

# DEMOLISHING DIABETES

**ENHANCE YOUR LIFESTYLE TO LOWER INSULIN RESISTANCE FOR TYPE 1 AND TYPE 2 DIABETES!**



## UNDERSTANDING DIABETES:

- According to the Centers for Disease Control (CDC), diabetes affects more than 34 million people in the United States. About 88 million adults in the United States are prediabetic. There are four categories of diabetes: prediabetes, type 1 diabetes, type 2 diabetes, and gestational diabetes.
- Type 1 diabetes pancreas does not produce insulin or enough insulin and therefore require insulin injections to aid in storing excess blood sugar. This form of diabetes can be managed through healthy living and insulin injections.
- Pre-diabetics, type 2 diabetics and women with gestational diabetes suffer from a health challenge caused insulin resistance; where, their bodies created insulin, but the insulin is ineffective at storing blood glucose in our body's cells. The primary cause of insulin resistance is a build up of fat in the blood stream and in our cells.

## LIVE BETTER - TAKE RESPONSIBILITY FOR YOUR HEALTH:

- Eat well by focusing on filling your plate with a variety of unprocessed colorful fruits, vegetables, whole grains, and legumes.
- Eat the rainbow by eating 8-10 servings of colorful unprocessed fruits and vegetables daily.
- Eat low glycemic index foods including fruits, non-starchy vegetables, whole grains, and legumes.
- Avoid oil by cooking in water or vegetable stock, and consuming healthier fat options such as nuts, seeds, and avocados.
- Avoid/limit animal products by substituting in protein-rich, plant-based alternatives such as beans, legumes, and tofu foods for meat.
- Reach and maintain a healthy weight through being less sedentary, getting quality sleep, and eating plant-based meals.
- Move more and incorporate enjoyable physical activity and exercise into lifestyle.
- Aim for sleeping 7-9 hours per night.
- Manage your stress response and respond appropriately. Important and controllable: act. Important and uncontrollable: accept and positively cope.

## LEAD BY EXAMPLE - KNOW THE WAY, GO THE WAY, SHOW THE WAY:

- Create consistent daily habits and routines to continue making improvements during your journey
- Build a healthy and positive environment to maintain your achievements
- Make being healthy a permanent aspect of your lifestyle and others will see and follow.

## ACT NOW – SUCCESS HAPPENS DAILY, NOT IN A DAY:

- Join our complementary school: <https://liveandlead.teachable.com/>
- Learn more about the topic through our free course: <https://live-lead.teachable.com/p/understanddiabetes>
- Commit to your health and register for our low-cost course: <https://liveandlead.teachable.com/p/demolishing>
- Transform your health through our 12-week Healthy Now and Forever course: <https://liveandlead.teachable.com/p/healthy>

## MY PLAN TO LIVE BETTER & LEAD BY EXAMPLE...

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