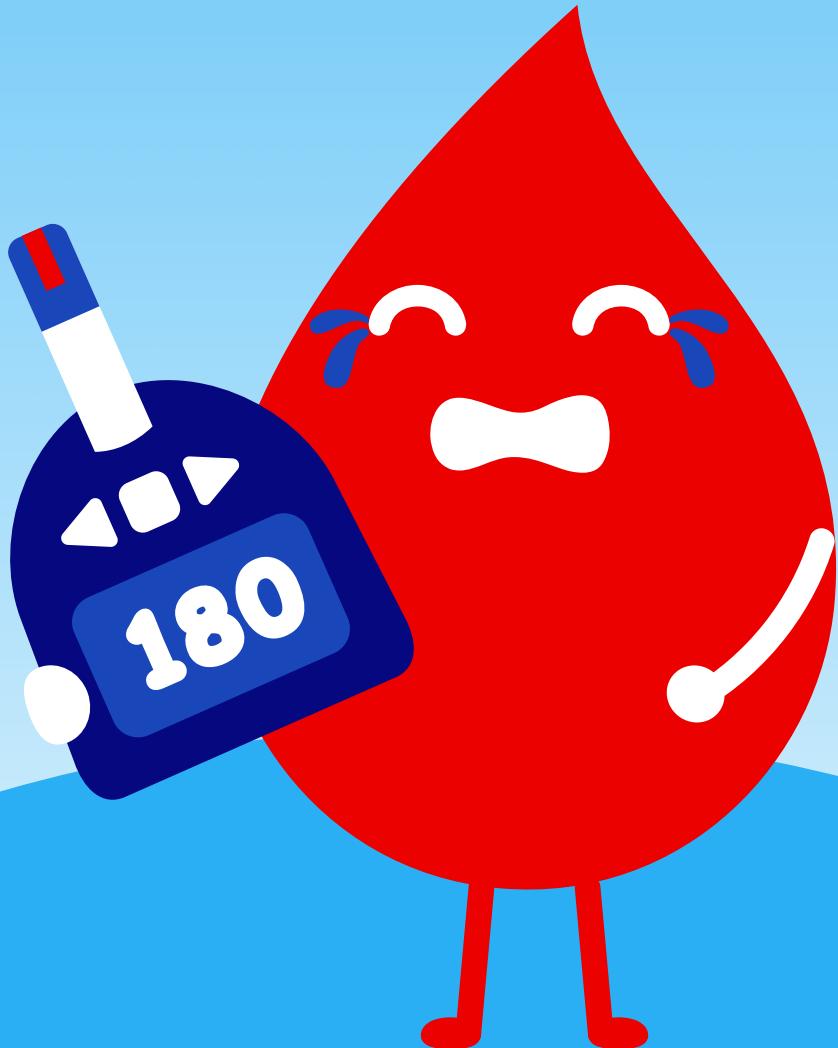


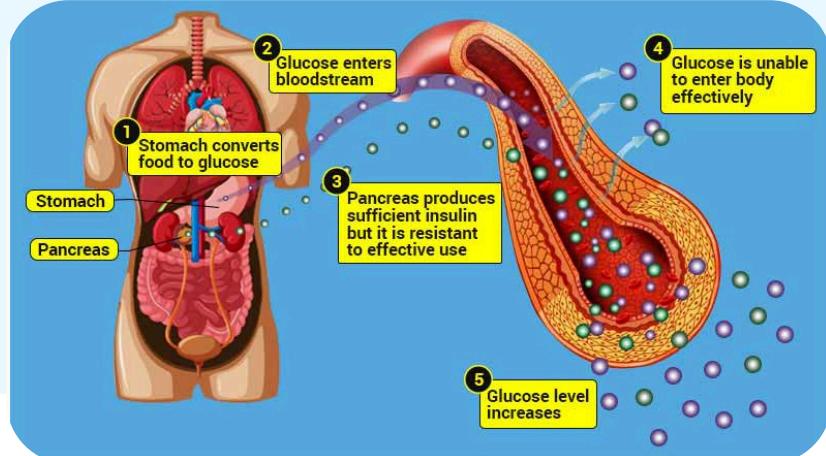
A Guide to Building a Healthier Future for Your Family

