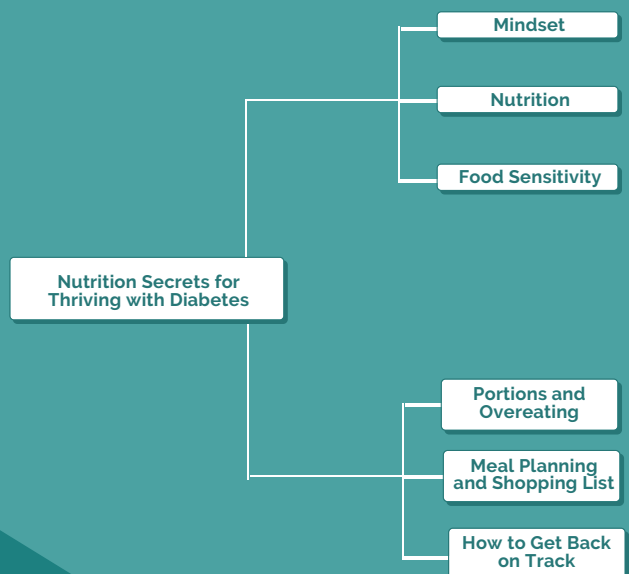

NUTRITION SECRETS FOR THRIVING WITH DIABETES BLUEPRINT

The EXACT Step-By-Step Process I used to help 1,000s of people lower their A1C, lower their Fasting Blood Sugar (FBS), have more energy, feel better and reduce the need for Rx medications

By Dr. Beverly Yates ND



Your Personal Journey





Welcome to your Nutrition Secrets for Thriving with Diabetes Blueprint

This is the step-by-step process I used to help 1,000s of people lower their A1C and lower their fasting blood sugar (FBS) levels.

The good news here is that this is a repeatable Program, used by people from all walks of life, and fits today's lifestyles. This program helps even if you have an unusual situation or multiple health challenges.

People have benefited if they have type 2 diabetes, prediabetes, type 1 diabetes, or other blood sugar issues. And for those who also have other chronic health challenges, this program gives them the foundation to improve their blood sugar levels and their health.

It's also the program I have been fortunate enough to teach to 1,000s of people, who have used it to lower their A1C and morning sugars, all over the world. I've spent over 25 years working with people who have blood sugar issues, refining this program to benefit as many people as possible.

And I can't wait to share it with you!

Let's get started...

Dr. Beverly Yates ND

Over 25 years of clinical experience serving people with diabetes, heart disease and other chronic illnesses;
Author, Speaker,
MIT Electrical Engineering grad
and problem solver





Your Personal Journey - The Secret Sauce

The real power of this Nutrition Secrets for Thriving with Diabetes program is making use of the most important things that drive success with healing high blood sugar problems:

Gain a better understanding of what causes your blood sugar spikes

- Take a clear-eyed look at what is going well - this is good to know
- Take a clear-eyed look at what needs to change in your nutrition
- Understanding the difference between Foods that Heal and Foods that Harm
- Putting it all together and doing it
- Getting back on track if life hands you an unwelcome surprise

In the Program, you gain awareness of how your nutrition and habits are affecting your blood sugar.

You take a look at:

- the people around you
- your family and friends
- your community

to understand if they are helpful to you or if they hold you back from your health goals.

One of the best ways to improve your health is by taking stock of your current situation and working on it from your personal starting point, step-by-step.

You can use this Program to outline where you are starting from and then use this information to identify, specifically, where you want your health and blood sugars levels to be, and how you can use nutrition to make your A1C and fasting blood sugars better.

Once you start with the mindset needed for healing blood sugar issues, you can go through the modules and make the changes needed that have the most impact on blood sugar.



Nutrition is the bulls-eye of the target for healing from diabetes.

Nutrition, the foods you eat every day at every meal, play a huge role in the level of health you enjoy.

Food is the foundation of healing, especially for blood sugar issues.

The blood sugar rollercoaster is a rough ride. The highs damage your body and organs, and the lows cause you to feel unwell, tired, brain-fogged, and “hangry”.



How to Use This Blueprint

1

Mindset

Discover your personal starting point on this Nutrition journey

4

Portions and Eating

What drives food cravings, including your gut's microbiome (gut flora), the impacts of artificial sweeteners, fake sugars, added sugar

2

Nutrition

What to eat, and prevent blood sugar spikes

5

Meal Planning and Shopping List

Discover how to do meal planning, create your shopping list and use it, plus you get a sample to get you started

3

Food Sensitivity

Inflammatory reactions to foods (even “healthy” foods), blood sugar spikes and unusual blood sugar reactions

