

The Success Journal & Workbook



it! How To Reverse Type 2 Diabetes
Reverse

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A 90-day Journal Filled with Education, Encouragement and Guidance

"...jumpstart the reversal process!"
Hans Diehl, DrHSC, MPH

"An excellent blueprint to get your health back on track!"
Neal D. Barnard, MD, FACC

"...let the healing begin!"
Brenda Davis, RD

This book is dedicated to my beautiful parents who taught me how to care about people.

My Pledge

A pledge is a person's solemn declaration that they will do what they say they will do. As the first step on your journey to wellness make the following pledge by reading it out loud.

I will fully apply myself to love myself fully enough to reverse my disease. I will eliminate all animal products, processed foods and added oils from my diet. I will follow the recommendations made by the team for my success. I will complete each phase of my program as outlined by the Doctor. I will make an emergency visit with my coach if I am ever tempted to eat something that is not on my plan. I will become a label reader and avoid any foods that do not agree with my plan to reverse this disease. I will not allow family, friend or foe to inhibit my success.

I will Reverse It!

.....
Signature & Date

A pledge is a promise. It's a guarantee, a word, a bond, a vow, a commitment, a pledge, an assurance. It is an oath. It is a covenant. Your word is your bond. Vow to succeed. Commit to your reversal. Pledge health to your life. Make it a priority. Give yourself the assurance. Declare your oath. Guarantee your own victory. Keep your covenant. Then, and only then, will you celebrate your success.

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Introduction

I grew up in a two-parent home where my dad was the bread winner and my mom was the nurturer. I had a pretty normal life. I went to school everyday. I went to church, youth groups and games. When I was old enough, I had a job. I did chores. I hung out with my family, a lot.

My dad always brought his checks home to my mom who paid the bills and saved. She was an amazing teacher. I learned so many things from her. She taught me how to love unconditionally, listen intentionally and cook phenomenally.

My mom cooked everyday. She was an excellent culinary artist. She put flavors together that most people would be afraid to use. She made pizza with barbecue sauce and chicken. I see that on menus now in many restaurants—barbecue chicken pizza. She also made pizza with pineapple and homemade sausage-flavored ground beef. She used oregano in her sauces, made gravy from scratch, dressed vegetables in new attire and magically made 4 course

meals when the cupboards were bare to feed her husband, 8 children and always herself last. She taught me the meaning of sacrificing for your children.

She made homemade yeast rolls lathered in butter that shined like the noon-day sun. The naked, uncooked dough was her base to make the most delicious cinnamon rolls ever! I remember watching the dough double its size before she punched it down to allow it to grow again. Pressing the dough, in my 8 year old mind, would make it doughy and rubbery, but instead it gave it resilience.

She would paint the fluffy dough with butter before layering her mixture of cinnamon, sugar, vanilla and salt. She would add raisins at times and nuts at others, but usually not at the same time unless she was really wanting to reward her family, then she would add both. After that, she would carefully roll its contents into layers and cut them into gorgeous pinwheels.

The swirls were evenly spaced and well demarcated. The rolls were baked without social distancing as though their close proximity supported their growth. The oven was preheated in preparation for these culinary delights to become 79 golden goodness, but they weren't finished yet.

A mixture of more sugar and more butter and a hint of vanilla was carefully poured over the golden-baked goodies glazing them for the ultimate visceral pleasure. Every bite was a testament to the love she baked them with. Cinnabon was never a comparison.

Then one day, our lives changed forever. She developed type 2 diabetes. It seemed like all of a sudden she went from one medication to 12. She followed the pattern set by her family months and years before. Every one of her 12 siblings in her family that survived past 6 months old (there were a set of twins, one died at birth and the other at 6 months) ended up with heart disease, high blood pressure, obesity and diabetes. That is, all but 2. Two aunts defied the odds. One died from breast cancer. I have one aunt left. She is a retired nurse. She has diabetes, hypertension and heart disease.

She is on multiple medications. My mom's only brother had open heart surgery at the very young age of 35 and swore he would never let anyone "crack open" his chest again. He died at 43.

Back then, nobody knew how devastating eating the wrong foods could be for health. No one talked about the idea that the high fat diet of animal products that included saturated meat fat and saturated butter fat would become an infiltrator. It would infiltrate the oxygen-carrying arteries leading to poor circulation in the heart and every other organ in the body. As a matter of fact, she was told that food really had nothing to do with her condition. There was nothing she could do. It was all hereditary.

I was too young at the time to know any different. As a result, no real dietary changes were ever made. We just kept eating the way we always had. Sure, because it was called "sugar diabetes", we figured we had to cut some sugar from her diet, but that didn't work that great either. When she reached for something sweet, I would say no, but my voice was invariably drowned by the many voices that were older than my "knee baby" experience.

Her experience with diabetes worsened despite her many medications. She developed congestive heart failure because her heart muscle had become too weak. It was unable to pump the necessary oxygen-rich blood to the rest of her body so it regurgitated into her lungs leaving her gasping for breath. The amount of blood that was pumped out with each beat was at about 10%. Normal is 55-60%. The less forward flow of blood she had, the more backwards flow she developed. Her legs would swell so she was given diuretics to try to eliminate the excess fluid accumulation.

Many nights she was awakened abruptly because of paroxysmal nocturnal dyspnea- waking up because she couldn't breathe. Eventually, it progressed to the point where she *had* to sleep on three pillows in order to breathe— a condition that I would later learn was called 3 pillow orthopnea.

Ultimately, she was started on medications to help her kidneys function better because they were also failing. In due course, she was in the hospital more than she was home. By this time, I had started medical school and was into my clinical training. I

was learning more about the heart and how it functions during my cardiology rotations. My cardiology attending physician was extremely knowledgeable. I remember the words that I would have preferred to never be linked with my mother. "Your mother is going to die", he said after I told him the situation. It wasn't callous or unfeeling, but instead, it was an alarming warning shouting that I didn't have much time.

Returning home to spend time with my mom proved to be the best thing my sisters and I could have done. We spent our time with her just talking and looking at her. Dialogue is so much more precious when you know your time is limited. We talked about school and our friends. We told her how much we loved and adored her. We massaged her back, neck and feet. We waited on her hand and foot, but somehow it wasn't enough.

The hugs were especially good and particularly long. I think she had a feeling too. I must have kissed every part of her face and hands. I held her hand and stared at them remembering all that she had done with them to sacrifice for me so that I could realize

my dreams. I remember every line in her palm and every vein on the back of her hand. I still remember the outfit she wore. It was a turquoise sweatshirt and pink sweatpants. I don't think it was the best combination, but who cares. She's my mom.

By now, her condition had progressed to the point that she was in the hospital more than she was home. It was that November that she coded and was taken to the hospital by ambulance. It had become too much. Her heart was just not able to take it anymore. She was only 59. More medications were added of course, but nothing changed. As a result, she never improved. Her heart function never recovered. The swelling in her legs never resolved. Her blood pressure remained elevated and her blood glucose levels never decreased. At the time, I thought the medications were to improve her condition, but it never happened. Looking back, I am not sure of what good they had done, but the purpose of medications are not to cure disease, only to manage it. As a result, the diseases were still there and continued to print its devastating effect on her body without any call of retraction.

In her hospital room, I stayed with her while she anxiously tried to rest her eyes. It was difficult because she wasn't sure she would ever open them again. The tray of food at her bedside bared no indication of her condition. There was fried chicken, mashed potatoes with gravy, overcooked string beans, white bread and ice cream for desert. Thank God Almighty that she survived that ordeal. At least for a time. We just were not ready. I am still not ready.

She was again released from the hospital. We had no idea what to feed her, but we did our best without a clear understanding of what should replace her fat-laden meals.

After being home with her for a few more days, we spent most of our time holding and kissing her as much as we could before we reluctantly returned to work and school. Our hearts remained in Indiana.

Getting back on the road from our emergency visit, we were silent. The words of my cardiology attending took flight and soared through my mind like an American Eagle with every mile as we drove toward our Washington, DC home. I didn't share its

droppings with my sisters, but I could tell that we all instinctively knew it would be the last time we would see her alive.

Everyday I called her. Multiple times I called her. I just wanted to hear her voice. I wanted to make sure she was still there. Sometimes she would beat me to the punch if I worked late. She would leave a message on my answering machine. “This is just your mom, I just want to see how your day went.” Since it was before cell phones were a thing, I would have to call when I returned home. I kept her recorded voicemails because I wanted to always remember the harmonic frequency of her voice. I have them safely put away so I can refer to them every time I need a “mama fix.” I am so glad I did.

July 27, 1993 is a date that I will never forget. It was the worse day ever for me and my family. A day that will truly live in infamy. My precious, beautiful mother took her last breath as she slept next to my dad. My dad said he heard one gasp and she was gone.

