

Diabetes Reversal

5 Keys To Reversing Diabetes!



By Ricardo Miranda, L.Ac.



CONTENTS

Introduction	4
Diabetes Misunderstanding #1: Diabetes Always Gets Worse.	6
Diabetes Misunderstanding #2: Diabetes Is Genetic, You Just Have To Learn To Live With It	7
Diabetes Misunderstanding #3: As Long As You Take Your Medication	8
Insulin Resistance And Its Relationship To Diabetes	9
So, Exactly What Is This Condition And How Do You Know If You Have It?	9
Lean Cells Create More Energy Than Fat Cells, By Quite A Margin	9
Type-1 Diabetes:	10
Type-2 Diabetes Can Most Often Be Avoided And Even Reversed:	11
5 Keys To Defeating This Disease	14
Key #1 – Control Of Insulin Surges	15
Key #2 – Re-Sensitizing Of Insulin Receptors	16
Key #3 – Stabilization And Repair Of Adrenal Gland Function	17
Key #4 – Identification And Removal Of Food Sensitivities	18
Key #5 – Restoration Of Gut Barrier Integrity	19
We Will See That Things Are Changing In The Right Direction	22
What If This Doesn't Work For Me?	23
What About Cost?	25
"I'm Ready To Get On Track, And Start Feeling Good Again, What Do I Do?"	27
"How Does Consulting With Your Institute Work?"	28



CONTENTS

Introduction	4
Diabetes Misunderstanding #1: Diabetes Always Gets Worse.	6
Diabetes Misunderstanding #2: Diabetes Is Genetic, You Just Have To Learn To Live With It	7
Diabetes Misunderstanding #3: As Long As You Take Your Medication.....	8
Insulin Resistance And Its Relationship To Diabetes	9
So, Exactly What Is This Condition And How Do You Know If You Have It?	9
Lean Cells Create More Energy Than Fat Cells, By Quite A Margin.....	9
Type-1 Diabetes:.....	10
Type-2 Diabetes Can Most Often Be Avoided And Even Reversed:.....	11
5 Keys To Defeating This Disease.....	14
Key #1 – Control Of Insulin Surges.....	15
Key #2 – Re-Sensitizing Of Insulin Receptors	16
Key #3 – Stabilization And Repair Of Adrenal Gland Function	17
Key #4 – Identification And Removal Of Food Sensitivities	18
Key #5 – Restoration Of Gut Barrier Integrity.....	19
We Will See That Things Are Changing In The Right Direction.....	22
What If This Doesn't Work For Me?	23
What About Cost?	25
"I'm Ready To Get On Track, And Start Feeling Good Again, What Do I Do?"	27
"How Does Consulting With Your Institute Work?"	28



Copyright

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author.





There are **3 basic misunderstandings** that a majority of diabetic patients have about their condition. If they believe and live as if these misunderstandings are true, they will literally sabotage their potential for a healthy future. What are those 3 misunderstandings? I'll tell you...

#1

• Diabetes Always Gets Worse

#2

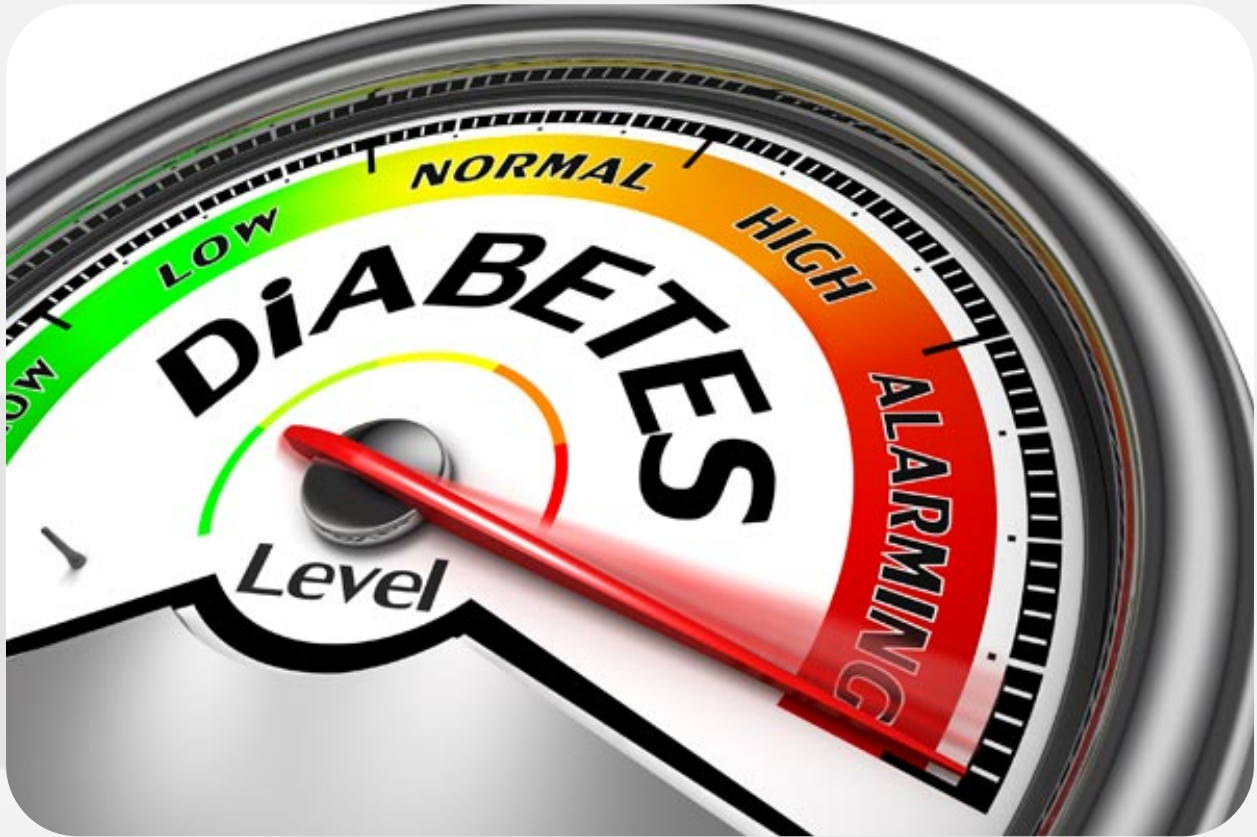
• Diabetes Is Genetic, You Just Have To Learn To Live With It

