

7 STEPS TO PREVENT DIABETES



Live LONGER
Feel BETTER

DEFEATING DEMENTIA, DEPRESSION & DIABETES

Live LONGER Feel BETTER

Congratulations!

Everyone at “Live Longer, Feel Better! – Defeating Dementia, Depression and Diabetes” would like to thank you for downloading this e-book. We are really excited to gift this small token to you and we hope you will join us for the full series that is coming your way.

When you grabbed this report, we gifted you a free registration to watch the premiere of the brand-new edition of the documentary series, “Live Longer, Feel Better!”

We are a small but highly dedicated and enthusiastic production team and we are so excited to have you on this journey with us.

Medical Disclaimer

The information in this guide is for education purposes only. This guide does not constitute medical advice in any way and you are responsible for how you use the information in this guide.

Consult your medical doctor or licensed healthcare practitioner before doing anything that could impact your physical or mental health, including starting an exercise program, changing your diet, or taking supplements.

You are strongly encouraged to do your own research, read articles on authoritative websites about medical issues of interest to you, and read academic and medical articles so you can have a clear understanding of medical issues that are important to you.

Table of Contents

Introduction: What Causes Type 2 Diabetes?	3
Step 1: Eliminate Inflammatory Food	11
Step 2: Fun Physical Exercise	13
Step 3: Fasting	15
Step 4: Make sure you are sleeping well	17
Step 5: Drink Clean Water	19
Step 6: You MUST stop smoking	21
Step 7: the 80% diet	22
BONUS: Live Longer, Feel Better!	24

Introduction: What Causes Type 2 Diabetes?

Type 2 Diabetes is an autoimmune disease that is extremely common in the United States and most wealthy countries around the world.

When a person eats food, their blood sugar increases. This causes the pancreas to secrete insulin, a hormone that tells cells in the body to uptake sugar to use for energy. With Type 2 Diabetes, this system isn't working properly, usually the body has become resistant to the insulin and the sugar isn't getting absorbed like it should be, or not enough insulin is being produced or secreted by the pancreas.

Statistics about Diabetes:

- Over 4 million people worldwide have diabetes, and that number is expected to rise to 600 million by 2035, according to the International Diabetes Federation.
- Diabetes decreases life expectancy by 8.5 years in general, according to the latest research.¹
- According to the US Centers for Disease Control, an amazing 40% of Americans are currently living with diabetes or prediabetes.²
- Compare that with only 7% of adults in Japan having diabetes.³

Medical doctors today are uncertain what causes Type 2 Diabetes. Most believe that diet plays a huge role. For example, Americans eat many more refined carbohydrates than the Japanese, and Americans have a much higher rate of diabetes than the Japanese, almost six times as high.

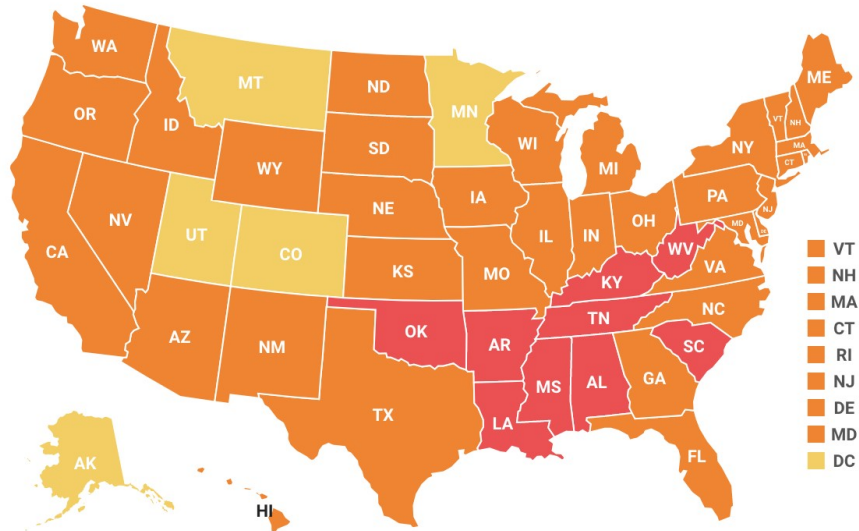
¹ <https://www.webmd.com/diabetes/news/20101201/diabetes-cuts-years-off-life-span-of-americans#1>

