**Eat Smarter and Take Control of your Diabetes**



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**Background on the Epidemic of Diabetes**

Since you clicked on a link offering free diabetes information, I am assuming you or someone you love has diabetes and you are interested in knowing more. While this is not all gloom and doom (as someone once famously said “*the best thing for your health is to get a good disease and take care of it!*”) when you are thinking of making changes that might be challenging for you I think it’s important to put it into context.

Left untreated, diabetes can cause blindness, heart disease, stroke, nerve damage (sometimes leading to ulcers and even amputation of limbs), and kidney failure.

While it is possible to live a normal life with diabetes, (if you eat well, exercise conscientiously and manage medication), on average, diabetes sufferers have shorter life expectancies: roughly 10 years shorter than average in the case of type 2 diabetes, according to Diabetes UK, and 20 years in the case of type 1. If you are diabetic or pre-diabetic it is really important to get this under control now!

**More dangerous than most people know**

The public hugely underestimates the danger of diabetes, because it is less dramatic than other risks. For instance, the US public on average believes that accidents are 300 times more likely to kill you than diabetes; in fact, diabetes kills four times as many people as accidents.

**An epidemic**

*The World Health Organization*estimatesthat worldwide about 347 million suffer from Diabetes; in 2012, 1.5 million died of complications related to high blood sugar. Hundreds of thousands of people in every country are living with this condition undiagnosed with numbers climbing daily. By 2035 it is estimated that China and India alone will have over 250 million diabetics. In the USA currently there are over 25 million diabetics; in fact every minute three people are diagnosed with Diabetes. More frightening, however, is that there are over 80 million people in the USA who are living in a state of “insulin-resistance” or “pre-diabetes”. This epidemic will only get worse. If this is you, you need help now!

[(for immediate help click here!)](http://fbf7d6rgo0ddy5b4k8eax3uzf0.hop.clickbank.net/?tid=100)

Furthermore, it comes at a huge cost personally and nationally. In the US alone, the costs in 2012 are estimated at $245 billion including $176 billion in direct medical costs and $69 billion in reduced productivity. According to the American Diabetic Association, it is one of America’s leading killers and number one cause of kidney failure, non-traumatic lower limb amputations and new cases of blindness.

So, on the one hand, Diabetes is a disease that should be taken very seriously as it can have profound consequences. On the other hand, be encouraged as the recommendations for Diabetes are actually quite healthy and sensible for everyone so you don’t have to feel alone or that your family can’t share this journey with you.

**Diabetes: The Basics**

Diabetes is essentially an inability of the body to regulate insulin, a hormone produced by the pancreas to metabolize glucose. The disease has three forms: Type 1Diabetes (T1D), Type 2 Diabetes (T2D), and Gestational Diabetes. Type 1 diabetics simply cannot produce insulin, due to an autoimmune response in the pancreas. Type 2 diabetics have a different problem: their pancreas produces too much insulin, causing an inflammatory condition known as insulin resistance. [Gestational diabetes](http://robbwolf.com/2008/06/25/gestational-diabetes/) is a temporary condition similar to T2D in a pregnant woman, usually triggered around the 24th week.

All three types of diabetes do have some basis in genetics, but genes can’t account for the whole story. Even if you carry a gene linked to diabetes, certain environmental factors have to be present to trigger the expression of the gene. Similarly, pregnancy can naturally cause a temporary state of insulin resistance in the mother, but this brief insulin resistance doesn’t inevitably develop into full-blown diabetes. This is where the modern diet and lifestyle come in. The dietary toxins, environmental pollutants, and sedentary lifestyle of the modern world trigger the expression of the diabetes genes, causing the disease to manifest.

**Diabetes and the Modern Lifestyle**

The most obvious culprit for diabetes is the modern diet. Insulin regulation is one of the physiological processes most deranged by a modern diet based heavily on sugar and carbohydrates. When you eat any kind of carbohydrate, your body converts it into glucose. Your bloodstream can’t handle too much glucose at once, so beta cells in your pancreas respond by producing the hormone insulin, which lets the glucose into your muscles. Your muscles store the glucose as glycogen, which they can then use as fuel. This saves your bloodstream from an overload of glucose, and gives your muscles a ready supply of fuel – or at least, that’s what’s supposed to happen.