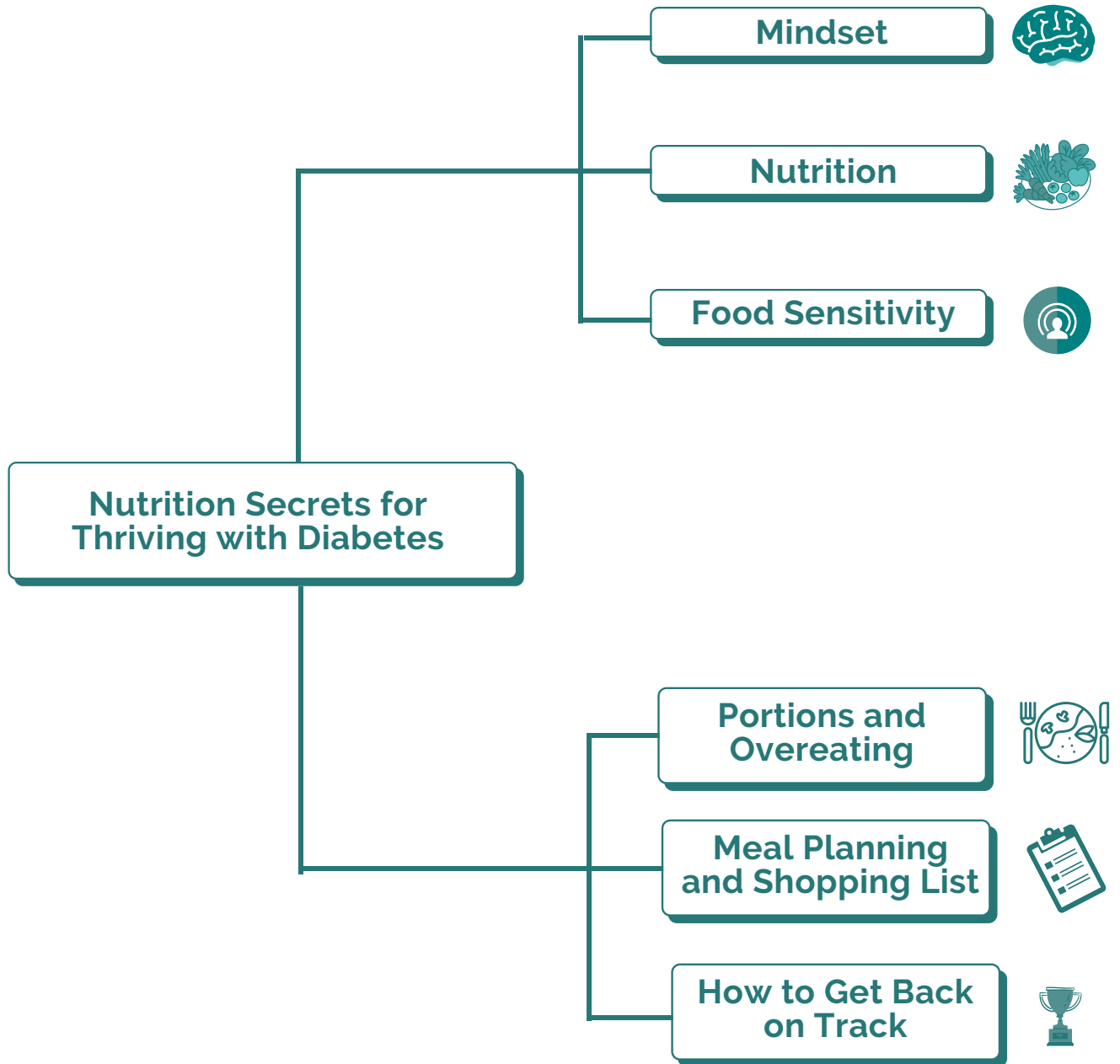
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How to get back on track with Healthy Nutrition Habits