I was in Los Angeles when I got the news. When the landline rang at my friend Lilyan’s house, I knew it

wasn’t good. I remember staring at the phone intently when the words escaped the mouth of my friend and my sister. I dropped the phone in disbelief and screamed in high-pitched tones that swiftly indicated to her mom that something had gone terribly wrong. Just like that, she was gone. I can still feel the pain in my heart from that day. It felt like my heart had been ripped out of my chest and placed on a ticking time bomb with no seconds of warning before it exploded.

Lilyan and her mom came to my side. I was hysterical as I cried inconsolably producing a river of tears that finally exhausted my ducts. After several hours, I finally fell asleep through my hysterics on her mom’s shoulder. Even though it was 27 years ago, the uncaged pain still elopes through the tears that flood my eyes.

I am a physician now. A physician that has been deeply affected by the pain of loss of not just one, but two parents. I will have to tell you the story of my dad a little later, but suffice it to say that I have determined to help as many people as I can. I want to intervene so that other people, other children,

don't have to deal with the pain that pierces my heart on a regular basis.

Now I know that most of the diseases that we deal with on a regular basis are due to inflammation and less to heredity. They are often familial. A family that eats the same will likely develop the same conditions. A family that eats the same will likely die the same. That is why I developed the Reverse It! program to fight chronic inflammation through very simple, but long forgotten foods that heal. I have seen the lives of many people change through lifestyle modifications that have the power to reverse disease. My medical books have long reported diet and exercise as a treatment for disease, but in the words of one of my mentors in residency, "people will never change their diet, just treat the disease."

Quite the contrary, some people are willing to do what is necessary to reverse type 2 diabetes as long as they know they can. They just need the blueprint to follow—a blueprint called Reverse It!

Reverse It! is a program that has been developed though the memory of my parents for the reality of you. As long as there is breath in your body,

improvements can be made based on *your* level of commitment. We will provide the blueprint for your success. All you have to do is commit to the plan.

If you are reversing type 2 diabetes, ensure that you record your blood glucose levels at least 3 times daily. If you are on insulin, there are special considerations so check sugars 5 times daily. Consult your physician to monitor you for safety. This program is very powerful and blood glucose levels may decrease quickly. Make sure you are monitoring it with your physician. You may need to check your glucose levels 5 times daily. You will also check blood pressure daily. This journal and workbook provides areas to record your monitored blood pressure as well as blood glucose levels.

We do not recommend beginning this or any other program until you discuss it with your doctor. It is best to have physician guidance for safety.

You may need to refer to the information contained here so don't think you have to remember everything right away. It will become a part of you. Make sure you ask questions of your lifestyle coach. Your coach is there for you.

Now that you have taken the first step towards your lasting transformation, be proud of your efforts. Expect occasional failures, but don't let it stop you. Just pick up where you left off. Over time, you will

experience less failures and more successes. It comes with the territory. Glad you have decided to join us. Let's get started!

Be Phased

We were told that diet and exercise would work but were never given the proper diet to follow. Reverse It! has developed a blueprint that returns to what is natural and easy to follow. More and more research has determined the power of food to reverse type 2 diabetes. Reverse It! incorporates power foods in delicious ways that, combined with the proper exercise, reverse type 2 diabetes and other chronic diseases such as obesity, hypertension and high cholesterol— all diseases that increase the risk of heart disease.

Reverse It! is divided into 4 phases that culminate in a certificate-based achievement at the end of the year. Phase 5 is an advanced, optional, one-on-one, muscle-building training module.

There are 5 cardinal rules of the Reverse It! program.

1. No animal products
2. No oils
3. No processed foods
4. Avoid the microwave to cook meals
5. Exercise

It may seem daunting at first but, with our assistance, it will become second-nature. Let us show you how.

Each phase of the program is 90 days. The first phase is divided into 5 intervals, which we will elaborate on in the text to follow. We have seen our clients shed medications that were once thought to be lifelong companions. That's a good thing. Participants of the program have seen a high rate of

reversal of disease and that's a great thing. There are no guarantees, but with your commitment, the rate of reversal is high.

Phase 1

Phase I places you on the pathway for optimal health. The goal is the reversal of type 2 diabetes, but it also tends to reverse obesity, hypertension, high cholesterol and other areas of inflammation. It begins with a 40-day challenge and is divided into 5 intervals as described below.

Interval 1

Ten-day juice fast. Interval 1 involves hyper-nourishing the cells of your body replacing nutrients that have been difficult to absorb, but are essential for optimal health and the successful detoxification. Juicing removes the fiber from your diet so that the nutrients are quickly and completely absorbed by the cells. If your health challenge is type 2 diabetes, you will concentrate on juices that are of the savory variety as opposed to the sweeter variety.

All recipes for juicing and the raw foods are in the original copy of Reverse It! It is your blueprint to success. Start with juices such as:

- *Get Me Started*
- *Red Runner*
- *Italian Sipper*
- *The Beet Goes On*
- *Roman Beet*
- *Redicious*
- *The Greenery*

At day 8-10, feel free to incorporate juices such as

- *The Eye Opener*
- *Partial to Parsley*
- *Kale-Aboration*
- *Vision*
- *Anti-Flam*

There are 16 different juice recipes and seven shots to choose from. Feel free to have a shot anytime. They

are incredible immune boosters! We all need immune boosting. Aim to drink five to six 16-oz juices daily to avoid being hungry. We find that preparing your juices for 2 days at a time is quite helpful when you have a busy schedule. That way it is not necessary to juice everyday. The juices only last about 2 days in the refrigerator in an airtight glass container. **No plastics please.**

You can also experiment by making your own combinations. How? We thought you would never ask. You can choose to juice vegetables or fruits separately and store in Mason Jars. When you are ready for a juice, just mix them together as you desire, careful to follow instructions as described above.

FITNESS

You will begin a walking program. You will begin walking with your fitness trainer during this time for your assistance, You can begin slowly at 10 minute intervals with a goal of walking 60 minutes daily. No strenuous activity at this time.

LIFESTYLE COACH

You will meet with your lifestyle coach weekly for 1

hour. The hour can be divided into two 30 minutes sessions or one 1- hour session. You will define the time that is convenient for you and your coach. Your coach will provide you with guidance about your food choices, ideas and other nutritional information. Use your time with your coach to ask questions of things you may not understand or need clarification on.

Interval 2

The second 10 days involve raw foods with recipes as provided. You will experience a variety of salads, soups and raw meals. Aim for 3 raw meals daily. You may make foods in bulk so that they are easy to pull out when time is of the essence. Smoothies are considered a meal as well. During this time, please feel free to juice what you will. You are bound to develop some favorites.

FITNESS

You will begin a fitness program that will include strengthening of both the upper and lower extremities. Getting the muscles strong allow for the passive uptake of glucose into the muscles for better glucose control. This is very important. You will meet with your trainer 3 times per week.

Interval 3

At this point, you will continue with 2 raw meals and begin with one cooked whole food plant-based meal at dinner. Our recipe book, “The Genesis Plan” has amazing whole food plant-based recipes for your convenience. Your members only website access to these delicious gourmet meals. Alternatively, Forks Over Knives has beautiful whole food plant-based meals, both perfect for this time and future meals. You will find these recipes at www.forksoverknives.com. Aim to *complete* your evening meals by 7 pm. An after dinner stroll would be ideal to aid digestion.

FITNESS

Continue fitness training with an intensity increase to toleration. Your fitness trainer will guide you.

Interval 4

You will now continue with 2 cooked whole food plant-based meals and 1 raw meal. An after meal stroll is always recommended to aid digestion. Lifestyle coaching and fitness training continue throughout the rest of this phase as previously described.

Interval 5

This interval begins on day 41 of your amazing transformation. Enjoy both cooked and raw whole food plant-based meals. Continue with no processed foods and the other rules we discussed. Enjoy a raw portion with each meal. Aim to drink 16 oz of water 30 minutes before your meals followed by the raw portion of your meal. This may come in the form of a raw juice, salad, fruits or vegetables. This practice will avoid overeating and improve digestion.

Phase 2

As each portion of your program progresses, you will require less and less intervention from us. We have found that it takes time to form the habit of exercise.

At times it may be difficult without the assistance of our trainers. We assess your readiness to transition, so the subsequent phases are highly recommended,

but are not mandatory.

In Phase 2, you will still have strong interactions with your lifestyle coach who you will be able to speak with on a continued one on one basis for a total of 3 hours monthly. During this time, your coach will guide you into finding “safe” prepared foods and more advanced cooking techniques to aid you in the maintenance of your miraculous transformation.