#3

• As Long As You Take Your Medication Then Diabetes Is Not That Big Of A Deal



DIABETES MISUNDERSTANDING #1: DIABETES ALWAYS GETS WORSE.



According to the Centers for Disease Control, "Diabetes is Preventable and Controllable." I would personally add to that reversible. I have seen it enough times to say with conviction that Type II diabetes is reversible. By taking a functional approach to diabetes that incorporates the proper lifestyle, diet, and advanced nutritional protocols, not only does it not have to get worse, it can improve and completely reverse.



DIABETES MISUNDERSTANDING #2: DIABETES IS GENETIC, YOU JUST HAVE TO LEARN TO LIVE WITH IT



There is absolutely a genetic component to this disease. Certain people are more predisposed to diabetes than others. What you may have failed to understand is that if you properly control the components of the disease that are in your control, namely diet, lifestyle, and the advanced nutritional protocols available, then you can trump genetics. The part of this disease within your control is greater than the component not in your control.

Nutrigenomics, which is the nutrition based on the genes, will affect a process called methylation, which is the biochemical process that regulates gene expression. The science of epigenetics has shown through numerous research that methylation can turn "bad" genes off. The first step to take is to test for MTHFR mutation. This gene is the most influential gene on methylation.



DIABETES MISUNDERSTANDING #3: AS LONG AS YOU TAKE YOUR MEDICATION THEN DIABETES IS NOT THAT BIG OF A DEAL

Not that big of a deal? Certainly you have read the side effects, both from the medications and the disease itself:

- ◉ **Neuropathy**
- ◉ **Peripheral Vascular Disease**
- ◉ **Heart Attack and Stroke**
- ◉ **Eye Disease**
- ◉ **Weight Gain**
- ◉ **Fatigue**

We live in the information age. We are drowning in information.



You may come to believe the 3 common misunderstanding by reading various sources on the internet or speaking to a friend or family member.

Accepting them as fact only leads to disempowerment. If you feel that nothing can be done about this disease except take some pill, then you will steadily coast along the diabetes pathway.

Eventually becoming dependent upon insulin, and day by day moving closer to the side-effects I listed above. Is that the life you want? Is that what your future, your golden years should hold? I don't think they should and I know you don't think they should either.



INSULIN RESISTANCE AND ITS RELATIONSHIP TO DIABETES

SO, EXACTLY WHAT IS THIS CONDITION AND HOW DO YOU KNOW IF YOU HAVE IT?

Well, first off, let's just say that this condition is more common in this country than you might have guessed. In fact, it's estimated that 25-35% of the United States population has some degree of insulin resistance. Now that's a scary figure when you realize that a large percentage of these people eventually develop type-2 diabetes, now an epidemic. What follows is a layman's explanation of how this condition develops. Glucose is a simple blood sugar that serves as your body's main energy source. Every time you eat, your body's digestive process converts some of your food into glucose. This additional glucose enters your bloodstream. The hormone, **insulin**, which is made in the pancreas, is then released to transport the extra blood glucose into your cells to be used for energy creation. Remember,

LEAN CELLS CREATE MORE ENERGY THAN FAT CELLS, BY QUITE A MARGIN.

The food-to-glucose conversion process, along with the delivery of glucose to cells by insulin, works extremely well as long as your blood glucose levels don't —spike up" too often or too high.

When you choose your foods carefully and consume a diet similar to that recommended in my nutrition program, your blood sugar levels jump very little and remain within a narrow range, balanced by the action of insulin.

Under these conditions, the pancreas is able to secrete insulin in small spurts throughout the day. This allows the pancreas to operate within its —biologically comfortable" support zone, not placing much stress on it. Moreover, by keeping insulin levels low, cell receptors that respond to insulin are not over-stimulated. You can think of cell receptors as front-line —molecular guards" that only accept visitors with the right credentials.