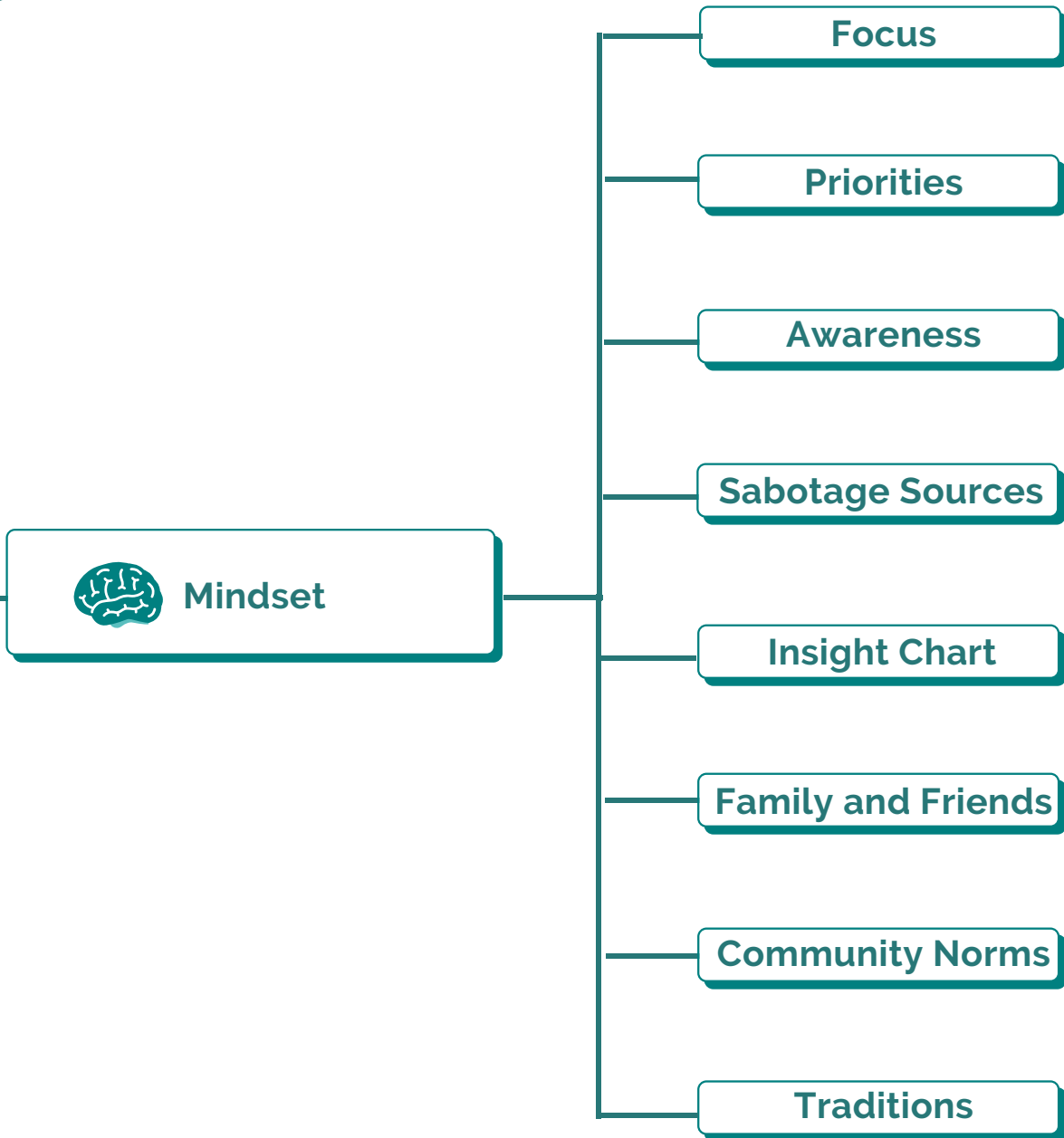
This is how you create and maintain healthy nutrition habits that you can come back to, time after time when life throws you off-track



Nutrition Secrets for Thriving with Diabetes Blueprint Mindmap



1





Mindset

Here is a brief explanation of the key ideas you need to use this Blueprint.

Mindset is really important for success with using nutrition to thrive with diabetes.

By taking a look at your current lifestyle, the people around you, your community and eating habits you are setting the stage for healing from diabetes.

Focus, Priorities, Awareness

Mindset builds awareness, which creates the foundation for keeping what is working well and letting go of what doesn't serve you and your health needs. Your daily focus on healthy nutrition is the way to win blood sugar struggles, one meal at a time. Your priorities determine what happens, day to day. Self-care is important as it helps you make sure you attend to your own health needs, especially for nutritious foods.

Sabotage Sources

Along your healing journey, identifying the places where sabotage lurks shines a bright light on problems and troublesome people who get in the way of your health goals. Well intentioned or not, you must be honest about sources of sabotage, including self-sabotage, and take action for how to handle it if it happens.