*The modern diet and lifestyle derail this system with a “one-two punch”:*

*too many carbs and not enough exercise.*

When you don’t exercise, but continue to eat carbohydrates without burning the fuel already in your muscles, the muscle cells get full. The insulin receptors in your muscles become fewer and less efficient, fighting back against the insulin that’s trying to force more glucose into them. In response, your pancreas increases production of insulin, trying to signal the muscles to let the glucose in. Your muscles have locked the door, plugged their headphones in, and cranked up the volume, but your pancreas just keeps knocking louder and louder. This creates a positive feedback loop, where your muscles react to the increase in insulin by becoming even more insulin resistant, which triggers the pancreas to produce even more. Meanwhile, the extra glucose is stored as fat instead. Eventually, the cycle creates full-blown insulin resistance: you can no longer metabolize carbohydrates effectively, and you’re on the verge of developing Type 2 Diabetes.

Insulin resistance brought on by too many carbohydrates is just one way that the modern world contributes to diabetes. Exposure to dietary and environmental toxins also triggers another aspect of diabetes: the autoimmune response. [Gluten](http://paleoleap.com/11-ways-gluten-and-wheat-can-damage-your-health/), [seed oils](http://paleoleap.com/many-dangers-of-excess-pufa-consumption/), and industrially [processed sugar](http://paleoleap.com/10-reasons-why-fructose-is-bad/) don’t just present your body with more carbs than it can handle; they’re harmful in and of themselves because they provide these toxins with an avenue into your body. These elements in your diet produce inflammation in your gut, and increase the permeability of your intestinal walls, causing a condition known as “leaky gut.” A leaky gut allows all the toxins in your environment a pathway out to the rest of your body, where they cause autoimmune responses, including the autoimmune response in the pancreas that contributes to Type 1 Diabetes. The environmental toxins in our air and water contribute to the same problems – and a leaky gut allows them to range free in your body.

A third characteristic of diabetes is inflammation. As well as the inflammation leading to a leaky gut, diabetes is tied to systemic inflammation at every point in the disease. When insulin resistance forces your body to store glucose in your fat cells instead of your muscles, your fat cells become inflamed from the glucose overload. Meanwhile, the glucose floating around in your bloodstream is causing systemic inflammation. Inflammation itself contributes to insulin resistance, so the cycle of inflammation becomes a positive feedback loop driving your body into an increasingly disordered state.

The modern lifestyle thus contributes to all three types of diabetes: the combination of insulin resistance, autoimmunity, and systemic inflammation can develop into full-blown Type 2 or Gestational Diabetes, or trigger the autoimmune response of Type 1. Diabetes first causes symptoms like frequent urination, extreme hunger or thirst, inexplicable weight loss, tingling or numbness in your hands and feet, intense fatigue, dry skin, and vision changes. Left untreated, it can lead to complications like heart disease, hypertension, kidney disease, blindness, nervous system damage, and dental disease.

Diabetes is also, of course, tied to obesity. The insulin resistance in your muscles keeps you in fat storage mode, so you continue to gain weight. Even worse, the same insulin resistance that keeps sugar out of your muscles also blocks amino acids from entering, so you start to loose muscle mass on top of gaining fat. Obesity in turn can contribute to diabetes: if you’re already overweight, you’re less likely to exercise, making the oversupply of glucose in your bloodstream worse. But diabetes isn’t restricted to the obese: even lean and healthy-looking individuals can have a damaged metabolism and poor sugar regulation. In fact, diabetes can be even more dangerous for these people, since it might never occur to them as a possible cause of their symptoms.

**How do I know I have Diabetes?**

The main symptoms of diabetes are: “feeling very thirsty; urinating more frequently than usual, particularly at night; feeling very tired; weight loss and loss of muscle bulk; itching around the penis or vagina, or frequent episodes of thrush; cuts or wounds that heal slowly; and blurred vision (caused by the lens of the eye becoming dry)”. In type 1 diabetes, these symptoms come on quickly; in type 2 diabetes, they develop slowly, and many sufferers do not notice the onset of the condition, sometimes for years, because the early symptoms are non-specific. The disease worsens the longer it is left untreated, so you should therefore visit your GP as soon as possible if you have symptoms.