However, processed carbs—so prevalent in the American diet— require little time and digestive —overhead" to be broken down into glucose and dumped into the bloodstream.



THEREFORE, PROCESSED CARBS PLACE ALMOST IMMEDIATE DEMANDS ON THE PANCREAS TO PRODUCE INSULIN IN RELATIVELY LARGE AMOUNTS.

This happens because a healthy body inherently recognizes high levels of blood glucose to be dangerous and therefore does something about it, fast. So, bursts of insulin work to get blood glucose back to normal, safer levels.

When blood glucose levels spike often, two problems emerge. The first problem is that the pancreas has to pump out insulin beyond its biological comfort zone and with time can —burn out" from being overtaxed. This can lead to diminished insulin production and eventually type-1 (insulin dependent) diabetes.

The second problem is that cell receptors eventually become desensitized to frequent, elevated bursts of insulin and therefore less effective at allowing proper amounts of glucose into the protected cells. In other words, these —molecular guards" start turning away greater numbers of credentialed —visitors" and glucose can no longer be transported into the needy cells as easily. This condition is called insulin resistance. It can and does lead to type-2 diabetes, formerly called non-insulin-dependent or —adult- onset" diabetes.

But glucose rejected by resistant cells doesn't just disappear. It either remains in the bloodstream, with time creating major problems in and of itself, or insulin carries it to fat cells where it is converted to fatty acids and stored for later use (and for all the world to see).

But why will fat cells accept glucose when lean, energy-burning cells won't? **Because fat cells develop insulin resistance later than lean cells.** This delay provides the body with a safety —cushion" because excess blood glucose can be swept away to fat stores. **So, even people with mild insulin resistance will be able to store fat easily—for a limited time, anyway—to protect against high levels of blood glucose.**

TYPE-1 DIABETES:

The pancreas can no longer make sufficient amounts of insulin to do its job. If untreated, it may lead to neuropathies (nerve destruction), vascular deterioration (requiring amputations), blindness, coma, and even death. Do I need to say more about these —conveyor-belt-to-living-hell" conditions? Type-1 diabetics must take insulin and should not play Russian roulette with poor diets loaded with processed carbohydrates.



TYPE-2 DIABETES CAN MOST OFTEN BE AVOIDED AND EVEN REVERSED:

This is a milder form of diabetes that does not require exogenous insulin. Yet, it can lead to serious health consequences and even type-1 diabetes if not corrected. By the way, sufficient exercise is one of the best ways to reduce insulin resistance for life.

When insulin resistance prevents sufficient glucose from getting into the cells to produce energy, the common signs and symptoms include fatigue, mental foggy, depression, and the inability to lose weight. Insulin-resistant people also complain of irritability when they miss meals. They crave sweets and caffeine.



If you're suffering from insulin resistance, you may have tried exercise and diet in the past but eventually became discouraged and quit because you couldn't lose weight. A typical sign of insulin resistance that correlates to high cardiovascular risk—especially in females—is a waist girth larger than hip girth. Now, going back to cortisol, the hormone that responds to stress. It does this by inducing your cells to release fuel into your bloodstream where it can be used by other cells, especially muscle cells, that need it to handle physically stressful moments—like having to jump out of the way of a car bearing down on you. But if stress causes the release of fuel into the bloodstream and the fuel doesn't have anywhere to go.



Then guess what? Insulin production spikes to escort the unneeded fuel out of the bloodstream and into fat storage, just as it does when we eat a meal high in processed carbs. **Thus, the overabundance of cortisol leads to both insulin resistance and fat storage.**



Prolonged, elevated cortisol levels not only induce insulin resistance but also leptin resistance. Leptin is a hormone produced by white fat cells. One of its functions is to tell the brain to decrease food intake.

The more fat cells that are present, especially in certain parts of the body, the more leptin is produced to notify the brain that starvation isn't an issue with this particular body. This is how leptin helps to regulate fat storage. It carries the satiation message.

However, brain-cell receptors can become insensitive to leptin, just as body cells become insensitive to insulin. If this happens, the potential for obesity rises dramatically because leptin's satiation messages aren't reaching home.

Hunger pangs continue even when additional calories aren't needed; extra sugar enters the bloodstream but can't be used by the cells; insulin stores the excess sugar as fat; leptin signals continue to spike to tell the brain to decrease food intake; the leptin spikes make brain-cell receptors for leptin even more insensitive; and the vicious cycle continues with hunger still present.

To make matters worse, if too much stress exhausts the adrenals and cortisol levels plummet, then hypoglycemia arises, inducing even more cravings. What a mess!



So, these vicious cycles are kicked off by stress, the over- consumption of processed carbohydrates, and the lack of enough exercise to lower insulin resistance. When these factors are brought into balance so that cortisol, insulin, and leptin can function as intended, the result is a leaner, more energetic body.

