known that early humans ate a diet almost identical to our closest genetic relatives – the great apes. In fact, studies have shown that 99.4% of our DNA is identical to animals such as the bonobo chimpanzee. They ate a diet that was primarily fruit. This makes sense because early humans lived in tropical regions to stay warm since they didn't wear clothes yet, and fruit is plentiful and delicious in such areas.

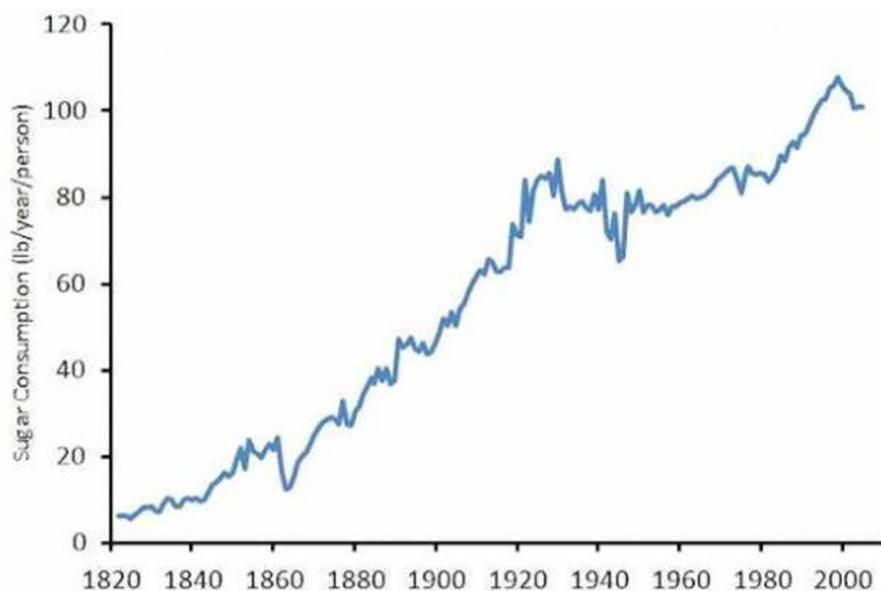
What's important to note is that their diet was almost entirely carbohydrate-based because of the sugar in fruit. This means they ate a lot of sugar and little to no fat. Yet none of these early humans had high blood sugar.

Our first shift happened nearly 40,000 years ago. At this point and as populations grew, some humans began to migrate north into colder areas. Fruit became rare so in these locations that they were forced to expand their diet to include animal products for survival. They ate every part of the animal (especially the fat) and used their fur to make clothes. The significance here is that they ate a lot of fat but very little sugar. Again, none of them suffered from high blood sugar the way our society does now.

The second shift happened about 10,000 years ago. This is when humans started to eat grains. Grains are full of carbohydrates which eventually turn into simple sugars. These grains were stone ground and less processed, so they didn't spike insulin as much as the breads we eat today. So even though they ate sugar and fat, their livers were strong enough to keep them healthy.

The third shift happened in the early 1950s. This is when our consumption of industrialized processed foods began, and food quality dropped rapidly. Processed carbohydrates and high fructose syrup have very high glycemic indexes which forces your body to make large amounts of insulin. Just look at how much more sugar we consume each year.

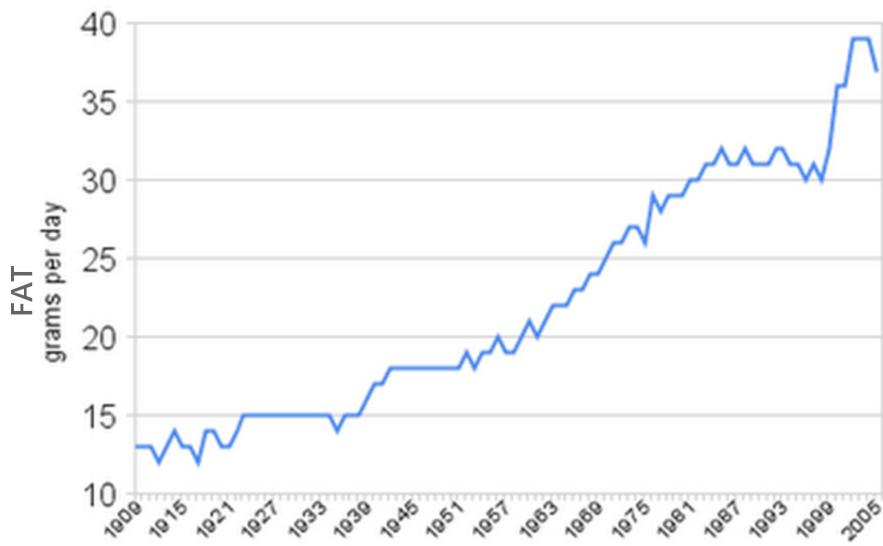
### US Sugar Consumption, 1822-2005



We've gone from five pounds of sugar a year to an astonishing 100 pounds of sugar a year in blink of an eye in human history. This wouldn't have been much of a problem if we didn't also increase our consumption of fat, but that's exactly what happened.

Just look at these statistics:

U.S. Fat Consumption 1909 - 2005



What's important to remember is that our consumption of both fat and sugar has gone up drastically in the last 100 years. Throughout history, there has been a time when we ate so much sugar and so much fat at the same time. Diet is the main reason for the high blood sugar epidemic.

## Important Takeaways

### Fat/Sugar Balance

As we just learned, for most of human history, we didn't eat fat and sugar at the same time. Our body really wasn't designed to handle how much fat and sugar we now consume each day.

If you remember from earlier chapters, eating fat and sugar at the same time is the main problem. When you eat both at the same time, the cells get covered in fat, and the body needs to release large amounts of insulin to deal with the high blood sugar levels.

Knowing this, if we are to design the perfect healthy blood sugar diet, we have two options:

1. **Eat a High-Carbohydrate Diet** – Consume large amounts of foods such as bread, pasta, potatoes, fruit, and sugar, and avoid all forms of fat.
2. **Eat a High-Fat Diet** – Consume mostly meat and non-starchy vegetables. This way, even if the cells are coated, there won't be much sugar in the bloodstream.

If you don't follow one of these diets, your insulin levels will skyrocket, and your body will end up depositing fat into your liver and pancreas, clogging them up so they don't function properly.

Now for most people, it's next to impossible to eat a low-fat diet seeing as fat is pretty much in everything. The only thing you could eat at a restaurant would be a salad without dressing. Doesn't sound too appealing, does it?

This is why I've chosen to focus on a high fat diet to reverse your diabetes. It tastes delicious, and you'll have many more options in terms of what you can eat! Doesn't that sound promising?

## The Importance of Whole Foods

It's easy to head to a fast food restaurant or grab a packaged treat, but is this real food? Modern processing has made meals that are tasty, but they lack any real nutrition – not to mention the chemicals, colorants, and other toxic ingredients they contain that are not good for your health.

Instead, it's important to choose whole foods. When you consume a whole food such as an apple instead of apple juice or piece of chicken instead of a nugget, you get it the way nature intended. Eating more whole foods will help anyone get healthier, but that's especially true for diabetics.

First, whole foods contain many more nutrients when compared to processed foods. Many of these vitamins, minerals, and other phytonutrients are required in order for your body to function properly. They're used in every process including creating hormones such as insulin.

Second, whole foods still have all of their fiber. Since it's harder for your body to digest fiber, the amount of glucose released through digestion is slower. This means less insulin and fewer spikes in blood sugar.

Third, whole foods keep you full longer. So instead of getting hungry an hour after you eat, you'll feel satisfied throughout the day. This leads to choosing healthier foods and eating less.

This is why the Sugar Balance Program diet is built around whole foods.



## No Diary

There is no diary allowed on this diet at any time. Here's why:

High blood sugar is an autoimmune disease in which the body's immune system attacks and destroys the insulin-producing cells of the pancreas. There may be different causes, but one cause has been identified: exposure to cow's milk.

Normally this isn't a problem because your body blocks these proteins from entering your bloodstream unless you have a condition called Leaky Gut Syndrome (very common these days).

And research has shown that when proteins found in dairy get into the bloodstream, your body reacts as if it were being attacked by something foreign, so it creates antibodies to protect you.

But what happens is these antibodies don't just attack the dairy proteins. Researchers have identified 17 proteins in dairy that are the same proteins found in the insulin-producing cells of the pancreas.

This means if you happen to have leaky gut (many people do) and consume dairy, you are very likely to develop high blood sugar.

High blood sugar strikes people at any age. It comes on suddenly, can cause dependence on injected insulin, and carries the constant threat of devastating complications. And you don't want this.

We know dairy can cause high blood sugar, so it's best to avoid it altogether. That means avoiding all foods that contain diary. Read labels carefully.

## No Artificial Sweeteners

There are no artificial sweeteners allowed on this diet. This includes Sweet'n Low, Equal, NutraSweet, Sunett, Sugar Twin, Splenda, The Sweet One and Stevia containing maltodextrin.

Although you may have been told that these are safe for those with high blood sugar, the exact opposite is true. No one should ever use these artificial sweeteners. They have been linked to all sorts of serious disease including cardiovascular disease, diabetes and even cancer! Avoid them at all costs. They are toxic.