In addition, you will continue to meet with your fitness trainer and advance your fitness level to your toleration. You will continue to meet with your trainer 3 times per week.

Weekly energy boosting, fat burning injections are available at no additional cost as you desire. These will continue for the duration of your continued transformation.

Phase 3

Now it is time to start exercising with more autonomy as you advance your transformation. You will meet with your lifestyle coach as you are guided into how to make the correct restaurant choices and what to order. You will also learn how to alter menu items to maintain your new lifestyle and maintain

diabetes, obesity, hypertension, high cholesterol-free living.

A complimentary plant-based protein powder will be provided as you continue to build muscle to ensure your fat-burning glucose controlling lifestyle.

Phase 4

By the time you reach phase IV of your journey, you will be able to look back and say, wow! It was worth it. Your over-all sense of well-being without having

to check the scale, finger sticks or blood pressure are your best reward.

At this point, it is time to let go of your hand a little more. Your fitness trainer will see you once per week and you will continue to thrive with your own personal training using your learned techniques twice weekly.

Your lifestyle coach will be available to you for 30 minutes every other week. But you may schedule it as you desire. You will enjoy a special Slim and Sassy Combo (while supplies last) that includes weight control capsules and appetite suppressing oil as you maintain your trim waistline and muscle power.

Phase 5 - Optional

You will love the way your body feels. This is an advanced level of strength for maximum fat burning and glucose uptake. This phase, is of course, optional, but if you desire hard body training, this is definitely for you.

You will continue your lifestyle program with continued plant-based foods to maintain your level of fitness and health.

It has been our pleasure to assist you in your transformation to optimal health. How does it feel to be fit *and* fabulous? Keep going!

Program Overview

Phase 1	Interval 1 (10 days)	Interval 2 (10 days)	Interval 3 (10 days)	Interval 4 (10 days)	Interval 5
	<ul style="list-style-type: none"> Juice Fast Walking 1hr/day Weekly 1hr Lifestyle coaching session 	<ul style="list-style-type: none"> Raw Smoothies 3 Raw, whole-food, plant-based meals/day Add fitness training sessions - 3hrs/week 	<ul style="list-style-type: none"> 2 Raw, whole-food, plant-based meals/day Add 1 cooked whole-food, plant-based meals for dinner 	<ul style="list-style-type: none"> 1 Raw, whole-food, plant-based meals/day 2 cooked whole-food, plant-based meals/day 	<ul style="list-style-type: none"> Combination cooked & raw whole-food, plant-based meals Consume raw portion before cooked portion
Phase 2	<ul style="list-style-type: none"> Intro to “safe Prepared Foods” 	<ul style="list-style-type: none"> 3 sessions/week with a Fitness trainer 	<ul style="list-style-type: none"> Lifestyle coaching sessions - 3hrs/month 		
Phase 3	<ul style="list-style-type: none"> Intro to “Safe Restaurant Choices” 	<ul style="list-style-type: none"> 2 sessions/week with a Fitness trainer 1 self-guided fitness session Progress from light to moderate-high intensity 		<ul style="list-style-type: none"> Lifestyle coaching sessions - 2hrs/month 	
Phase 4	<ul style="list-style-type: none"> Maintain whole-food, plant-based diet for optimal health. You may decide to add animal products. Let us show you the safest way to do this. 	<ul style="list-style-type: none"> 1 session/week with a Fitness trainer 2 self-guided fitness sessions 	<ul style="list-style-type: none"> Lifestyle coaching sessions - 1hr/month 	<ul style="list-style-type: none"> Graduation! Start of your new life 	
Phase 5 (Optional)	<ul style="list-style-type: none"> “Hard Body” option Higher-intensity fitness training for maximum fat-burning and glucose uptake 				

The Right Tools

Transformations in lifestyle patterns are easy when you have the right tools. Here are some of the things that make this whole transition process as easy as 1,2,3.

Juicer

I have been using a Jack Lalanne juicer for many years. As a matter of fact, up until recently, I was using it without any issues. I recently gave it away in great working condition. I think my juicer is 15 years old. There are updated versions now. My husband recently purchased a Breville Juicer for my birthday. It works very well as my old one does, but the cleanup is quicker. I have made some incredible juices with both juicers. Experiment and you will be amazed. However, the best one I have ever had is the Nama J2.

***Tip**

I only discovered this year how to make my juicing even easier. I juice all of my vegetables and fruit separately and then mix them according to what I feel

like drinking at the time. It makes so many different delicious combinations.

High Speed Blender

I like my Vitamix. I have used a Vitamix for about 12 years now. It makes my smoothies, bowls, soups and sauces a pretty easy task. I can even make almond butter in it. I use it to make almond flour and flaxseed flour. You can grind nuts into powders and even make ice cream in it. When I am eating raw, it is my best friend because I can have hot soups without it reaching a temperature that destroys the nutrition in the food.

There are other high speed blenders such as the Blendtec. My niece loves her's, but I don't have any personal experience with it. Sometimes, I use a NutriBullet, but it doesn't do as much as my Vitamix.

Glass storage containers

Plastic bowls are made with a substance called Bisphenol A. This chemical has a way of leeching into the food and causing hormone disruptions that can

inhibit weight loss and thwart your efforts to reverse disease. This small change makes a big difference.

Organic produce

There really is a reason to use organic. Did you know that before pesticide use became so widespread, all food was organic. Pesticides that are used on foods act like estrogen and disrupt weight loss efforts and slow the reversal process. There are certain foods that should be purchased organically and some that are ok to purchase conventionally, The list changes from year to year as the practice of the agricultural industry is being monitored for their practices. A great source to see the “Clean 15 and the Dirty Dozen” is www.ewg.org.

Cookware

Use aluminum-free cookware and avoid aluminum foil. Aluminum has been linked to Alzheimer’s. You just might be protecting your memory.

Dehydrator

I love using my dehydrator. It makes a delicious cheese substitute and onion bread. It is great for dehydrating foods that will add to your raw variety. If you are the inquisitive type, you will not be disappointed.

Slow Cooker

A slow cooker is used for cooking food at a relatively low temperature for an extended period of time. I have been using mine for many years. I use the brand Crockpot. It is an incredible time saver and allows you to cook without thinking about it. I do not recommend using a microwave to heat your food since it devitalizes food. I have a mini crockpot at work. I put it in the crockpot to heat it about 30 minutes before I am ready for lunch and voila! My food is ready and much less devitalized than the microwave.

The “Why” That Makes Me Cry

Before any lasting transformation happens, it is important to determine your “why”. What is the reason that you chose to make this change. Is it for you? Your spouse? Your children? A grandchild? Cuter clothes?

Whatever your reason, you must search deeply inside yourself and discover the real reason this transformation is needed. As you peel back the

layers of your why, it may just make you cry. If it makes you cry, you have gone deep. That is a good thing. Discover your why and write it below. You will need to refer to your “why” during times of discouragement to refresh your memory. It will give you the will to go on, It may even change as you continue on this journey. But here is the place to start.

My “Why”

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Is My Detox Working?

Have you ever cleaned your insides? Most people can say no. We tend to clean our bathrooms, closets,

Symptoms of Detoxification

Transient Body Odor

Be sure to drink lots of purified water to assist the liver and kidneys in the process. It may be necessary to use a non-toxic deodorant (not anti-perspirant) twice daily.

Gas and Bloating

Probiotics will improve this.

Nausea and Vomiting

This is less likely with juicing, but may occur. Drink plenty of fluids. A vegan vegetable broth may be helpful. If it persists, contact the doctor.

Headaches

This is likely due to the discontinuation of tobacco products, sugar, caffeine, medications, alcohol, or drugs. They don't need to be in your diet anyway. It will get better. Don't replace them when the detox is over if you want optimum health. Magnesium may be helpful for headaches.

Extreme Fatigue

This may occur in the first 3 days. Generally, the first 3 days are the most difficult then your energy level will improve. Drink lots of water, go for walks, pray, and get some sleep. You really need it.

Symptoms of Detoxification (continued)

Digestion

During the Interval 1 of Phase I, you may notice less pooping and more urination. This is normal. When you begin interval 2 and beyond, you will notice that you are eliminating more. You may even go 3 times daily and the quality will change from soft to firm and voluminous as more fiber and water are consumed. Look forward to it. Drink lots of water.

Irritability

If you have yeast overgrowth like candida, you may develop irritability as you experience the die-off symptoms. A formula called GI detox is a great way to bind the toxins from this die-off to improve your symptoms. Ask the office for more details.

Swollen Lymph Nodes

You may experience swelling in your neck, groin, and underarms as the toxins are being trapped before being eliminated by the body.