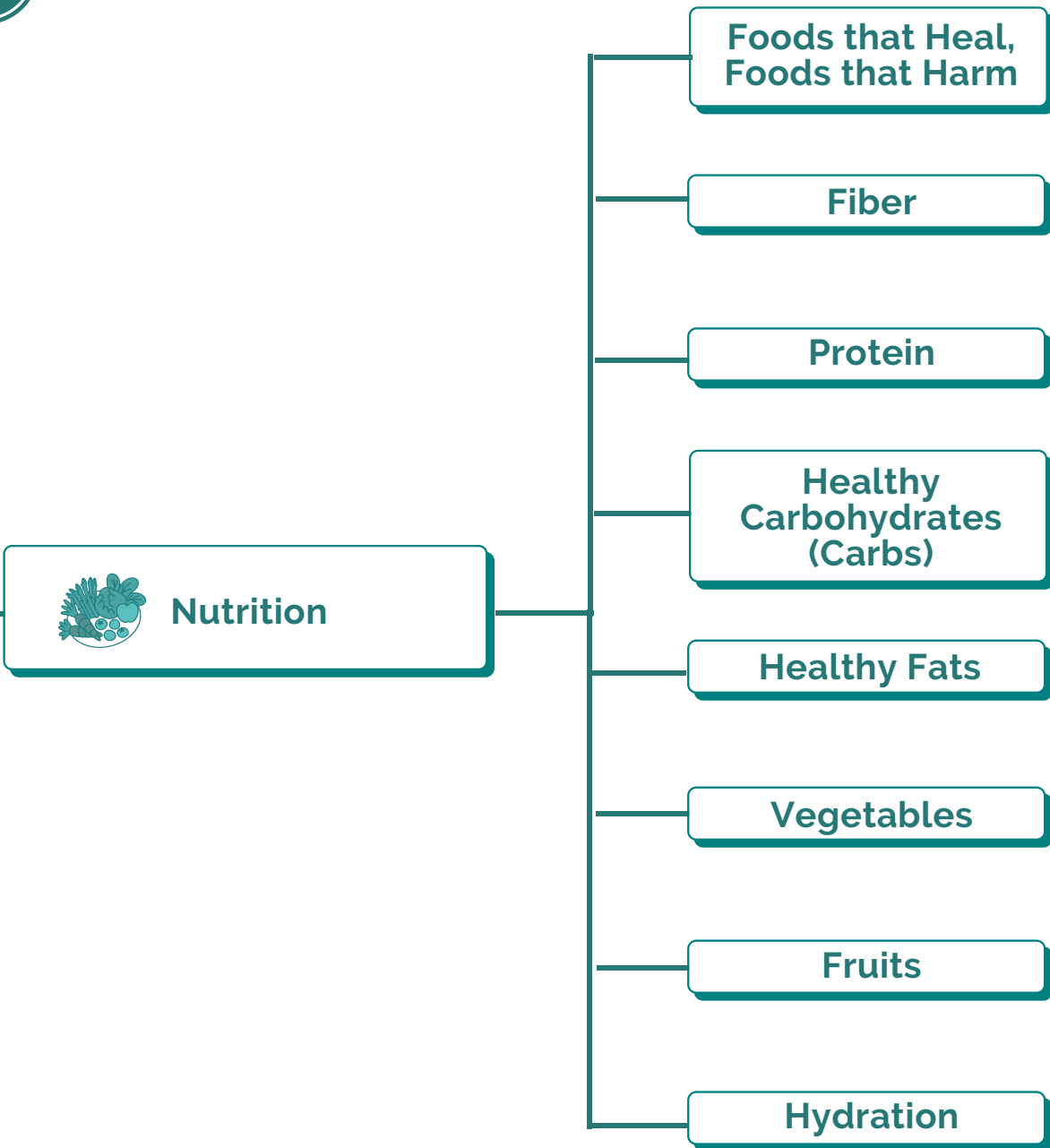
Family, Friends, Community, Traditions

The expectations of others can be a joy, or a burden. When you have diabetes, it can be that others still expect you to eat a certain way, and they might not be supportive of changes you make to respect your blood sugar needs. Family, friends and community members may still expect you to make, bake or bring food that is not good for your health. Others may try to guilt you into eating things that make no sense for your blood sugar control. Holidays and other times of social tradition can place pressure on the desire to please others, at the expense of your own health, stable blood sugar and piece of mind.

Insight Chart

Creating an insight chart can capture what the issues are and your responses, gathered at a calm moment and not when you are in the midst of temptation to give in and eat things that interfere with your health goals for diabetes, like lowering your A1C and fasting blood sugar.

2





Nutrition

Nutrition is the core of the work needed to achieve and maintain healthy blood sugar levels. A1C and morning sugars (fasting blood sugar) rise in response to the foods you eat and beverages you drink.

Foods That Heal Include:

- Leafy green vegetables
- Lean protein sources
- Healthy fats
- Complex carbohydrates
- Fruits and vegetables - fiber-rich foods

Foods That Harm Include:

- Simple carbohydrates (added sugars, refined carbohydrates)
- Unhealthy fats (hydrogenated oils, lard, etc.)
- Foods that offer little or no nutritional value
- Foods with lots of added salt
- Foods in syrups



Hydration

Hydration is important at every stage of life. For blood sugar, and for kidney health, you must drink enough water and other healthy beverages every day.

