

Diabetes Reversal Program

Daily Eating Program: (Balances Blood Sugar, Lowers Acid Content & Avoids Insulin Spikes)

- 1) **Bitter Melon** Twice per Day in Smoothies or Salads
- 2) **Coconut Oil** (2) Large Tablespoons per Day in Smoothies or Soup
- 3) Morning **Cinnamon Tea** (2 Sticks or Teaspoons per Day)
- 4) **Swiss Chard** (Leaves **Raw** in Salads & Stems in Smoothies)
- 5) Organic **Cucumber** (Phytochemicals are in the Skin) One per day
- 6) Raw (1) **Avocado** per Day (Omega 3 & 9 Fats) & **Olive Oil** in Salads & Soups
- 7) Raw **Walnuts, Hemp Seeds & Chia Seeds** (Omega 3 Fats)
- 8) Add **Garlic, Ginger, Turmeric, Basil, Cilantro, Rosemary & Mint** to Salads & Soups
- 9) Raw Fresh **Salads** (Chard, Cucumbers, 7 Herbs, Onion, Carrots, Celery, Lime & Peppers)
- 10) **Onion** (Sulfur) for Free Insulin, Blood Circulation, Lowers Blood Sugar & Anti-Blood Clotting to Salads/Soups (Add **Onion Juice** to Head for regrowing **Hair** avoiding Baldness)
- 11) Fresh Steamed **Fish & Organic Eggs** (Omega 3 Fats)
- 12) **Beans** (Perfect Carbo-Slow to Sugar) Soups (Navy, Humus, Kidney, Lima & Lentil)
- 13) **No Fruit, Starches** (Sweet/White Potatoes), **Whole or Sprouted Grains** (Instinct Sugar)
- 14) **Beef or Chicken** (Limited Intake-Long Chain Saturated Fats-**Acidic pH Imbalance**)
- 15) **No Vegetable Oils** (Safflower, Palm, Peanut, Canola) in **Processed Foods** (Omega 6)

Daily Exercise Program:

- 1) **Daily Walking, Rebounding & Chi Kung** (Raises Metabolism)

Daily Smoothie Program: (Balances pH)

- 1) **Bitter Melon Sunshine Smoothie:** 2 Cups Distilled Water, ½ Bitter Melon with Seeds (5"), 1 Yellow Beet, 1 Small Carrot, 3 Swiss Chard Leaves, ½ Lemon with Seeds, ½ Organic Large Cucumber, 1" Fresh Ginger, Green Stevia Pinch
- 2) **Bitter Melon Crimson Smoothie:** 2 Cups Distilled Water, ½ Bitter Melon with Seeds (5"), 1 Red Beet, 3 Swiss Chard Leaves, ½ Organic Large Cucumber with Skin, ½ Lime with Seeds, 1" Fresh Ginger, Green Stevia Pinch
- 3) **Swiss Chard Cucumber Smoothie:** 2 Cups Distilled Water, 4 Large Swiss Chard Leaves, ½ Yellow Beet, 1 Organic Large Cucumber with Skin, ½ Lime with Seeds, 1 Ear of Corn cut from Cob, 1" Fresh Ginger, 3 Tsp. of Hemp or Flax Seed, Green Stevia Pinch
- 4) **Sweet Cucumber Smoothie:** 2 Cups Distilled Water, 2 Organic Large Cucumber with Skin, ½ Lime with Seeds, 5 Fresh Mint Leaves + Stems, 2 Tsp. of Manuka Honey, 6 Ice Cubes, 1 Tsp. O Turmeric Powder, 1 Pinch of Cinnamon Powder, 2 Organic Strawberries