The overall impact of prolonged stress on human physiology and metabolism is beyond the scope of this report. I've only touched on those factors related to body composition and weight management. Other detrimental factors include thyroid disorders, liver detoxification dysfunction, digestive disorders, suppressed immune function, decreased bone density, depression, insomnia, neurodegenerative disease, and cardiovascular disease. Bottom line: prolonged stress is perilous. We need to learn how to reduce it or handle it better. That's what a wellness lifestyle is all about. We have found through clinical experience and research that there are:



5 KEYS TO DEFEATING THIS DISEASE.

If all 5 of these keys are in place, you can kiss diabetes goodbye.



KEY #1 – CONTROL OF INSULIN SURGES

Is this You?



For a majority of patients, their diabetes comes as a consequence of abnormal insulin surges. When you eat a heavy carbohydrate meal, you dump a bunch of blood sugar into your blood stream. Insulin is then released, signaling to your cells, to move the blood sugar out of the blood stream and into the cells.

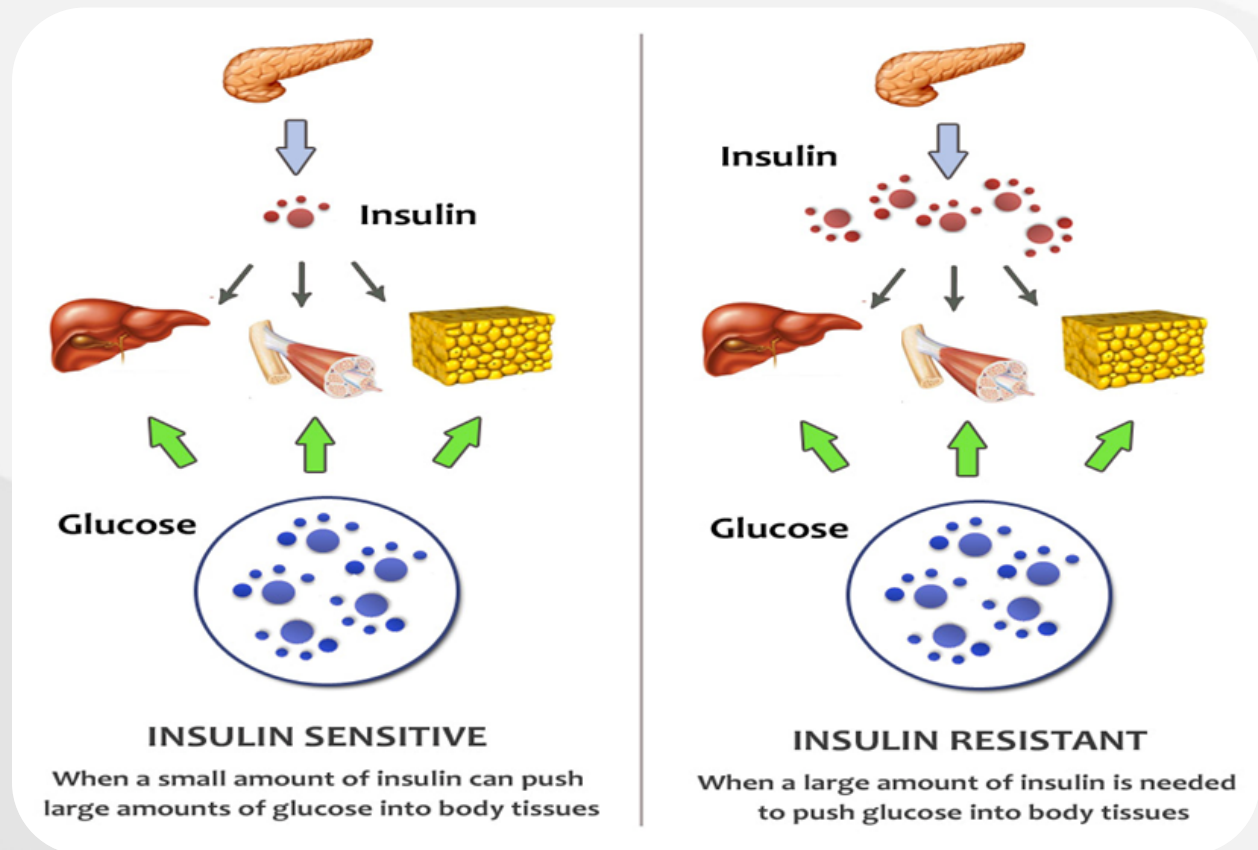
When there is more blood sugar than the cells can handle, your pancreas which still see's excess sugar, releases even more insulin. As a defense mechanism your body begins to down-regulate or de-sensitize it's receptors.

Over time your cells are very resistant to insulin and it is difficult to move sugar out of the blood stream and into the cells, resulting in increases of blood sugars till it reaches the point it is called and labeled diabetes.

Precisely controlling the amount of blood sugar that hits the blood stream, thus avoiding huge surges of insulin is key #1 in reversing this cycle.



