



# TYPE 2 DIABETES CONQUERED

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*How to Let Your Grocery Store  
Be Your Pharmacy*

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## - Type 2 Diabetes Conquered - How To Let your Grocery Store Be Your Pharmacy



Hello! My name is Cindy. My hobby is running  
[DiabeticInformed.com](http://DiabeticInformed.com).

I'm so excited that you've given me the opportunity to help you on your journey back to a normal, healthier life. Together, we're going to get to the bottom of this.

Now, first things first, you may be asking yourself the following questions about me...

Is she is a doctor?

Does she have any certifications?

What sort of official training does she have?

The answers to the above are no, no, and none.

Please don't let that deter you though.

Personally, I was originally labeled with type 2 and was able to get over it with the right plan and mindset. I discovered the many opportunities the internet provides for people like you and I. I wanted to be rid of it. I spent time on this report to share with you the valuable information that I've gathered over the years.

I'm happy to share this knowledge so you don't have to go down the same road I did on my own. I want to share all of my tips and tricks with you so that you *can* live a normal life.

The internet has opened up a world of information for anyone who has the will to learn any subject. In your case here, it's type 2 diabetes.

However, the unfortunate reality is that the web is full of inaccurate information. The web is a wonderful tool for those who can filter through all the "garbage" sites. But for most of us, it's hard to know which sites are reputable and which ones are not.

*For every site that can offer valuable information, there are just as many others that are misleading and in many cases, total scams.*

My wish is that as you read this report, you will see that there are *real* solutions here, using methods outside of the standard drug and needle approach.

This can only work if you know where to start and understand on what you have to focus on. If you remain in a scattered state for too long, you will be hopeless and give up completely.

## The Hard Facts

Let's face the hard reality, we tend to put convenience and comfort over our health.

*I was just as guilty.*

Maybe you have three kids and don't have the time to cook a well-rounded breakfast for yourself. You can't be late for work, so you get something from the drive-thru menu on the way.

There's a company presentation at 1:15, so you grab some snacks from the vending machine.

Dinner time comes around, and you're simply too tired to do anything. A double-cheese sausage pizza is delivered.

However, you're here because you want *real* change.

And to do that, we have to start with what we eat.

## How Food Plays a Role in Our Health

The goal of eating is to stay strong and to take in foods that give you the energy you need to survive and stay healthy.

To do this, we must eat a balanced, healthy diet that promotes an active life. You want to eat food that gives your body the vitamins, minerals, and other nutrients that it needs to get through the day.

However, as centuries have passed, many of the foods that we once considered "healthy" are now over-processed and contribute to health problems such as obesity, high blood pressure, and diabetes.

[Diabetes.org](http://Diabetes.org) states that in 2012, over 29 million Americans were afflicted with diabetes. This is almost ten percent of the American population.

This rate had risen since 2010, in which only about 26 million Americans had diabetes. This is a scary rise in statistics.

Additionally, Diabetes.org listed diabetes as the seventh leading cause of death in Americans in 2010.

It's time that we take a closer look at the foods that we're putting into our bodies; it's time that we recognize how these specific foods are affecting us.

Although it's important to start at the beginning and promote a healthy diet at a young age, it becomes increasingly more important that you watch what you are putting into your body as you age.

As you grow older, you become more susceptible to obesity, and unfortunately, obesity can lead to diabetes.

It can be easy to reach for processed foods and "quick fixes" for hunger. But you must stop and think about the big picture. You must recognize how the foods you are putting into your body are contributing to your health, or the lack thereof.

Think of it this way. If you have an allergy to cats, more often than not, you will probably go out of your way to avoid contact with these animals because you know that it affects your health negatively.

If a friend invites you over to his or her place, you might first ask if he or she has a cat. If you chose to go over there, you might take some allergy medication or a few puffs from your inhaler before leaving your house.

You would also most likely never decide to own a cat unless you know for certain that you would be able to keep your allergies at bay. If not, owning a cat would make you miserable. With the cat in your home, you would constantly be exposed to something that makes you feel sick.