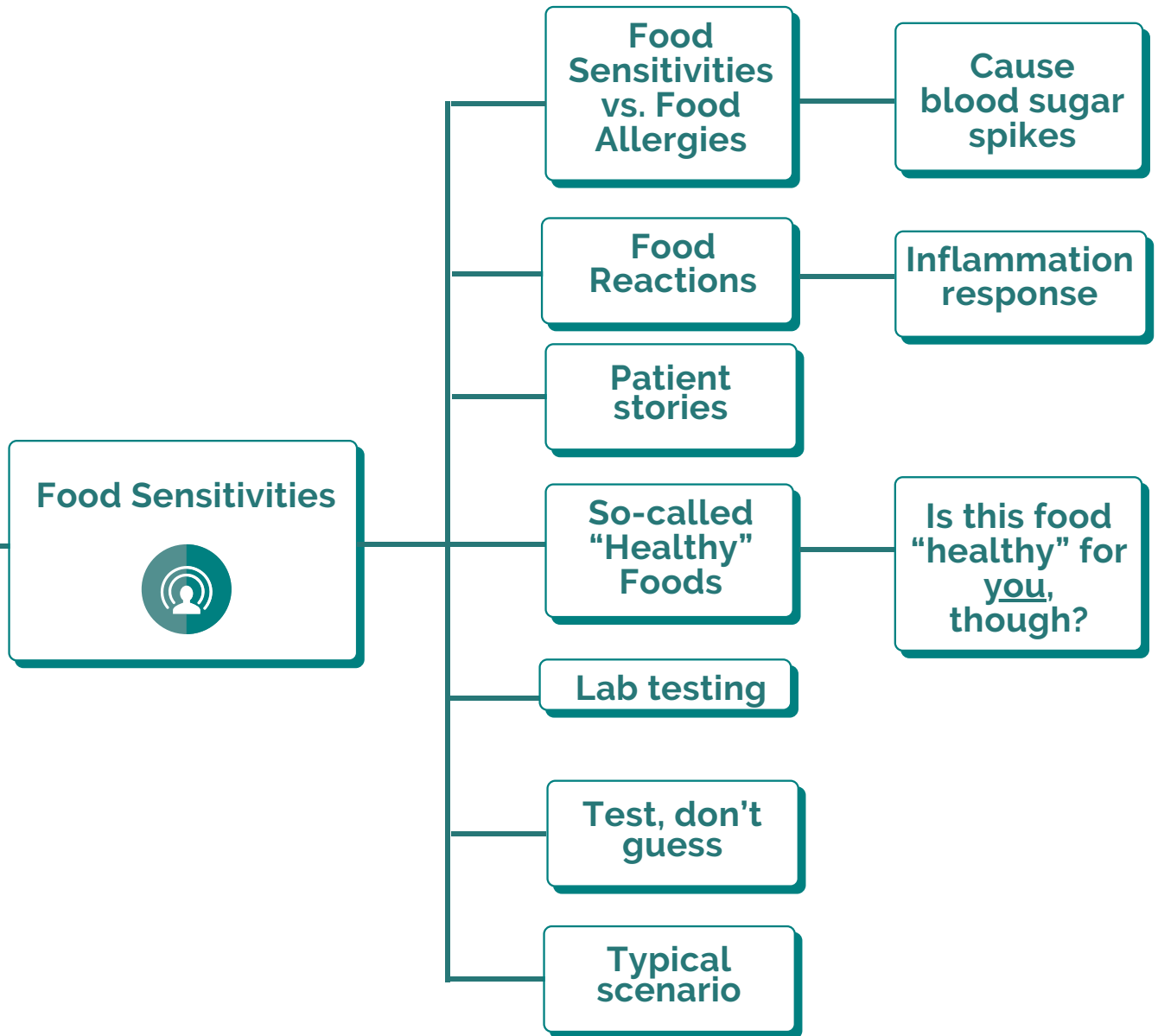
Healthy Hydration Choices Include:

- Water
- Herbal tea
- Green tea (has lots of antioxidants but a small amount of caffeine)
- Black tea (if caffeine doesn't disturb your sleep)

Unhealthy Hydration Choices Include:

- Sodas
- Anything with added sugar
- Anything with artificial sweeteners, fake sugar flavors (tricks the brain)
- Heavily caffeinated drinks - false energy source
- Alcohol - can cause blood sugar spikes

3





Food Sensitivities

Food sensitivities can be a hidden wrecking ball for health, and a silent, hidden factor in blood sugar spikes. For people who have diabetes and work hard at eating well, it can be a revelation to understand how food sensitivities impact blood sugar (and inflammation, too). It's a way some people get on the blood sugar roller coaster and can't seem to find a way off of it.

But first, let me clear up a possible source of confusion.

Food Sensitivities vs. Food Allergies

At this point, in reading this, you might be thinking "are food allergies and food sensitivities the same thing?" No, they are not the same thing. Let me explain.

Food allergies are when a person's immune system mounts a specific, potentially life-threatening response to a particular food, e.g. peanuts, shellfish, eggs, etc. The person might break out in hives, get really itchy, their eyes and lips might swell, and they might have trouble breathing. This is an emergency and requires immediate treatment, like using an epi pen, going to the ER (emergency room), etc. After a certain age you likely already know if you have food allergies.