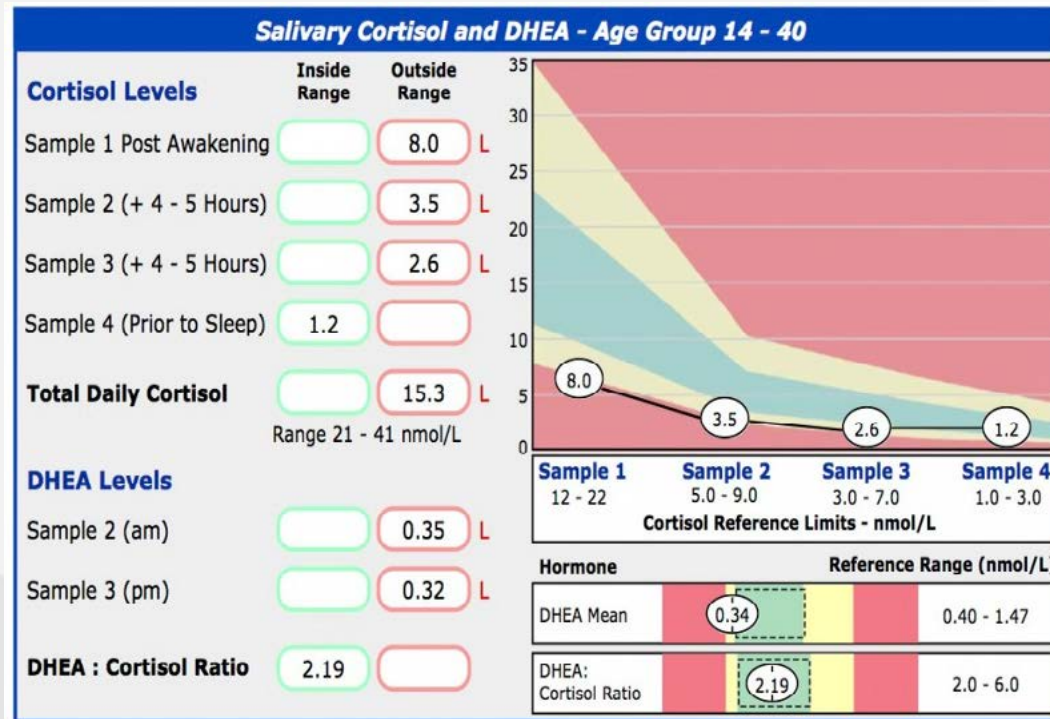
KEY #2 – RE-SENSITIZING OF INSULIN RECEPTORS



Once we stop the insulin surges we must re-sensitize your cells to insulin. The more responsive your cells are to insulin the easier it is to keep your blood sugar stable. Through exhaustive research we have put together some of the most powerful nutritional protocols available to do just this.



KEY #3 – STABILIZATION AND REPAIR OF ADRENAL GLAND FUNCTION



Your adrenal glands, two tiny glands that sit on top of your kidneys, are responsible for the production of a hormone called cortisol. Cortisol is what is called a diabetogenic hormone, meaning it promotes increased blood sugar and therefore diabetes.

The proper diagnosis and functional assessment of your adrenal glands are essential in reversing diabetes. This key is almost always overlooked and will lead to failure if this aspect is not handled just right.



KEY #4 – IDENTIFICATION AND REMOVAL OF FOOD SENSITIVITIES



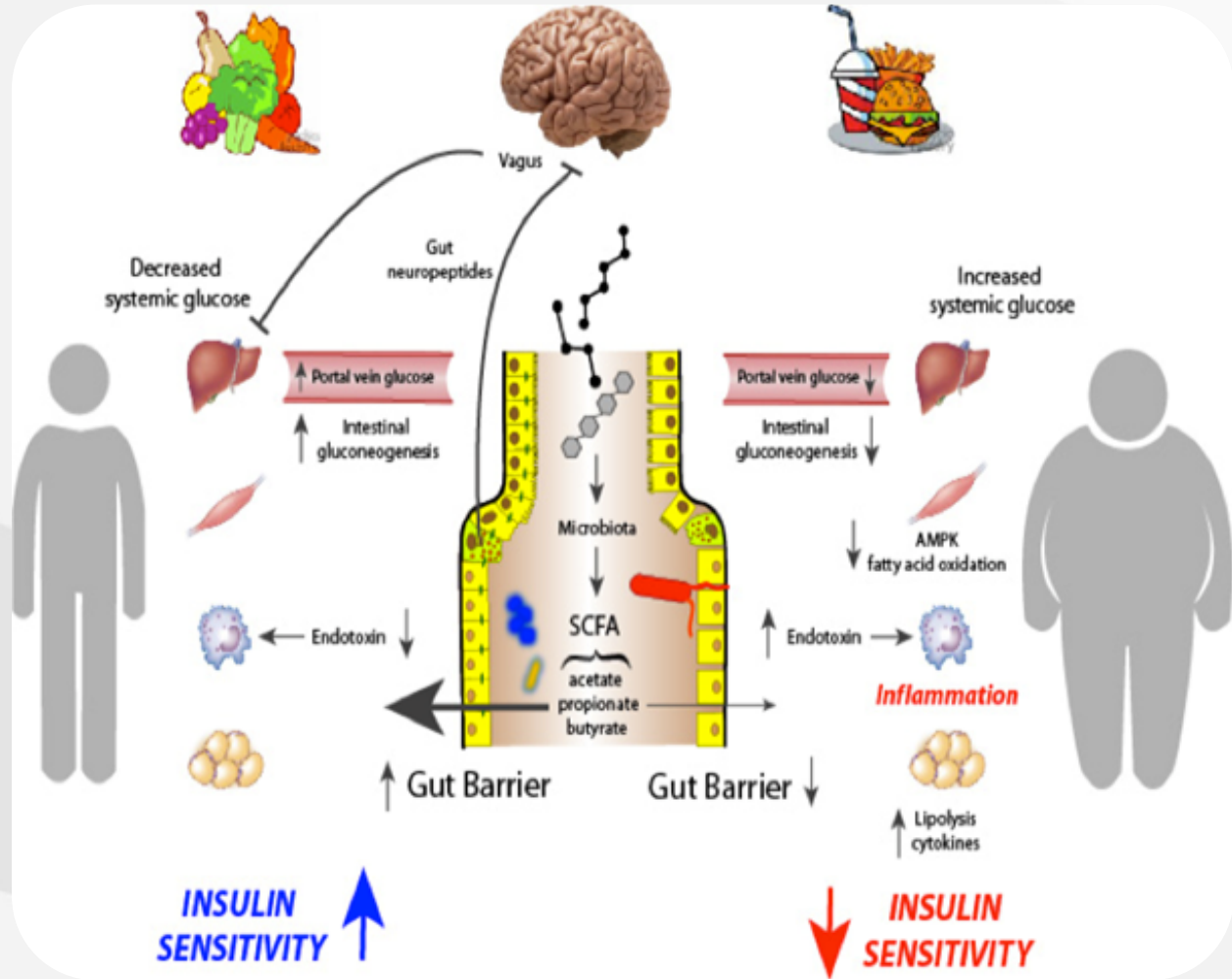
Many patients have unidentified immune sensitivities to foods. This leads to inflammation and destruction of the gastrointestinal (GI) barrier. Your GI barrier protects your body from bacteria, parasites, and other things as they are processed in your intestines.