² <https://stateofobesity.org/diabetes/>

³ <https://www.statista.com/statistics/241814/countries-with-highest-number-of-diabetics/>

Percent of adults with diabetes

0 - 3.9% 4 - 7.9% 8 - 11.9% 12 - 15.9% 16%+



Picture: Diabetes rates in the United States

Here are the main Risk Factors for Developing Diabetes:

- Having pre-diabetes, which means you have blood sugar levels that are higher than normal but not high enough to be called diabetes
- *90% of those with pre-diabetes don't even know they have it⁴
- Being overweight or obese
- Being age 45 or older
- A family history of diabetes
- High blood pressure
- High cholesterol (LDL)
- Lack of exercise or an inactive lifestyle
- A history of heart disease or stroke
- Having depression
- Tobacco Smoking
- Eating inflammatory foods
- Eating refined sugar and processed carbohydrates

⁴ <https://www.cdc.gov/features/diabetesprevention/index.html>

Inflammation: Potential Cause of Diabetes

Scientists believe that inflammation is related to Diabetes. In particular, research shows that obesity and insulin-resistance are linked. For example, obese mice with inflammation are more likely to be insulin-resistant.⁵

Also, inflammation affects the immune system, and Type 2 Diabetes is an autoimmune disease, meaning it is a disease where the immune system produces antibodies that attack the body's normal tissues.



Type 2 Diabetes was reclassified as an autoimmune disease recently, back in 2011. Before then, Type 2 Diabetes was strictly considered a metabolic disease. In an article published in Nature, researchers found that a particular antibody prevented rats from developing Type 2 Diabetes in their laboratory.⁶ The specific antibody is called Anti-CD20, and available in the US under the trade names Rituxan and MabThera. These drugs are not often prescribed to treat Type 2 Diabetes yet, but I'm sure that day will come.

Inflammation is the key to the immune system when it come to diabetes because inflammation is the immune system's response to protect your body. When you hurt your knee, your immune system takes action to create inflammation and swelling at the site of injury. This creates a soft, and painful, cushion to help protect the injured area and remind you (with pain) to not hit your knee again.

⁵ <http://www.diabetesforecast.org/2011/mar/how-inflammation-affects-insulin-resistance.html>

⁶ Winer, D. A., Winer, S., Shen, L., Wadia, P. P., Yantha, J., Paltser, G., ... & Leong, H. X. (2011). B cells promote insulin resistance through modulation of T cells and production of pathogenic IgG antibodies. *Nature medicine*, 17(5), 610.

<https://www.nature.com/articles/nm.2353>

Chronic stress increases inflammation, and thereby taxes the immune system. This is one reason why chronic stress increases the risk of most diseases, because that person's immune system is not functioning normally. And chronic inflammation uses a lot of resources and energy the body could use to fight infections elsewhere.



Certain foods, like genetically-modified beet sugar, the type of sugar in most candy and sweets in the US, causes inflammation in your digestive tract. Basically, your immune system responds to this type of sugar by creating inflammation in your GI tract. If you eat this kind of food regularly, this inflammation can become chronic and can spread to other areas of your body.

