How to Beat T2 Diabetes

\*\*\*\*\*WHAT WE’RE DOING HERE\*\*\*\*\*

**Colossians 3:23–24 (ESV)**

*Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.*

# Goal:

* keep your carbs below 50g per day
* Keep your calories below 2,000 per day
  + A fantastic way to do this is the “Lose It!” app. Pay for a year’s premium service. It’s $20, and the information it gives you is invaluable. USE IT. Tracking your calories and macronutrients is one of the keys to success, and this (or some other) app will do that very well.
    - You’re not looking for scientific precision. We’re building people here, not rocket ships. It’s OK if the numbers are a little off sometimes.
    - ***IMPORTANT***: You’re not trying to beat some video game by keeping your scores low. Sometimes you’ll be tempted to not log something you ate because it will put you over the numbers… don’t do that. Be honest with yourself. When you fail, record your failure. Don’t beat yourself up over it, learn from it. Analyze what behavior or series of behaviors lead to your failure so you can recognize them the next time and make changes.
  + This is PROBABLY not a forever thing. Once you overcome insulin resistance and your body is recovered, you can relax some of these standards. The problem is that most Americans eat WAY more than we should, way more often, of all the wrong stuff, and our bodies aren’t used to working that way. The Standard American Diet is S.A.D for a reason. It’s why so many of us are fat and sick. Stay away from it.
* **EXERCISE**
  + The most powerful drug in the world is worthless compared to the benefits of exercise. Planet Fitness will cost you $10 a month, with a $50 service fee twice a year. The reason they’re able to charge so little is because most of the people who sign up never go in. They just keep paying the $10 a month and never use the gym, because canceling their membership feels like quitting. So you’re getting a sweetheart deal on a gym membership thanks to people who pay but never go. You need to go. You don’t have a choice. This isn’t something you can do tomorrow. Once today is gone, it’s gone forever, and your success is built on the pile of your days. Those days are either steps up or steps down.
    - DO take rest days, but be intentional about them. Decide, at a time when you’re clear-headed, what your schedule will be, and stick with that. If something comes up and you can't get to the gym right after work, go after whatever is over. Planet Fitness is open 24 hours a day Monday through Friday. They close at 9 pm on the weekends. Get your workouts in.
    - Never work out on The Sabbath day (Saturday). Eliminate that from your list of options. There. Now you have six days to plan around (an even number!) and one day you will not let yourself work out.

# FASTING

* Intermittent fasting, or “Time Restricted Eating,” is a FANTASTIC way to let your body recover. Only eat for a period of 6 or 8 hours a day. Do not snack when you’re supposed to be fasting… you can have water or tea or coffee, but no sodas and nothing with calories. This will let your pancreas rest and stop producing insulin to deal with your meals. This will also let your body deal with the insulin and glucose that is already in your system so that when you start eating again tomorrow, your body will be better able to handle it.

# EDUCATION

* Watch [THIS Video by Dr. Ekberg](https://youtu.be/SbIDzm4EIsg?si=Ky44S33m2wV-QhY_). Then subscribe to his channel and watch more of his stuff. You need to know what you’re dealing with.
* Then watch [THIS Video by Dr. Jason Fung](https://youtu.be/eUiSCEBGxXk?si=c_0L6eahkSa-FWqn). He knows what he’s talking about, and what he says is super useful. Learn what he has to say here, and watch other videos from this channel.
* Watch [THIS video by Dr. Eric Berg](https://youtu.be/1lhAhg3ezWI?si=gnepF89ka3KhUE1B). Subscribe to his channel and watch more of his stuff. Learn the science and understand why you’re doing what you’re doing.

FOODS

# Meat.

* Any meat. Hamburger, ham, spam, pepperoni, hotdogs… whatever. Be sure to check the package to make sure there’s no sugar added. You’ll be surprised at what you find when you start looking. I’m a huge fan of the Kroger frozen burgers and Hebrew National hotdogs. The Jumbo Hebrew Nationals are 250 calories or so each, ¼ lb of meat, and are delicious.

# Vegetables

* Whatever you like. Be sure to get what you like. Watch calories, watch carbs, but meat and veg will be the backbone of your diet for the next six months. Don’t buy anything in boxes, stay out of the middle of the grocery store: shop mostly around the outer edge of it. Avoid processed foods like the plague they are.