Food Reactions - Blood Sugar Spikes, etc.

Food sensitivities, in contrast, are more subtle, not immediately life-threatening, and can be a hidden source of blood sugar spikes, pain, inflammation, digestive troubles, mood issues, etc. This is what happens when the immune system reacts to a typically healthy food and causes a set of events that result in a blood sugar spike, or achy joints, brain fog, etc. Food sensitivities cause people to feel unwell and can worsen many chronic illnesses, including diabetes. It's a hidden reason why some people struggle to get off of the blood sugar roller coaster.



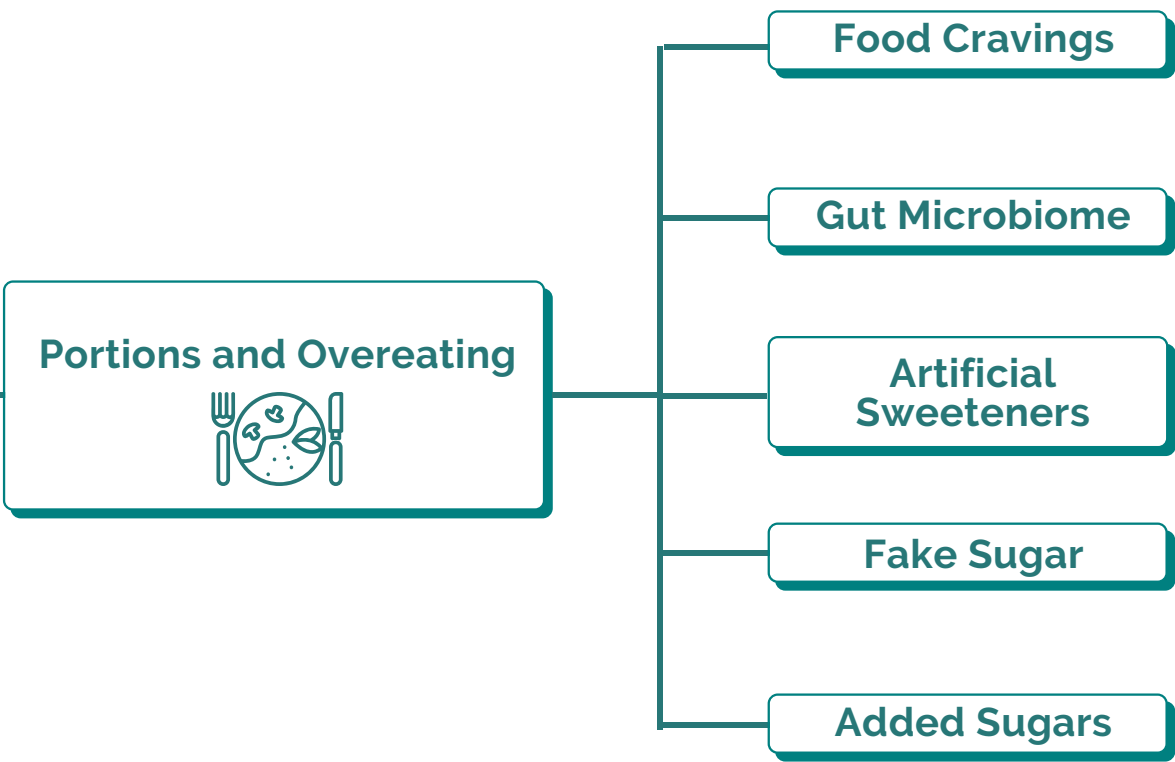
Lab Testing

Food sensitivities are the reason behind why some foods make some people sick, while other people can eat the same food without problems. It is important to determine which foods are best for your body and for achieving and maintaining healthy blood sugar levels as reflected in your A1C and FBS (Fasting Blood Sugar). This can be discovered by getting specific lab testing done for food sensitivities (not food allergies) rather than guessing at what might cause blood sugar spikes.

Test, Don't Guess

"Test, don't guess" or else you risk staying on the blood sugar roller coaster. A simple diet diary in today's busy world, or a generic "eat this" list of foods may be a disservice to your health goals as it isn't specific to what your body needs.

4





Portions, Overeating, Food Cravings

Portions are a way to win with blood sugar issues.

However, many people beat themselves up, and are really hard on themselves about the portions they eat at their meals. It's quite easy to overeat, meal after meal, and feel out of control. Yet most people don't know that in order to get off of the blood sugar roller coaster, they need to uncover what is driving their food cravings. Once the cause is identified, then progress can be made and sustained. The causes behind overeating and cravings are the secret forces that undo the best of intentions if not successfully addressed and dealt with.