The same is true for most people with food allergies, especially when these allergies are so severe that they are life threatening. If your allergy requires you to carry an EpiPen, you're probably going to take specific food precautions when you go out to eat.

These precautions might include researching the menu, asking the waiter any questions about the contents of various dishes, and making it absolutely clear to the kitchen staff that you have a life threatening allergy.

All of these actions will help to inform the staff that they must be particularly careful when preparing your food.

Sure, it can be exhausting taking such thorough precautions, but when something seriously affects your health, you want to make sure that you do everything in your power to eliminate any potential threats and to stay well.



If people are willing to be this cautious with things such as allergies, why are they often so negligent when it comes to their nutrition?

Obesity and diabetes are just as real and can be just as crippling as any allergy. Yet, many people do not take the necessary precautions to avoid these diseases.

They assume that they can eat whatever they want and not face any negative consequences.

Perhaps they learned these bad eating habits at a young age, or they picked them up as an adult. It's easy to fall off of the wagon when you don't have a parent around telling you to eat your vegetables and to lay off the junk food.

Too much of any one thing is bad. Moderation and balance is key for a healthy diet.

This means that you must both limit the *amount* of what you take in and ensure that you are eating the right *kinds* of foods for your health.

Many people eat mindlessly. They chose foods that they know are less healthy because they subconsciously decide that taste is more important than health. On top of that, they then eat way too much of these unhealthy foods.

The funny thing is that eating healthy doesn't have to be boring or tasteless. Rather, there are many healthy and delicious options available that promote a longer, happier life.

Over time, these unhealthy habits add up. Again, moderation is key. Your body has its limits, and it can only take so much before it starts to fall apart.

Take a few minutes and think about the answers to the following questions.

- 1) Are you eating for your health? Or do you primarily eat to satisfy your appetite?
- 2) Do you reach for healthy snacks, such as fruits, vegetables, and proteins? Or do you take the easy way out and simply head toward the vending machine for a bag of chips or candy?
- 3) When it comes to meal times, do you prepare healthy meals, or do you find that you often go overboard with carbohydrates and bad fats? Are your meals balanced and moderate?
- 4) When you look at your plate, what do your portion sizes look like? Are they bigger than a clenched fist? Is your plate comprised of healthy foods, such as lean proteins and vegetables, or do you consistently heap on piles of carbs?

- 5) Are you content with your weight and level of health? If you're currently suffering from diabetes, are you eating the best diet for your overall wellbeing? Are you taking in foods that are rich in vitamins, protein, and fiber?
- 6) How do you feel on a daily basis? How's your energy level? Do find that you're alert and ready to tackle the day, or do you typically feel tired, sluggish, and unfocused?
- 7) Do you find that eating provides you with energy? Or do you generally feel "gross" or weighed down after meals?
- 8) If you're diabetic, do you feel as if you have your diabetes under control? Are you willing to make adjustments to your current diet so that you are better able to keep your blood glucose levels within a normal range?
- 9) Are you or a loved one at risk for becoming diabetic? Are you overweight? Do suffer from high blood pressure? Does your family have a history of diabetes?

The site, <https://www.niddk.nih.gov/> states, "Type 2 diabetes develops most often in middle-aged and older people who are also overweight or obese. The disease, once rare in youth, is becoming more common in overweight and obese children and adolescents. Scientists think genetic susceptibility and environmental factors are the most likely triggers of type 2 diabetes."

If you are currently diabetic or are susceptible to contracting diabetes, it's critical that you take care of yourself and eat to support your health.

## How Do We Fix it?

Fortunately, there are a variety of diet plans that you can use to help you keep your diabetes under control. In fact, some diabetics even thrive under these specific plans.

We're going to take a deeper look at each of these diet solutions. Read these carefully, and decide which one will work best for you and your family.

Remember, you don't have to go through diabetes alone. There's no need to feel excluded because of your illness.

Many scientists point out that these healthy plans can *and should* be adopted by most people, and not just diabetics or people suffering with health problems such as obesity or high blood pressure.

Through slightly different methods, each of these plans promotes a healthy life. They share certain characteristics and offer different approaches to healthy living.

Regardless of whether you have diabetes, are trying to prevent becoming diabetic, or simply want to live a healthier life, each of these diets will offer effective benefits.