Flu-Like or Allergy Symptoms

You may experience symptoms such as runny or stuffy nose, body aches and sore throat. This shows that your immune system is working.

Skin Irritation or Rashes

This may occur as your body tries to expel the dirt and toxins from your system.

Cravings

Sometimes, cravings may occur as your body gets rid of the sugar, harmful foods, caffeine and processed foods. Don't give into them. It is just a trick. You can get past it.

Low Grade Fever

This may occur as toxins are eliminated. Temperature greater than 100 would suggest infection and should be evaluated by your doctor.

garages, cars, offices, drawers, desks, boats, sheds... Did I miss anything? Yet we don't realize that we need to clean our bodies. You know—detox.

Toxins are everywhere. We just can't avoid them

altogether, because they are in the air we breathe, the paint on the walls, the formaldehyde in the carpet or polyurethane on the floors and even the food we eat. Some foods are more toxic than others. Other

Benefits of Detoxification

Improved Energy

This is not like a sugar rush where the energy levels surge and then plummet. No my friend, this is sustained energy as toxins are removed.

Weight Loss

Cleansing allows the liver to function at a higher level allowing fat to be metabolized and used up. It promotes fat burning. That's a good thing.

Anti-Aging

“Looking younger” effects occur as your body rids itself of toxins. You will look younger and feel younger as the toxins in the bloodstream are eliminated and no longer circulate in the joints.

Clear Thoughts,

You may experience better focus and clearer thoughts.

Clear, Glowing Skin

A healthy glow is an incredible benefit.

Healthier Hair

Who doesn't want it?

Benefits of Detoxification (continued)

Improved Immunity	A stronger immune system so that the body is able to filter out toxins to fight disease more effectively.
Improved Digestion	Better digestion allows you to feel lighter while eliminating toxic buildup. Three times a day is a good thing.
Better Pain Relief	Less pain is possible as the circulating blood becomes healthier to supply the joints with anti-inflammatory cells.
Improved Mood	Mood improves as thoughts are clearer and the body is energized
Improved Sexual Pleasure	Better sex as better blood circulation occurs.
Feeling Extraordinary	Well-being is a good feeling.
Increased Taste Awareness	You may experience a better appreciation for the taste of food as your taste senses are heightened as well as your awareness that food is the fuel that it is meant to be.
Optimal Improvement	You can expect to have less inflammation and better glucose control.

toxins include smoking, alcohol use, lack of sleep, stress, drugs and even exercise.

Toxic exposures are taxing to the liver and other organs of detoxification including the skin, lungs, kidneys and lymphatic system. The body is interested in homeostasis or balance to keep the body healthy. The detoxification process is used to rid the body of unwanted toxins that clog up our systems and encourage inflammation, which causes disease. The liver and kidneys do most of the work, but the liver has the grand task of breaking down the toxins to be expelled from the body through the feces.

Problems and diseases occur when the liver becomes overwhelmed with chronic exposure to toxins that occur faster than the liver can eliminate them. Some of the consequences of poor function of the liver include difficulty losing weight, excess abdominal fluid, chronic itching, appetite changes, fatigue, kidney problems, foggy thinking, confusion, and a weakened immune system.

Detoxification of the liver allows harmful toxins to be removed from the body while supporting the liver so that it purifies the body without damaging it. The

liver needs support in order to heal properly. However, when it comes to liver and kidney detoxification, there is good news and bad news. Let's get the bad news out of the way.

Depending on the amount of toxins inside, you may feel pretty bad as your body eliminates the toxins. As the toxins circulate in your bloodstream, you can feel that they are poisonous to your system. In the process, you may develop symptoms of detoxification that may occur anywhere between 1-3 days. If you are accustomed to detoxification, you may not feel any symptoms at all. Either way, know that you are decreasing inflammation and decreasing disease risks.

Now that we have eliminated the bad news, let's concentrate on the good stuff. **Reverse It!** incorporates a liver detoxification portion to eliminate inflammation and improve disease, or shall we say, challenges. Though you may experience 1-3 days of "poor-being", improvements are just around the corner and a sense of "well-being" is close at hand.

Some of the benefits of detoxification include

improved energy, weight loss, relief from constipation, less body or muscle aches, fewer headaches, clearer thinking, better skin, reversal of diabetes and some other chronic diseases as well as an overall feeling of well-being.

There are so many benefits of detoxification. Aren't they incredible and worth it?

This road map to successful health is so powerful that it can lower your blood pressure and blood sugar to much lower levels. This can be dangerous if not executed properly. It is imperative to have provider intervention so that your individual situation can be assessed and the necessary considerations made.

By now, you should have already met with one of our providers for a thorough evaluation before you start this powerful plan. Your history, lifestyle and medications will be evaluated. You may be asked to continue some medications for now and to discontinue others. You may have to modify how you take them initially. This will be discussed in your consultation.

Some days will be challenging, but don't worry, we provide the blueprint. You provide the will. If you fall off the "proverbial horse", get back on. Our team is here to help. Let's get started!

My Blood Glucose & Blood Pressure Diary - Phase 1.1

Phase 1 - Interval 1

The beginning of any lifestyle modification is always the most challenging. It is during this time that you will make critical moves to combat the health challenges that have come upon you. Some people just go for it without reservation, but if this is not your personality don't beat yourself up about it. It may be difficult at first and most likely you will have moments that seem like you cannot go on. However, it is important that you keep trying.

Transitions of this sort may appear demanding particularly if you are accustomed to a heavily animal-based diet. This alteration in habits may seem impossible, but it is very possible and doable. Questions arise as to whether this type of transition will supply enough nutrients. Will there be enough protein? Will there be a variety?

Rest assured that though the transition may be formidable, it is extremely nourishing. Phase I encourages cleansing and hyper-nourishment. Several studies show that adding more fruits and vegetables to your diet can improve your sense of well-being and your mental health.

You will begin with juicing for 10 days. Juicing involves many fruits and vegetables so that they can be quickly and efficiently absorbed into the cells of the body to allow hydration and nutrient replacement. You can expect to urinate a lot as your body releases toxins from your system. There are a variety of juices to choose from. If your blood sugar levels are usually elevated, you may want to choose juices that are more heavy on the vegetables and less on the fruits until blood sugar levels stabilize. You will consume about 96 oz of juice and water daily.

Keep a record of your numbers at the beginning and the end of your journey. It is encouraging to see your progress. Keep writing. **Please record the date in column 1.** You will only have HbA1c, Cholesterol Level, Triglycerides and Insulin Levels at the beginning and the end of your 3 month transformation. Fasting Blood sugar and Blood

pressure levels will be recorded at each follow up visit. Also note, that fasting blood sugars are prior to breakfast, prior to lunch or prior to dinner or at least 2 hours after eating. (If you are on insulin, please take blood sugars as described below, initially. Otherwise, 1-3 times per day is acceptable. You will be advised.

Interval 1

Date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Daily Blood Pressure	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
AM Glucose	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
After Breakfast	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
After Lunch	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
After Dinner	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
At Bedtime	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

*Allow 2 hours after meals before testing blood sugar levels. Target blood sugar is 80-130 mg/dL (4.4-7.2 mmol/L) before meals. Target blood glucose two hours after meals is <180 mg/L (10.0 mmol/L).

How to test blood sugar levels

Checking your blood sugar levels is important to maintain blood sugar levels in a healthy range to prevent complications. If sugar levels are too low (hypoglycemia), it can inhibit your ability to function normally. If the blood sugar levels are consistently too high (hyperglycemia), it can cause long-term complications. Monitoring blood glucose levels is the best tool to ensure that your blood sugar levels are in target range.

You can check your blood glucose levels with a glucose meter or a continuous glucose monitor. According to the American Diabetes Association (ADA), blood sugar levels before meals (preprandial plasma glucose) should be between 80-130 mg/dl. Blood sugar levels 1-2 hours after the beginning of a meal (postprandial plasma glucose) should be less than 180 mg/dL.

Blood sugar levels will be affected based on your level of activity (exercise increases glucose uptake ie lowers blood glucose), food, medications, illness and stress. Therefore, it is important to track your sugar levels so that you can monitor the effect these factors will have on your blood sugar levels. You will be able to identify when blood sugar levels are too high or too low. It will allow you to track your progress particularly during the **Reverse it!** Program to ensure that you are reaching your goals. It will also allow you to see the affect that exercise or lack of exercise, illness or stress has on your levels.

If you take insulin to manage your type 2 diabetes, you may have to test blood sugar levels 5 times daily initially until you are advised to check less often. According to the Mayo Clinic, it is best to check your levels before meals and at bedtime if you are taking multiple daily injections. You may test only before breakfast and dinner if you use an intermediate insulin such as Humulin N or Novolin N or a long-acting insulin such as Lantus, Tresiba or Levemir. If you are using non-insulin medications or managing with diet and exercise alone, you may not need to test your blood sugar daily, except to track our progress. This is be determined during your consultation.