# Preventing and Reversing Diabetes: What Doctors Won't Tell You



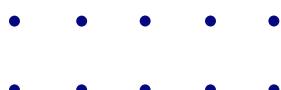
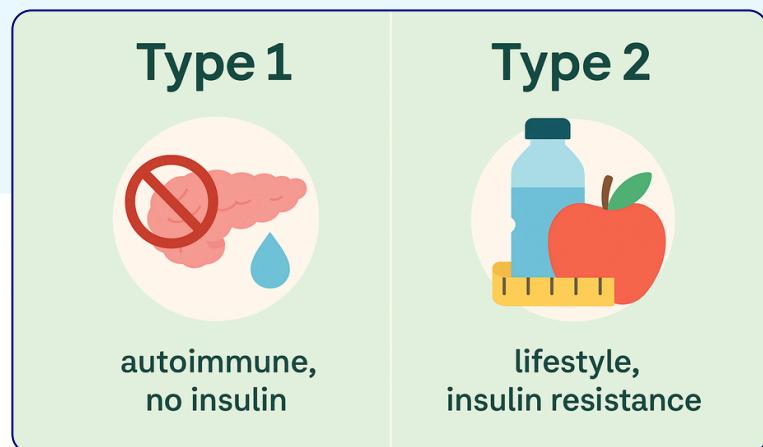
# What is diabetes?

A condition where blood sugar stays high caused by insulin resistance or low insulin.



## Two Types of Diabetes

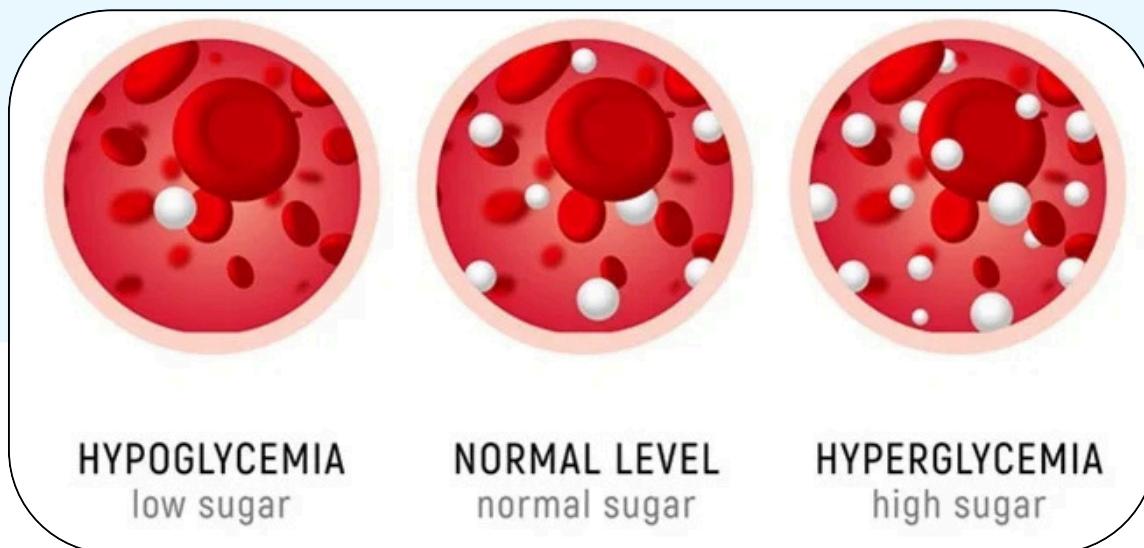
- Type 1: Autoimmune, no insulin
- Type 2: Lifestyle-related, insulin resistance  
(PDF main focus)



# Diabetes Side Effects & Symptoms

to Look Out For

Understanding blood sugar: Glucose fuels your body, and balance is key to staying healthy.

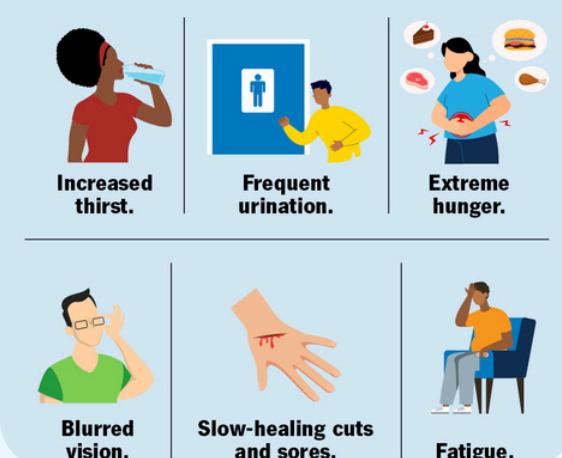


## Diabetes Symptoms

### Hyperglycemia

Happens when blood sugar is too high — if untreated, it can lead to serious complications like nerve, eye, or kidney damage.

#### Symptoms of Hyperglycemia



# Complication Treatment

## Hypoglycemia

Occurs when blood sugar drops too low, causing symptoms like shakiness, dizziness, or fatigue.