Plus, they don't even help your blood sugar levels. In fact, in studies it was shown that people who used artificial sweeteners had more problems controlling blood sugar levels.

If you need to use a sweetener for tea or other reasons, choose an organic, whole leaf Stevia. This is available in both liquid and powder form.

## Vegetarian Options

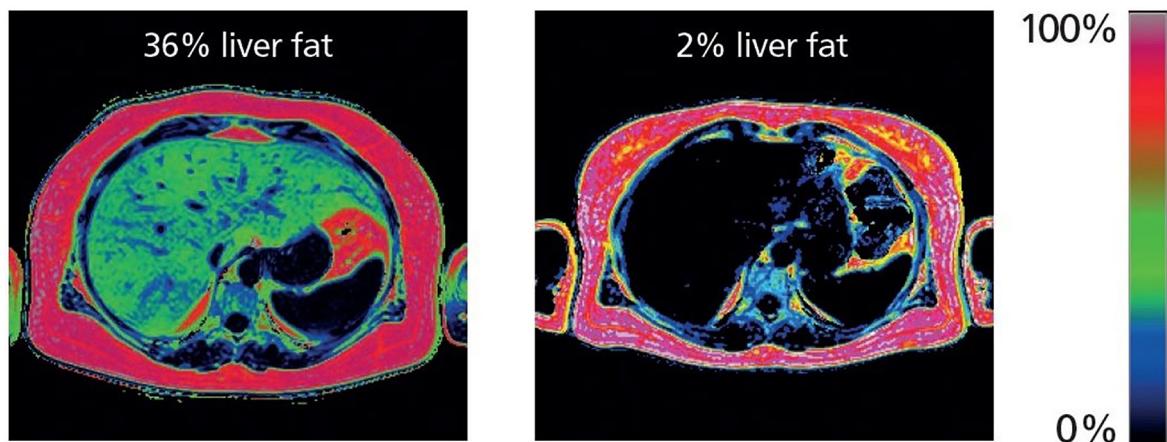
Tofu and soy beans are good substitute for those people who want to avoid meat. About half the calories in these products come from vegetable fats, and the balance from varying amounts of protein and slow acting carbohydrates.

They are easy to cook in a skillet or oven. Carbohydrate content should be read from the labels and you should choose the ones with the lowest amounts. Make sure there is no added sugar. Health food stores stock many of these products.

## Regulating High Blood Sugar Through Fasting

The first phase of the Sugar Balance Program involves fasting. That means periods of time where you're eating very little or nothing at all. New research suggests this is really good for you in general, and it's especially good for your liver.

If we think back to Dr. Taylor's research, we can see very clearly how quickly fasting can clear out the liver. This is a before-and-after picture of a patient's liver through the 8-week fast.



You can clearly see the amount of fat removed during a short but intensive fast. This is critical to the Sugar Balance Program. It's not something you can skip if you want to begin naturally balancing your blood sugar levels.

When most people hear the word "fast", they worry that it will be very hard to do, and they'll be left starving. But I can tell you from being on many fasts myself, they are very easy to do once you get past the first few days. Your body naturally adjusts and lowers your hunger levels. And as strange as this sounds, you end up having more energy.

If you look to nature, when an animal gets sick, its first instinct is not to eat. Fasting cleanses your whole body, not just your liver. So get started soon, and stick to it!

## The Sugar Balance Diet

So you've decided to go for it! You've talked to your doctor, cleared your kitchen of tempting foods, and now you're ready to repair your liver and pancreas from the inside out.

If you're already suffering from high blood sugar and all the complications it brings, this diet is crucial to managing the condition and returning your blood sugar levels to normal.

To make it as easy as possible, I've created a easy-to-follow 12-week fast. You can do this quite simply for at least 3 months, but some may decide to stay on for as long as 6 months for optimal results, but it will be up to you. You'll find it really easy to incorporate into your lifestyle. You choose what's best for you! Let's go over these diet options now.

## The 12-Week Sugar Balance Diet

This is going to be the fastest way to unclog your liver and regulate your blood sugar.

For twelve short weeks, you eat the delicious, calorie regulated diet in the recipes and drink plenty of water. It's not as hard as it sounds. Your body will quickly adjust within days, and you'll no longer feel hungry.

The diet works in conjunction with the Liver Cleansing sugar balance cocktail that you can make yourself if you've purchased all the ingredients yourself or with the Sugar Balance supplement to completely normalize your blood sugar levels as soon as possible. If you don't already have the easy to take supplements, they are available at [www.GetSugarBalance.com/Discount](http://www.GetSugarBalance.com/Discount).

It's very important that you only eat low-carbohydrate foods to get the most impact from this diet. There are many foods that aren't allowed on this diet, so it's easier for me to list the foods that are allowed.

### What to Eat & Drink

Here are the simple guidelines for the diet:

- » The diet will focus on whole foods with an emphasis on non-starchy vegetables, eggs, seafood, and meat.
- » You must drink at least two liters of pure water every day (I prefer distilled). If you don't like the flavor, add some fresh squeezed lemon juice.
- » You can find delicious recipes near the end of this book. Each recipe is marked with its total calorie count. Eat any combination you want!
- » You can find more recipes on the web at this site: [www.eatthismuch.com](http://www.eatthismuch.com). Make sure to select paleo and ~1200-1500 calories as options for the search.

## ALLOWED FOODS

(YOU CAN EAT ANY OF THE FOODS BELOW)

All meat	Cauliflower	Celery	Spinach
All poultry	Asparagus	Tomatoes	Brussel Sprouts
All seafood	Mushrooms	Zucchini	Radishes
Eggs	Kale	Onions	Okra
Peppers	Cucumbers	Eggplant	Fennel
Broccoli	Lettuce	Cabbage	Bok Choy
Herbs: Parsley, cilantro, basil, rosemary, thyme, pepper, garlic			
Salt: small amounts of sea salt			
Fats: No added fats other than what is in meat and eggs naturally			

## Diet Tips

Here are a few tips to make these twelve weeks a little easier:

- » Try to eat at the dinner table. If you eat on the go or in front of a TV, you're much more likely to eat beyond the point of fullness. While you're at it, avoid watching the food network.
- » Eat slowly. It takes time for your body to tell your brain it's full. Try putting your fork down after every bite and waiting 30 seconds. And if you get full, stop eating. It's okay to leave some food on your plate.
- » Avoid processed foods at all costs. Basically, skip anything that comes in a box, can, or bag. Manufacturers often put chemicals in food to make you hungry.
- » Try not to shop on an empty stomach. This will only lead to poor choices.
- » If you get hungry, eat some vegetable soup. It's very filling with few calories. It's cheap and practical to make in large quantities.
- » Keep tempting foods out of the house and out of sight.
- » Weigh yourself often. As you watch the scale drop, you will be motivated to keep going.
- » If you must go to a restaurant, eat a healthy meal at home before you go, then get a plain salad and skip the dressing or steamed vegetable and meat. This way you'll be less tempted to cheat.
- » Try not to drink alcohol. If you do, ensure you're not having more than one drink and if you can refrain altogether, it is ideal. Drinking alcohol will delay or even prevent liver cleansing.

## 7 Day Sample Meal Plan

### DAY ONE

**Breakfast:** Sunny side asparagus (see page 78)

**Lunch:** Tuna stuff red pepper (see page 84)

**Dinner:** Fish & zucchini chips (see page 91)

**Snack:** Soup of choice (see page 56)

**Total Calories:** 795



### DAY TWO

**Breakfast:** Salmon & cucumber (see page 79)

**Lunch:** Asian lettuce wraps (see page 85)

**Dinner:** Shrimp on cauliflower rice (see page 88)

**Snack:** Soup of choice (see page 56)

**Total Calories:** 826



### DAY THREE

**Breakfast:** Rainbow omelet (see page 80)

**Lunch:** Chicken salad (see page 86)

**Dinner:** Pork chops & bok choy (see page 89)

**Snack:** Soup of choice (see page 56)

**Total Calories:** 826



### DAY FOUR

**Breakfast:** Steak & zucchini (see page 81)

**Lunch:** Zucchini pasta (see page 87)

**Dinner:** Chicken & cucumber (see page 92)

**Snack:** Soup of choice (see page 56)

**Total Calories:** 821



## DAY FIVE

**Breakfast:** Scrambled eggs (see page 82)

**Lunch:** Shrimp on cauliflower rice (see page 88)

**Dinner:** Lamb chops & brussels (see page 93)

**Snack:** Soup of choice (see page 56)

**Total Calories:** 801



## DAY SIX

**Breakfast:** Egg couscous (see page 83)

**Lunch:** Pork chops & bok choy (see page 89)

**Dinner:** Turkey & Cauliflower (see page 94)

**Snack:** Soup of choice (see page 56)

**Total Calories:** 821



## DAY SEVEN

**Breakfast:** Sizzling steak and zucchini (see page 81)

**Lunch:** Turkey wraps (see page 85)

**Dinner:** Zucchini lasagna (see page 95)

**Snack:** Soup of choice (see page 56)

**Total Calories:** 810



## SOUPS - ONE PER DAY OR WHEN YOU'RE HUNGRY

**Soup #1:** vegan noodle soup (see page 96)

**Soup #2:** All-vegetable soup (see page 97)

**Soup #3:** Tomato soup (see page 98)

**Total Calories:** 60-75 each



## Intermittent Fasting

In addition to the healthy diet managing your high blood sugar levels it's just about what you eat, but also when you eat. This is where intermittent fasting comes into play.