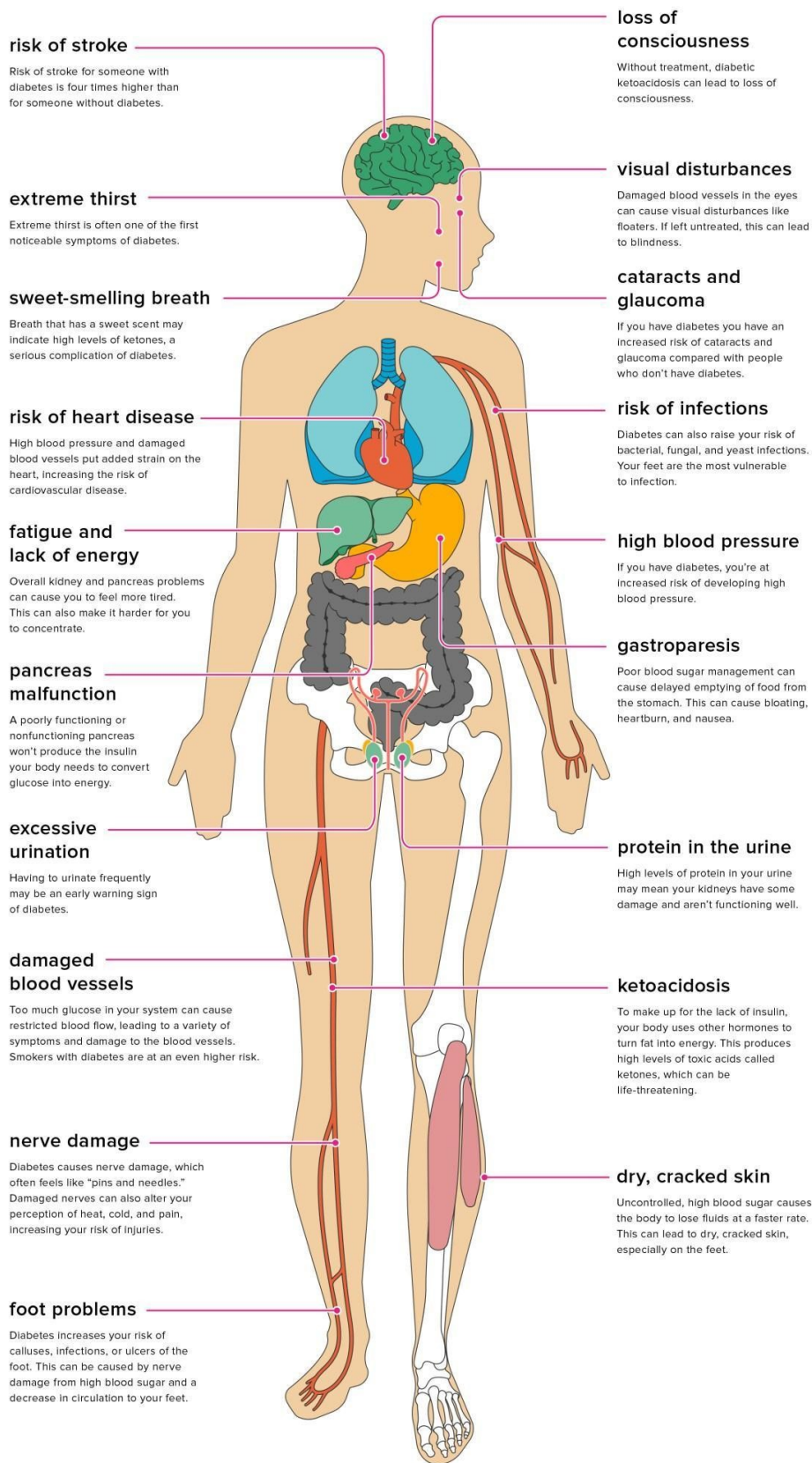
Also, an inflamed immune system is less-able to absorb nutrients. So, by eating unhealthy sugar, not only does it tax the immune system, it also prevents the inflamed digestive system from absorbed nutrients the body needs to be healthy. In summary, inflammation in the body, caused by chronic stress or inflammatory foods, can reduce the immune system's ability to keep you healthy. And over time, this inflammation may contribute to Type 2 Diabetes.

What is the impact of having diabetes?

Well, it's huge. Diabetes increases the risk of the following conditions:⁷

- Blindness
- Kidney issues, renal failure
- Nerve damage, diabetic nerve pain
- Foot problems
- Skin problems
- Teeth and gum problems
- Depression and mental health challenges
- Obesity
- Heart disease
- Stroke
- Alzheimer's
- Sexual dysfunction

⁷ <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/diabetes-long-term-effects>



Good News!

Yes, there is some. The good news is that diabetes is preventable and treatable. Though there is no “cure” to diabetes yet, according to most doctors, there are specific things you can do to prevent the condition.



There are 7 specific things we are presenting to you that you can do to prevent, and even potentially reverse diabetes and pre-diabetes. As said at the beginning, consult a licensed medical doctor before making any changes in your life that could impact your health.

You are responsible for how you use this information.

7 Steps to Prevent Diabetes

Step 1: Eliminate Inflammatory Food

In our opinion there are two main foods to eliminate to reduce inflammation and protect yourself from Diabetes.