# Mission Zero Net Carb Tortillas.

* This will be a staple of your diet. You’re going to eat a lot of these, and you’ll grow to love them. This and the communion table are the only breads you will eat for a while, but that’s okay. It’s worth it.
* These are also your hamburger and hotdog buns. They’re 25 calories each, so eat all of them you want. Get creative.
* Mission ALSO makes some larger, very low-carb tortillas. There’s a 45-calorie and a 75-calorie version. Grab a bag of each of those. Those are great for pizza crusts, and yes, you can make yourself a decent pizza with them. Cheese, Pepperoni, Pizza Sauce, and Mushrooms are all on your “can eat” list. Don’t try the “Quest” low-carb pizzas… they’re expensive as heck and taste like garbage. The pizzas you make at home are better.

# Peanut Butter.

* Any kind is fine, but be careful: This is a major source of protein, but also calories and carbs. What you really want is the flavor and the fat in the peanut butter. Put one teaspoon (or so) of peanut butter on a Zero Tortilla.

# Cheese

* Any kind of cheese is fine. One ounce of cheese (generally one slice) is about 100 calories, so don’t get crazy with the cheese, but this will keep you happy. Also, the fat in the cheese is good for satiety.
  + Satiety means that feeling of satisfaction you get when you eat… it’s being full, or being satiated. Don’t discount the importance of this: you can only white knuckle it so long before you break and order a super supreme pizza and that’s not good.
  + Fat is very satiating. Don’t get stupid and way overdo it, but sugar is the enemy, not fat. You should get roughly half your calories from fat. Most of the rest should be from protein or vegetables.

# Zero (or diet) Soda

* Whatever your favorite kind is. Coke Zero or Cherry Coke Zero were my go-to for a long time. Pepsi and Dr. Pepper also make some good Zero sodas. Be sure to try the Dr. Pepper Strawberries and Cream Zero. So good.
* It’s a zero-carb, zero-calorie treat, and you’re going to need those.
* Kroger makes Zero Big K sodas as well. I highly recommend the Big K Cherry Cola Zero or the Zero Root Beer. They’re significantly cheaper than Coke.

# SAUCES

* Check the label, but some sauces are just fine. Things like Buffalo Sauce or Frank’s Red Hot are great. (These are both what I call “Free foods.”) Even Ranch or Blue Cheese dressing is okay if you’re careful with it. High in calories, but carb-friendly.

# FREE FOODS

* Things you don’t have to track because the numbers are insignificant. I am a huge fan of Cherry Tomatoes and Strawberries… those are fantastic options. A handful of each is about a hundred calories or less, very low carbs, and a quick, satisfying snack. I don’t bother tracking them. Other things, like Broccoli or Cauliflower, are also fine in smaller amounts… a dozen Broccoli Flourettes is something like 120 calories, but it’s almost a full meal.
* Mushrooms, especially canned mushrooms… practically free, and a great way to add variety to most things.
* Pepper, and, to a lesser degree, salt, are good “free” options. Too much salt can be problematic, but the USDA recommendation is less than 2100 mg of sodium per day… that’s a lot of salt. But salt isn’t our problem right now, and I’m generally not paying attention to it. Our problem is calories and carbs. Once we get those under control, changing other things is easier.

# FILTERED WATER

* Buy [THIS pitcher](https://www.amazon.com/Brita-Drinking-Replacement-Capacity-Christmas/dp/B0B3GK9RW6/ref=sr_1_3_sspa?crid=1R9CO2GXPONS4&keywords=brita%2Bwater%2Bpitcher&qid=1697123387&sprefix=Brit%2Caps%2C106&sr=8-3-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1). Yes, I know it’s $35, but most of what you drink will come out of this, and it’s going to save you hundreds of dollars over soda, even the Big K stuff.
  + Once your six-month filters are out, buy the two-month filters. Replace them on the first day of every odd-numbered month. That will help you remember when to do it.
  + Kroger and Walmart both sell zero-calorie / zero-carb drink flavorings. The brand name stuff is called “Mio,” but you can get the Kroger or Sam’s variety for a couple of bucks a bottle. You’re going to get sick of straight water, and a little shot of this stuff (and honestly, you don’t need it to be strong, you just need it to not taste like straight water) will help a lot.
  + Get one of [THESE water bottles](https://www.amazon.com/dp/B09LRLTYP8/ref=sspa_dk_detail_0?pd_rd_i=B09LRLTYP8&pd_rd_w=JC56w&content-id=amzn1.sym.f734d1a2-0bf9-4a26-ad34-2e1b969a5a75&pf_rd_p=f734d1a2-0bf9-4a26-ad34-2e1b969a5a75&pf_rd_r=H9WT1G9VYZHADZJBAP23&pd_rd_wg=jpPYh&pd_rd_r=9464a8ca-5376-429e-8863-a7aad99f9039&s=sporting-goods&sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhaWw&th=1). Get a color you like. This is going to be your best friend. Drink your soda out of the can, put your water in this, and drink it frequently. I’ve bought the bigger bottles, but these will fit in the cup holders of your car, and the cap is fantastic. I almost never drink out of anything else anymore. They’re indestructible and easy to clean. For less than $20, you can’t beat it.
    - Don’t buy bottled water: it’s stupidly expensive compared to what comes out of your tap, and the piles and piles of plastic bottles is just bad stewardship of the environment. Get the Nalgene bottle and use it.