Signs and symptoms of hypoglycemia (low blood sugar)

Feeling shaky

Tingling or numbness in the lips, tongue or cheeks

Seizures

Irritability

Sweating, chills or clamminess

Confusion

Nervousness, or anxiousness

Fast heartbeat

Feeling lightheaded or dizzy

Hunger

Nausea

Sleepiness

Weakness or low energy

Blurred vision

Headaches

Clumsiness

Nightmares or crying out in sleep

Poor concentration

Slurred speech

Drowsiness

What to do? Goal is glucose at least 70

Eat a sensible, no oil meal

4 oz of orange juice (no diet drinks)

1 tablespoon of sugar, honey

Hard candy jellybeans or gumdrops

Glucose tablets

Glucagon (by prescription)

***ADA rule is 15/15 so use 15 gms of sugar. Check blood glucose levels every 15 minutes and repeat until normal.**

Remove all offending agents prior to your transformation. These foods should be permanently removed from your diet for optimal health. Offending agents include processed sugars, artificial sugars, dairy, eggs, all meats (including chicken, fish, beef, lamb, pork, venison, etc), caffeine, sodas and other processed foods such as chips, etc. Remember **“Why”** you want this transformation. Add 1 tsp L-Glutamine to your first glass of water each morning. Wait 15 minutes and take at least 30 billion units of probiotics. Drink your juice as planned.

Day 1

	What I ate	How I feel	What I'm craving
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 1 Con't

Reset the body through this natural fast and cleanse. This is what juicing is. It is a way for the body to absorb nutrients quickly because juice does not contain fiber that will slow the process. There are a variety of recipes for delicious drinks. I like using the savory ones for lunch or dinner and those with a little sweetness for breakfast if tolerated. You will drink every 2-2½ hours. Drink alkaline or purified water between juices. You may add 1-2 T of Psyllium Husk to juice or water if you feel bloated and want more bowel movements.

Day 2

	What I ate	How I feel	Barriers to my success
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 2 Con't

R realize that you are cleansing your body from the toxins that are potential disease causers. Symptoms are likely. You may have or may be experiencing symptoms of detoxification. This is normal and is a sign that your detoxification is working. If symptoms are severe, please notify us. A vegetable broth soup may be beneficial made with pure vegetables and water. Careful not to add oil.

Notes

Day 3 Con't

Replace fluids daily with alkaline or purified water between juices. If you experience nausea, ginger tea is a great anti-emetic. Use about 1 inch of fresh ginger in 1 c of hot water. It will help your nausea.

Day 3

	What I ate	How I feel	What I'm experiencing
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Day 4

	What I ate	How I feel	How much water I drank
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 4 Con't

Rethink the importance of exercise into your daily regime. Start with walking 30 minutes daily if able or do light exercises. The goal is 60 minutes. It may be challenging during the first 10 days to do more. Strenuous exercise is discouraged during this phase of detoxification.

Day 5

	What I ate	How I feel	How far I walked today
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 5 Con't

Remember why you are juicing? The juice fast is a great detoxifier. It especially supports Phase 1 detoxification in the liver. The first phase of detoxification produces intermediary metabolites that can sometimes be more harmful than the original toxin. It is important to add multiple antioxidants to capture the free radicals and render them incapable of cellular harm.

Day 6

	What I ate	How I feel	My favorite juices
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 6 Con't

Reframe. As we begin this lifestyle program, it is important to reframe your thoughts. Believe that you are able to make a change that is lasting and permanent. Don't be alarmed by what is removed, but concentrate on what you will gain.

Day 7

	What I ate	How I feel	Barriers to my success
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 7 Con't

Review the supplements that have been recommended for you (if applicable) and ensure that the supplements are quality products purchased from reputable companies that offer therapeutic dosages with good bioavailability. Use a multi strain probiotic of at least 20-50 billion units to replace the proper flora of the gut.

Day 8

	What I ate	How I feel	Improvements I've seen
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 8 Con't

Recall the factors that are not pertaining to foods that may contribute to poor eating habits with resultant fatigue, poor blood sugar control, weight gain or other health challenges. Could it be a family member, work, stress, you?

Day 9

	What I ate	How I feel	Barriers to my success
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 9 Con't

Reconstruct your old habits in your mind that may have caused poor glucose control, weight gain, hypertension and a general sense of “poor”-being. Identify those habits so that you can adequately discard them and flush them from your routine like you flush the toilet. These are barriers to your success.

Day 10

	What I ate	How I feel	Ways I can break through my barriers
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 10 Con't

My Blood Glucose & Blood Pressure Diary - Phase 1.2

Phase 1 - Interval 2

Interval 2 involves adding texture and fiber in your raw plant-based meals. Smoothies have lots of fiber when you use the whole food. It is important to continue to consume water, as fiber without water

may cause gas and bloating and even constipation. Bowel movements will occur with more regularity. You may add 1-2 T of Psyllium Husk to juice or water for extra fiber and fuller bowel movements.

Interval 2

	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Daily Blood Pressure	___	___	___	___	___	___	___	___	___	___
AM Glucose	___	___	___	___	___	___	___	___	___	___
After Breakfast	___	___	___	___	___	___	___	___	___	___
After Lunch	___	___	___	___	___	___	___	___	___	___
After Dinner	___	___	___	___	___	___	___	___	___	___
At Bedtime	___	___	___	___	___	___	___	___	___	___

*Allow 2 hours after meals before testing blood sugar levels. Target blood sugar is 80-130 mg/dL (4.4-7.2 mmol/L) before meals. Target blood glucose two hours after meals is <180 mg/L (10.0 mmol/L).

Release the accumulated toxins from your colon that cause various illnesses, aches and pains, nausea and headaches. Move them out. The gastrocolic reflex causes the colon to increase its motility as the colon stretches in response to eating. A healthy reflex leads to a bowel movement after meals.

N^{otes}

Day 11

	What I ate	How I feel	My bowel movements	
Breakfast/Snacks			Firm	Soft
Lunch/Snacks			Firm	Soft
Dinner/Snacks			Firm	Soft

Day 11 Con't

Remain committed to your why as you continue in your raw interval. You may have noticed a smaller waistline and others may have noticed your glow. As you move into Interval 2, continue to commit to reversing your health challenge. It gets better everyday. Fitness is key. Increasing muscle strength increases fat burning and lowers blood sugar levels.

Day 12

	What I ate	How I feel	Areas I'd like to strengthen
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 12 Con't

Sleep is very important in the process of transformation. Strive to “meet your sheets” each night by 9 pm. This is the best time to promote restorative sleep by resting your adrenal glands. The adrenal glands are small, but they control many of the systems in your body, some of which may cause fatigue, weight gain and poor glucose control.

Day 13

	What I ate	How I feel	My sleep challenges
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 13 Con't

You are well on our way to amazing success, but a poor stress response may complicate your efforts. Slowing down and taking a deep breath will do amazing things for your transformation. Taking a walk or a hot bath with magnesium salts is very relaxing. Have a nighttime sleep routine. A drop or two of Lavender essential oil on your pillow is quite relaxing. Try a drop on an eye pillow for tired eyes. Be sure to turn off all lights—no TV, dim the lights on the alarm and remove phone lights. Is the temperature comfortable?

Day 14

	What I ate	How I feel	My sleep routine
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 14 Con't

Fear can have a devastating effect on your efforts. You were not given a spirit of fear. You have power to do this. Strengthen your love for yourself and your loved ones. Keep your mind strong and sound.

Day 15

	What I ate	How I feel	My fears and how I will overcome them
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 15 Con't

The opposite of fear is confidence. There is a place to put your confidence. There is a Power higher than yourself. Find it. Place it there. It will make all the difference.

Day 16

	What I ate	How I feel	Ways I can gain the confidence to succeed
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 16 Con't

Were you rewarded with food as a child? That is ok. Just reward yourself with the right foods. It will make all the difference for your health and your waistline.

Day 17

	What I ate	How I feel	Ways in which childhood food-rewards affect my adult health
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 17 Con't

Staying the course even if you “fall” is the important part. Small changes make big differences. If you fall, get back up. Use your high speed blender and make some hot soups. A delicious choice.

Day 18

	What I ate	How I feel	Ways I fell and ways I can avoid those pitfalls
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 18 Con't

Repair the gut while eating raw organic fruits (strawberries, blackberries, blueberries and raspberries) and non-GMO vegetables (ie. asparagus, leeks, jicama, radishes and Roma tomatoes. You can eat as many as you like concentrating more on vegetables than fruit. It may be bland, but it is all a part of recalibrating your palate.