The low grade inflammation created from food sensitivities also drives cortisol production, which we now know raises blood sugar.

It's a cycle. The food sensitivity creates inflammation, which stimulates cortisol production by the adrenals, which raises blood sugar. Without removing the food sensitivity the cycle will always remain.



KEY #5 – RESTORATION OF GUT BARRIER INTEGRITY



Long-term food sensitivities will result in a condition called "leaky gut". This is when the cells lining the stomach become too far apart, allowing partially digested food proteins to pass into the blood stream and create inflammation. This starts and maintains the inflammation cycle mentioned above.

We are able to determine through special lab testing whether or not you have a Leaky Gut. If present we can design custom treatment protocols to heal the stomach lining and dramatically reduce the inflammation in your body.

Our hope in writing this for you for you to see clearly see that diabetes can be reversed. That there is hope and this is completely within your control. The future with diabetes can look bleak, especially if not properly managed or you if you fail to deal the 5 Keys laid out in this report. If you do the right things then the future can be bright. In fact diabetes doesn't have to be part of your future at all.



It is not easy, but with the right guide, armed with the right expertise it is quite easy to do. This is our passion and what we do day in and day out. We want to invite you to our office for a complete diabetes case review and consultation. It will allow us to completely review your case and determine if and how we can help you break your "diabetes chains."

So, You Are Probably Wondering, "This Makes Sense; Why Doesn't Everybody Do It This Way?"

One reason is they just do not know what they need to know. They are seriously behind the times, living in the 1940s, 50s and 60s. They are using an outdated treatment model, which does not work for the majority of people. They may not understand how to use natural supplements and nutrition.

The second reason is **that they and the insurance companies do not consider this comprehensive approach and testing "medically necessary."**

"Medically necessary" SHOULD include everything that is going to contribute to your having a better functioning body and that will help you feel as good as you possibly can.

I know you may not have experienced this before, but **it should truly be a "partnership" when you work with a doctor on your health condition.** That is the way it was always intended to be, but unfortunately, medicine and healthcare in general have moved away from that.

We help our patients start to feel better because we are thorough and look for the right things. We do not cut corners. This is your health on the line...

Believe me, after you have seen some truly desperate people suffering with diabetes problems with your own eyes BUT later heard them tell you how much better and happier they are now that they can go through a day without worrying about the development of cardiovascular disease, permanent eye damage and loss of vision, loss of limbs, painful neuropathies, kidney failure and ultimate loss of life, AND listened to them thank me for finally doing what needed to be done to find out how to help them... well, then you understand how "medically necessary" this kind of approach really is.

No matter what any insurance company, Drug Company, or doctor thinks to the contrary.



Now, the goal of the case review, consultation, and any initial testing is to tell us what your functional imbalances are, and lifestyle factors are contributing to your problem. Then, we can design a powerful, all-natural, step-by-step approach to helping you achieve your desired results.

We will most likely have many things we have to work on. We will create a treatment program that is going to support the abnormal physiological shifts we measured with our testing. Often, we have to support one dysfunction before we can effectively support the others.

Have you ever put together a piece of furniture or a kids toy without reading the instructions because you thought you could figure it out on your own?