📌 Parents' Note: Children may not describe their feelings clearly. Watch for sudden fatigue, irritability, or unexplained changes in appetite.

### Symptoms of Hypoglycemia



Shaking or trembling.



Faster heart rate.



Extreme hunger.



Sweating.



Confusion/difficulty concentrating.



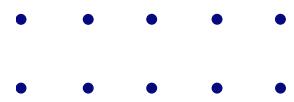
Dizziness.

## What Makes Diabetes Worse?

- ✖ Relying only on medication
- ⚠ Overeating sugary/simple carbs
- 🚫 No portion control
- ⚠ Random diets without guidance
- ⚠ Lack of support & consistency

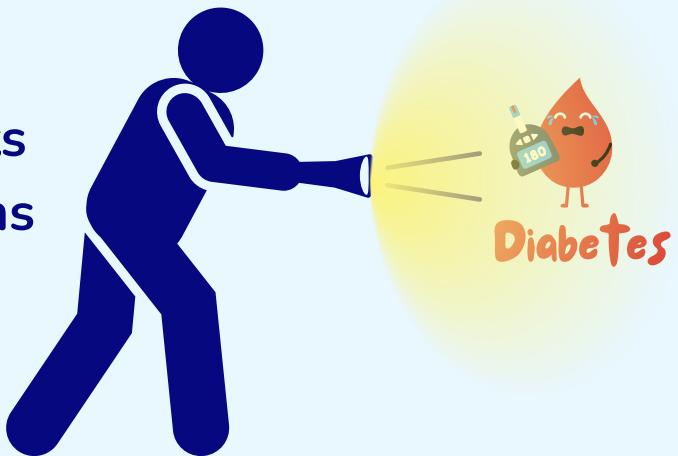


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# The Silent Risk of Diabetes

Prevention Starts  
Before Symptoms



## Do You Know?

Many people only discover they have diabetes after symptoms appear.

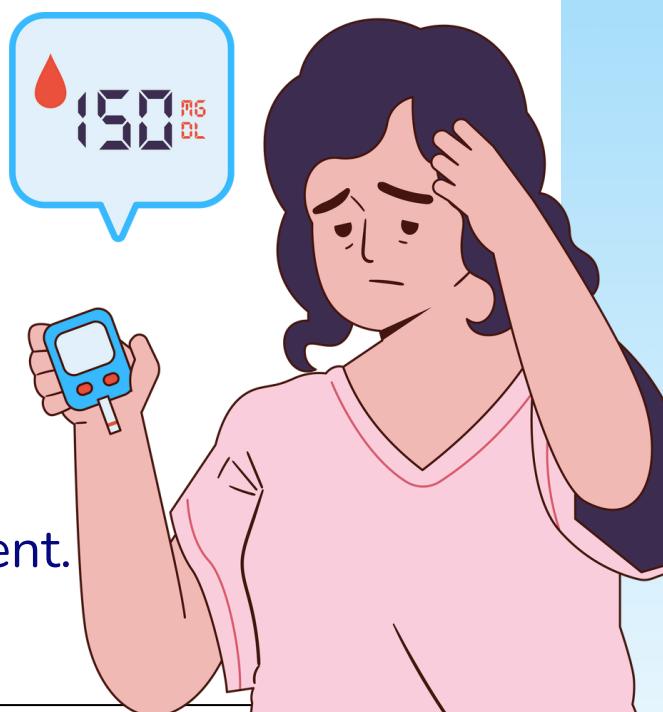
According to NHMS 2023 study,

- 1 in 6 adults in Malaysia already have diabetes and
- 2 in 5 don't even know they have it.

Many people only discover it once complications appear.

⚠ This shows how much diabetes is undiagnosed and silent.

- • • • •
- • • • •



# Seeing Risks Before They Appear

⚠ Some people are genetically predisposed to diabetes.

DNA testing can reveal these risks years—even decades—before symptoms.

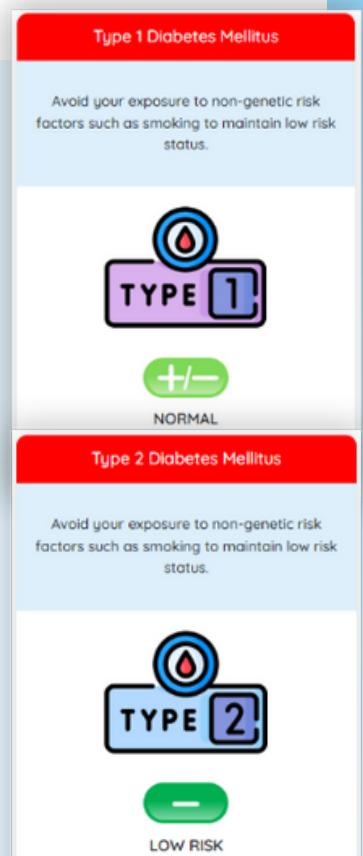
👶 Even children as young as 2 months old can be tested.