Day 19

	What I ate	How I feel	My digestion challenges
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 19 Con't

Also add a handful of raw walnuts and fresh salads with lemon juice as your dressing. Use your probiotic 20-50 billion units once daily prior to meals. Add L-glutamine to repair the lining of the GI tract and repair muscles prior to meals and your upcoming exercise routine. Enjoy the raw recipes. They are delightful. These foods will allow the body to recover.

Day 20

	What I ate	How I feel	Ways my digestion has improved
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Notes

Day 20 Con't

My Blood Glucose & Blood Pressure Diary - Phase 1.3

Phase 1 - Interval 3

Interval 3 involves adding one whole food plant-based cooked meal. These are delicious meals made without oil in an effort to continue to clean out those cells for adequate weight loss, glucose control and to

decrease inflammation. Enjoy them at dinner time to be completed by 7 pm. An after-dinner walk is refreshing.

Interval 3

	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
Daily Blood Pressure	___	___	___	___	___	___	___	___	___	___
AM Glucose	___	___	___	___	___	___	___	___	___	___
After Breakfast	___	___	___	___	___	___	___	___	___	___
After Lunch	___	___	___	___	___	___	___	___	___	___
After Dinner	___	___	___	___	___	___	___	___	___	___
At Bedtime	___	___	___	___	___	___	___	___	___	___

*Allow 2 hours after meals before testing blood sugar levels. Target blood sugar is 80-130 mg/dL (4.4-7.2 mmol/L) before meals. Target blood glucose two hours after meals is <180 mg/L (10.0 mmol/L).

Plant-based foods can be a delicious way to health. Though you have had mostly raw until this point, you will discover delicious ways of making foods that tantalize your taste buds while maintaining normal blood sugar levels.

Day 21

	What I ate	How I feel	My favorite plant-based meals
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

You are now ready to begin your increase in fitness training sessions. Go at your own pace, but try new things and feel stronger everyday.

Day 22

	What I ate	How I feel	New fitness challenges
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Making good choices is paramount to your success in reversing your health challenge. The wrong choices will become obstacles to your planned success. Recognizing and correcting these destructive patterns is key to your victory and imperative to your plan.

Day 23

	What I ate	How I feel	New obstacles and new solutions
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Celebrate every good choice as a victory. Give yourself a pat on the back and tell yourself how proud you are. Keep going!

Day 24

	What I ate	How I feel	My good choices
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Have you noticed that counting calories is not necessary. There is no added fat in your food. There is no fat to add to your waist.

Day 25

	What I ate	How I feel	My waist measurement
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Why detox? The body is being constantly bombarded with toxins on a daily basis. They are in pesticides on food, the paint on the wall, the formaldehyde in the carpets, cigarette smoke, marijuana ingestion and smoking, the chemicals in lotions, deodorants and body wash and even in the air we breathe. Toxins are literally everywhere. The problem with toxins is that they form free radicals that damage the cells of the body leading to various health concerns including diabetes, heart disease and cancer.

Day 26

	What I ate	How I feel	Health challenges I am currently reversing
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

What are toxins? Toxins are substances that are harmful to your body. As previously described, there are a myriad of culprits. The list is extensive. Some common toxins are parabens, phthalates and pesticides. Ensure that your body products are free of parabens and phthalates and your foods are free of pesticides as you are able.

Day 27

	What I ate	How I feel	Are there parabens in my skin care products?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

It may be difficult to know what products are good for your body and which are not. A helpful website to consider is www.ewg.org. They have already figured it out.

Day 28

	What I ate	How I feel	Things I've discovered about my body products
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Fears are meant to be overcome. Don't let your fears overcome you.

Day 29

	What I ate	How I feel	Past fears I've overcome
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

K eep going! You are the best! Look at how much you love yourself. This is the last day before interval 4 begins. You have done well. What was your favorite meal?

Day 30

	What I ate	How I feel	Changes I've noticed in my digestion
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

My Blood Glucose & Blood Pressure Diary - Phase 1.4

Phase 1 - Interval 4

Interval 4 involves adding two whole food plant-based cooked meals. Remember these meals are oil-free and delicious. We are still pulling fat out of those cells for maximum glucose uptake and control.

The result is effortless weight loss, decreased inflammation and awesome glucose control. Your dinner is to be completed by 7 pm. An after dinner walk is refreshing and therapeutic.

Interval 4

	Day 31	Day 32	Day 33	Day 34	Day 35	Day 36	Day 37	Day 38	Day 39	Day 40
Daily Blood Pressure	___	___	___	___	___	___	___	___	___	___
AM Glucose	___	___	___	___	___	___	___	___	___	___
After Breakfast	___	___	___	___	___	___	___	___	___	___
After Lunch	___	___	___	___	___	___	___	___	___	___
After Dinner	___	___	___	___	___	___	___	___	___	___
At Bedtime	___	___	___	___	___	___	___	___	___	___

*Allow 2 hours after meals before testing blood sugar levels. Target blood sugar is 80-130 mg/dL (4.4-7.2 mmol/L) before meals. Target blood glucose two hours after meals is <180 mg/L (10.0 mmol/L).

Nitrates, not **nitrites** which are used to cure meats, are converted to nitric oxide in the body. Nitric oxide is used to open blood vessels, also known as vasodilation, for better blood circulation. It is important to have good circulation because every part of the body needs blood including the heart, brain, muscles and even the mighty penis where good blood flow improves erections. Nitrates are from dietary sources like beets and leafy green vegetables. Viagra imitates what your body will do naturally through plants.

Day 31

	What I ate	How I feel	What foods have you eaten today that will improve circulation?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Everybody makes mistakes. No judgements here. Have you had any cravings that you have succumbed to? If you fall off of the proverbial horse get back on and keep riding. You are on your way! Don't stop now.

Day 32

	What I ate	How I feel	Areas I'd like to strengthen
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Energy is generated by the foods you consume in a powerhouse called the mitochondria. This is where energy is produced so you can have some “get up and go”. Hormone imbalances, foods, and exercise play an integral part in the generation of energy. When these are out of control so is your energy. Plant-based foods are exceptional for producing energy and bringing balance.

Day 33

	What I ate	How I feel	My energy level is ...
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Sunlight is an important part of your transformation. Try to get out each day in the sun for at least 25 minutes. It is important to provide Vitamin D to your bones. Vitamin

Day 34

	What I ate	How I feel	Ways I can get more sunlight
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Really enjoy your raw meal. I enjoy the spring rolls and Asian noodles. They are semi-raw, but all the way delicious. Hope you like it as much as I do. It is easy to prepare, delicious and nutritious. That's a perfect combination especially when you have a busy schedule.

Day 35

	What I ate	How I feel	My favorite raw meals
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Do you feel a difference in the way your body is functioning? How does it make you feel? If not, why not?

Day 36

	What I ate	How I feel	The differences I've noticed
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

It is important to celebrate your successes, even small ones along the way. Making good choices is a major victory. Celebrate it as the victory that it is. If you fall off of the proverbial horse get back on and keep riding. You are on your way!

Day 37

	What I ate	How I feel	Victories I can celebrate
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Last 2 days of all raw food. It was challenging, but you did it, right? You have what it takes to turn this thing around. As a reward, get ready for the most delicious plant-based food. Check out our members only page for incredibly delicious and nutritious meals. You don't have to sacrifice taste for your health!

Day 38

	What I ate	How I feel	Things I've learned about myself
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

We are all connected in life, whether you know a person or not is not the issue. How can your purpose help someone else fulfill their purpose? It doesn't matter how old you are, where you are, where you come from or what you are doing. What does matter is where you are going. Help someone along the way. Everyone is your neighbor. Isn't that what life is all about?

Day 39

	What I ate	How I feel	Ways I can use my gifts to help someone else
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

It has been 40 days on this journey! Can you believe it? Journeys seem to reveal hidden strengths. It is a Spiritual experience. Did you use this time to strengthen your relationships with God, family, yourself? What strengths have you discovered about yourself?

Day 40

	What I ate	How I feel	My newly-discovered strengths
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

My Blood Glucose & Blood Pressure Diary - Phase 1.5

Phase 1 - Interval 5.0

Interval 5 commences today and for the next 50 days. You will enjoy delicious whole food plant-based meals that have proven to provide optimal nutrition to support optimal health. Optimizing health provides the framework for proper processing of macronutrients so that they are used by the body to accomplish the various tasks it has to perform.

Plant-based whole food recipes that follow our plan for maintenance can be found at our members only page at www.pain2wellnesshealthcare.com. The recipes are innovative, delicious and nutritious and will help to maintain your new fabulous blood sugar control and blood pressure control, and... It is a great way to eat well and stay healthy at the same time.