Then, you reached the very end, realized you missed a step, and had to go back and take everything apart because you missed that one little piece? **Supporting these functional hormone, and metabolic imbalances has to be done in the proper sequence.** We look at everything we need to do up front, so we know what sequence we have to take to help you.

"How Am I Going To Know My Body Is Improving? Will This Even Work For Me?"

We are going to know we are making the functional changes we desire because, after treatment, we will be repeating the tests we used to determine our specific plan of action. This is absolutely necessary.

We cannot just spend time and effort finding out what is wrong and then just hope our natural treatments made the changes. We have to re-test, make alterations in treatment protocols, and re-test again. Not that you will not be feeling better as we make these changes, but we have to measure your changes so we keep moving toward the goals we set together.

In reality, we may have to make a series of changes before you start "feeling better", but at every point, we have labs to guide us.





WE WILL SEE THAT THINGS ARE CHANGING IN THE RIGHT DIRECTION

Based on your specific case, we are going to have a schedule of your re-tests, so we can make corrections and know when we need to move on to the next thing. Sometimes, we cannot effectively support a particular physiological process until we normalize another first.

A lot of doctors will not do this for you. Like I said, **most natural medicine is based off of NO testing, minimal testing, or the wrong testing. Mainstream medicine is going to shove hormones and antidepressants at you no matter what the labs say, so there is not a lot of testing done on that end either.**

Functional changes take time. Remember, our job is not to give you a pill and hope a symptom goes away. **Our job is to take a step back, look at the big picture, and systematically support your physiology.**

The reason you may not have gotten help yet is because no one dug deep enough, was willing to listen, understood your problem, or took the time necessary to make the changes.



WHAT IF THIS DOESN'T WORK FOR ME?

If you are sitting here reading this report, you know that your present approach to helping your diabetes problem is not what you want. Honestly, I could teach a six year old to give the current treatment you are getting. I would tell them to look at the diabetes lab test, and if the fasting glucose is high or the HgA1c is high then give them Metformin. Of course, I am being sarcastic, but that is exactly what I hear and see from patients every day.

You deserve better than this. You deserve to have a doctor who listens, who understands you, who is willing to do what it takes to work with you and help you regardless of what some out of touch doctor or insurance company thinks because it does not matter what anybody else thinks. What matters is that you are still suffering, and you need someone who is going to treat you correctly and help you.



The number one factor that determines success or failure with a case is how closely the patient follows my recommendations.

If you do the things I prescribe, then you are going to go down the road you have wanting, probably for a long time, which is moving toward "normal" again.





You are reading this report because you are one of the smart few who wants to take control of your health and do what it takes to help your body get well.

Nothing else matters when your health goes "South." I love working with patients like you because you are willing to sit here and learn about your problem, listen, and make the changes necessary to get your health back on track and to get back to the business of "living well again".



WHAT ABOUT COST?



Our initial review of your case and consultation is \$287* (but if you schedule your case review within 2 weeks of requesting this report, it is only \$87).

As we discussed, our unique approach steps out of the "medical box," so we can do what is needed and take the time necessary to help "YOU". Until we know the specifics of your case, what tests we need to run, and how long we anticipate it taking to make the functional changes we need, there is no way to say what the cost is going to be.

But rest assured, I am on your side. My job is to work WITH you, to help you improve your condition. My job is to deal with all of the specifics of your case, listen to you, and work with you to make the proper functional changes.



Everything can be done in steps. The first step involves a case review and consultation, so we can get to the specifics of your case.

There is always a way to make it work out financially. We have financing options available through our office as well as many different payment options to help minimize your immediate out-of-pocket expenses and limit the impact on your financial situation. We can make it work.

Your main concern should be getting well and feeling better again. You have the rest of your life in this body, and you can be energetic and healthy enough to enjoy it, or suffer with the fear of losing your health permanently.

The smartest choice is to get to the root of the problem and not get "passed through" the medical system, being treated like you do not know what you are talking about or feeling.

