



3 Tips to Help You Take Control of Your Diabetes

DR. BEVERLY YATES ND

You're in the Right Place

► Welcome!

You're in the Right Place



You're in the Right Place

► Self-care



You're in
the Right
Place

I'm on a Mission

- ▶ I want you to lead a long life
- ▶ A long life without health is not what we have in mind

I'm on a Mission

- ▶ I want to HELP YOU lead a long, healthy life
- ▶ The reason you're here is you came to my Diabetes Transformation Summit or another Summit I was on.
- ▶ You might even have seen me on TV...

Here's Your Mission

The fastest way for people with high Fasting Morning Blood Sugar #s (FMBS#) to get healthy is to get their blood sugar #s in the optimal range

You're at a turning point

It can go either way

You're in control

But Wait!

- ▶ That's sounds great BUT I don't know what to do
- ▶ There's a subset of you who have some idea BUT in what order do I do them?

But Wait!

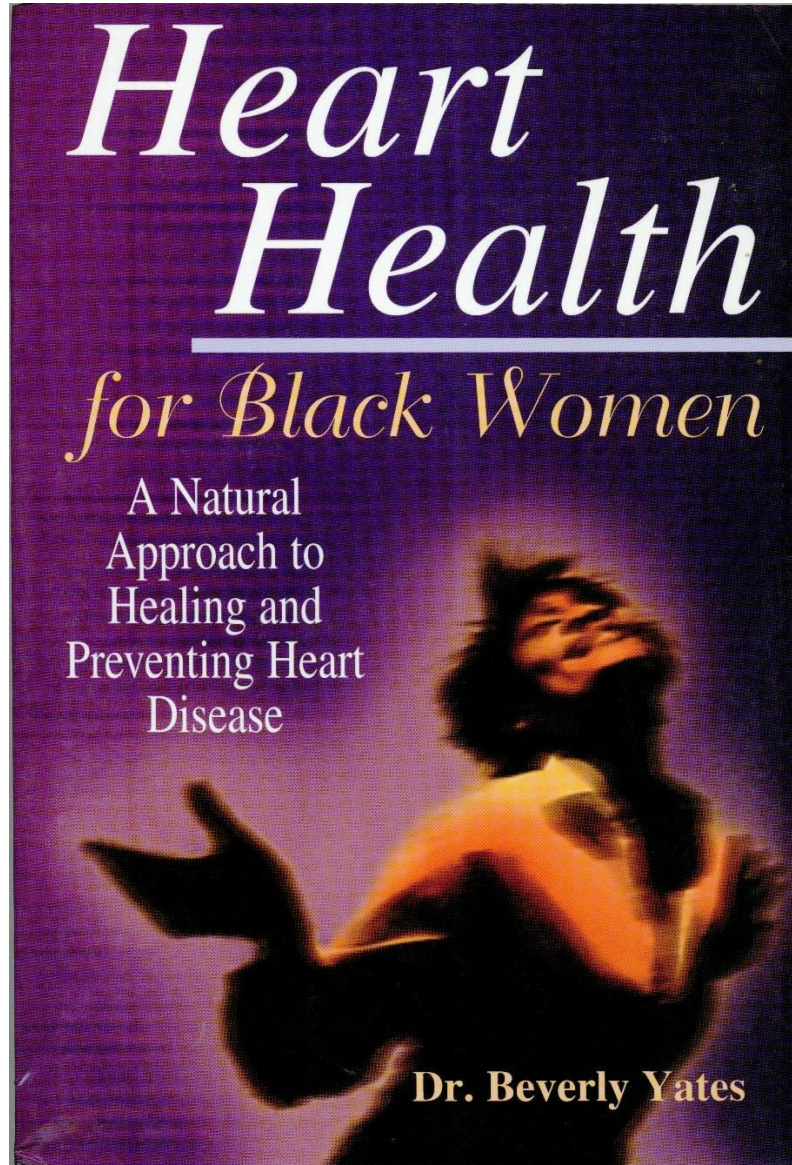
- ▶ I don't want you to spend a lot of time, energy and money spinning your wheels, putting out a lot of effort getting frustrated, overwhelmed, and wasting precious time.
- ▶ The good news? I am here to help.