The diet works in conjunction with the Liver Cleansing supplement to complete reverse diabetes as quickly as possible. If you don't already have them, they are available at

[www.GetSugarBalance.com/Discount](http://www.GetSugarBalance.com/Discount)

Depending on how clogged your liver is, this can take anywhere between 3-6 months to complete.

With this option, you can eat as much as you want with one rule. You can only eat within an 8-hour window. For example, if you had breakfast at noon, you can have any amount of the allowed foods until 8 PM that evening, then you can't eat again until noon the next day.

**Daily 16/8 Intermittent Fasting Time-line**



When the 8-hour window starts and stops is up to you. The great part is sleeping is included in the 16-hour fasting time. The only thing you can consume during the fasting period is water, black coffee or unsweetened tea. You still need to drink at least two liters of water each day. Most people find this option to be the easiest one.

## What to Eat & Drink

Here are the simple guidelines for the diet:

- » For 12 weeks, you will **consume as much food as you want** in an 8-hour period, then 16 hours a day of water fasting
- » The diet will focus on whole foods with an emphasis on non-starchy vegetables, eggs, seafood, and meat already mentioned in the earlier section and recipes section of this book.

- » You must drink at least two liters of pure water per day. If you don't like the flavor, add some fresh-squeezed lemon juice.
- » You can find delicious recipes near the end of this book. Eat any combination you want as long as it's within the 8-hour window. You can use most paleo recipes as long as they only use foods from the list below.

### RECAP OF ALLOWED FOODS

(YOU CAN EAT ANY OF THE FOODS BELOW.)

All meat	Cauliflower	Celery	Spinach
----------	-------------	--------	---------

All poultry	Asparagus	Tomatoes	Brussel Sprouts
-------------	-----------	----------	-----------------

All seafood	Mushrooms	Zucchini	Radishes
-------------	-----------	----------	----------

Eggs	Kale	Onions	Okra
------	------	--------	------

Peppers	Cucumbers	Eggplant	Fennel
---------	-----------	----------	--------

Broccoli	Lettuce	Cabbage	Bok Choy
----------	---------	---------	----------

Herbs: Parsley, cilantro, basil, rosemary, thyme, pepper, garlic

Salt: small amounts of sea salt

Fat: All oils, lard, ghee, coconut oil, avocados

## Extended Fasting (Not Mandatory!)

For those that would like to get expedited results, there is an option to do extended fasting periods rather than the 16:8 method. This type of fasting involves fasting for longer periods of time, on a less frequent basis. For instance, extended fasting could include withholding food for 24 hours or 36 hours, at a time. In this format, someone might exercise this regimen once or more per week.

Typically, you will get faster more effective results on this regimen, but it can be more difficult. If you and your doctor determine this is a good method for you. This method is NOT MANDATORY to regulate the blood sugar levels - the 16:8 plan works just as well, but this is for those wanting fast results.

### Weekly Extended Fasting Time-line

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST LUNCH DINNER	FAST	BREAKFAST LUNCH DINNER	FAST	BREAKFAST LUNCH DINNER	FAST	BREAKFAST LUNCH DINNER
	EATING			FASTING		

- » In this method, you basically skip eating every OTHER day, as noted above
- » This is actually a 36 hour fast that you would do 3x a week

## Recap: No-No Foods (Not allowed on the diet)

### SWEETS & SWEETENERS

- Artificial sweeteners (other than pure stevia)
- Candies, especially so called sugar-free types
- Honey and fructose
- Foods containing products whose names end in -ol or -ose (dextrose, glucose, lactose, mannitol, mannose, sorbitol, sucrose, xylitol, xylose)
- Also, no corn syrup, molasses, agave and maltodextrin.

## SWEET OR STARCHY VEGETABLES

- Beans: chili beans, chickpeas, lima beans, lentils, sweet peas, string beans, snow peas.
- Beets
- Carrots
- Corn
- Parsnips
- Potatoes
- Squash & Pumpkins

## FRUITS & JUICES

- All fruits
- All juices

## DAIRY

- All dairy

## GRAINS & GRAIN PRODUCTS

- Wheat, rye barley, corn, oats, and lesser known alternative such as kasha, quinoa, buckwheat and sorghum
- White rice, brown rice, wild rice or rice cakes
- All pasta
- All breakfast cereals
- Pancakes and waffles
- Bread, crackers, and other flour products including whole grain breads

## PREPARED FOOD

- Most commercially prepared soups
- Most packaged “health foods”
- Anything in a box, bag or can
- Snack foods including chocolate
- Balsamic vinegar (use wine vinegar, white vinegar, or cider vinegar instead)

## How Do You Know When You're Done?

That's easy. Once you've been on the diet for at least 12 weeks (3 months) and with the help of your doctor you're now going without any medication you can stop and move to the Sugar Balance Forever stage of the program.

## Healthy Blood Sugar Forever

So ... you've completed the diet program, so now what?

As you learned earlier in this chapter, the reason you had high blood sugar in the first place is because you were eating the wrong foods or eating them in the wrong combinations.

Now you *could* ignore everything I'm about to say and eat all the junk you want, but it's only a matter of time before you clog up your liver all over again. This could be years from now or sooner, depending on how badly you eat. You can always repeat the Sugar Balance Program again when that happens, but there's a better way.

All you need to do is follow a few simple rules and you can still enjoy your favorite foods.

I don't want to needlessly complicate this, so here are the five simple rules:

1. For most of your meals, eat a whole foods diet primarily made up of fruit, vegetables, and meat. This means nothing from a box, bag, or can. It's okay to cheat once in a while.
2. Follow the 80/20 principle. For most your meals, make 80% of your plate any combination of vegetables and 20% meat.
3. Completely cut out milk and other dairy products (including cheese).
4. Consider fasting for 16-hours a day on weekends. This will give your liver a chance to clean up any fat you've accumulated during the week.
5. Drink plenty of pure water (I like distilled). Aim for two liters per day. Skip all those sugary drinks.



And that's it. That's all you have to do to maintain your balanced blood sugar. Again, it doesn't matter if you cheat once in a while. What's important is how consistently you eat over time.

You now have everything you need to start the Sugar Balance Program and change your life forever. I'm going to go over a few more ideas that will accelerate your results.

# CHAPTER 7

## RECOMMENDED EXERCISES TO ACCELERATE RESULTS

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Exercise is vital to your health even if you don't have diabetes. But for those that do, it's particularly important in controlling your blood sugar levels. As I've said before, most with high blood sugar naturally produce too much insulin, and the fastest, most effective way to reduce blood sugar levels is to get more exercise.

It even helps accelerate the unclogging of your liver and pancreas which further improves your blood sugar levels.

The problem is, exercise is tedious or unpleasant for most people. In this chapter, I'm going to show you some simple techniques you can use to get the maximum benefits from the minimum amount of time.

### Walking for Health

Walking is one of the most rewarding physical activities one can do. Our bodies thrive on walking, especially when we do so outdoors. And unlike other forms of exercise, walking is low impact. This means you're much less likely to get injured or wear out your knees.

Your aim should be about 10,000 steps per day. This is the minimum I recommend to maintain good health and keep weight off. It might be a good idea to get a pedometer to track your steps. You can find high quality ones online for as little as \$10. If you keep your mobile phone with you at all time, you can also download an app to track your steps.

If you're like most people, you average around 5,000 steps a day or less, so you're going to have to make a few changes to hit your new target. If you add an additional 500 steps each week you are on the Sugar Balance Program, you should be close to the magic number of 10,000 steps at the end of eight weeks.

Also, it might be time to invest in some comfortable shoes; this is especially true if you already have more foot problems. If you have insurance, consider orthopedic shoes that are made to measure. You may even want to buy special walking soles with extra padding.

The best way to increase your steps is to build more of them into your daily life. Here are some ideas:

- » Always take the stairs.
- » Always walk when you're on escalators.
- » Walk kids to school or the bus stop.
- » Walk the dog for an extra block.
- » If you take public transportation, get off one stop earlier.
- » Park your car at the far end of the parking lot.
- » Stand at your desk instead of sitting when at all possible. visit colleagues in person instead of calling or sending emails.
- » Walk on the spot while watching Tv or scrolling through Facebook.
- » Taking up activates such as gardening or dancing.
- » Join a walking group.

## Strength Training

As you get older, your muscles can begin to shrink if you don't use them. To keep your muscles strong, you need to add some form of resistance training.

I personally don't like going to the gym. I don't have time to travel there and wait in line to use the machines. Instead, I do a simple regimen that you can do anywhere.