1. Eliminate Sugar:

One of the reasons that added sugars are harmful is increased inflammation that can lead to all sorts of diseases, including diabetes (interestingly, sugar is also one of the main causes of depression. See our other e-book for that information.). In one study, when mice were fed high-sucrose diets, they developed breast cancer that spread to their lungs, in part due to the inflammatory response to sugar.



And in a randomized clinical trial where people were assigned to drink regular soda, diet soda, milk or water, only those in the regular soda group had increased levels of uric acid, which drives inflammation and insulin resistance (we are not recommending you drink diets sodas, as they cause their own problems, but that's what was used in this study.)

So, if you want to reduce inflammation, then reducing sugar is a great first step.

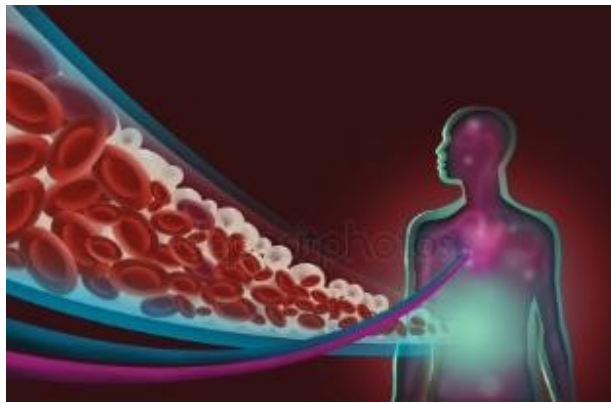
2. Eliminate Omega-6 Fatty Acids

Despite what we've been led to believe for years, consuming vegetable oils isn't healthy in any way.

Unlike extra virgin olive oil and coconut oil, vegetable and seed oils are often extracted from foods using solvents like hexane, a component of gasoline.

The vegetable oils made this way include corn, safflower, sunflower, canola (also known as rapeseed), peanut, sesame and soybean oils. You should be avoiding all of those like the plague.

During the 20th century, the consumption of vegetable oils increased by 130% in the US.



Due to the structure of the polyunsaturated fatty acids in these oils, they are very prone to damage by oxidation.

In addition to being highly processed, these oils promote inflammation as a result of their very high omega-6 fatty acid content. Although some dietary omega-6 fats are necessary, the typical Western diet provides many more than people need. Dr Daryl Gioffre (featured in the Live Longer! Series) says that our ratio of Omega 6's to Omega 3's consumed should be about 1:1 whereas it's normally about 20:1. So we need to cut the Omega 6's and increase the Omega 3's.

This is backed up by one study where rats who consumed an omega-6 to omega-3 fatty acid ratio of 20:1 responded with much higher levels of inflammatory markers than the rats who consumed a ratio of 1:1.

Step 2: Fun Physical Exercise

We all know that being active is good for both our physical and emotional health. But getting active and staying active can help you manage your diabetes or help you reduce your risk of Type 2 diabetes.

UK Chief Medical Officers' guidelines state that physical activity can reduce your chance of Type 2 diabetes by up to 40%, as well as reduce risk of cardiovascular disease, cancer, joint and back pain, depression and dementia.

So everyone should move more.



It's important that any exercise you do should be enjoyable for you. If it isn't enjoyable, it is unlikely you are going to continue to do it. And exercise must be done regularly if it is going to help protect you from diabetes and depression.

One of the best exercise you can do for your health is rebounding. That's where you use a small trampoline to bounce up and down. Now don't think you could never do this – many rebounders come with “grab rails” so that even the most sedentary person can use them. And the up and down movement can be as little as an inch or two to get your blood and lymphatic systems working. So don't think you can't do it!

Being active will:

- ✓ help you lose weight or maintain a healthy weight
- ✓ increase the amount of glucose used by the muscles for energy, so it may sometimes lower blood glucose (sugar) levels
- ✓ help the body to use insulin more efficiently – regular activity can help reduce the amount of insulin you have to take
- ✓ improve your diabetes management (particularly Type 2 diabetes)

- ✓ strengthen your bones
- ✓ reduce stress levels and symptoms of depression and anxiety
- ✓ improve your sleep



How much activity do we need to do?