You will notice the changes that take place within your body after trying out one or more of these diet plans.

You are likely to discover that your blood glucose levels stay within a normal range on a more consistent basis. As an additional bonus, you might even drop a few pounds!

Again, as a diabetic, there's no need to feel limited or excluded. You can enjoy the same foods as those around you.

You must simply be aware of what types of foods – and how much of them – you're putting in your body.

Overall, you'll notice that each of these diets attempts to cut out excessive carbohydrates and other foods that are heavily processed.

You'll also notice that each of these plans essentially attempts to get back to basics. All three plans focus on healthy, natural options that provide your body with the tools that it needs to run at its best.

If you've grown up eating and enjoying carbohydrates and manufactured foods, it can be jolting to cut down on these items. But, in the long run, you will thank yourself for making the necessary changes to improve your health.

Lastly, even though these diets emphasize a decrease in carbohydrates and processed foods, there are still a wide (and tasty) variety of other options that you can eat.

Who knows? After giving these diets a try, you might even discover that you don't miss carbohydrates and other "trouble" foods as much as you anticipated.

Let's take a closer look.

## **The Vegan Diet**

Essentially, vegans enjoy a diet free from animal meats (including fish) and dairy. They find sustenance from a diet rich in vegetables, fruits, grains, beans, and legumes.

You might be thinking, "No way. I can't survive without protein. I'll be ravenous all day long."

Although vegans don't take in protein by ingesting meat, they are able to find alternative ways to obtain their daily doses of needed protein.

For instance, instead of eating meat or fish, a vegan might enjoy some beans or nuts.



When you're eating a vegan diet, there are certain substitutes that you can make to ensure that you are getting proper amounts of protein, calcium, and other valuable nutrients.

MedicalNewsToday.com says, "Whole grains, vegetables, fruits, and legumes contain no cholesterol and are low in fat, especially saturated fats. They are also high in fiber and other nutrients."

This is excellent news for diabetics. These elements can also help to ward off problems such as high blood pressure and obesity.

Foods that are high in fiber are also very beneficial. They help to control blood glucose spikes and keep you fuller for longer. When eating a vegan diet, you may also notice improved digestion.

On top of this, [VeganHealth.org](http://VeganHealth.org) sites a correlation between a vegan diet and lower percentages of type 2 diabetes.

Cutting out meats and dairy and increasing one's intake of fruits and vegetables has been proven to reduce the risk of certain diseases such as heart disease, obesity, cancer, and type 2 diabetes.

The Physicians Committee for Responsible Medicine ([pcrm.org](http://pcrm.org)) provided the following quote from Dr. Neal D. Barnard, who worked on a study noting the effect of a vegan diet on type 2 diabetics. He is also the author of the book, *Dr. Neal Barnard's Program for Reversing Diabetes*.

"The low-fat vegan diet was very effective at controlling blood sugar and with good side effects--weight loss, better digestion. And it's surprisingly easy. We actually asked people how they felt about it. Following a vegan diet was easier than people thought it would be. You don't have to count calories, carbohydrates, don't have to eliminate anything. Some things you're never going to eat at all--meats, eggs, cheese. If you go to Taco Bell, you can't eat meat but can have as many bean burritos as you want."

So, although you might be worried about taking the "no meat or dairy" plunge, you will find that you are still able to enjoy plenty of foods that fill you up.

## The Paleo Diet

This diet plan *really* does go back to the basics – WAY back. The Paleo Diet is often referred to as the "Caveman Diet" because it focuses on eating only items that our ancestors would have ingested.

This means no dairy, grains, processed foods or sugars, legumes, starches, or alcohol. These foods are considered unnatural for your body to process.

Instead, this diet is based on a balanced intake of the following: lean proteins and seafood, fruits and vegetables, healthy fats from nuts and oils, and grass-fed meats.

The argument behind the Paleo Diet is that people these days are eating too many foods that our bodies were never meant to process. As a result, our system suffers.

As we mentioned earlier, these foods have contributed to an increase in obesity and additional health issues.