It focuses on all of the major muscle groups in order to have the maximum impact. It's based on research from the American College of Sports Medicine. All you need to do is follow these five exercises, three times per week. They only take a few minutes, and you can do them anytime during the day. Here are the five exercises:

**PUSH-UPS**

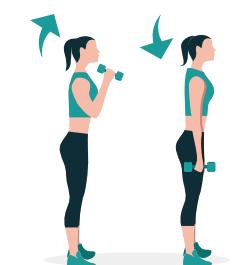
Get into the push-up position with your hands under your shoulders and the balls of your feet touching the ground. Keep your body straight. If it's too hard, do vertical push-ups against a counter or even a wall. Do as many push-ups as you can do within two minutes.

**SQUATS**

Stand with your feet shoulder width apart. Sit down like you're sitting on an imaginary chair. Remember to keep your back straight. Do as many squats as you can within two minutes while maintaining proper form.

**CRUNCHES**

Lie on your back with your knees bent and feet flat on the floor. Place your hands on the sides of your head. Gently pull your abdominals inward while curling your head, neck, and shoulder blades off the floor. Do as many crunches as you can within two minutes.

**BICEP CURLS**

Stand up straight with a dumbbell in each hand. If you don't have dumbbells, pick up anything that has a similar weight. Keeping your upper arms stationary, curl your arms to your shoulders and then lower them. Repeat this as many times as you can within two minutes.

**PLANKS**

Start by getting into a push-up position. Bend your elbows and rest your weight on your forearms. Your body should form a straight line from shoulders to ankles. Engage your core by sucking your belly button into your spine. Hold this position as long as you can within two minutes.

## Getting More Vigorous Activity

The standard recommendation is to do at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic active each week. Most of us don't come close to this, and the most common excuse I hear is, "I don't have enough time."

This is where a new approach to exercise comes in. It's called High Intensity Interval Training or HIIT. It's a form of interval training alternating between short periods of intense aerobic exercise with less intense recovery periods of exercise.

It's short and intense, and that's why HIIT has become a popular way to burn more fat, improve endurance, and build strength. So the excuse that you don't have the time is no longer allowed, because you can get a great cardio workout in as little as five minutes.

The amount of HIIT programs available could fit a book on their own, so the best way to find something that suits your needs is to search for "HIIT Workout" on the internet. There are many free resources that can give you detailed information about how to perform the exercises.

Whatever you choose, just make an effort to increase your physical activity each and every day. It will not only help your high blood sugar, but it will also help your overall health as well.

# CHAPTER 8

## OPTIONAL - HEALING WITH YOUR MIND

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In the past decade or so, hundreds of studies have been conducted that demonstrate the **powerful connection between mind and body**. While Napoleon Hill figured it out many years ago, many scientists now believe that what you think about actually shapes your life.

For example, if you truly believe you need insulin injections to balance your blood sugar levels, your body will agree. Research has shown that your body changes the chemicals it makes (including insulin) based on what you're thinking about.

In landmark studies, Dr. Bruce Lipton proved that your mind can affect the cells of your body and even your DNA. It goes on to explain how our expectations and desires can affect our bodies ability to fight illnesses and heal itself.

So how do you use this "natural power" to heal your high blood sugar? Let's find out.

### Is Your Subconscious Keeping Your Blood Sugar High?

Each and every one of us has an image of ourselves in our subconscious mind. Your current self-image is built and shaped by the interpretations and evaluations you place on past experiences.

For example, let's just say that at some point of time in your past, someone may have mentioned that high blood sugar runs in your family. Now regardless of whether you were at a higher risk to developing high blood sugar or not, you may have started thinking that you were. You may have imagined yourself having high blood glucose. This may be something that you consciously or subconsciously remember and play it out in your mind.

My point is that it doesn't matter if the experience is real or imagined – your mind sees them the same, and these thoughts affect your self-image. Your mind and body react to your internal self-image. So if your self-image is one of a person with high blood sugar levels, your body will do everything it can to make that true.

In order to continue enjoying balanced blood sugar levels for life, it's best to change your self-image. Luckily, there's an easy way to do this.

## 21-Day Visualization Exercises

The mind is a powerful thing to waste. It can do so much for us, and very few of us actually use its power to shape our self-image and create perfect health.

The first thing to do is get a clear image in your mind's eye of what it would feel like to have perfectly balanced blood sugar levels – the ideal you.

Begin by imagining yourself completely free of high blood sugar levels ... free of insulin shots and medication ... eating all of the foods you love.

I promise you, if you give this an honest effort, you'll be so thrilled with the results, and you'll choose to continue using this tool for the rest of your life.

We have purposefully asked you to challenge yourself for three weeks, because research has proven that it takes 21 days to make a substantial change of your self-image.

As I've said before, your current self-image was created by your imagination, so we can use this same method to create a new self-image where you enjoy your perfectly healthy body.

Remember – all you have to do is sit back, relax, and imagine yourself as you wish to be. Here's how...

### STEP 1

Grab a piece of paper, and write a brief description of the image you intend to view in your mind. This will be the movie you play repeatedly in your mind.

### STEP 2

Every day, find a quiet place to relax where you won't be disturbed. Now close your eyes, and begin playing the movie you wrote about in Step 1 in your mind for at least 20 minutes.

### STEP 3

For the first seven days, refine your movie to picture your body exactly as you desire it to be. Then, for the remaining 14 days, play this exact movie in your mind over and over again.

# CHAPTER 9

## QUESTIONS & ANSWERS

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### What Should I Expect on the Program?

#### The First Two Weeks

Many will find the first two weeks to be the toughest as you adjust to eating fewer calories. During this time, you will lose a lot of weight quickly. Some of it will be fat, but a lot of it will be water. As your body starts cleansing itself, it uses water to flush out the fat and other toxins.

That's why it's important for you to drink at least two quarts of water each day. Otherwise, you will become constipated and experience flu-like detox symptoms.

Although everyone is different, here is what you should expect in the first two weeks:

- » You may be a little tired in the first week, but you'll get a surge of energy by week two as your body clears out some fat and adjusts to your new diet.
- » You may lose between 5-20 pounds of weight. Some of it is water, but a lot of it will be fat.
- » In the first few days, your fasting glucose levels may drop 30-50%. This is not uncommon. That's why I recommend working with your doctor to come up with a plan to rapidly reduce your medication.
- » By around day 10, many people's blood sugar levels will be normal without medication. Yes, this is under the threshold of what they consider diabetic.
- » You may see blood sugar levels fluctuate from time to time. This is normal, so don't let it derail you. It takes time to unclog the liver.

## After the First Two Weeks

By the end of two weeks, your body should have fully adjusted to the new diet. Your blood sugar levels will most likely have stabilized to non-diabetic levels, and you probably will have eliminated all or at least most of your medications with the help of your doctor.

For most people, now is not the time to quit. Your liver and pancreas are still likely to have a lot of fat that needs to be cleared out. However, for some people, this may not be the right program. Here are some questions to ask yourself:

1. Are you losing weight at a steady pace? (Weight loss may have slowed, but it should still be rapid.)
2. Is your appetite under control? (Most people feel less hungry at this point.)
3. Are your blood sugar levels going up or are they still all over the map?
4. Are you coping emotionally? (It's normal to feel more irritable, but not if you are seriously depressed.)
5. Are you sticking to the diet most of the time?

If you answered no to two or more questions, this might not be the diet for you. If you started on the Extended Fasting program, rather than give up, consider switching to the 16:8 version of this program as it's far easier to incorporate and maintain.

The reason for this questionnaire is to see how you are doing on the diet. It doesn't help anyone if you give up at this point and say it doesn't work. I'd rather you switch to the easier version of the program, so that you still get the benefits of the Sugar Balance Program.

## NON-CHRONIC HIGH BLOOD SUGAR OR THE VERY SLIM ONLY

Not everyone needs to complete the full 12 weeks. If you have non-chronic high blood sugar or are very slim to begin with, two weeks may be enough. You could then move to the Sugar Balance Forever Program once your blood sugar has normalized without medication for one full week.

## At the End of the 12 Weeks

By the end of the twelve weeks, your body will have transformed. Your energy levels will be up, you'll be sleeping better, and you'll feel a real sense of achievement.

At this point, you've balanced your blood sugar levels! Your liver and pancreas should be fully cleared out, and with the help of your doctor even weaned off prescription drugs.

It's time to celebrate with your friends and family. It's also a good time to visit your doctor to share the good news. Re-do the tests and see the results for yourself. Not only will your high blood sugar be normalized to healthy levels, you'll also see a major improvement in every area of your health.

You might even have to go buy some new clothes to match the new, slimmer you. It's also a good time to pull out the photos you took at the beginning of this journey. Take a new photo and post the before and after on Facebook and other social media sites.

Don't forget to send us your testimonial so we can give other diabetics the confidence to try the Sugar Balance Program.

You can add your testimonial by visiting [www.GoDiabetesFree.com/Testimonial](http://www.GoDiabetesFree.com/Testimonial)

## Actual Results

*"The changes I've instituted with The Sugar Balance Program has brought my blood sugars down to the 80's, numbers I haven't seen in 15 years! Yeah!!"*

SUGAR BALANCE SUCCESS STORY – CLAUDIA PRICE

## What To Expect While Intermittent Fasting?

For some people, attempting extended fasting is not ideal, and that's why strongly suggest intermittent fasting of 16:8 for most people. If you selected this option, here's what to expect:

- » You won't lose weight as fast as you would with the extended fasting protocol, but it should be more effective than conventional dieting.