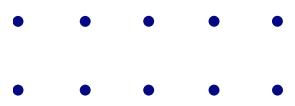


“Early awareness allows families to instill healthy habits in children from the start.”

## Genetic Predisposition

- Genes influence insulin resistance & blood sugar regulation.
- Scientists have identified specific gene variants (like type 1: HLA-DQB1, SUOX and type 2: KCNQ1, IGF2, CDKAL1) linked to higher risk of developing Type 2 diabetes.
- A DNA test checks if you carry these variants.





Even people who look “healthy”  
may carry these risks.

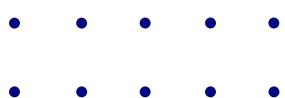
## Beyond Symptoms, Before They Appear

Unlike blood sugar tests (which only show current levels), DNA testing reveals lifetime predisposition.

This means you can know your risk years even decades before symptoms arise. You can discover it as early as 2 months old

### AGT's DNA tests provide:

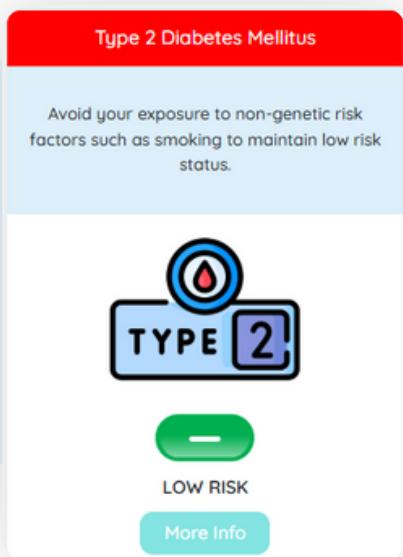
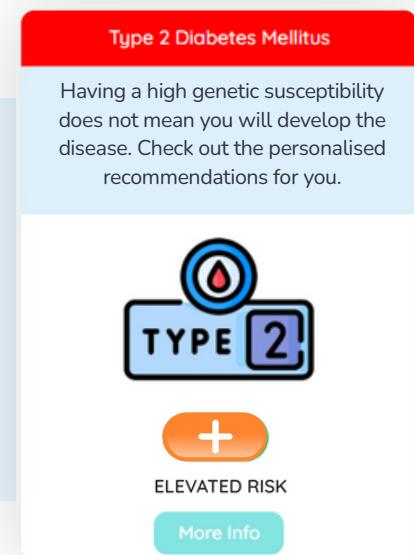
- Risk awareness
- Personalized prevention strategies
- Family health guidance



# Personalized Wellness

🚫 One-size-fits-all health solutions don't work because every body is different.

If the test shows higher genetic risk, you can take proactive steps: better diet, regular exercise, weight management, and more frequent check-ups.



If your risk is low, you still benefit from knowing which foods or nutrients your body responds to best.

# With Decode Health DNA Test, you can understand all of this health risks



## Cancers (19)

- Glioma
- Basal Cell Carcinoma
- Bladder Cancer
- Breast Cancer
- Cervical Cancer
- Chronic Lymphocytic Leukemia
- Colorectal Cancer
- Esophageal Cancer
- Follicular Lymphoma
- Gastric Cancer
- Hepatocellular Carcinoma
- Hodgkin's Lymphoma
- Lung Cancer
- Multiple Myeloma
- Nasopharyngeal Carcinoma
- Pancreatic Cancer
- Prostate Cancer
- Testicular Germ Cell
- Thyroid Cancer

## Cardiovascular Diseases (5)

- Abdominal Aortic Aneurysms
- Atrial Fibrillation
- Coronary Heart Disease
- Hypertension
- Myocardial Infarction

## Digestive Diseases (2)

- Chronic Hepatitis B
- Primary Biliary Cirrhosis

## Metabolic and Endocrine Diseases (4)

- Non-Alcoholic Fatty Liver
- Obesity
- Type 1 Diabetes Mellitus
- Type 2 Diabetes Mellitus