By returning to a “primal” diet, you cut out negative food choices and increase your intake of vitamins, minerals, and antioxidants.

Another argument for this particular diet is that it will help you to lose weight. This is good news, especially since obesity is a major contributing factor to developing type 2 diabetes.

[ThePaleoDiet.com](http://ThePaleoDiet.com) says, “Losing just 5-10% of your body weight can help lower your blood glucose, total cholesterol, and blood pressure levels.”

So, to recap, this diet can help you to slim down, lower cholesterol, take in higher amounts of vitamins and minerals, and can aid in normalizing blood sugar levels.

Unlike the vegan diet, you can add meat back into the equation. But you must make sure that this meat is lean or grass-fed. Seafood is another tasty, and healthy, option.

One thing you’ll notice is that both of these diets strongly advocate eliminating dairy from your daily diet. Again, if you’re concerned about obtaining proper amounts of Vitamin D, there are other ways that you can get your daily dose.

For example, you can take vitamin supplements, or you can simply step outside for a few minutes each day to expose your body to Vitamin D from sunlight.

Like the vegan diet, this plan requires a bit of extra legwork and research. For example, you must find alternative methods for replacing the good elements within dairy. But for the most part, this diet plan is relatively simple.

Don’t focus on the elements that you are cutting out. Rather, focus on all of the wonderful foods and nutrients that you are putting into your body.

Imagine how much more “clean” this diet will feel compared to a diet rich in over-processed items.

Like the vegan diet, this diet focuses on the power of foods. If eaten in moderation, the foods you eat on this plan will give you the energy you need without weighing you down.

A study from August 2015 in the *European Journal of Clinical Nutrition* suggests that people with type 2 diabetes who followed the paleo diet were able to improve their blood pressure, blood sugar levels, and cholesterol by significant amounts in just two weeks.

Other study participants who followed a traditional diet recommended by the American Diabetes Association saw little to no improvement. Everyone was given enough food to prevent them from losing weight, eliminating the possibility that the health improvements came simply from shedding pounds.

This diet plan is also similar to the low carb diet, which is the final plan we will discuss today.

## The Low Carb Diet

A low carb diet can be extremely helpful for both losing weight and improving your overall health.

Much like the other diets, you might worry about cutting out a food group. But again, there are ways to substitute for these cravings.

Similar to veganism, when cutting out a food group, you don't have to worry about counting calories. You simply eat the remaining food groups in moderation, and enjoy!

You'll also find that by eating meals that are rich in protein and vegetables, that you are less likely to overeat and more likely to stay fuller for longer. As a result, you end up taking in fewer calories.

Carbohydrates are processed very quickly by your system. As a result, after eating them, you end up feeling hungry more often.

Proteins and fats take longer for your body to process. So, you end up feeling satiated and are less likely to run to the cupboard for a snack.

Also by pairing vegetables with your choice of protein, you add fiber to your meal, which also helps to curb hunger. These foods also give you plenty of positive nutrients!

By cutting out carbohydrates, your body creates less glucose, which is wonderful news for diabetics.

An added perk is that much of the weight that is lost on a low carb diet comes for the belly region. This is the fat that contributes to a myriad of health problems, including diabetes.

So, by cutting out carbs, you lose weight AND you decrease your chances of becoming diabetic – or, if you're already diabetic, it helps to keep your diabetes at bay.

Again, it all goes back to eating for energy as opposed to eating for appetite.

Breads, crackers, potato chips, candy, and other carbohydrates may seem appealing in the moment, especially when you're "starving," but you must consider which foods are going to fill you up, keep you full longer, and add to your overall health.

This diet plan is very simple to navigate when you're preparing your own food or eating out. You simply cut out carbs, and eat more protein and fats.

Unlike the vegan diet, you aren't searching for alternative sources of nutrients. Rather, you are ditching one unhealthy food group, and substituting other, healthier options. It's that simple.

For example, you may be tempted to add a bread portion to your dinner. Instead, pick another vegetable and add it to your plate.

The options are endless. You can make grilled chicken with a side of broccoli. Instead of adding a carb, choose a side salad, some beans, or a fruit.