**The Importance of Diet and Lifestyle**

Everyone knows that the cornerstone of good health is healthy diet, keeping active, and getting enough sleep. It is hotly debated what is the “best” diet, but all experts agree that natural foods high in vitamins, minerals and other nutrients are key.

**Some major strikes against healthy eating and activity:**

Agricultural practices - we have stripped the earth of its natural nutrient content rendering the food we produce less nutritious.

Manufacturing processes – in order to increase shelf life and shipping ease we strip the foods of the remaining essential nutrients. For example when we turn whole wheat flour into white flour or brown rice into white rice we take most of the nutrients out including the B Vitamins and magnesium which are vitally important to our health.

Packaging – in order to increase shelf life we fill our food with stabilizers, chemicals, additives, preservatives etc. Not good for anyone!

Food Quality – Manufacturers have trained us to love fat, sugar, and salt and extreme tastes. We have forgotten what “real” food tastes like and we drown our food in sauces.

Eating habits – face it, as much as the above is true, it is also true that we don’t make good food choice, don’t cook as many of our own meals as we should, and don’t give eating enough time. Our “fast food habit” is literally killing us!

Activity – We sit too much, are on screens too much and simply aren’t active enough. Our bodies were made to move not sit!

Many things conspire against us to cause this epidemic of obesity and diabetes. But there the good news is that most of this can be under our control, and we can change.

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

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

**Which diet should I follow?**

While experts differ on what the best diet is, the truth is that there are many approaches to diet that will help your diabetes. We have chosen three diets to high-light. They are quite different from each other but each has benefits and each will help you if you stick to it. The main approach is similar in all of them: increased exercise, fruit and vegetables and whole foods with a decrease in processed foods, carbohydrates, and calories.

As you begin this journey remember:

* that even by losing 5 – 10% of your body weight your diabetes will improve dramatically
* your blood glucose levels will stay within a normal range on a more consistent basis if you are consistent with your diet and conscientious about choices
* your family can eat the same food you do, there is no need to feel alone or isolated
* It’s important to know what your blood sugar readings are so you can make adjustments to your diet. Whatever diet you opt to try, remember your body is unique and may react differently than others. Be responsible for your own results
* Be sure to talk to your doctor or health care provider about the choices you are making. You may have limiting factors (for example, if you have kidney disease you will be limited in the amount of protein you can consume).

Each of these plans essentially attempts to get back to basics. All three plans focus on healthy, natural options that provide your body with the tools that it needs to run at its best. Read the descriptions and follow the one you think best suits you.

**The Biggest Loser Diet**

Health.usnews.com ranked the best diets for diabetes. The number one diet they recommended was the one used by the contestants on the TV show “The Biggest Loser”. Contestants successfully lost large amounts of weight over extended periods of time. They also had the pressure of TV cameras and a pretty intense coach - your results may vary! But the basics of this diet fit into accepted dietary norms for diabetic diets.

The following is excerpted from Health.usnews.com, regarding the book:

*The Biggest Loser: 6 Weeks to a Healthier You: Lose Weight and Get Healthy for Life!*

**The claim:** Six weeks of healthy food and regular exercise not only is a great start to a weight-loss journey – it can also help prevent or reverse diabetes; cut the risk for cancer, dementia and Alzheimer’s; improve your heart health; and boost your immune system. Cut calories, work out and watch the pounds melt off.

**The theory:** Our diets are out of whack – we eat too many of the wrong foods and [not enough of the right ones](http://health.usnews.com/best-diet/biggest-loser-diet/menu), and we sit around too much. The not-so-surprising solution: eat regular meals that emphasize filling calories from fruits, vegetables, lean protein sources, and whole grains; practice portion control; use a food journal; and get up off the sofa.