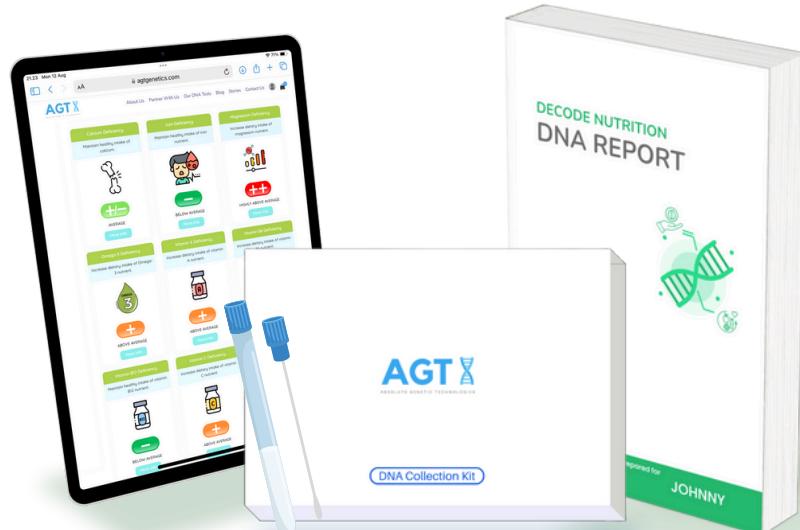
## Other Diseases (8)

- Adolescent Idiopathic Scoliosis
- Age-related Macular Degeneration
- Asthma
- Atopic Dermatitis
- Chronic Kidney Disease
- Polycystic Ovary Syndrome
- Systemic Lupus Erythematosus
- Vitiligo

## Neurological and Psychiatric Diseases (4)

- Alzheimer's Disease
- Bipolar Disorder
- Parkinson's Disease
- Schizophrenia

With Decode Nutrition DNA Test,  
you can understand how your body absorbs  
vitamins and your sensitivities



### Nutritional Needs

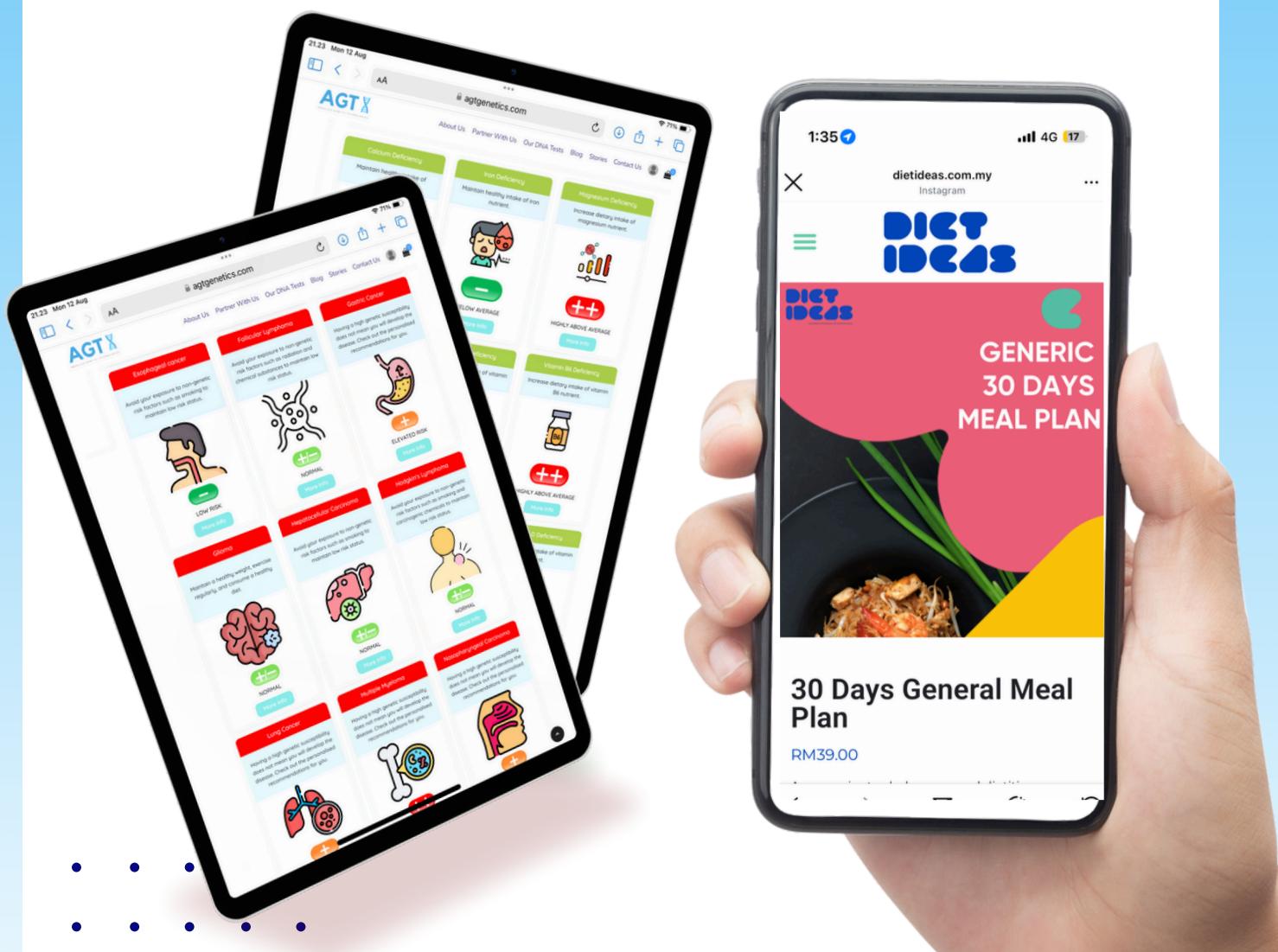
- Calcium Need
- Iron Need
- Magnesium Need
- Omega-3 Need
- Zinc Need
- Vitamin A Need
- Vitamin B6 Need
- Vitamin B12 Need
- Vitamin C Need
- Vitamin D Need
- Vitamin E Need
- Vitamin K Need
- **Glutamine (New!)**
- **Phosphorus (New!)**
- **Vitamin B3 (New!)**
- **Vitamin B9 (New!)**
- **Alcohol Sensitivity (New!)**
- **Caffeine Sensitivity (New!)**
- **Salt Sensitivity (New!)**
- • • • •