For snacks, you can chomp on some nuts, prepare peanut butter and celery, or enjoy a hardboiled egg. Those are just a few ideas!

Just because you're cutting out an entire food group does not mean that your options are limited. Who knows, by thinking healthily and outside of the box, you might discover a new, perfect power snack!

## **For Your Consideration**

No matter who you are, you can benefit from any of these different diet plans.

Whether you are diabetic or are just looking out for your overall health, it's important to start with the food that you are putting into your body on a daily basis.

The hard truth is that many foods are simply not good for you. It can be difficult to make good choices when bad options are so accessible.

We live in an age where things are heavily processed and manufactured. It's easier to run to a fast-food restaurant and pay \$5 for a huge meal, than going to the grocery store, spending a few more dollars, and preparing a healthy meal for yourself.

Part of this mentality is simply a product of our day and age. There is a constant need for instant gratification. If you're not rushing to do one thing, you're rushing to do another.

As a result, our food choices often take a backseat.

But it's time for all of us to reprioritize. To be able to do all of the things that we want to do, we must be healthy.

Health must come first. This is a choice. This means being conscious of the amount and the quality of the foods that you put into your body.

It also means that you may need to adjust your eating habits and food choices. If you want to live a long, healthy, and happy life that is free from sickness, you have to start from the inside out.

You have to be aware of the things that you are putting into your body. You also have to be aware of what diet plan works best for you.

For example, you may have trouble staying away from meat. If that's the case, opt to try the Paleo Diet. If you're not happy with the results you find there, then switch to the Low Carb Diet. Who knows? After a month or so, you may be blown away by the vegan lifestyle!

The bottom line is that each of these diets tries to eliminate unhealthy elements, and by doing so, they improve your quality of life.

Each of these diets has proven effective for aiding diabetics and in preventing diabetes in those who are susceptible.

If you've tried a variety of options and haven't yet found a successful method for keeping your diabetes in check, it's time to try something new.

A diet plan requires thought, time, and effort. But it can pay off and improve your health.

To recap, here are the basics of each plan:

**Vegan:** No meat or dairy. Diet is full of "greens" or plant-based items, such as vegetables and fruits.

**Paleo:** The "Caveman Diet." If our ancestors didn't eat it, then we shouldn't either. This means no processed foods, and a diet rich in lean, grass-fed meats, vegetables, fruits, and more.

**Low Carb:** It's just like it sounds – you cut out the carbs. This means that you ingest a diet rich in proteins and fats.

As a reminder, these diets are not exclusively for those dealing with diabetes. Friends and family members can implement them as well.



This can be very helpful in your transition to eating healthier. When those around you are also eating healthier foods and changing their habits, it becomes easier for you to stay the course.

Furthermore, healthy eating isn't just for those who are currently suffering with an illness. *Every* person should be eating for a healthier life.

As I mentioned before, it's important to teach healthy eating habits at a young age. Instill this mindset within your children and loved ones. When you start early, it creates a positive foundation for the rest of their lives.

It becomes much harder to make adjustments as you grow older. In some cases, the health damage is already done. In a lot of instances, it's very hard to "teach an old dog new tricks" as far as healthy eating is concerned.

That said, once you decide to make a positive change, you might notice that you actually enjoy eating healthier foods. You might like the wide variety of tastes and the freshness of natural foods. On top of that, you'll appreciate the energy that these foods provide to you.

Make the change as soon as you can, and you'll be grateful that you took steps to improve your health and quality of life.

You only live once, and the sooner you take the reins on your health, the better. Pick a plan that interests you and see how your health improves!

## **What About What My Doctor Says?**

How often does your doctor visit go something like this?

Doctor: *Hi Janet.*

You: *Hello Dr. Smith.*

Doctor: *How have you been feeling? Any changes?*

You: *I'm now tired all the time and my feet hurt.*

Doctor: *I see. Take these pills for two months and I will see you then. Next!*

Nine minutes later, you're out the door.

It is unfortunate, but a large number of doctors and drug companies are only in it for the money.

You see, "curing" people is bad for business. They don't actually remove the problem, because if they do, there is no profit!

