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2022-08-04 19:52:59+00:00

Telling an Ulcer patient to be eating every time defeats every purpose of management and healing.  
  
The frequency of eating worsen most ulcer cases   
  
Especially above 3 times a day.  
  
Give your gut time to heal by withdrawing from food.  
  
You can't eat your way out of it trust me.

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2022-08-04 19:48:57+00:00

The energy currency of your body is ATP. Not calories nor carbs.  
  
The body doesn't "prefer" to burn glucose for energy.  
  
The body "has" to burn glucose first because it’s toxic to be left floating around.  
   
Fast  
#FastingThursday

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2022-08-04 19:37:26+00:00

Your mouth is the doorway to health or disease.  
  
What enters your mouth determines how healthy you will be.  
  
With every bite, you're either feeding or starving disease.  
#FastingThursday

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2022-08-03 17:21:34+00:00

Sugar can cause pile and haemorhoids.  
  
Sugar and processed carbs can make you have bloody stool.

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2022-08-03 15:47:04+00:00

If you believe you health is your first wealth follow me  
,  
,  
,  
,  
,  
Avoid bread, noodles, and pasta; fast at least 24 hours weekly. https://t.co/F2VPXjMa69

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2022-08-03 15:15:09+00:00

Another testimony on ulcer!!!  
  
Peep the last sentence.  
  
“Whoever that’s joking with your posts is joking with their health”. https://t.co/iK8a7a1EOv

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2022-08-03 14:54:11+00:00

The universe rewards the brave and the dauntless.  
  
Small changes can reap massive benefits.  
  
As this man has shown  
  
It can also be you.  
  
Take a step. https://t.co/68nCEEcOlk

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2022-08-03 14:49:36+00:00

You are living in a place where, any small health issue can be the end of you.  
  
Instead of looking for ways you can better your health, you are busy arguing that SUGAR doesn’t cause Diabetes.

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2022-08-03 12:04:12+00:00

Happy birthday Pharm of life, may the universe bless you abundant and grant you all your wishes.  
  
Amen

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2022-08-03 11:43:54+00:00

granted.  
  
The testimonies of real people getting their health back with simple dietary should motivate you.  
  
Don’t be a sheep!

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2022-08-03 11:43:53+00:00

Don’t get me wrong; I respect Doctors a lot, but there’s a limit in what they can do.  
  
Nutrition issues should be handled by nutritionist and dietitians, unfortunately, most of them are also lost in the rubble.  
  
Nutritionists like me are rare; do not take what you read here for👇🏽

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2022-08-03 11:43:53+00:00

Or your loved ones.  
  
I can only provoke you to read, think and research.  
  
Experiment on yourself; that is where you will stamp your feet that you have finally seen the light.  
  
Most doctors don’t know nutrition. If they did, half of nutrition problems will be solved. https://t.co/WIvSzzHZaW

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2022-08-03 11:43:50+00:00

Now these fuels are regulated by hormones(insulin, glucagon, adrenaline, leptin and ghrelin)  
  
I don’t want to type too much.  
  
But if you like, keep being deceived by food and pharmaceutical industry jargons that sugar or high carbs doesn’t cause diabetes, till it happens to you👇🏽

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2022-08-03 11:43:49+00:00

Sugary fruits are better avoided, especially if you are someone with very low activity levels.  
  
The human body has 3 sources of energy.  
  
-Glucose(carbs,proteins and fat)  
-Fatty acids(fat &amp; oil)  
-Amino acids(proteins).  
  
The first two are used simultaneously the last one, hardly.

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2022-08-03 11:43:49+00:00

Yet, too little is done to burn them.  
  
We do a lot of things that put our bodies through unnecessary stress without finding ways to manage them.  
  
These lifestyle compound over the years to give us problems.  
  
Foods like rice shouldn’t be eaten everyday.  
  
Bread, wheat and 👇🏽

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2022-08-03 11:43:48+00:00

Don’t binge on carbs if you are not burning it.  
  
We keep asking why there is prevalence of metabolic diseases like diabetes type 2 and hypertension, yet no one is attempting to analyze the real reason.  
  
We consume too much sugary fruits, refined carbs, and sugar 👇🏽

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2022-08-03 11:43:11+00:00

Woman B is very likely to have diabetes, HBP and heart issues.   
  
Only very few people understand the bigger picture.   
  
That's the state of our health today, but lets keep pretending with don't know why young people are having these issues.

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2022-08-03 11:38:28+00:00

People that know nothing about how these things work will say its not caused by sugar

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2022-08-03 10:55:16+00:00

They say it’s not the cause oo

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2022-08-03 07:49:59+00:00

When you change your diet and lifestyle, you reap massive benefits.  
  
Sometimes it’s like a miracle as shown here.  
  
Don’t doubt it.  
  
Ulcer is CURABLE. https://t.co/ZgWPMHZwUD

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2022-08-03 07:18:00+00:00

For cereals, wheat, plantain and beans.   
  
You are not aware of how many people wish they know what they today their loved ones will still be alive.  
  
I can only tell you one thing, resist the urge to look smart where you shouldn’t, it will help you.

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2022-08-03 07:17:59+00:00

Since yesterday, I have been waiting for you to tell me how this is totally wrong.  
  
Ridiculous generalization like this is the reason my mum almost lost her eyesight to diabetes 5years ago, because a doctor with no knowledge of nutrition told her to ditch meat and eggs

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2022-08-02 22:36:13+00:00

Explain how it is totally wrong, with a case you have worked with.

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2022-08-02 21:55:39+00:00

The last two shouldn’t even be given to pigs 🚮

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2022-08-02 21:06:34+00:00

This is standard treatment of diabetes type 2. Its a carbohydrates toxicity.  
  
Remove the toxins sugar and carbs.