Treat yourself once in a while with mixed nuts.

* These are kinda expensive, but they’re very satisfying. One handful of nuts is about 200 calories, so don’t go crazy, but the flavor and the crunch of them are fantastic.
* Different blends are more or less expensive but will provide a different experience. You want variety to stave off temptation.

# SNACKS

* Cauliflower broccoli carrots or celery make for great snacks. And sometimes you will need them. You can pick up cheese or salsa-based chip dip/queso and add great flavor to these. Watch calories and carbs, but if you keep your carbs below 50g per day, you’ll do well.

# BREAKFAST

* 2 eggs, however, you like them, fried in Extra Virgin Olive Oil or Butter. Some shredded cheese (1 oz is plenty). Frank’s Red Hot and Kroger Salsa (again, check the labels, get stuff without a lot of carbs or sugar) makes a great breakfast.
* You CAN have bacon or sausage. Those are no-carb foods. Watch calories, but the carbs are fine.
* Sorry, no toast. It’s ok, you’ll live.
* Other options are fine, but I’ve never gotten tired of this breakfast. It’s easy to prepare and joyful to eat. If you want something else, pick anything else on this list… don’t get hung up about if it’s a “breakfast food” or not. Those are cultural things, not scientific ones.

# WHEN YOU GO OUT

* Eating out of the house is tricky, and will require a lot of self-control. Bread is right out, which means that there’s nothing at McDonalds for you. If you MUST go to a place like McDonalds, order it with no bun. Most of the time they won’t even look at you funny. Arby’s is great for this… a double roast beef with no bun is delicious and filling. Allow yourself some sauces… I’m a huge fan of the Arby’s “Horsey” sauce. But barbecue sauce is a no-no. It’s pure sugar. Even with the sauces you get, don’t go crazy. You can eat the meat and veg off of a sandwich with your fingers or a fork.
  + This isn’t about being cool, this is about survival. Survive.
* Steak and salads are a wonderful option. Chicken can be great, but be careful of breaded chicken… don’t overdo it on that. Track your stuff in the Lose It app and keep your carbs under 50g per day.
  + Try new foods you haven’t had before to avoid things you shouldn’t have: I have been eating the Rooster’s Chicken Salad with Medium buffalo sauce on my last couple of trips there and it’s my new favorite thing on the menu. So GOOD!

# **LEGAL STUFF NOTE**:

I made this document to help a buddy overcome his diabetes and weight issues. I’m not a doctor, but the men I reference in this document are. Take their advice, consult your own physician, all that jazz. Just realize (and I’ve spoken to physicians who confirm this) that they’re so used to people NOT doing what they should do that most doctors are jaded. They know you can do the stuff I’m writing about here, but they also know that most people won’t. In his book, “12 Rules for Life,” Dr. Jordan Peterson talks at length about how most people won’t take their own medicine properly, but will faithfully administer any medicine prescribed to their pet exactly as the Vet ordered. **Treat yourself like you are someone you are responsible for taking care of**. This worked for me. I beat Type 2 diabetes. I’m just trying to help others. If you don’t like any of the advice here, write me and let me know what you’d do differently.   
  
[ajbernard110@gmail.com](mailto:ajbernard110@gmail.com)

Thanks so much for your attention. Be safe. Repent. Trust in the LORD Jesus Christ. Go to church.

**John 3:16–21 (ESV)**

*16 “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. 17 For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. 18 Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only Son of God. 19 And this is the judgment: the light has come into the world, and people loved the darkness rather than the light because their works were evil. 20 For everyone who does wicked things hates the light and does not come to the light, lest his works should be exposed. 21 But whoever does what is true comes to the light, so that it may be clearly seen that his works have been carried out in God.”*