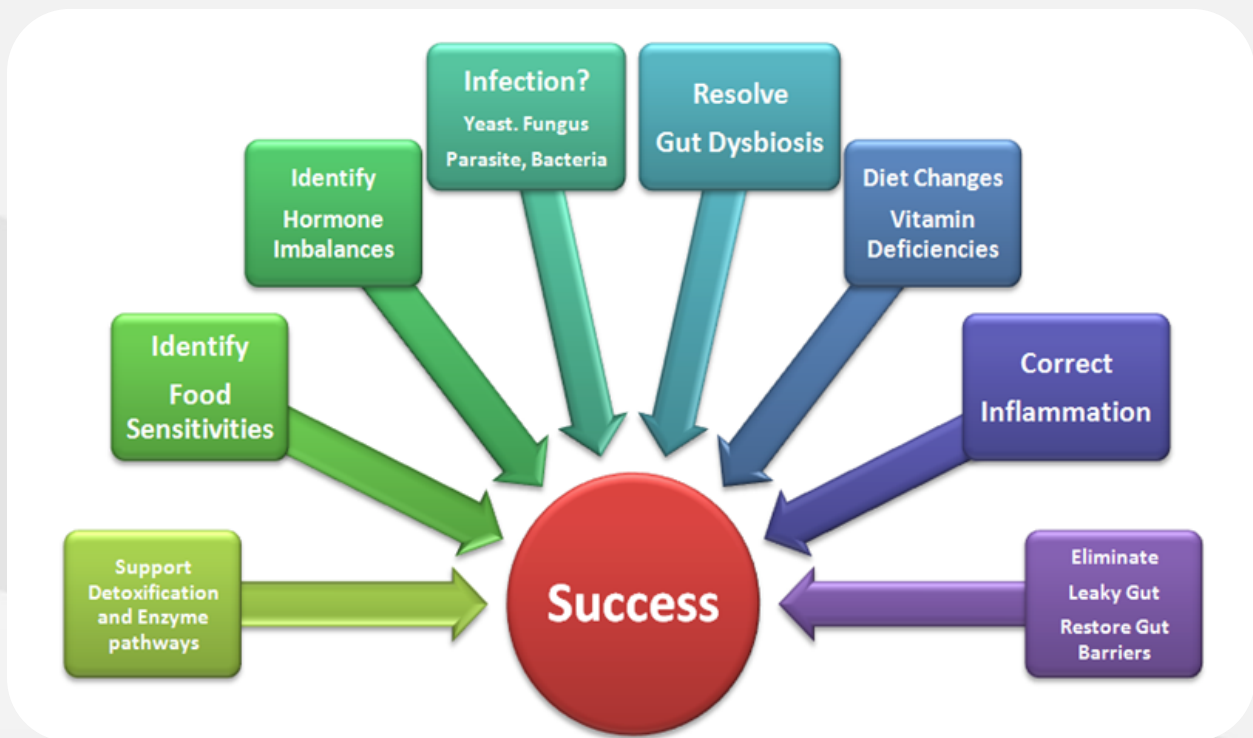
Ask yourself if you can afford not to get treated. If you are honest with yourself, the answer is you CAN'T. The diabetes hormone replacement is making up for decreased internal insulin production or insulin resistance but it does not address your underlying problem. Diabetic drugs often create long-term side effects and greater problems in the future.

You can be one of the fortunate few who receive the proper support and treatment and live well, OR you can continue feeling like you do now. The choice is yours, but the correct option is staring right at you. It's here. I believe you know 'in your gut' that this is what you need to do.



"I'M READY TO GET ON TRACK, AND START FEELING GOOD AGAIN, WHAT DO I DO?"

At this point, you should realize that your diabetes condition has not been managed properly or completely and that your current diabetes treatment is not going to get you where you want to go. You really should be asking, "How can I get this type of functional support approach? How can I get the kind of treatment you describe?"



"HOW DOES CONSULTING WITH YOUR INSTITUTE WORK?"

Every new client we work with begins with a case review and consultation, as previously mentioned. When you schedule your case review and consultation, we will review all your previous lab tests (if available). We will check your weight and perform a computerized body fat analysis. We will also check your pH balance and perform an adrenal stress test. Next we do a pulse and tongue Chinese diagnosis of all major organs to determine what is breaking down. This allows us to have adequate information to thoroughly review your case during your scheduled appointment. This makes our time together extremely efficient and productive for you.

Your case review consultation will take approximately 30 minutes. During that consultation, we are going to thoroughly discuss your case and the specific lab tests that will give us the needed information to uncover the mechanisms (causes) of your condition. We will direct you to the proper local labs and have the results sent back to us if necessary.

If we accept your case we will schedule you for a complete Wellness Evaluation followed by a Report of Findings. At the Report of Findings we will summarize your findings and make recommendations. We will then work together, as a partnership, to truly improve your condition. Just remember, we are going to work at your pace and take the necessary steps to help you reach your goals.

How we continue our relationship after our initial consultation and follow-up appointment is completely up to you.

After we have completed our initial consultation and made our initial set of recommendations, we will decide on our next step.

Following your initial consultation we will schedule you for a complete Wellness Evaluation followed by a Report of Findings. At the Report of Findings we will summarize your findings and make recommendations if we accept your case.

If we move forward, we can work together, as a partnership, to truly improve your condition. Just remember, we are going to work at your pace and take the necessary steps to help you reach your goals.

Initial Consultation is \$287* (Only \$87 if you schedule in 2 weeks of getting this report)



If you are sick and tired of being sick and tired and would like to take a comprehensive natural and functional approach to enhance your current diabetes treatment, then call us at (310) 914-1624 and schedule your Complete Diabetes Case Review and Consultation.

We will get you scheduled and send you our *new patient* Medical History Questionnaire. The \$287 cost (Only \$87 if you schedule in 2 weeks or sooner) for the initial consultation will cover the review of your medical history, review of past medical records, review of recent lab tests (if available), and our consultation and recommendations.

DO NOT continue feeling bad for another day when the potential answer to your SUFFERING is right here in front of you. How would you feel finding out years from now that the answer to your problem was right in front of your face all along, and you let it slip through your fingers? You won't regret it.



Sincerely,

Ricardo Miranda, L.Ac.