The good news is, all physical activity helps – whether you are a busy parent, teenager, sat at a desk all day or in retirement, doing any amount of activity can be beneficial. As well as activity in your daily routine, such as getting to work, gardening or doing the housework. If you're able, try to do some exercise. You can start with something gentle, like walking, and gradually work your way up to 30 minutes a day of moderate intensity exercise, five times a week.

You don't have to do 30 minutes in one go either – try starting with a 10 minute brisk walk and build up from there.

Whatever your age, the less time you are sedentary the better, except for time spent sleeping.

Step 3: Fasting

This is an exciting one. New research shows that fasting could be one of the most powerful and effective things you can do to prevent, and even potentially reverse diabetes.

(As said at the beginning of this book, check with your medical doctor before changing your diet, exercise program, or changing any health-related behavior.)

Here is the research:

One research study found that fasting by skipping a few meals a couple of times a week was able to allow three men with diabetes to eventually stop taking insulin. This study, which is very recent, and appeared in the British Medical Journal, is also very controversial, so to make sure we are accurate, here is the description of the study from the study itself:

“The primary intervention used in this case series was dietary education and medically supervised therapeutic fasting. All patients were given detailed instructions on monitoring blood glucose, and insulin dosage was reduced prior to starting their fasting regimen in anticipation of the reduced dietary intake. Patients were closely monitored medically and instructed to stop fasting immediately if unwell for any reason.

“Patients were instructed to follow a scheduled 24-hour fast three times per week over a period of several months. Over the time period they were evaluated for glycaemic control and other diabetes-related health measures.

“On fasting days, the patients only consumed dinner, whereas on non-fasting days the patients consumed lunch and dinner. Low-carbohydrate meals were recommended when eating meals. Patients were examined on average twice a month and labs were recorded.”⁸

⁸Furmli, S., Elmasry, R., Ramos, M., & Fung, J. (2018). Therapeutic use of intermittent fasting for people with type 2 diabetes as an alternative to insulin. *BMJ case reports*, 2018, bcr-2017. <https://casereports.bmj.com/content/2018/bcr-2017-221854>

Summary of this controversial study

Three men with Type 2 diabetes engaged in intermittent fasting, eating only dinner during the day, 3-4 days a week. This is equivalent to fasting for 22 or 24 hours.



They monitored their blood sugar at least 4 times a day, and were instructed to stop fasting if they felt unwell, or were experiencing any negative side effects.

The result was that, within just 1 month of fasting, all 3 men were able to stop taking their diabetes medication. And one man was able to stop as soon as 5 days into the study.

Could fasting help you prevent diabetes or reverse diabetes? Almost certainly. But talk to a competent medical doctor (preferably one with a natural and holistic approach) who knows about the fasting research and see if fasting is a safe road for you.

Step 4: Make sure you are sleeping well

Sleep can affect your blood sugar levels and your blood glucose control can also affect your sleep, which results in trouble sleeping.

Difficulty getting a good night's rest could be a result of a number of reasons, from hypos at night, to high blood sugars, sleep apnea, being overweight or signs of neuropathy.

If you have blood sugar levels that are either too high or too low overnight, you may find yourself tired through the next day.

Lethargy and insomnia can both have their roots in blood sugar control and can be a key in re-establishing a healthy sleep pattern..



Getting a good night's sleep.

The following may help to promote better sleep:

- ✓ Keep your blood glucose under control
- ✓ Ensure your bed is large and comfortable enough – and pillows at a comfortable height
- ✓ Ensure your room is cool (around 18 degrees celcius) and well ventilated

- ✓ Ensure your room is dark and free from noise – if this is not possible, you may benefit from a sleeping blindfold or ear plugs
- ✓ Incorporating a period of exercise into each day
- ✓ Stick to a regular bed time

Step 5: Drink Clean Water

Being Hydrated is critical to feeling good and having good energy in our bodies. The higher your blood glucose, the more fluids you should drink, which is why thirst is one of the main symptoms of diabetes. ... Diabetes may get people used to thirst so they don't feel it as much. If we aren't drinking enough water, the kidneys still need water to eliminate excess glucose and other unwanted products. So you MUST make sure you are staying hydrated.



But please – make sure you are drinking water that is actually good for you – because some kinds of water can actually make things worse.