- » Your blood sugar will reduce steadily over the course of the program. How quickly it will drop depends on a lot of factors including your daily calorie consumption, how strictly you follow the diet, and how severe your high blood sugar once was.
- » You'll still need your doctors help to reduce your medication with their support safely.

From what I have seen in the past, this is how long you should expect to be on the intermittent fasting Program to return your blood sugar levels to healthy levels:

CURRENT HEALTH	RECOMMEND TREATMENT DURATION
High Blood Sugar for Less than 3 Years	12 weeks (3 Months)
High Blood Sugar for 3+ Years or Currently on Insulin	3-6 Months

## What If My Blood Sugar Doesn't Improve?

If you are one of the few people who don't experience incredible results with the Sugar Balance Program, don't give up hope.

In most cases, there are three reasons why you didn't get the results you expected:

**1. You didn't follow the program properly.**

Although I've done my best to make this information as clear as possible, some of it can still be confusing. Please re-read the entire book cover-to-cover to see if you have missed something. If something still isn't clear or you have a question, don't hesitate to contact our support team at [support@getsugarbalance.com](mailto:support@getsugarbalance.com)

**2. You're not actually suffering from high blood sugar**

Although this isn't very common, there is a small chance that you have been misdiagnosed. This means instead of having high blood sugar you have another condition. If you aren't getting the results I've promised with this program, I suggest you get your blood sugar and insulin levels re-tested with your doctor.

**3. There is a blockage preventing your liver from cleansing.**

If you feel you've followed the program properly and are certain that you have high blood sugar levels, then your liver is most likely blocked. This means there is a blockage preventing fat from clearing out of your liver.

To remove the blockage, you'll have to perform a Liver Flush. This is a simple, one-day cleanse that expands liver ducts and flushes out large, hardened blockages. To get more information about how to do the cleanse, please visit the member's area or contact customer service.

## What Do I Do After My Blood Sugar Is Balanced?

Getting this far is a real achievement, but you don't want to undo all the good work by going back to living the way you used to live. It's time to move to the Sugar Balance Forever part of the program.

In the Sugar Balance Forever Program, you'll eat a mostly paleo-style diet. This means lots of vegetables, fats, and animal products.

You'll still be able to eat the junk and sweets you love. Just remember – the more junk you eat, the more likely it will be that you will develop high blood sugar again.

In the gastric bypass study, patients were tested 14 years later, and 83% of them were still enjoying balanced blood sugars. This is without being put on a specific diet; these people ate anything they wanted over the course of those 14 years.

This doesn't mean you'll get the same results. It all depends on your body. Eating junk food could cause you to develop high blood sugar a year from now or 10 years from now. Instead, if you choose to closely follow the Sugar Balance Forever Program, your chances of developing this condition again are virtually zero.

# CONCLUSION

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You now have everything you need to reverse your high blood sugar!

This includes the exact 3-Step Plan that has been used by thousands of people to clear out their fatty organs and lower their blood sugar for good. Here's a recap:

**STEP  
1**

## **Cleanse Your Liver & Pancreas**

The proper functioning of your liver and pancreas is crucial to naturally balance blood sugar. In this first step, you'll use a powerful combination of herbs to gently cleanse and reactivate the cells in your organs. [www.GetSugarBalance.com/Discount](http://www.GetSugarBalance.com/Discount)

**STEP  
2**

## **The Sugar Balance Diet**

The Sugar Balance Diet is simple. We've broken down the diet into easy-to-understand guidelines, so you can't go wrong. You'll get a choice of two fasting options – intermittent fasting (16:8), and the faster option of extended fasting.

**STEP  
3**

## **Recommended Exercise**

For those who want to accelerate their results, adding some light exercising such as walking is a great idea. Exercise helps burn up excess sugar and clear out deposits of fat from the liver and pancreas.

I've made everything as easy as possible, so there's no reason to delay starting right away. We even have a support team to answer any questions you may have.

But the choice on whether or not you have high blood sugar is now yours. I've given you all the information, but you still have to follow it to see the results for yourself.

## 74 • THE TRUTH ABOUT HIGH BLOOD SUGAR

I guarantee you'll be shocked by your transformation like so many before you who have used this program.

The time to change your life is now. Don't wait! The devastating effects of high blood sugar are waiting for you, so do it now. Don't wait another minute.

Join my cause. No one should have to suffer with this terrible condition when there is a simple and effective solution that works naturally.

I know that once you're blood sugars are balanced, you'll want to shout it from the rooftops, so send us your testimonial and help show other high blood sugar sufferers what's possible.

You can add your testimonial by visiting: [www.getsugarbalance.com/Testimonial](http://www.getsugarbalance.com/Testimonial).

I can't wait to hear from you. Thank you for taking a chance on the Sugar Balance Program and believing in the Truth. Remember to stay positive, and enjoy your new life!

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PART 4

# SUGAR BALANCE RECIPES

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# CHAPTER 10

## RECIPES

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It's always easier to stick to a new eating plan when your meals are more satisfying. That's why I've created some delicious recipes that are filling and easy to make.

To make it as easy as possible, I've given you two options for the fast – a simple to follow 16:8 intermittent fasting plan you could do every day, or, if you want fast results extended fasting.

You choose what's best for you. Let's quickly recap your options:

### Option 1: Intermittent Fasting

The first option is much easier to follow – it just takes longer. It works on the principles of intermittent fasting. It will still unclog your liver and naturally balance blood sugar..

Depending on how clogged your liver is, it could take anywhere between 3-6 months to complete.

With this option, you can **eat as much of the approved foods** as you want with one rule. You can only eat that food within an 8-hour window. For example, if you have breakfast at noon, you can have any amount of the allowed foods until 8 PM that evening, and then you can't eat again until noon the next day.

### Option 2: Extended Fasting

Those looking for fast weight loss and results may decide with their doctor to do extended fasting. Here you'll have to skip days of eating weekly for the 12 weeks. For instance, you eat Sunday, fast on Monday, eat Tuesday, fast Wednesday, eat Thursday, fast Friday, Eat Saturday. With this option, you can eat as much of the approved foods.

**MOST PEOPLE WILL DO OPTION 1: DO WHAT'S RIGHT FOR YOU!**

You'll find a full, 7-Day meal plan in this book. It's best to eat a big salad and one of the meat recipes with each meal following the 80/20 principle.

For more information on exactly how to follow the diet, please refer to the diet section earlier in this book. I hope you enjoy these recipes on your way to naturally balancing blood sugar.



# BREAKFASTS

## Sunny Side Asparagus

PREP TIME | COOK TIME | CALORIES  
**5 Min** | **10 Min** | **237**



### INGREDIENTS

2 large eggs (preferably organic)  
3 cups asparagus  
Salt & pepper to taste



### DIRECTIONS

1. Wash asparagus thoroughly and cut off the tough ends.
2. Place asparagus in cast-iron frying pan or Pyrex glass cooking sheet and sprinkle with salt.
3. Roast asparagus on the top rack of your oven at 450°F for 7-10 minutes.
4. While asparagus is cooking, crack two eggs into a non-stick frying pan and cook on medium heat until eggs are cooked.
5. Serve on plate and sprinkle with salt and pepper to taste.

# Savory Salmon & Cucumber

PREP TIME

**10 Min**

COOK TIME

**15 Min**

CALORIES

**248**

## INGREDIENTS

- 100g salmon fillet  
(preferably ocean caught)
- 3 cups of sliced cucumbers
- 2 tablespoons white or  
apple cider vinegar
- 1 teaspoon chopped dill
- Salt and pepper to taste



## DIRECTIONS

1. Preheat oven to 450°F.
2. Season salmon with salt and pepper. Place skin side down on a non-stick baking sheet or pan with ovenproof handle.
3. Bake until salmon is cooked through, about 12-15 minutes.
4. While salmon is cooking, chop cucumber and place in mixing bowl.
5. Sprinkle with salt, chopped dill, and vinegar, and mix thoroughly.
6. Serve on plate and enjoy.

# Rainbow Omelet & Tomato

PREP TIME | COOK TIME | CALORIES  
**10 Min** | **10 Min** | **245**



## INGREDIENTS

2 large eggs (preferably organic)

2 large tomatoes

2 cup spinach

1 red pepper

Salt & pepper to taste



## DIRECTIONS

1. Beat eggs, water, salt, and pepper in a small bowl until blended.
2. Chop spinach and red pepper into fine pieces. Mix into egg.
3. Pour egg mixture into non-stick frying pan and cook over medium heat.
4. While eggs are cooking, slice and salt tomatoes.
5. Once eggs are thoroughly cooked, fold in half to make an omelet.