Interval 5.0

	Day 41	Day 42	Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49	Day 50
Daily Blood Pressure	___	___	___	___	___	___	___	___	___	___
AM Glucose	___	___	___	___	___	___	___	___	___	___
After Breakfast	___	___	___	___	___	___	___	___	___	___
After Lunch	___	___	___	___	___	___	___	___	___	___
After Dinner	___	___	___	___	___	___	___	___	___	___
At Bedtime	___	___	___	___	___	___	___	___	___	___

*Allow 2 hours after meals before testing blood sugar levels. Target blood sugar is 80-130 mg/dL (4.4-7.2 mmol/L) before meals. Target blood glucose two hours after meals is <180 mg/L (10.0 mmol/L).

Believe you can and you're halfway there.—Theodore Roosevelt

Day 41

	What I ate	How I feel	How close am I to my goals
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

If all you know is what you know, then you don't know all there is to be known. Explore new foods and new tastes. You never know just how delicious food can be until you try what you have never had. Be adventurous!

Day 42

	What I ate	How I feel	New favorite foods that surprised me
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

The world is full of talents and everybody has at least one. What are your talents? How can I use my talent to help someone else?

Day 43

	What I ate	How I feel	My gifts & talents I can use to help someone else
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

What seems like nothing to you can be huge for someone else. What can you do today to put a smile on someone's face?

Day 44

	What I ate	How I feel	Ways I can make someone smile today
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

When I see people on the street begging, I stop to think that had circumstances been different, it could have been me. I give to them without judgement. Who am I to judge their motives?

Day 45

	What I ate	How I feel	How I blessed someone today
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

At Christmas time, my family puts together a Christmas gift that has a warm blanket, a warm hat, a card, \$5 and a peppermint. Then we thought, why not do something all year? Random acts of kindness go a long way.

Day 46

	What I ate	How I feel	Random act of kindness I can safely do today
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

You are never too old to set another goal or to dream a new dream.— C. S. Lewis

Day 47

	What I ate	How I feel	What I'm dreaming about
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Seemingly small, simple acts of kindness can be enormous for someone else. What small acts of kindness can you share to make a big difference in someone else's life?

Day 48

	What I ate	How I feel	Ways in which helping others make my problems seem smaller
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

There are people who live alone and have no one to talk to. Kindness comes in many forms. Can you think of someone to call today just to say “I’m thinking about you?”

Day 49

	What I ate	How I feel	Who I can call today
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Traffic can be a bear! Have you ever driven off of an exit and not one person would let you into traffic? Try being the person that does the opposite. Let someone in.

Day 50

	What I ate	How I feel	Ways I can show kindness while driving
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

My Blood Glucose & Blood Pressure Diary - Phase 1.6

Phase 1 - Interval 6

In Phase 2, you will still have strong interactions with your lifestyle coach who you will be able to speak with on a continued one on one basis for a total of 3 hours monthly. During this time, your coach will

guide you into finding “safe” prepared foods and more advanced cooking techniques to aid you in the maintenance of your miraculous transformation.

Interval 6

	Day 51	Day 52	Day 53	Day 54	Day 55	Day 56	Day 57	Day 58	Day 59	Day 60
Daily Blood Pressure	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
AM Glucose	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
After Breakfast	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
After Lunch	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
After Dinner	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
At Bedtime	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

*Allow 2 hours after meals before testing blood sugar levels. Target blood sugar is 80-130 mg/dL (4.4-7.2 mmol/L) before meals. Target blood glucose two hours after meals is <180 mg/L (10.0 mmol/L).

Be grateful. There is always someone that is worse off than you. Take the time to be grateful for at least one thing today.

Day 51

	What I ate	How I feel	Things I'm grateful for
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Walk outside. What do you see? Flowers? Trees? Clouds? Sun? Snow? Be thankful you can see it.

Day 52

	What I ate	How I feel	What am I grateful to see?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Sometimes people can really be aggravating. Is that happening to you? Could it be someone at your job? Someone at the store? Someone at home? Someone in your bed? How can we view situations differently so that we see it in a new light. Aggravation becomes less aggravating when we look at situations in new ways. Less stressful for you. Your sugar levels and blood pressure will be lower.

Day 53

	What I ate	How I feel	How can I respond differently for my health?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

We sometimes take for granted the things or people that are around us. We say things in ways that don't reveal how grateful we are inside. How can we let someone know that we are grateful for them?

Day 54

	What I ate	How I feel	Ways I can express gratitude to someone for having them in my life
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Happiness makes you feel better. It is like a medicine. Did you know that being unhappy, sad and stressed can cause osteoporosis?

Day 55

	What I ate	How I feel	Ways I can prevent osteoporosis
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Being consistently kind to an unkind person can make that person kinder. It happens again and again.

Day 56

	What I ate	How I feel	Ways I will be kind to someone who has been unkind to me
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Kindness may involve making compromises and finding new ways to understand old situations.

Day 57

	What I ate	How I feel	One new way I can be kind today
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Making someone happy has a way of lifting your own spirits. How can you lift your spirits today by making someone else happy?

Day 58

	What I ate	How I feel	Did I follow through on my goal to try and lift someone's spirit?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Forgiving others is for you, not for the other person. It releases you to live your life fully without anger. Releasing yourself of anger improves your cortisol levels allowing for easier better blood sugar control, better blood pressure, easier weight loss and better stress management.

Day 59

	What I ate	How I feel	Who do I need to forgive?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Be grateful for your experiences and talents. Not everyone has the opportunities that you have. What are you grateful for today?

Day 60

	What I ate	How I feel	Things I'm grateful for today
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

My Blood Glucose & Blood Pressure Diary - Phase 1.7

Phase 1 - Interval 7

Now it is time to start exercising with more autonomy as you advance your transformation. You will meet with your lifestyle coach as you are guided into how to make the correct restaurant choices and

what to order. You will also learn how to alter menu items to maintain your new lifestyle and maintain diabetes, obesity, hypertension, high cholesterol-free living.

Phase 1.7

	Day 61	Day 62	Day 63	Day 64	Day 65	Day 66	Day 67	Day 68	Day 69	Day 70
Daily Blood Pressure	___	___	___	___	___	___	___	___	___	___
AM Glucose	___	___	___	___	___	___	___	___	___	___
After Breakfast	___	___	___	___	___	___	___	___	___	___
After Lunch	___	___	___	___	___	___	___	___	___	___
After Dinner	___	___	___	___	___	___	___	___	___	___
At Bedtime	___	___	___	___	___	___	___	___	___	___

*Allow 2 hours after meals before testing blood sugar levels. Target blood sugar is 80-130 mg/dL (4.4-7.2 mmol/L) before meals. Target blood glucose two hours after meals is <180 mg/L (10.0 mmol/L).

Twenty years from now you will be more disappointed by the things you didn't do than by the things you did.—Mark Twain

Day 61

	What I ate	How I feel	Where I see my health in 20 years
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Failure will never overtake me if my determination to succeed is strong enough.—Og Mandino

Day 62

	What I ate	How I feel	Ways I can strengthen my determination for success
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Whatever the mind can conceive and believe, it can achieve.—Napoleon Hill

Day 63

	What I ate	How I feel	Goals I want to achieve
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Fresh air is also an important part of your transformation. Breathe in the fresh air and allow your lungs to accept the best oxygen and expel the toxic carbon dioxide. Aim for at least 20 minutes in the sun in the summer months and closer to 2 hours in the winter months. Vitamin D supplementation is more important in the colder seasons.

Day 64

	What I ate	How I feel	How much fresh air I had today
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

What are your greatest challenges with reversing type 2 diabetes or your health challenge? Do you feel like it is getting better? Do you have more control of your choices?

Day 65

	What I ate	How I feel	Ways I can make better choices
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Don't stop! You are really close now. Remember your "WHY".

Day 66

	What I ate	How I feel	What is my "why"?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Focus on what you can have and not what is eliminated. Remember, the eliminated foods are the ones that ushered in the diabetes. You won't miss diabetes.

Day 67

	What I ate	How I feel	Food choices that contributed to my health challenges
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

You control your future, your destiny. What you think about comes about. By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands — your own.”—Mark Victor Hansen

Day 68

	What I ate	How I feel	My dreams
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Eating like this is likely a different world for you, so don't be discouraged. Imagine that each bite is getting you closer to your goal. Your body is already preparing for its success. Make sure your mind goes with it. Remember your "WHY".

