

# How I Resolved my Type 2 Diabetes

Excerpt

## Important:

- No more medication
- No more test strips
- No daily testing
- Better food choices
- Small exercise plan
- Life back to normal

## How to:

- Get Diagnosed
- Monitor Yourself
- Make Better Choices
- Read Package Labels
- Understand A1c
- Use Glycemic Chart
- Stay Motivated

## My “Pancreas Friendly” food chart works!

I have always been a very lucky person when it comes to my own health. I surely had all the childhood sicknesses: Mumps, Measles, Chicken Pocks, Whooping Cough and even some Asthma as a two year old. I have broken a bone or two being an active kid, but from that time forward I really haven't suffered with daily illness. In fact, probably the thing I hate the most is being sick. I simply hate being sick. I will do whatever is necessary to get well. At age 58, from out of the blue, I was diagnosed as a Type 2 diabetic. I am not Latino, Asian, African American, Native American or any other genetic category that could explain how I became a diabetic. I'm not overweight or sedentary. I



looked back over my past health records and nothing was unusual about my glucose levels. Then one morning I found myself in a hospital emergency room suffering from Pneumonia. Pneumonia, how did that happen? Well, they gave me appropriate medical attention and within two days I was feeling back to normal, with one exception. They asked that I have my 90 day Hemoglobin A1c checked as my glucose (sugar) levels were very high due to the Pneumonia. The long story short, my A1c level (8.3%) was out of control. My pancreas is ailing (failing) and I needed to get my priorities in order. To no one's surprise I took on Type 2 diabetes. Did I mention I hate being sick.

## My A1c is back to Healthy adult!

Date	Hemoglobin Test	Results %	Healthy 4.8-5.9	Balanced 6.0-6.9	Treatment 7.0+
11/2009	A1c	5.8	X		
7/2008	A1c	6.0		X	
3/2008	A1c	8.3			X

## How I Resolved my Type 2 Diabetes

# The Good news and the Bad news

The good news: there is something you can do to resolve your Type 2 diabetes, without medication or bariatric surgery while living a productive and healthy life style. The bad news: all that is awaiting you. Left unchecked, diabetes will take your health. It will take your sight, your toes, your feet and your sex life not to mention your kidneys, liver and spawn a deteriorating nerve system. If you think, for a moment, this disease only affects you, think again. Your family lives the maintenance right along with you.



Diabetic Feet

My first day with Type 2 diabetes was spent at the book store looking for any information on the subject. To my surprise I found more than 30 titles on the subject. So I made a significant purchase of reading materials to get myself educated and better yet to find out what I needed to know to give myself and my ailing (failing) pancreas a chance at managing my new disease.

Make no mistake. Diabetes is a real disease. Your pancreas is dying. When it finally dies you are no longer a Type 2 (insulin resistant) diabetic but a Type 1 (insulin dependent) diabetic. Without a working pancreas, you produce no insulin. Without insulin, to control sugar levels, you can only continue to live for about another 24 hours. That's right, without insulin, your sugar level sky rockets out of control, your brain begins to malfunction and within 24 hours you are totally unconscious and at the mercy of whatever awaits you. Going into diabetic shock, when no one else is around, you may not survive the event. My former girlfriend, a Type 1 diabetic, was shopping at her local grocery when she went into diabetic shock while standing in the checkout line. Within ten minutes she was unconscious, on the floor, awaiting the ambulance as the store manager called the 911 emergency. The attending EMT's (Emergency Medical Technician) eventually determined that she was in diabetic shock and administered life saving medication and techniques on the spot. After she regained consciousness and was about to be released, the EMT showed her his initial report that listed her "dead at the scene." He suggested that she wear an identification device that could alert future EMT's when this event repeats.