Currently in most US states, tap water around the country has Fluoride added to it. Whether or not fluoride in tap water protects teeth is a much-debated topic, but what we do know is that drinking water with fluoride is very bad for you. That's especially true if your body is already tired and run down from a condition like depression or diabetes.

For example, one study found that children who drank fluoridated water were more likely to have problems with their thyroid hormones.⁹ Another study found that fluoride in drinking water was associated with liver damage and kidney damage in children.¹⁰

So make sure that the water you are drinking does NOT contain fluoride.

⁹Susheela, A. K., Bhatnagar, M., Vig, K., & Mondal, N. K. (2005). Excess fluoride ingestion and thyroid hormone derangements in children living in Delhi, India. *Fluoride*, 38(2), 98-108.

¹⁰Xiong, X., Liu, J., He, W., Xia, T., He, P., Chen, X., ... & Wang, A. (2007). Dose–effect relationship between drinking water fluoride levels and damage to liver and kidney functions in children. *Environmental Research*, 103(1), 112-116.

ALSO – if you can afford to -

Get yourself a Hydrogen Water filter. Make sure that it eliminates Fluoride from your supply as previously discussed. But the beauty of these is that they also add H₂ to your water and there are over 700 studies that show H₂ is a great addition to your health regime. I've used an Echo H₂ machine myself – and it's really helped me.

Step 6: You **MUST** stop smoking

We now know that smoking causes type 2 diabetes. In fact, smokers are 30–40% more likely to develop type 2 diabetes than non-smokers. And people with diabetes who smoke are more likely than non-smokers to have trouble with insulin dosing and with controlling their disease.³

The more cigarettes you smoke, the higher your risk for type 2 diabetes.³

No matter what type of diabetes you have, smoking makes your diabetes harder to control. If you have diabetes and you smoke, you are more likely to have serious health problems from diabetes. Smokers with diabetes have higher risks for serious complications, including:⁴

- Heart and kidney disease
- Poor blood flow in the legs and feet that can lead to infections, ulcers, and possible amputation (removal of a body part by surgery, such as toes or feet)
- Retinopathy (an eye disease that can cause blindness)
- Peripheral neuropathy (damaged nerves to the arms and legs that causes numbness, pain, weakness, and poor coordination). Jon McMahon talks about this in our series.

If you are a smoker with diabetes, quitting smoking will benefit your health right away. People with diabetes who quit have way better control of their blood sugar levels.



Number 7: The 80% diet

In everything we have talked about, I'm assuming – probably wrongly – that you realize that what you eat is crucial. If your body is not getting fresh, natural nutrients, diabetes at some time in life is very possible.



In the new series, Live Longer! – we emphasize that almost ALL modern health experts agree that we should be eating AT LEAST 80% of our food from ORGANIC fruits and vegetables. Often, there is little else that they will agree on – but they all agree on this. So for us, that's a great starting point.

AND AGAIN – to emphasize – that's a CRUCIAL FIRST STEP. Stop eating junk that's full of chemicals and additives -and start eating a fresh and nutritious diet that will give your brain the nutrients it needs.

Studies suggest that antioxidants can help protect your body from oxidative damage. One impact of chronic inflammation is that it can damage the body, and antioxidants are a way of protecting the body from inflammatory damage.

Here are some tasty antioxidant-rich foods that we would recommend:

- Dark green veggies (like kale)

- Sweet potatoes
- Coffee
- Tea
- Fatty Fish
- Indian Food with Turmeric
- Blueberries

Live Longer, Feel Better!

Defeating Dementia, Depression & Diabetes

It was really my own depression that led me into making films about health. About five years ago I first discovered that niacin helped me a lot with my symptoms. Through researching that I found Dr Andrew Saul, and together we made That Vitamin Movie, my first attempt at film making.

Live Longer, Feel Better! Is our latest project, and when you downloaded this report you were signed up for a free pass to watch all 9 parts of that documentary.

It in I talk at length about the effects my own depression had on me, as well as about the things I did to try to stop it. My good friend Jon McMahon also talks about his diabetes journey in depth. I think you'll find it interesting and useful.

Thanks for reading this – I hope it helps you in some small way and I hope you'll join us in the documentary to take the journey (and your knowledge) further. Take care. And my prayer for you is a diabetes free life.



Trevor King