**How does the Biggest Loser Diet work?**

6 Weeks to a Healthier You" is a crash course in nutrition. You’ll learn about foods with “quality calories” (you can guess which ones they’d be) and acquaint yourself with the Biggest Loser diet pyramid. It suggests four servings a day of fruits and vegetables, three of protein foods, two of whole grains, and no more than 200 calories of “extras” like desserts. That should make for a menu where 45 percent of your day’s calories come from carbs, 30 percent from protein and 25 percent from fats. You’ll also take a hard look at your risk factors for developing diseases, calculate your calorie allowance, learn about portion control and when to eat, and see why keeping a food journal is important.

The rest of the book is split into thematic chapters – from preventing or reversing diabetes to lowering high blood pressure – and each takes you through a week of meal plans and recommendations for different types of exercise.

### Does it have cardiovascular benefits?

Almost certainly. Some data show that obese and morbidly obese Biggest Loser contestants lowered their “bad” LDL cholesterol, blood pressure and triglycerides, a fatty substance that in excess has been linked to heart disease, and increased their “good” HDL cholesterol.

The Biggest Loser approach reflects the current consensus of the medical community about what makes a heart-healthy diet plan. It’s heavy on fruits, vegetables, lean protein and whole grains while light on saturated fat and added sugar. And exercise is an integral part of the program, not an add-on.

### Can it prevent or control diabetes?

The approach is generally viewed as an ideal eating pattern for both diabetes and heart disease.

**Prevention:** Being overweight is one of the biggest risk factors for Type 2 diabetes. If this diet helps you lose weight and keep it off, you’ll almost certainly tilt the diabetes odds in your favor. Biggest Loser data show some contestants no longer had indications of metabolic syndrome, a group of risk factors that together can increase your risk for Type 2 diabetes (and heart disease and stroke).

**Control:** In the American Journal of Medicine study, researchers reported participants reduced their levels of A1C – a measure of blood sugar – after seven months. And while the diet’s guidelines mirror those encouraged by the American Diabetes Association, you can also tweak your menu and exercise plan as needed, per your doctor’s advice.

*Click the button below for a copy of the Biggest Loser: 6 weeks to a Healthier You: Lose Weight and Get Healthy For Life!*

[**Biggest Loser  
6 Weeks Healthier You  
CLICK HERE!**](http://www.amazon.com/dp/1605295140/?tag=%20wwwabundant02-20)

**The Vegan Diet**

The following excerpt is from The physicians Committee for responsible medicine ([www.pcrm.org](http://www.pcrm.org))

The evidence favouring a vegan approach came first from comparisons of various populations around the world. People whose diets were based mainly on plant-derived foods—that is, rice, noodles, beans, and vegetables—were less likely to develop diabetes, compared with people whose diets are fattier or centered on meatier dishes. For example, among people following traditional Japanese diets, diabetes was rare. Studies show that when people moved from Japan to the U.S. and adopted a Western diet, they were much more likely to develop diabetes.

These studies suggested that meaty, fatty diets cause the body to be more resistant to insulin’s actions. Clinical research studies have shown that adopting a low-fat, plant-derived diet does indeed improve insulin sensitivity, help with weight loss, and reduce blood sugar and cholesterol.

# The Vegan Diet How-To Guide for Diabetes

## Step 6: Focus on the “New Four Food Groups”

**Overall principle:** Choose low-fat, low-glycemic-index foods from plant sources. There is no limit on portion sizes of these foods. Avoid all animal products and keep vegetable oils to a bare minimum.

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| **The "New Four Food Groups"** | |
| heat bread | **Grains:** such as pasta, rice, high-fiber cereals, corn, oatmeal, bagels, bread, couscous, bulgur wheat, millet, barley, rye, etc. |
| egumes | **Legumes:** such as beans (black, pinto, kidney, garbanzo, white, baked, etc.), peas, split peas, lentils, nonfat soy products (nonfat soymilk, fat-free veggie burgers, textured vegetable protein, etc.) |
| roccoli | **Vegetables:** any and all. Examples include potatoes, tomatoes, cucumbers, carrots, broccoli, cauliflower, spinach, kale, collards, squash, green beans, bok choy, sweet potatoes, and artichokes |
| pples | **Fruits:** All. Bananas, apples, grapes, pears, peaches, oranges, melon, grapefruit, kiwi, berries, and fruit juices, among others, are all good choices. |

**ALSO OKAY:**

* Nonfat salad dressings and other nonfat condiments, fat-free vegan cookies, fat-free chips, crackers, and other snacks
* Coffee (with nonfat, nondairy creamer)
* Alcoholic beverages, used occasionally
* Sugar, used occasionally
* Used rarely: nuts, seeds, chocolate (nondairy), full-fat soy products such as tofu, tempeh, soy cheese, etc.