# Sizzling Steak & Zucchini

PREP TIME

5 Min

COOK TIME

15 Min

CALORIES

255



## INGREDIENTS

175g lean strip steak  
(preferably grass-fed)

3 cups zucchini

Salt & pepper to taste

1 tsp. fresh thyme, chopped

1 tsp. fresh oregano, chopped

1 tsp. fresh parsley, chopped



## DIRECTIONS

1. Wash zucchini, cut off the ends, and slice into pieces.
2. Place zucchini in cast-iron frying pan or Pyrex glass cooking sheet and sprinkle with salt.
3. Roast zucchini on the top rack of your oven at 450°F for 7-10 minutes. Also, pre-heat non-stick pan on the stovetop set at medium to medium-high heat for 5 minutes.
4. Season strip steak with salt and pepper.
5. Place steak on heated frying pan, moving the pan around quickly so it doesn't stick. Wait until seared and flip.
6. Once both sides of the steak are browned, place pan in oven for 5 minutes with zucchini.
7. Serve on plate and enjoy.

# Scrambled Eggs & Broccoli

PREP TIME | COOK TIME | CALORIES  
**10 Min** | **20 Min** | **246**



## INGREDIENTS

2 eggs (preferably organic)  
3 cups of broccoli, chopped fine  
2 cloves garlic, chopped fine  
2 green onions, chopped fine  
Sea salt & pepper to taste  
½ cup water



## DIRECTIONS

1. In a medium-size, non-stick skillet, add chopped garlic and green onions with enough water to keep them from sticking.
2. Add chopped broccoli, the rest of the water, and sea salt to taste. Let cook for 2-5 minutes or until soft.
3. Add two eggs and gently move the pan around over the heat until fully cooked.

# Egg & Cauliflower Couscous

PREP TIME

**10 Min**

COOK TIME

**10 Min**

CALORIES

**243**

## INGREDIENTS

2 large eggs (preferably organic)

3 cups cauliflower

1/4 tsp. curry powder, optional

2 green onions, finely chopped

Water

Salt



## DIRECTIONS

1. Wash and cut the cauliflower into large pieces.
2. Transfer the cauliflower to a food processor and pulse until completely broken down. It should be processed until it looks like pieces of rice.
3. In a non-stick frying pan over medium heat, add water, processed cauliflower, chopped onions, curry powder, and a pinch of salt. Mix thoroughly and let cook for 3-5 minutes.
4. Place eggs in a pan of cold water, covering the eggs by an inch.
5. Set the pan over high heat and bring the water to a full, rolling boil uncovered.
6. Remove pan from heat and cover. Let sit for 4 minutes.
7. Transfer eggs into a bowl of ice water for 1 minute to peel easier.
8. Serve cauliflower on a plate with soft-boiled eggs on top.

## Lunches

### Tuna Stuffed Red Peppers

PREP TIME    COOK TIME    CALORIES  
**5 Min**    **15 Min**    **255**



#### INGREDIENTS

2 large red peppers  
1-5 oz. of light tuna  
½ yellow onion  
1-2 sprigs dill weed  
½ lemon  
Sea salt & pepper to taste



#### DIRECTIONS

1. Preheat oven to 350°F.
2. Cut two large red peppers in half. With a sharp knife or spoon, carefully remove the inside of the peppers including the seeds.
3. Drain tuna and combine with chopped onions, squeezed lemon juice, dill, and salt & pepper to taste.
4. Stuff into red pepper halves.
5. Place in non-stick Pyrex glass cooking sheet and bake for 15 minutes.

# Asian Lettuce Wraps

PREP TIME

**10 Min**

COOK TIME

**15 Min**

CALORIES

**244**

## INGREDIENTS

100g lean ground beef (95% lean)

1 yellow onion, chopped

1 green onion stalk

1 red pepper

4 cloves of garlic, diced

6 tbsp. soy sauce

4 large lettuce leaves



## DIRECTIONS

1. In a large non-stick pan, add chopped yellow onion, garlic, red pepper, green onion, and water. Keep adding water as needed and cook until soft.
2. Add ground beef and break apart with a cooking spoon. Cook until no longer pink.
3. Add soy sauce and cook everything for a few minutes.
4. To serve, place the meat mixture in the lettuce cups and wrap everything up.

# Grilled Chicken Salad

PREP TIME | COOK TIME | CALORIES  
**15 Min** | **5 Min** | **265**



## INGREDIENTS

100g lean chicken breast  
6 cups chopped cucumbers  
2 cups chopped cherry tomatoes  
1 garlic clove, finely minced  
1 tbsp. chopped dill  
3 tbsp. vinegar or fresh lemon juice  
Sea salt & pepper to taste



## DIRECTIONS

1. Finely mince garlic and add to a small bowl along with vinegar, dill, salt and pepper.
2. Add in chopped tomatoes and cucumbers. Mix thoroughly.
3. Preheat a non-stick skillet to medium high.
4. Season chicken with salt and pepper.
5. Grill the chicken with a little bit of water, moving it often so it doesn't stick.
6. Place sliced chicken on a plate with cucumber-tomato salad.

# Zucchini Pasta

PREP TIME

**15 Min**

COOK TIME

**10 Min**

CALORIES

**245**

## INGREDIENTS

100g lean ground beef (95% lean)

1 large zucchini

1 cup tomatoes, chopped

1 garlic clove, finely minced

Fresh basil

Sea salt & pepper to taste



## DIRECTIONS

1. Place a box grater on its side with the largest grating holes facing up.
2. Cut the ends of the zucchini, and then push along the top of the grater in long strokes to create long, thin ribbons of zucchini.
3. In a large non-stick pan, add minced garlic, chopped tomato, basil and salt & pepper.
4. Add ground beef and break apart with a cooking spoon. Cook until no longer pink.
5. Add zucchini and cook until slightly tender.
6. Serve with fresh basil on top.

# Shrimp on Cauliflower Rice

PREP TIME | COOK TIME | CALORIES  
**15 Min** | **15 Min** | **245**



## INGREDIENTS

150g uncooked shrimp  
 1 small cauliflower  
 1 cup broccoli  
 1 garlic clove, finely minced  
 4 tbsp. soy sauce  
 1 tsp. garlic powder



## DIRECTIONS

1. Wash and cut the cauliflower into large pieces.
2. Transfer the cauliflower to a food processor and pulse until completely broken down. It should be processed until it looks like pieces of rice.
3. In a non-stick frying pan over medium heat, add water, processed cauliflower, chopped broccoli, garlic, and soy sauce. Mix thoroughly and cook for 3-5 minutes.
4. Place in a separate non-stick frying pan over medium heat.
5. Cook the shrimp with a little bit of water until nicely pink and cooked. Season with salt and garlic powder.
6. Serve cauliflower on a plate with shrimp on top.

# Pork Chops & Bok Choy

PREP TIME

**5 Min**

COOK TIME

**15 Min**

CALORIES

**263**

## INGREDIENTS

- 1 pork chop
- 3 cups of bok choy
- 1 garlic clove, finely minced
- Sea salt & pepper to taste



## DIRECTIONS

1. Season pork chop with salt and pepper.
2. Place in a non-stick frying pan over medium heat. Move the pan around quickly so it doesn't stick. Add water as needed. Wait until seared and flip.
3. Once pork chop is cooked, remove from pan. Don't discard the oil left in pan.
4. Add chopped bok choy and garlic to pan. Cook until tender. Add salt to taste.
5. Add pork chop back to pan with bok choy to re-heat and absorb juices.

# Turkey Taco Lettuce Wraps

PREP TIME | COOK TIME | CALORIES  
**5 Min** | **10 Min** | **252**



## INGREDIENTS

150g extra-lean ground turkey breast

1 tsp. garlic powder

1 tsp. cumin

1 tsp. salt

1 tsp. chili powder

1 tsp. paprika

½ tsp. oregano

½ small onion, minced

8 large iceberg lettuce leaves



## DIRECTIONS

1. Brown turkey in large non-stick skillet over medium heat, breaking into smaller pieces as it cooks.
2. When no longer pink, add dry seasonings and mix well.
3. Add the onion, pepper, water, and cover. Simmer on low for about 20 minutes.
4. Wash and dry the lettuce. Divide meat equally between the eight leaves and place in the center of each leaf.
5. Wrap each leave and pin with toothpick to hold in place.

# Dinners

## Fish & Zucchini Chips

PREP TIME

**5 Min**

COOK TIME

**20 Min**

CALORIES

**243**

### INGREDIENTS

1 cod fillet (approximately 220g)  
1 large zucchini  
½ fresh lemon  
1 tsp. thyme  
Sea salt & pepper to taste



### DIRECTIONS

1. Preheat oven to 400°F.
2. Cut off the ends of the zucchini and slice remaining portion into thin pieces like chips – the thinner the better.
3. Place wax paper in non-stick, Pyrex glass cooking sheet.
4. Lay zucchini flat, spread out evenly, and season with salt and pepper to taste.  
Bake for 15 minutes.
5. In a separate cooking sheet, place cod in the center and season with salt and pepper to taste.
6. Squeeze lemon over the cod, sprinkle thyme, and bake for 10 minutes.
7. Remove cod and zucchini when browned and serve.

# Chicken Breast & Cucumber

PREP TIME

**5 Min**

COOK TIME

**20 Min**

CALORIES

**261**

## INGREDIENTS

130g extra lean chicken breast

1 large cucumber

3 tsp. vinegar

Sea salt & pepper to taste



## DIRECTIONS

1. Cut chicken into three strips and place skewers through each.
2. Season chicken with salt and pepper.
3. Place chicken on BBQ and cook thoroughly. Tip: Rub the side of a cut onion on the grill to prevent sticking.
4. Chop cucumber into slices and mix with vinegar. Salt and pepper to taste.
5. Serve chicken over cucumber salad.