Just recently, while discussing gene therapy and the ability to help people with chronic illnesses, some bigwigs at Goldman Sachs actually asked, “*Is curing patients a sustainable business model?*”

I’m not making this up, here is a link for you to read --

<https://www.cnbc.com/2018/04/11/goldman-asks-is-curing-patients-a-sustainable-business-model.html>

I don’t know about you, but that’s not what I would want to hear. There are plenty more stories like that if you do the research.

Now, is this the case with *every* doctor? I’d like to say no. I have nothing but respect for the ones that are *truly* in it to help people.

The majority of your general practitioners were only trained in addressing the symptom, and to fix that symptom with drugs that tend to cause *more* problems on the side.

How often do you see a commercial for a new drug, and the announcer spends two minutes listing all the possible side effects?

With that said, times have changed. And so have approaches and solutions. Here is a few of them.

## Functional Medicine

As I just mentioned, traditionally, general practitioners and specialists diagnose a disease and match that disease with a corresponding drug. This works well for acute diseases, trauma, infection, and emergencies. Sadly, it does not work in the care of the chronic diseases that affect over 125 million Americans.

Doctors in functional medicine use a different approach.

Here is the difference between a general practitioner and a doctor in Functional Medicine.

A GP asks, “What drug matches up with this disease?”

Functional Medicine asks the vital questions that few conventional doctors ask --

1. Why do you have this problem in the first place?
2. Why has function been lost?
3. What can we do to restore function?

In other words, Functional Medicine doctors look to find the root cause or mechanism involved with any loss of function, which ultimately reveals why a set of symptoms is there in the first place, or why the patient has a particular disease.

Here are some resources to start --

[www.functionalmedicine.org](http://www.functionalmedicine.org) – Learn more about it and find a local practitioner.

<http://drhyman.com/about-2/about-functional-medicine/> - One of many genuine resources on the web.

In case you've never heard of functional medicine, don't worry. These are real physicians with real degrees trained from top-notch schools.

Most insurance companies tend to pretend they don't exist, which may be why you've never heard of them. They are considered "unconventional" and don't usually want to help cover costs.

## **Naturopathic Doctors**

Naturopathic doctors are similar to those who practice functional medicine.

The first time you visit one, he or she will take your health history, find out about your diet, stress levels, use of tobacco and alcohol, and discuss why you're there.

He or she may perform an examination and order diagnostic tests. These doctors keep themselves up-to-date on the latest scientific research and incorporate this evidence into their treatments. The naturopathic physician will work with you to set up a customized health management strategy.

The main difference here is that they rely much less, if at all, on drugs. While they are permitted to use them, it is only done as a last resort or in an extreme case. Instead, they prescribe natural supplements and use minimally invasive therapies to treat the whole body.

All of your questions can be answered at The American Association of Naturopathic Physicians (official site).

<https://www.naturopathic.org/natfaqs>

## **So Much Information...**

Learning about so many diets and variations of doctors can be seriously take up a lot of time.

Back when I was on my quest to find my own answers, I didn't have the luxury of a single starting point. However, today, you're lucky to have such resources available to you. There is this site run by a team of doctors and health professionals, and if you're looking for a great place to start, then I can't recommend them enough.

As of last year, [theictm.org](http://theictm.org) helped over 43,542 type 2 diabetics gain control of their blood sugar levels and insulin sensitivity, and allowed many of them to be taken off prescription drugs and stop blood sugar monitoring. In some cases, in as little as *three weeks*.

This year, they're on track to help over 100,000 diabetics achieve "the impossible."

Their book contains over 500 pages of science-proven, doctor-verified information that you will not find anywhere else. Not even bookstores. In it is a step-by-step plan on restoring your health.

If you're interested, here is their link:

[www.theictm.org](http://www.theictm.org)

## **The Choice is Yours...**

Whichever path you choose, your dream of getting back to a normal life is closer than you think.

I've given you plenty of ideas you can explore to start getting to work. It's up to you as to what you want to do now.

Thank you for reading. I hope this has been a help. :-)

I wish you nothing but the best.

*Cindy Ackerman*

[DiabeticInformed.com](http://DiabeticInformed.com)