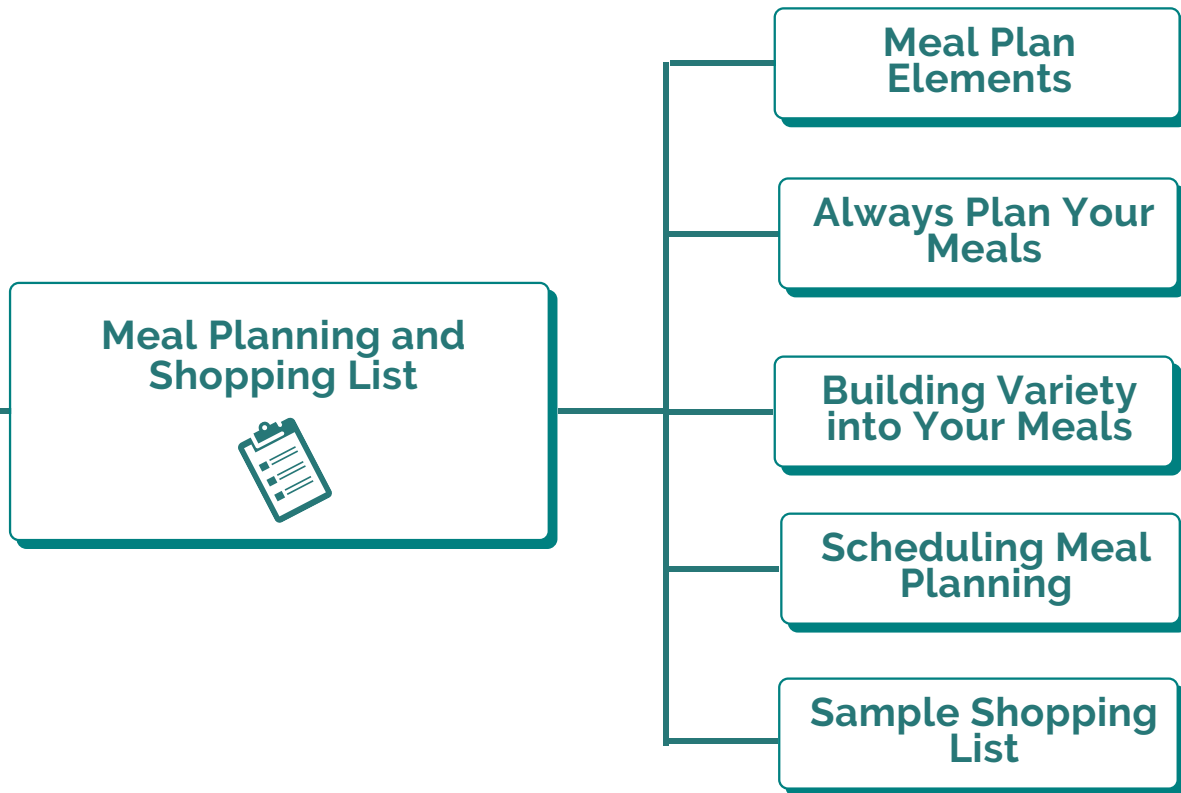
Gut Microbiome

The gut microbiome, the gut flora, made up of bacteria and other microorganisms, determine a lot of aspects of human health, including blood sugar and weight. When the gut microbiome is out of balance, it can cause cravings and drive the desire to overeat. It will make it really hard to stick to healthy portion sizes, despite the best of intentions. **Willpower has nothing to do with it.** Yet, people are misled and told to blame themselves for their struggles with portions, overeating and cravings.

Artificial Sweeteners, Fake Sugars, Added Sugars

Artificial sweeteners, fake sugars and fake sweet tastes trick the brain into wanting more calories. Added sugars do not also add any nutritional value to foods, just empty calories. This can drive cravings, overeating and a losing battle with controlling portions of food at each meal. **Remember: willpower has nothing to do with it.** Riding the blood sugar roller coaster continues if you don't get a handle on these aspects of nutrition and will keep you from thriving with diabetes.

5





Meal Planning, Variety, Scheduling Meals

Meal planning is a path paved with good intentions. ;^) Many of us did not learn this skill as children, and it can haunt us as adults. Eating with intention is a key aspect of using nutrition to thrive with diabetes. By planning meals, you take the guesswork out of what you will eat at each meal. You can design your meals and schedule them to meet your blood sugar needs and overall health needs, with the overall goal of lowering A1C and morning sugars (FBS, fasting blood sugar) at the center of the plan.

Meal planning is also a way to make eating food feel good, look good and be good for you. It keeps you from having to make lots of choices each and every day about what to eat, and helps you stay on a healthier eating pattern. It helps avoid food waste, too. Healthy nutrition habits are built, one meal at a time. Meal planning is how you get there.

Sample Shopping Lists

Shopping lists bring meal plans to life. Once you've decided what you're going to eat and created your meal plans, the shopping list helps to keep focus on healthy eating choices. Shopping lists also save money, too. It lets you shop for the best deals and get the items you need, rather than buying impulsively and having regrets later about buying junk foods you didn't really mean to buy.