### Overall Health

- Bone Health
- Brain Health
- Emotional Health
- Eye Health
- **Appetite Health (New!)**
- **Digestive Health (New!)**
- **Energy Health (New!)**

# Personalized Wellness for Healthy life

- One-size-fits-all don't always work because every body is different.
- AGT supports personalization by helping individuals discover what works best for their body.
- For example digestive health. Vitamins like glutamine and vit B3, B6, B12, C and D helps to support a digestive health.
- **AGT helps to discover, and Diet Ideas can provides the practical dietary program further!**



# Personalized Wellness with Decode DNA Tests

- Discover your genetic risk for a wide range of conditions — from cancers, cardiovascular, metabolic, neurological, to other chronic diseases.
- Understand which lifestyle factors may elevate those risks.
- Get practical tips to lower and maintain your risk levels, so you can take proactive steps before symptoms appear.
- How your body responds to key nutrients, such as vitamin D, vitamin B6, B12, Iron, and more.
- Your sensitivity to substances like caffeine, alcohol, and salt.
- Personalized recommendations on daily nutrition and supplement intake.
- Gain a clearer understanding of how your body naturally manages energy, appetite, digestion, and more.

Decode Health DNA Test helps you recognize your potential disease risks, while Decode Nutrition DNA Test shows you how to support your body through the right diet and lifestyle. Together, they empower you to stay emotionally stable, mentally focused, and physically balanced.

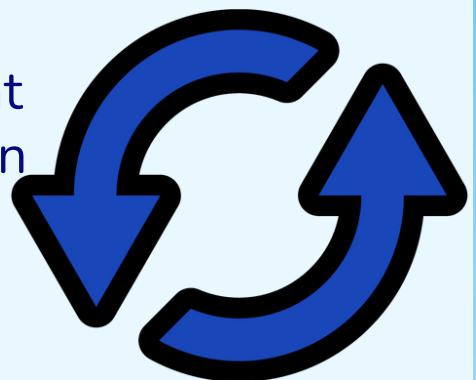
# What About Those Already Diagnosed?

That's where reversal strategies come in.

## What to know about Diabetes Reversal?

### Description

It refers to a significant improvement in blood sugar levels where a person with Type 2 diabetes is able to maintain normal glucose levels without needing medication.