Diabetic Identification

Type 2 diabetes is an inconvenience. You may need to take a pill a day, change how, when and what you eat, exercise a little each day and test your blood glucose throughout the day, but Type 1 diabetes is a real part-time job from which you can never retire. A Type 1 diabetic has to do something with their disease about every four hours. It's either eat, don't eat, test, inject, exercise, rest, sleep, reduce the current stress or all of the above. Of course, there are all the trips to the doctor's office and the pharmacy for all the medications and diabetic supplies for home and travel. Don't forget the food and back up supplies that must be on call at all times.

Having already assisted in that life style, I am very motivated to keep my Type 2 diabetes well managed and in balance to postpone Type 1 diabetes for as long as possible. The axiom "Pay me now or pay me later" is exactly what a Type 2 diabetic has to understand.

*"Pay me now or  
pay me later."*

## How I Resolved my Type 2 Diabetes

# My Type 2 diabetes is resolved!

What says you are a Type 2 diabetic, anyway? It's a blood test called a "Hemoglobin A1c". I get my A1c checked about every 90 days. I simply visit my doctor, who takes a vial of blood and sends it to a laboratory for evaluation. It is an inexpensive blood test. The results are available in three or four days. The results are listed as a percentage. This percentage seems to vary from publication to publication, but most publications agree that a healthy adult, without diabetes, will have an A1c test result less than 6.0% (<6.0). Anything under 7.0% (<7.0) is good news, as you are keeping your glucose levels in balance throughout the previous 90 days. Anything over 7.0% (>7.0) is a big **red flag** that you are continuing to abuse your failing pancreas.

Date	Test	Result %	Lab
Nov 2009	Hemoglobin A1c	5.8	Lab Corp
Aug 2009	Hemoglobin A1c	5.9	Lab Corp
Feb 2009	Hemoglobin A1c	6.2	Lab Corp
Nov 2008	Hemoglobin A1c	6.2	Lab Corp
Jul 2008	Hemoglobin A1c	6.0	Lab Corp
Mar 2008	Hemoglobin A1c	8.3	Lab Corp

Healthy Adult 4.8 - 5.9 % Diabetes under control 6.0 - 6.9 %  
American Diabetes Association. January 2010 Values

*Your A1c will  
keep you  
motivated.*

I resolved my Type 2 diabetes within 3 months after my initial diagnosis. Listed above are my actual laboratory results to confirm this statement. I did this by searching out exactly what I was eating and how each food impacted my pancreas, to the ounce. I loaded a database with my findings. I reduced my findings to a simple, easy to learn food chart, a "Pancreas Friendly" food chart. I set up a 10 step regimen that replaced medication with a little daily exercise. Most important I put my failing pancreas first. Every decision within my regimen was focused on reducing the stress on my ailing pancreas. I was able to reduce its load and it was able to handle my better food choices. Medication was not the answer. Further stimulating my already weakened pancreas, for more insulin production, was not an appropriate option. My pancreas needed a rest, not more stress. The medication totally complicated and already complex issue. Taking daily medication added a dozen unnecessary variables to managing my Type 2. I soon learned I was following a program outlined by someone else. Through out the paper you will read I'd rather do the work than take a pill.

My findings, food chart, regime and healthy life style may have postponed all the trauma of Type 2 diabetes by as much as 10 years. Eventually, I may need to prescribe to external medication and when that time comes I will want it to work. Until then I will continue to live a pancreas healthy life style. For now, I have postponed medication and all its complication, worry and stress. I've postponed entering into the multi-billion dollar diabetic industry, where a plethora of chemistries and technologies can simply overwhelm. Type 2 diabetes can be resolved with a "Pancreas Friendly" approach.

## If you remember nothing else

- Your pancreas is failing, reduce its load
- Type 2 diabetes is an inconvenience
- Type 1 diabetes is a part-time job
- Eat before you exercise
- 60 grams carbohydrates per meal
- 30 grams carbohydrates per snack
- Test before you eat, test again 2 hours later
- Blood sugar up <50 points, good job
- Use the “Pancreas Friendly” chart
- Pay a little now or Pay a lot more later
- Repeat, your pancreas is failing, reduce its load