Day 69

	What I ate	How I feel	Has my "Why" changed? How?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

If you don't like something, change it. If you can't change it, change your attitude."—Maya Angelou

Day 70

	What I ate	How I feel	Things I'm grateful for today
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

My Blood Glucose & Blood Pressure Diary - Phase 1.8

Phase 1 - Interval 8

In Phase 4, your over-all sense of well-being without having to check the scale, finger sticks or blood pressure are your best reward. Your fitness trainer

will see you once per week and you will continue to thrive with your own personal training using your learned techniques twice weekly.

Phase 1.8

	Day 71	Day 72	Day 73	Day 74	Day 75	Day 76	Day 77	Day 78	Day 79	Day 80
Daily Blood Pressure	___	___	___	___	___	___	___	___	___	___
AM Glucose	___	___	___	___	___	___	___	___	___	___
After Breakfast	___	___	___	___	___	___	___	___	___	___
After Lunch	___	___	___	___	___	___	___	___	___	___
After Dinner	___	___	___	___	___	___	___	___	___	___
At Bedtime	___	___	___	___	___	___	___	___	___	___

*Allow 2 hours after meals before testing blood sugar levels. Target blood sugar is 80-130 mg/dL (4.4-7.2 mmol/L) before meals. Target blood glucose two hours after meals is <180 mg/L (10.0 mmol/L).

There is only one thing that makes a dream impossible to achieve: the fear of failure.”—Paulo Coelho

Day 71

	What I ate	How I feel	What am I afraid of?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Road food is road kill.” — Dr. Helen

Day 72

	What I ate	How I feel	How can I better prepare for travel to protect my health?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Life is 10% what happens to you and 90% how you react to it.”—Charles R. Swindoll

Day 73

	What I ate	How I feel	How can I have a better reaction to my circumstances?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Sometimes change comes gradually and you don't notice until you think about it. Have you noticed any changes?

Day 74

	What I ate	How I feel	What changes have I realized?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			



Are you watching the trends of your blood sugar levels? We will check your HbA1c at the 3 month mark and it will tell us how your sugars have been improving over these three months. Exciting!

Day 75

	What I ate	How I feel	Are my blood sugar levels trending better?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Perfection is not attainable, but if we chase perfection we can catch excellence.”— Vince Lombardi

Day 76

	What I ate	How I feel	How can I achieve excellence?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Our greatest glory is not in never falling, but in rising every time we fall.”—Confucius

Day 77

	What I ate	How I feel	How can I recover when I fall?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Exercise is important. It allows the excess glucose to be taken up into the muscle increasing insulin sensitivity. Keep going!

Day 78

	What I ate	How I feel	Do I see better glucose control when I exercise? Examples?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Always remember and never forget the 3 most important parts of this journey. We are teaching you how to never see type 2 diabetes again. Keep these 3 and your risk of type 2 diabetes, heart disease, stroke, and kidney failure decreases significantly.

1. No Processed Foods
2. No Added Oils (I know this is a difficult one. It was for me too, but it is not so difficult anymore)
3. No Animal Products

Day 79

	What I ate	How I feel	My dreams
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

The choices you make today control your health tomorrow. Live life by good choices. -Dr Helen

Day 80

	What I ate	How I feel	How can I make better choices for my health?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

My Blood Glucose & Blood Pressure Diary - Phase 1.9

Phase 1 - Interval 9

You will love the way your body looks and feels. This is an advanced level of strength for maximum fat burning and glucose uptake. Are you ready for it?

Phase 1.9

	Day 81	Day 82	Day 83	Day 84	Day 85	Day 86	Day 87	Day 88	Day 89	Day 90
Daily Blood Pressure	___	___	___	___	___	___	___	___	___	___
AM Glucose	___	___	___	___	___	___	___	___	___	___
After Breakfast	___	___	___	___	___	___	___	___	___	___
After Lunch	___	___	___	___	___	___	___	___	___	___
After Dinner	___	___	___	___	___	___	___	___	___	___
At Bedtime	___	___	___	___	___	___	___	___	___	___

*Allow 2 hours after meals before testing blood sugar levels. Target blood sugar is 80-130 mg/dL (4.4-7.2 mmol/L) before meals. Target blood glucose two hours after meals is <180 mg/L (10.0 mmol/L).

Some places you never want to go back to. Type 2 Diabetes is one of them. Commit to never going back.”—
Dr. Helen

Day 81

	What I ate	How I feel	Why I don't want to go back to type 2 diabetes
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

You have a purpose that only you can fulfill. Having type 2 diabetes, obesity or any other health challenge is not it. What is your purpose?

Day 82

	What I ate	How I feel	What is my purpose?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

If you believe it will work out, you'll see opportunities. If you believe it won't, you will see obstacles."—Wayne Dyer

Day 83

	What I ate	How I feel	What opportunities do I see?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Each day brings on new challenges, but there are also new triumphs. Concentrate on your triumphs. Work on your challenges.”—Dr. Helen

Day 84

	What I ate	How I feel	My triumphs
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

This journey is a spiritual one. Sometimes, you may feel alone, but you are not. Listen and you will hear.

Day 85

	What I ate	How I feel	What I hear
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Sometimes accomplishments are like climbing an uphill journey. At the top, you will see your reward—no type 2 diabetes, hypertension, obesity... Stay on the journey. The top is coming. -Dr. Helen

Day 86

	What I ate	How I feel	What top am I expecting?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

You cannot do the same thing and expect a different result. That is the definition of insanity (Einstein, paraphrased). You are doing something different. The result is a reversal of your chronic diseases like type 2 diabetes.

Day 87

	What I ate	How I feel	What I will do when I'm undiabetic
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

The only person you are destined to become is the person you decide to be.”—Ralph Waldo Emerson

Day 88

	What I ate	How I feel	Who I've decided to be
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Can you hear Rocky's music of victory? The fight is almost over. The music is cueing up.

Day 89

	What I ate	How I feel	Can I see the victory? What Will I do?
Breakfast/Snacks			
Lunch/Snacks			
Dinner/Snacks			

Du de dum! Du de dum! I can't really do it right, but it is Rocky's victory song. It is one of my favorites. You have come along way. It may have been a fight, but you are here. Are you ready for the second phase of your transition?

At this point, you may be ready to soar on your own, but if not, you are invited to join Phase 2 of the plan. Phase 2 keeps you accountable to your coaches and to your provider though not as intense. It is a second 3 months where you will learn out to a "cheat" right. You will be able to maintain your success with a little more help. Just contact our office or speak with your coach.

It has been an incredible journey! Stay the course. You will never have to see type 2 diabetes again if you follow these simple principles. Know where you came from so you will know where you want to go. Remember the things that started type 2 diabetes so that you never let them overtake you again.

You have overcome a major health challenge with type 2 diabetes. Be excited and grateful that now you know how to avoid strokes, heart disease, heart attacks, peripheral vascular disease, erectile dysfunction, blindness, amputations, kidney failure, obesity, Alzheimer's and many other inflammatory chronic diseases. You have learned how to eat anti-inflammatory foods that prevent these issues. Stay with the plan.

Challenges are what makes life interesting and overcoming them is what makes life meaningful. —Joshua Marine

Here is wishing you a meaningful life from Pain 2 Wellness Healthcare!

Good Health to you!

Dr. Helen

If you have type 2 diabetes, you may be under the false impression that it is a life-long, irreversible disease. This is not the case. Many studies have proven that type 2 diabetes is reversible.

Dr. Helen provides the tools to propel your health to optimal levels by jumpstarting your journey to reverse type 2 diabetes. She launches you to the fast track through detoxification and hyper-nutrition. Send that type 2 diabetes running in just 40 days!

By choosing Dr. Helen's **Reverse it! Program** you can:

- Eliminate toxins that inhibit rapid healing and reverse type 2 diabetes
- Reduce your risk of collateral damage from type 2 diabetes such as heart diseases, amputations, erectile dysfunction, kidney failure, blindness and fatigue
- Reduce or eliminate diabetic medications
- Enjoy amazing meals that support detoxification to promote healing
- Have peace of mind

Dr. Helen Powell-Stoddart is a board-certified physician of Physical Medicine and Rehabilitation. She received her MD and MS from Howard University in Washington, DC. She completed a combined residency in both Internal Medicine and Physical Medicine and Rehabilitation from the Johns Hopkins/Sinai Hospital Program where she was one of only two doctors chosen each year.

After losing her mother to diabetes, hypertension and heart disease, she was motivated to research the impact of nutrition on diet-exacerbated illnesses. She opened her practice, Pain 2 Wellness

Healthcare in Madison, Alabama after practicing "sick care" for more than 20 years. She helps individuals obtain optimal health and reverse

type 2 diabetes

through nutrition and hormone balancing. She seamlessly integrates traditional and alternative means into treatment protocols to offer her patients every opportunity to lead a healthy, balanced and pain-free life. How can she help you?