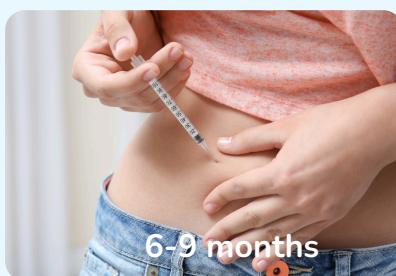


## How Long Does It Take to Reverse Diabetes?

Based on real results from Diet Ideas clients:



3–6 months  
Newly diagnosed (<1 year)

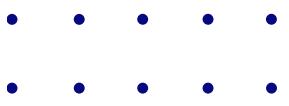


Diagnosed <3 years



9–12 months  
Diagnosed >3 years

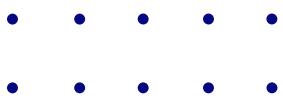
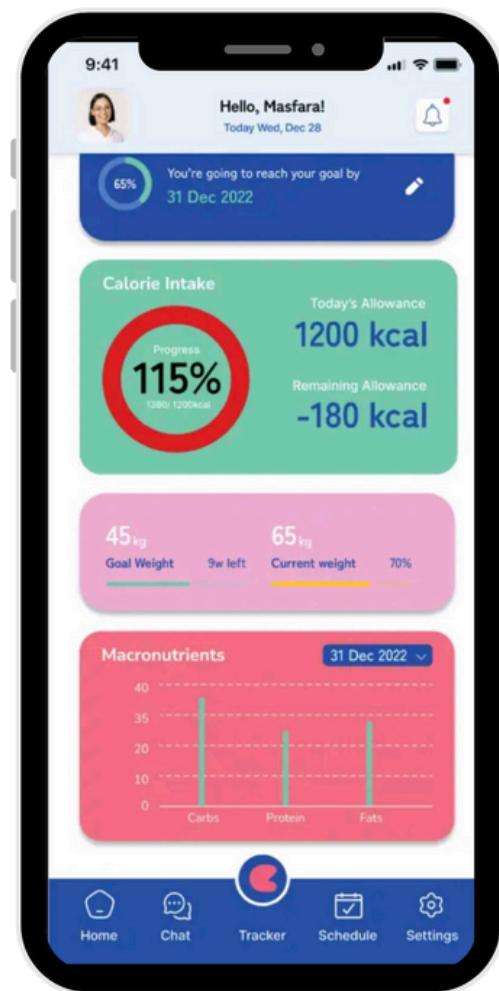
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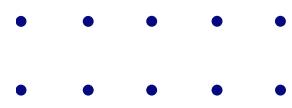


# It Starts From Eating Right.

and yes, you can still enjoy your fav foods!

With the right strategy,  
healing becomes possible.





# Medical vs Nutritional Approach

Based on real results from Diet Ideas clients:

Medical (Doctors):

- Medication-first strategy
- Symptoms management.
- Some doctors refers to dietitian, some not.



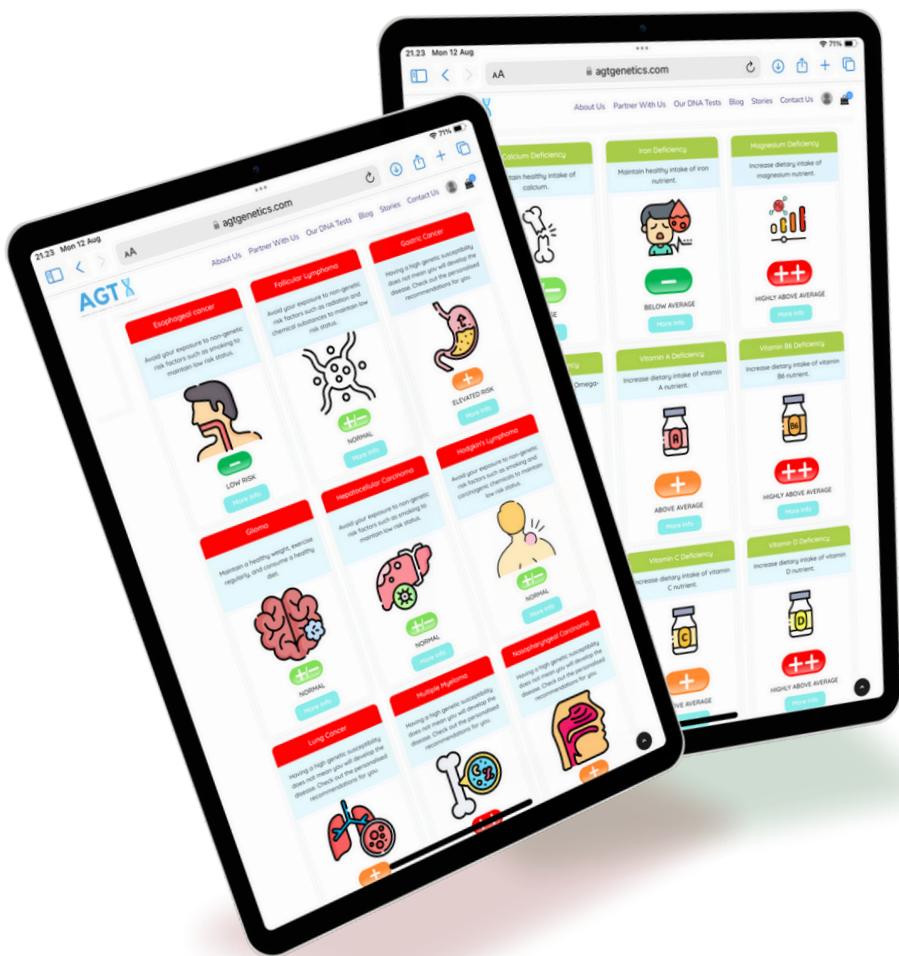
Nutritional (Diet Ideas):