6





How to Get Back on Track

No matter how hard we work, life has a way of throwing us off track at times. After working with so many people over the years, I've noticed what works to help people get back on track. First, the person has to realize they've gotten off track.

Forgive Yourself for Making Mistakes

Then, it's helpful if they forgive themselves for whatever mistakes were made. Blame is not useful here.

Mistakes Are OK

Mistakes are how all of us learn. Mistakes are OK. You can watch a young child learn to walk, and see them wobble and fall at first, time after time. Then one day, they get up on their feet, and take their first steps. Bam! Then they walk, and then they run. When you are working on nutrition for thriving with diabetes, be kind to yourself. Be patient. Give yourself some grace, you deserve it. It took time for A1C and fasting blood sugar levels to get out of balance and it takes time to restore better blood sugar balance.

Recognize What Knocks You Off Track

Next, identify what got in the way of staying on track with getting off the blood sugar roller coaster, and take steps to needed changes. Make a plan for what you will do when you get off track, so you don't feel totally lost if it happens. You will recover quicker this way.

Acknowledge Your Wins When You Get Back on Track

Find healthy ways to celebrate when you get back on track. It's important to acknowledge your wins as you go along. It trains your mind and soul to associate celebrations with when you make healthy choices, rather than leaving this to chance or have celebrations become a reason why you get off track. Repeat these steps as often as needed so you get to your healthy A1C and fasting blood sugar goals.

Voila'!
You've completed the
Nutrition Secrets for Thriving with Diabetes Blueprint.

Congratulations on Completing This Blueprint!

Your Next Steps...



Questions and Next Steps

Is this a fad diet of some kind?

No. This is not a fad diet of any kind. This program teaches you what you can do to create consistent meals that nourish your body and help keep your blood sugar on a more even level. This program helps you get off of the blood sugar roller coaster and stay off of it.

Is Mindset really that important?

Yes, mindset is really important. Otherwise, the best of intentions will get swept up in the inevitable storms of life. Mindset is what allows you to:

- Set your A1C and blood sugar goals
- Notice where things are going well and there's no need to change
- Identify areas for improvement
- Create specific plans for making needed nutrition shifts and tweaks
- Mindset is where Intention transforms into Impact

Intention → Impact → Improvement

What makes this program special for diabetes?

In this program, the pieces of the blood sugar puzzle are broken down into steps where you can understand why a specific aspect of nutrition and foods matters, then take action to make your nutrition plan work for your needs and situation.



Questions and Next Steps

Why didn't my doctor tell me this information?

Your doctor has lots of medical training, but it does **not** include 1,000s of hours of specific training on the use of nutrition in human health, wellness, and disease. Your doctor's training goes in-depth on prescribing drugs and performing surgeries. Prescription medicines have their place, as do surgeries. When it comes to diabetes, nutrition is the core, primary therapy. My training and professional education as a licensed doctor of Naturopathic medicine gives me insights into how to help people with diabetes beat their blood sugar blues and get off of the blood sugar roller coaster. My training as an MIT electrical engineer gives me the skills to create systems, which I now use to develop programs to help people with their health problems. This is how I've helped 1,000s of people lower their A1C and lower their fasting blood sugar (FBS) levels.

What if I've tried other programs and it didn't work?

This is not a generic diabetes nutrition program. This program gives you the information you need, and clear explanations of the ways that blood sugar is impacted by what you eat. And you are given the tools to map out your nutrition plan and implement it, step by step. Your daily meals, your nourishment, plays the biggest part in healing from diabetes.

What if I am still not sure?

If you are still not sure, then consider this reality. If you do nothing, your blood sugar situation will not get better on its own. The longer you wait to take action, the worse things will get, with possible dire consequences. You owe it to yourself to take the next step. Look for the email series that follows this Blueprint. Stay on the email list and be informed about what you can do to help improve your blood sugar, your health, and continue healing from diabetes.



Nutrition Secrets for Thriving with Diabetes Blueprint

So there you have it!

People who benefit from this program have the desire to:

- Lower their A1C
- Lower their fasting blood sugar (FBS)
- Prevent blood sugar spikes
- Get off of the blood sugar roller coaster
- Stop being “hangry”
- Have more energy
- Have less pain
- Feel better
- Improve their mood

I truly hope that this blueprint has given you helpful information, and a new way of thinking about how to navigate the issues that go with nutrition for diabetes. I sincerely want you to thrive with diabetes! This program takes the guesswork out of how to make nutrition work for your needs, rather than feel overwhelmed by it.

Take the steps in the order of the Blueprint and you will be on your way to better health and healing from diabetes.

I wish you the best on this journey.

Be good to yourself.

Best wishes,

Dr. Beverly Yates ND