# Lamb Chops & Brussels

PREP TIME

5 Min

COOK TIME

10 Min

CALORIES

250



## INGREDIENTS

100g leg of lamb (fat trimmed off)

1 cup brussel sprouts

½ red pepper

Sea salt & pepper to taste



## DIRECTIONS

1. Season lamb with salt and pepper.
2. Place lamb on non-stick frying pan over medium heat, moving the pan around quickly so it doesn't stick.
3. Once cooked, add brussel sprouts and sliced red pepper. Cook until tender.
4. Season with sea salt and pepper to taste and serve.

# Turkey & Mashed Cauliflower

PREP TIME | COOK TIME | CALORIES  
**10 Min** | **20 Min** | **253**



## INGREDIENTS

100g extra lean turkey breast  
1 small whole cauliflower  
2 cups asparagus  
2 tbsp. chives  
Sea salt and pepper to taste



## DIRECTIONS

1. Season turkey with salt and pepper.
2. Place turkey on non-stick frying pan over medium heat, moving the pan around quickly so it doesn't stick.
3. Once cooked, add asparagus with trimmed ends. Season to taste and cook until tender.
4. In another pot, boil cauliflower until very tender.
5. Drain and discard all the water – the drier the cauliflower the better.
6. Add almond milk, salt and pepper, and mash with potato masher until it looks like mashed potatoes.
7. Top with chives.

# Zucchini Lasagna

PREP TIME | COOK TIME | CALORIES  
**10 Min** | **1 Hour** | **277**



## INGREDIENTS

100g extra lean ground beef  
(95% lean)  
1 large zucchini  
1 large tomato  
1 small onion, chopped  
3 cups spinach, chopped  
2 tbsp. fresh basil  
1 tbsp. fresh oregano  
1 tbsp. salt  
1 tbsp. pepper



## DIRECTIONS

1. Preheat oven to 325°F.
2. Slice zucchini lengthwise into very thin slices. Cut tomato into thin slices.
3. In a large non-stick skillet over medium-high heat, mix ground beef, chopped onion, spinach, spices, and water and cook for 15 minutes.
4. To assemble lasagna, spread 1/3 of the meat sauce in the bottom of a Pyrex glass cooking sheet. Then layer 1/3 the zucchini slices, and 1/3 of the tomato slices. Repeat layering until you have used all the ingredients.
5. Bake for 45 minutes covered with foil. Let stand 5 minutes before serving.

# Soups

## Vegan “Chicken” Noodle Soup

PREP TIME	COOK TIME	CALORIES
10 Min	0	75



### INGREDIENTS

2 cups of water  
1 cup cauliflower, chopped  
1 cup celery  
1 small zucchini, shaved  
2 cloves of garlic, minced  
2 tbsp. fresh parsley  
Sea salt & pepper to taste



### DIRECTIONS

1. Add to blender – water, cauliflower, celery, parsley, garlic, and salt. Blend and add more water if necessary. You can warm the soup with the heat of your blender.
2. Place a box grater on its side with the largest grating holes facing up.
3. Cut the ends of the zucchini, and then push along the top of the grater in long strokes to create long, thin ribbons of zucchini.
4. Add zucchini ribbons to warm soup and serve.

# All-Vegetable Soup

PREP TIME | COOK TIME | CALORIES  
**10 Min** | **0** | **68**



## INGREDIENTS

2 cups water  
1 cup chopped broccoli  
2 cups chopped cauliflower  
1 cup celery  
1 cup spinach  
2 cloves of garlic, minced  
Sea salt & pepper to taste



## DIRECTIONS

1. Add to blender – water, broccoli, cauliflower, celery, spinach, garlic, and salt & pepper. Blend and add more water if necessary. You can warm the soup with the heat of your blender.

# Homemade Tomato Soup

PREP TIME	COOK TIME	CALORIES
10 Min	0	60



## INGREDIENTS

1 small onion, chopped

1 cup tomatoes, chopped

2 cloves of garlic, minced

2 tsp. white wine vinegar

½ tsp. dried thyme

Sea salt & pepper to taste



## DIRECTIONS

1. Add to blender – onion, tomatoes, garlic, vinegar, thyme, and salt & pepper. Blend and add more water if necessary. You can warm the soup with the heat of your blender.

## MORE RECIPES

### Simple Spring Salad

PREP TIME    COOK TIME    SERVES  
**10 Min**    **0**    **2**



#### INGREDIENTS

1 cup extra virgin olive oil  
1 bag of spring salad mix  
¼ cup red onion, diced  
2 cloves garlic, minced  
2 oz. roasted pecans  
1 tbsp. Dijon mustard  
3 tbsp. white wine vinegar  
½ tsp. black pepper  
½ tsp. sea salt



#### DIRECTIONS

1. Blend all ingredients except olive oil and pecans in a high-speed blender or food processor until smooth.
2. Once smooth, slowly add in the olive oil to fully emulsify.
3. Serve atop your choice of salad.
4. Sprinkle with roasted pecans and serve.

# Simple Coleslaw

PREP TIME | COOK TIME | SERVES  
**10 Min** | **0** | **2**



## INGREDIENTS

1 cup extra virgin olive oil  
1 bag of coleslaw salad mix  
1/4 cup red onion, diced  
2 cloves garlic, minced  
2 oz. roasted pecans  
1 tbsp. Dijon mustard  
3 tbsp. white wine vinegar  
1/2 tsp. black pepper  
1/2 tsp. sea salt



## DIRECTIONS

1. Blend all ingredients except olive oil and pecans in a high-speed blender or food processor until smooth.
2. Once smooth, slowly add in the olive oil to fully emulsify.
3. Serve atop your choice of salad.
4. Sprinkle with roasted pecans and serve.

# Creamy Caesar Salad

PREP TIME | COOK TIME | SERVES  
**10 Min** | **0** | **2**



## INGREDIENTS

- 3 hearts of romaine lettuce, chopped
- 1 ripe avocado, diced
- 1 large egg
- 3 cloves garlic, smashed
- 1 tsp. fresh lemon juice
- 1 tbsp. Dijon mustard
- $\frac{1}{3}$  cup of avocado oil
- 2 tbsp. raw cashew pieces
- Sea salt & black pepper to taste



## DIRECTIONS

1. Add egg, two garlic cloves, lemon juice, mustard, oil, and salt and pepper to a tall glass jar that's barely wide enough to accommodate the head of your immersion blender and let it sit until the egg settles at the bottom.
2. Insert your immersion blender and push it all the way down until it touches the bottom of the jar.
3. Push the power button and do not move the blender. This will cause dressing to emulsify and become thick and creamy. Blend for approximately 20 seconds.
4. Add cashews, remaining garlic clove, and salt to a food processor and give them a few quick pulses until texture resembles that of grated parmesan.
5. Add lettuce, avocado, and dressing to a large mixing bowl.
6. Toss to combine.
7. Divide salad between four plates and sprinkle with parmesan-like mixture.
8. Serve immediately.

# Creamy Dill Cucumber Salad

PREP TIME | COOK TIME | SERVES  
**10 Min** | **0** | **1**



## INGREDIENTS

4 mini cucumbers  
1/4 cup of mayonnaise  
2 tbsp. fresh dill, finely chopped  
1 tbsp. extra virgin olive oil  
1/2 tsp. Dijon mustard  
Sea salt & pepper to taste



## DIRECTIONS

1. In a small bowl, combine all the ingredients, except for the cucumbers, and mix well with a fork.
2. Pour over the sliced cucumbers and stir delicately until well combined.
3. Optional: Cover and place in fridge for two hours to allow flavors to meld.

# Tomato, Cucumber, Avocado Salad

PREP TIME | COOK TIME | SERVES  
**10 Min** | **0** | **1**



## INGREDIENTS

3 cucumbers, peeled, sliced,  
and halved  
2 cups cherry tomatoes, sliced  
2 avocados, cubed  
¼ cup olive oil  
2 tbsp. white wine vinegar  
1 tbsp. dried oregano  
2 tsp. dried basil leaf  
Sea salt & pepper, to taste



## DIRECTIONS

1. Wash veggies. Peel and slice cucumber and tomatoes.
2. Place in a large bowl and sprinkle with parmesan cheese (optional).
3. In a separate small bowl, add olive oil, vinegar, oregano, basil, salt and pepper. Mix well.
4. Pour dressing over veggies and mix.
5. Place in refrigerator until ready to serve.
6. Add avocados just before serving.
7. Enjoy!

# Crunchy Kale Salad

PREP TIME | COOK TIME | SERVES  
**15 Min** | **0** | **1**



## INGREDIENTS

1 bunch kale  
½ cup red cabbage, shredded  
1 lemon, juiced  
Zest of 1 lemon  
1 tbsp. olive oil  
¼ cup nuts, chopped  
Sea salt & pepper to taste.



## DIRECTIONS

1. Cut the kale leaves thinly down the middle along the vein, stack, and thinly slice into ribbons. Place in a large bowl.
2. Add the shredded red cabbage, lemon juice and zest, olive oil, salt, and pepper to the kale. Stir thoroughly to combine.
3. For best results, allow the salad to sit for at least 30 minutes before serving. The veggies will soften just a bit.
4. Top with chopped nuts for a bit more crunch.