- Root cause reversal
- Food as healing
- Focus on long-term habits

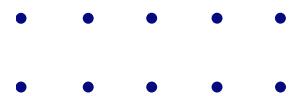
## Why Most People Fail at Reversing Diabetes

- 😢 No support or accountability
- 📱 Info overload = confusion
- ⚡ Quick-fix mindset, no long-term plan
- 🤯 Overwhelmed and frustrated





- Early prevention is always better than treatment.
- DNA testing isn't just for adults — AGT's child holistic development DNA test provides insights as early as 2 months old.
- Helps you and your family to instill the right nutrition and habits from a young age, reducing future health risks like diabetes and many other health risks.
- Families can work together on healthy living.



By understanding your nutrition and health risk, Diet Ideas can design a perfect plan for you when you are under Diet Ideas programs!



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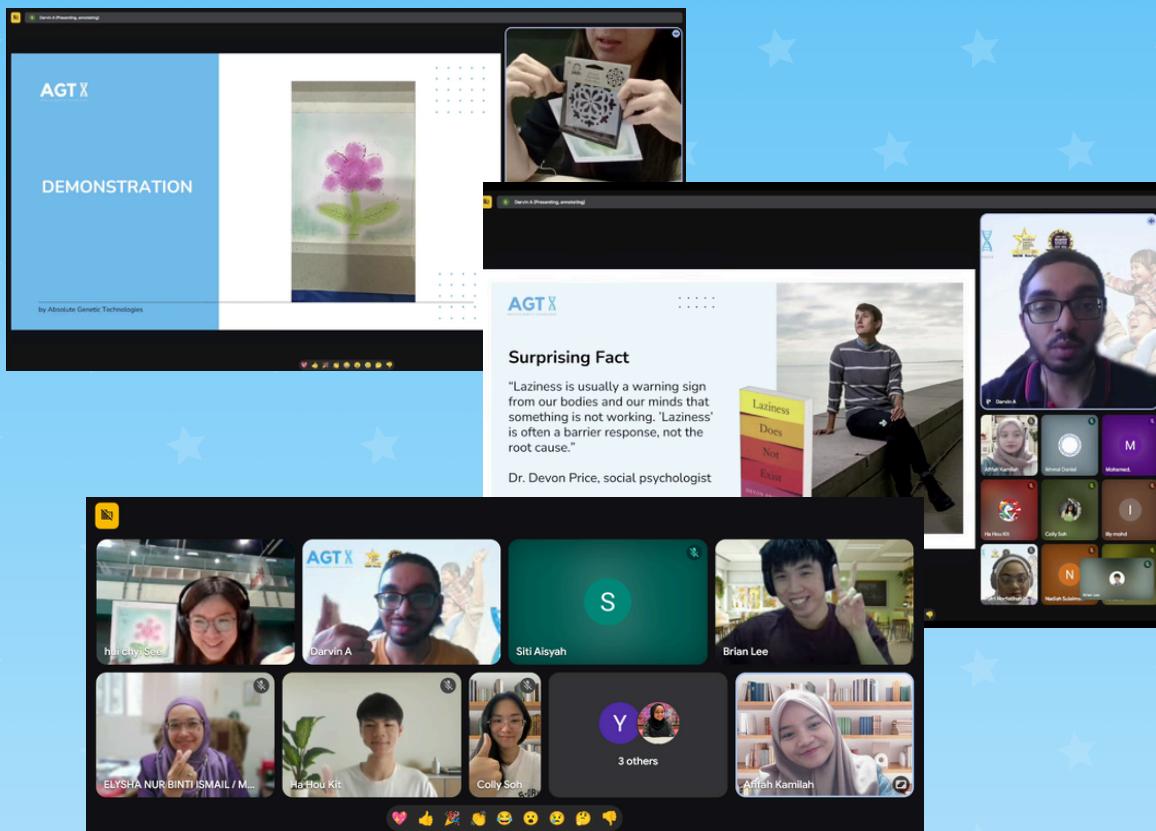


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(Selangor only)
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