**A WORD ABOUT...**

**Protein:** Plant foods have plenty of protein. The recommended amount of protein in the diet for post-menopausal women is 10 percent of calories. Most vegetables, legumes, and grains contain this amount or more. Some that are especially rich (>20 percent of calories) include all the beans, spinach, broccoli, asparagus, and mushrooms. Those seeking extra protein can choose beans or lentils (especially in combination with rice or other grains).

**Calcium:** Plant-based diets actually reduce calcium requirements. Because diets rich in animal products cause the body to lose more calcium, a person on a vegan diet needs less calcium to stay in calcium balance. Good sources of calcium include broccoli, kale, collards, mustard greens, beans, figs, fortified orange juice, fortified cereal, or fortified, nonfat soy or rice milks.

**Vitamin B12:** Those following a diet free of animal products for more than three years (or at anytime in childhood, pregnancy, or nursing) should take a B12 supplement of 5 mcg per day. Any common multiple vitamin will provide this amount.

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

Veganhealth.org sites a correlation between a vegan diet and lower percentages of type 2 diabetes. Cutting out meats and dairy and increasing one’s intake of fruits and vegetables has been proven to reduce the risk of certain diseases such as heart disease, obesity, cancer, and type 2 diabetes.

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

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

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

Click below for the best-selling vegan cookbook “Oh She Glows Cookbook: over 100 vegan recipes to glow from the inside out.

[**Oh She Glows Cookbook  
CLICK HERE**](http://www.amazon.com/dp/1583335277/?tag=%20wwwabundant02-20)

**The Paleo Diet**

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

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

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

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

*A study launched in 2011 at the University of California San Francisco (UCSF) found that people with type 2 diabetes who followed a “caveman diet” were able to improve their blood pressure, blood sugar levels, and cholesterol by significant amounts in just two weeks. Other study participants who followed a traditional diet recommended by the American Diabetes Association saw little to no improvement. The participants were given enough food to prevent them from losing weight, eliminating the possibility that the health improvements came from shedding pounds.*

*Researchers aren’t sure why the paleo-diet followers had better health outcomes, but it’s possible that paleo-friendly foods might be better suited for a type 2 diabetes diet than other foods, said Lynda Frassetto, MD, a nephrologist and the lead researcher on the study. (www.everydayhealth.com/type-2-diabetes)*

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

Proteins and fats take longer for your body to process. So, you end up feeling satiated and are less likely to run to the cupboard for a snack. By eating meals that are rich in protein and vegetables, that you are less likely to overeat and more likely to stay fuller for longer. As a result, you end up taking in fewer calories.

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

Diabetics are commonly obese because excess carbohydrates get stored as fat, not because they eat too much fat, but official guidelines still stuck in a “low-fat” model of healthy diet recommend a “diabetes food pyramid” with carbs at the base – about 60-70% of daily calories.

Rather than adding even more carbs as fuel for the fire of insulin resistance, Paleo nutrition fights diabetes by addressing the heart of the problem: a diet and lifestyle that simply aren’t adapted to your body’s needs. A diet based in fat and protein instead of carbohydrates doesn’t trigger the huge glucose spikes that lead to insulin resistance. A diet without processed “frankenfoods” and unpronounceable ingredients doesn’t contain the seed oils and other toxins that can set off an autoimmune response. A diet that emphasizes [grass-fed](http://paleoleap.com/importance-of-grass-fed-meat/) meat and organic produce cuts down your exposure to various other toxins in the modern food supply. A diet without gluten and [lectins](http://paleoleap.com/what-is-wrong-with-grains/) to irritate your system doesn’t cause systemic inflammation or leaky gut. And contrary to popular opinion, red meat doesn’t cause diabetes; neither does a high fat diet. The Paleo diet does look drastically different from the mainstream nutritional guidelines, but considering how badly mainstream nutritional science has failed generations of diabetics, that should be more reassuring than worrying.