# Asian Salad

PREP TIME | COOK TIME | SERVES  
**10 Min** | **0** | **2**



## INGREDIENTS

- chicken, torn into shreds
- 2 cups head lettuce, shredded
- ½ head of red cabbage, shredded
- 5 whole green onions, chopped
- ½ cup cashews (optional)
- ¼ cup Tamari sauce
- ¼ cup white wine vinegar
- 2 tbsp. finely minced ginger
- 3 tbsp. extra virgin olive oil
- 2 tbsp. Hoisin sauce
- 1 tbsp. white sesame seeds, 1 tbsp. black sesame seeds
- Sea salt & pepper to taste



## DIRECTIONS

- 1.** In a small mason jar with lid, add tamari, vinegar, minced ginger, olive oil, hoisin sauce, sea salt, and chopped green onions. Secure the lid and shake vigorously. Set aside.
- 2.** Next, put chopped lettuce, cabbage, sesame seeds, cashews, and enough dressing to coat (around half) into a large plastic bag. Seal and shake vigorously until well incorporated. Adjust amount of dressing as needed.
- 3.** Place on a plate and top with remaining dressing.

# Pesto Chicken & Tomato Kebabs

PREP TIME | COOK TIME | SERVES  
**40 Min** | **10 Min** | **6**



## INGREDIENTS

2 lbs. chicken, cut into 1-inch cubes  
24 cherry tomatoes  
1 clove of garlic  
1 cup fresh basil leaves, chopped  
Sea salt & pepper to taste



## DIRECTIONS

1. In a food processor, pulse basil, garlic, salt, and pepper until smooth.
2. In a bowl, combine the raw chicken with pesto and marinate for a few hours. Soak wooden skewers in water at least 30 minutes (or use metal ones to avoid this step). Beginning and ending with chicken, thread chicken and tomatoes onto eight pairs of parallel skewers to make eight kebabs total.
3. Heat the outdoor grill or indoor grill pan over medium heat until hot. Be sure the grates are clean. Place kebabs on the hot grill and cook about 3-4 minutes; turn and continue cooking until chicken is cooked throughout, about 2-3 minutes.
4. Serve and enjoy!

# Garlic-Lime Pork Chops

PREP TIME | COOK TIME | SERVES  
**25 Min** | **10 Min** | **4**



## INGREDIENTS

4 pork chops  
4 cloves garlic, crushed  
1 tsp. cumin  
1 tsp. chili powder  
1 tsp. paprika  
Sea salt & pepper to taste  
½ lime, juiced



## DIRECTIONS

1. In a large bowl, season pork with garlic, cumin, chili powder, paprika, salt, and pepper. Squeeze lime juice over the meat, add some zest from the lime, and let it marinade at least 20 minutes.
2. Line broiler pan with foil for easy clean up. Place pork chops on the broiler pan and broil about 4-5 minutes on each side or until nicely browned.

# Summer Veggies & Sausage

PREP TIME | COOK TIME | SERVES  
**10 Min** | **20 Min** | **4**



## INGREDIENTS

14 oz. Italian sausage,  
sliced 1-inch thick  
1 large onion, chopped  
½ orange bell pepper, diced  
½ yellow bell pepper, diced  
½ red bell pepper, diced  
2 cups zucchini,  
½-inch thick & quartered  
4 cloves garlic, smashed  
2 tbsp. fresh rosemary  
Sea salt & pepper to taste.



## DIRECTIONS

1. Add sausage to the skillet and sauté over medium-low heat, stirring occasionally until browned but not quite cooked through, about 10 minutes.
2. Season chopped vegetables with salt and pepper. Add onions, peppers, garlic, and rosemary to the skillet and mix.
3. Continue cooking, stirring occasionally until onions and peppers become slightly browned.
4. Add zucchini and cook an additional 5 minutes, mixing as it cooks until cooked throughout.

# Bacon & Eggs

PREP TIME | COOK TIME | SERVES  
0 | 10 Min | 1



## INGREDIENTS

- 3 eggs
- 4 slices bacon, cooked
- Sea salt & pepper to taste



## DIRECTIONS

1. Using a large skillet, place slices of bacon in pan over medium-high heat. Turn down the heat as soon as the bacon starts to sizzle.
2. Cook it while turning every couple of minutes until it reaches the crispness you desire.
3. Drain bacon on a plate layered with paper towels.
4. Once it's cooked, turn down the heat to medium-low. Don't drain the bacon fat – use it to fry your eggs.
5. Crack three eggs into the pan. Use a slotted spatula to remove the eggs from the pan.
6. Blot each egg with paper towel before putting it on a plate with bacon.
7. Salt & pepper to taste.

# Grilled Rosemary Lamb Chops

PREP TIME | COOK TIME | SERVES  
**1 Hour** | **20 Min** | **4**



## INGREDIENTS

4 lamb chops  
3 cloves of garlic  
¼ cup fresh lemon juice  
1 tbsp. fresh rosemary leaves  
Sea salt & pepper to taste



## DIRECTIONS

1. Combine lemon juice, garlic, and rosemary.
2. Season lamb with salt & pepper and cover with garlic mixture.
3. Marinate at least one hour, overnight if possible.
4. Discard marinade and grill over medium-high heat to desired liking or broil in the oven.

# BBQ Ribs

PREP TIME | COOK TIME | SERVES  
**5 Min** | **90 Min** | **4**



## INGREDIENTS

4 lbs. baby back pork ribs  
Cayenne pepper  
Garlic powder  
Sea salt & pepper to taste



## DIRECTIONS

1. Preheat grill on high heat.
2. Place ribs on large sheet of heavy-duty aluminum foil.
3. Mix all the spices together to make a dry rub.
4. Rub all sides of the ribs with spice mixture.
5. Place ribs in foil on the grill and cook for one hour.
6. Remove ribs from foil and place directly on grill for 30 additional minutes.

# Roast Beef

PREP TIME | COOK TIME | SERVES  
**30 Min** | **6 Hours** | **8**



## INGREDIENTS

3 lbs. boneless beef chuck roast  
1 onion, sliced  
2 sprigs of fresh rosemary  
2 bay leaves  
2 cloves of garlic, minced  
 $\frac{1}{3}$  cup white wine vinegar  
1  $\frac{1}{2}$  cups beef stock  
Sea salt & black pepper to taste



## DIRECTIONS

1. Season the roast on all sides with sea salt & black pepper.
2. Melt some cooking fat in a large skillet over medium-high heat and sear the roast for 2-3 minutes on each side.
3. Place the meat in a slow cooker and top with onion, garlic, vinegar, beef stock, bay leaves, and rosemary. Cover the slow cooker, turn on low, and cook for six hours.
4. Remove and discard the two bay leaves and rosemary sprigs.
5. Pour the liquid from the slow cooker into a saucepan and bring to a slow boil over medium-high heat until you get the desired consistency for your sauce.
6. Pour the sauce back in the slow cooker and serve with the meat and vegetables.

# Butterflied, Roasted Chicken

PREP TIME | COOK TIME | SERVES  
**15 Min** | **1 Hour** | **4**



## INGREDIENTS

1 whole chicken  
2 onions, peeled and quartered  
1 zucchini, sliced  
2 bell peppers, chopped  
2 lemons, halved  
3 tbsp. fresh rosemary, finely chopped  
Sea salt & pepper to taste



## DIRECTIONS

1. Preheat oven to 400°F.
2. Place the chicken breast-side down on cutting board. Cut along both sides of the backbone from end to end with kitchen shears and remove the backbone. Flip the chicken and open it like a book. Press firmly on the breasts with your palm to flatten.
3. Place the chicken in Pyrex baking sheet and surround with vegetables and lemon.
4. Season chicken and vegetables with rosemary, salt, and pepper to taste.
5. Place baking sheet in the oven and cook for an hour.

# Bean-Less Chili

PREP TIME COOK TIME SERVES  
**10 Min** **30 Min** **8**



## INGREDIENTS

5 lbs. ground beef  
2 cups water  
1 cup tomatoes  
1 onion, finely chopped  
5 celery stalks, chopped  
1 pepper, chopped  
4 cups button mushrooms, chopped  
1 tbsp. extra-virgin olive oil  
4 bay leaves, 3 thyme sprigs, 2 tbsp. fresh parsley  
Sea salt & pepper to taste



## DIRECTIONS

1. In a large skillet over a medium heat, cook the ground beef with some cooking fat if needed.
2. In a very large saucepan over a medium heat, sauté the garlic in olive oil. Cook for about two minutes or until the garlic is fragrant.
3. Add the onion, celery, pepper, tomatoes, and mushrooms to the saucepan. Stir well and cook for another 5-10 minutes until vegetables are soft.
4. Add the cooked ground beef and bay leaves, thyme, and parsley. Stir well.
5. Season to taste with salt and pepper, reduce heat to low, and simmer uncovered for about four hours or until thick, stirring occasionally.
6. Adjust the seasoning by adding salt or pepper if needed, and remove the bay leaves and thyme sprigs.

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