Dr. Beverly Yates ND

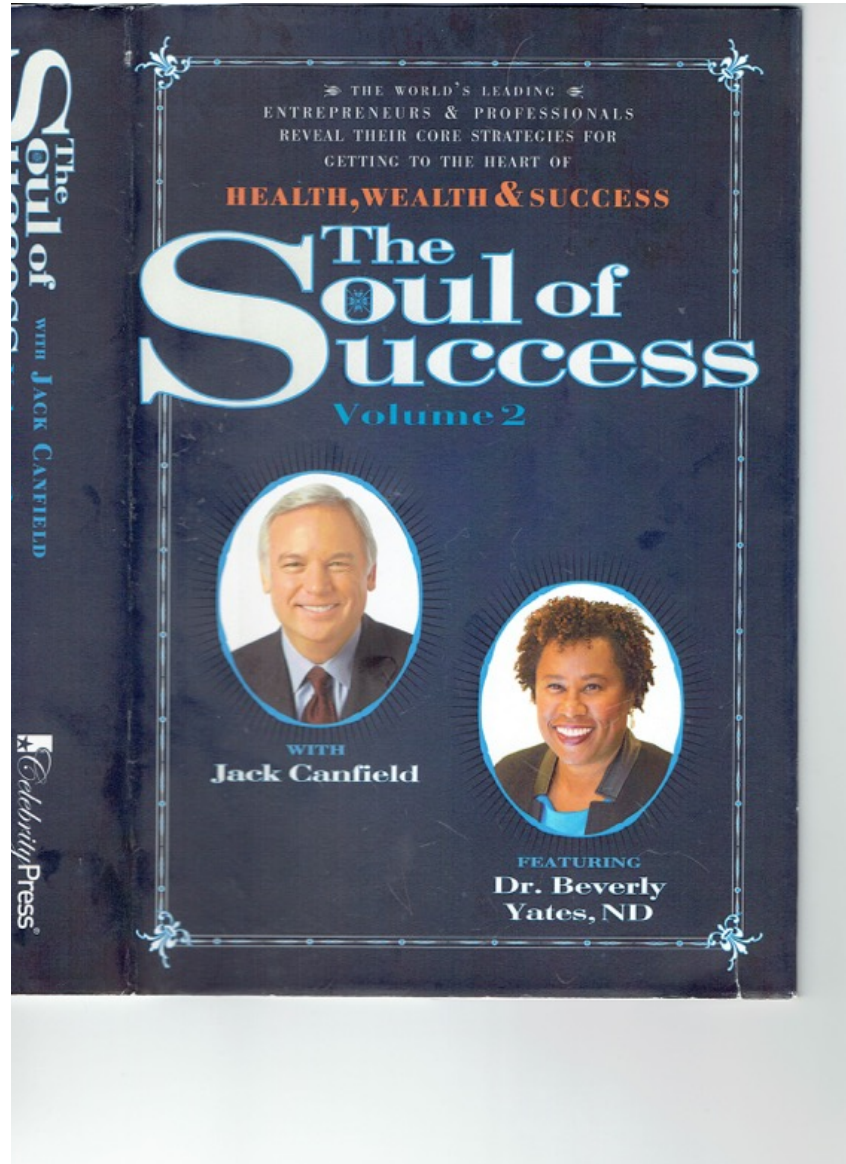
- ▶ Over 30 years of clinical experience –
- ▶ Licensed as a Naturopathic Doctor in California
- ▶ Before we were blessed with children...

Author & Co-Author

- ▶ My own book
- ▶ With other co-authors
- ▶ Another book in the future



My first
book



Co-Author w/
Jack Canfield
(Chicken Soup
for the Soul)



Co-Author w/
Jack Canfield
(Chicken Soup
for the Soul)