Diabetics may also find it helpful to limit consumption of fruit, especially dried fruit – it is technically Paleo, but the high amounts of sugar make it less than ideal for anyone with carbohydrate metabolism problems. Dairy triggers a large release of insulin, so you may want to avoid dairy products. Taking a probiotic can help repair the damage to your [gut flora](http://paleoleap.com/you-and-your-gut-flora/). If you suffer from a leaky gut, avoiding nuts, nightshades, and eggs can also help. Since every person’s body has slightly different reactions, the best way to tailor a Paleo diet to your specific needs is to experiment – and if you’re confused by your results or want a second opinion, [*PaleoHacks*](http://paleohacks.com/) is always a good place to ask.

The Paleo diet isn’t a magical diabetes cure-all that can take 20 pounds off your stomach and eliminate your insulin resistance overnight. While [some patients](http://robbwolf.com/2008/09/17/paleo-vs-type-1-diabetes/) do completely eliminate their symptoms, more often a Paleo diet helps control the symptoms of diabetes, reduce your dependence on insulin, and delay or prevent serious side effects. But even when you struggle, you won’t struggle alone – the Paleo community is full of welcoming, knowledgeable people at least one of whom has probably been in your shoes. Diabetes has no quick fix, but you are worth the effort it takes to eliminate modern toxins and eat and move the way your body was designed to.

*Click below for a copy of the Real Paleo Diet Cookbook:*

*“Loved for its simplicity, health benefits, and because it really works, the paleo diet has been widely imitated since its release. Yet no one knows this plan better than Loren Cordain, its creator.   
In this all-new cookbook with 250 recipes and 75 photos, Cordain makes eating Paleo a pleasure, not a burden. Ranging from Cucumber Aqua Fresca to Fruit-Stuffed Top Loin Roast with Brandy Sauce, the recipes satisfy even the most finicky. This is the book the Paleo community has been waiting for—scientific accuracy combined with great taste”.*

[***The REAL Paleo Diet Cookbook***](http://www.amazon.com/dp/0544303261/?tag=wwwabundant02-20)

[**CLICK HERE**](http://www.amazon.com/dp/0544303261/?tag=wwwabundant02-20)

**Summary**

If you want to live a long, healthy, and happy life that is free from sickness, you have to start from the inside out. You have to be aware of the things that you are putting into your body. You also have to be aware of what diet plan works best for you. Everything you eat every day counts and becomes a building block for sickness or health.

These three diets that are outlined here are healthy in their own unique way and have proven to be effective for aiding diabetics and in preventing diabetes in those who are susceptible. Choose the one that makes the most sense to you and the one you are most likely to stick with. We have highlighted three excellent books to help you on your way, there are plenty more to be found!

To recap, here are the basics of each plan:

The Biggest Loser: Most like a traditional diabetic plan, the Biggest Loser diet outlines a safe and sensible way to lose weight and decrease symptoms of diabetes.

[Link for Biggest Loser](http://www.amazon.com/dp/1605295140/?tag=%20wwwabundant02-20) : 6 Weeks to a healthier you.

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

[Link for Vegan Cookbook](http://www.amazon.com/dp/1583335277/?tag=%20wwwabundant02-20) : Oh She Glows: over 100 vegan recipes to glow from the inside out

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

[Link for Paleo Cookbook](http://www.amazon.com/dp/0544303261/?tag=wwwabundant02-20) :The Real Paleo Diet: 250 all new recipes

Be encouraged! Diabetes is a disease to take very seriously, but the good news is, that for most people, it can be brought under control if not reversed. If you do not take it seriously you will likely reap seriously health consequences, but if you make your health a priority you will reap both immediate benefits and benefits for many years to come.

***Editors Note:***

**Diet is vitally important to your well-being and positive changes will occur over time,**

**so good luck with all your changes!**

**Additionally, if you want to know of a ground-breaking discovery**

**that makes IMMEDIATE changes and will help you feel better quickly,** [**click here!**](http://fbf7d6rgo0ddy5b4k8eax3uzf0.hop.clickbank.net/?tid=100)