TV & Media Appearances



AS SEEN ON

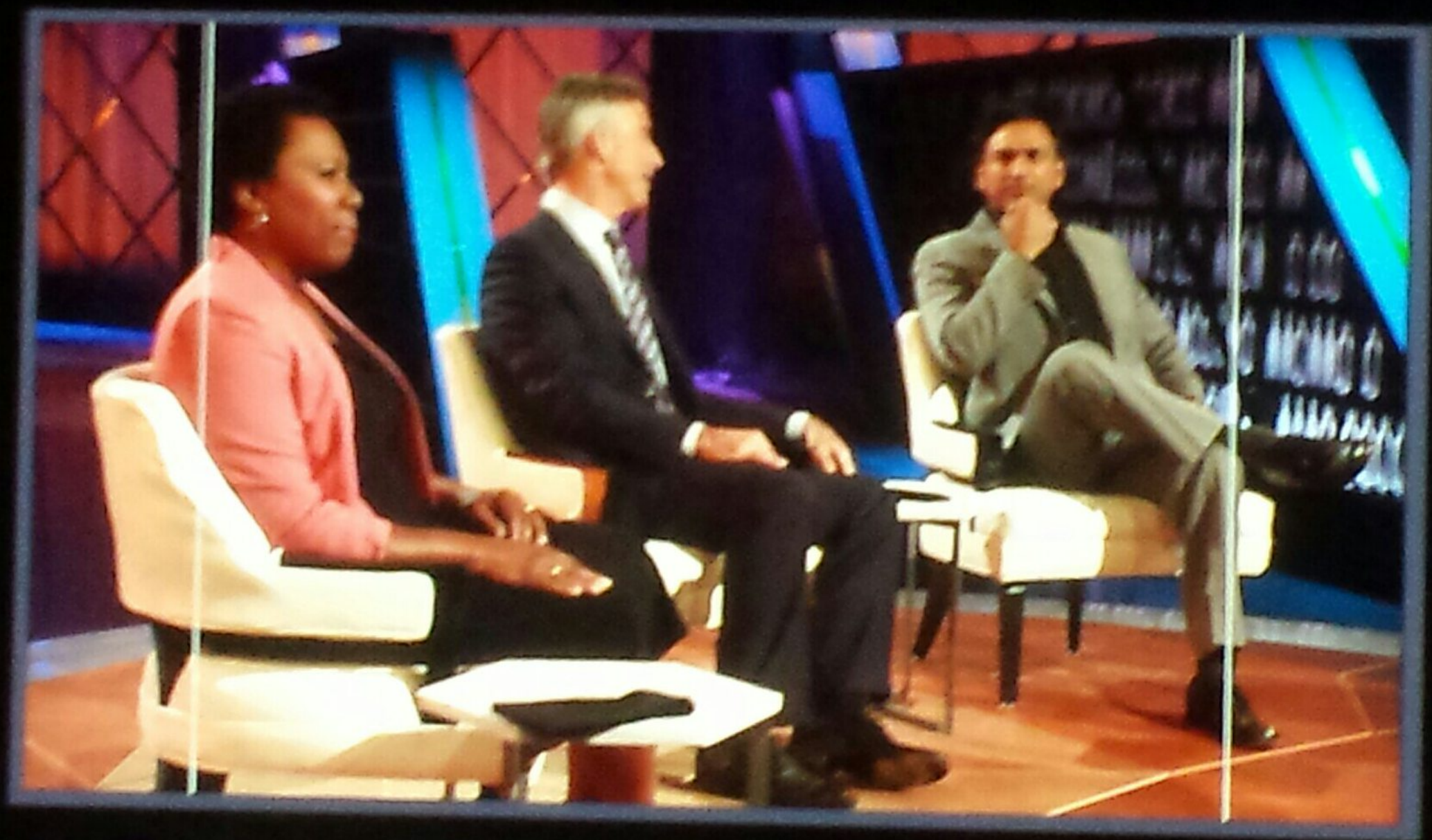


FOX40 NEWS THAT MATTERS

PERSONALIZED NUTRITION







My Family





► Fun times!



Dr. Beverly Yates ND

- ▶ Founded and Led the first-ever fully accredited Integrative and Naturopathic Medical Residency Program in the State of California





**Massachusetts
Institute of
Technology**

Dr. Beverly Yates ND

- ▶ MIT Electrical Engineer
- ▶ Silicon Valley Systems Engineer
- ▶ Later became a licensed Doctor of Naturopathic Medicine
- ▶ **Now I put both worlds together for a systems-based approach to restoring healthier blood sugar levels**

Dr. Beverly Yates ND

- ▶ Used problem-solving skills and systems processes to create the Yates Protocol
- ▶ Online health programs to meet people where they are at and get them to healthier lives

Why I Care About Diabetes



Why I Care About Diabetes

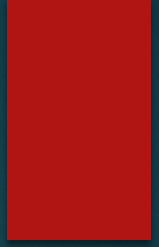


Personal Reasons

Why I Care About Diabetes

- ▶ My biological father was one of 13 siblings
- ▶ ALL 13 siblings had some kind of diabetes
- ▶ Little did I know... Yikes!

Enough about Me...



This Training is all about YOU

- ▶ I can relate...

Medical Reasons Why I Care About Diabetes

- ▶ You care about Diabetes and Blood Sugar Issues too
- ▶ This ...
- ▶ Warnings ...

Diabetes is exploding - US

- ▶ 130 million adults are living with diabetes or prediabetes in the United States
- ▶ Worldwide: 422 Million – 534 Million
- ▶ Thus, our Mission...
- ▶ <https://nationaldppcsc.cdc.gov/s/article/CDC-2022-National-Diabetes-Statistics-Report>

Diabetes is exploding - US

Fast Facts on Diabetes

Diabetes

- **Total:** 37.3 million people have diabetes (11.3% of the US population)
- **Diagnosed:** 28.7 million people, including 28.5 million adults
- **Undiagnosed:** 8.5 million people (23.0% of adults are undiagnosed)

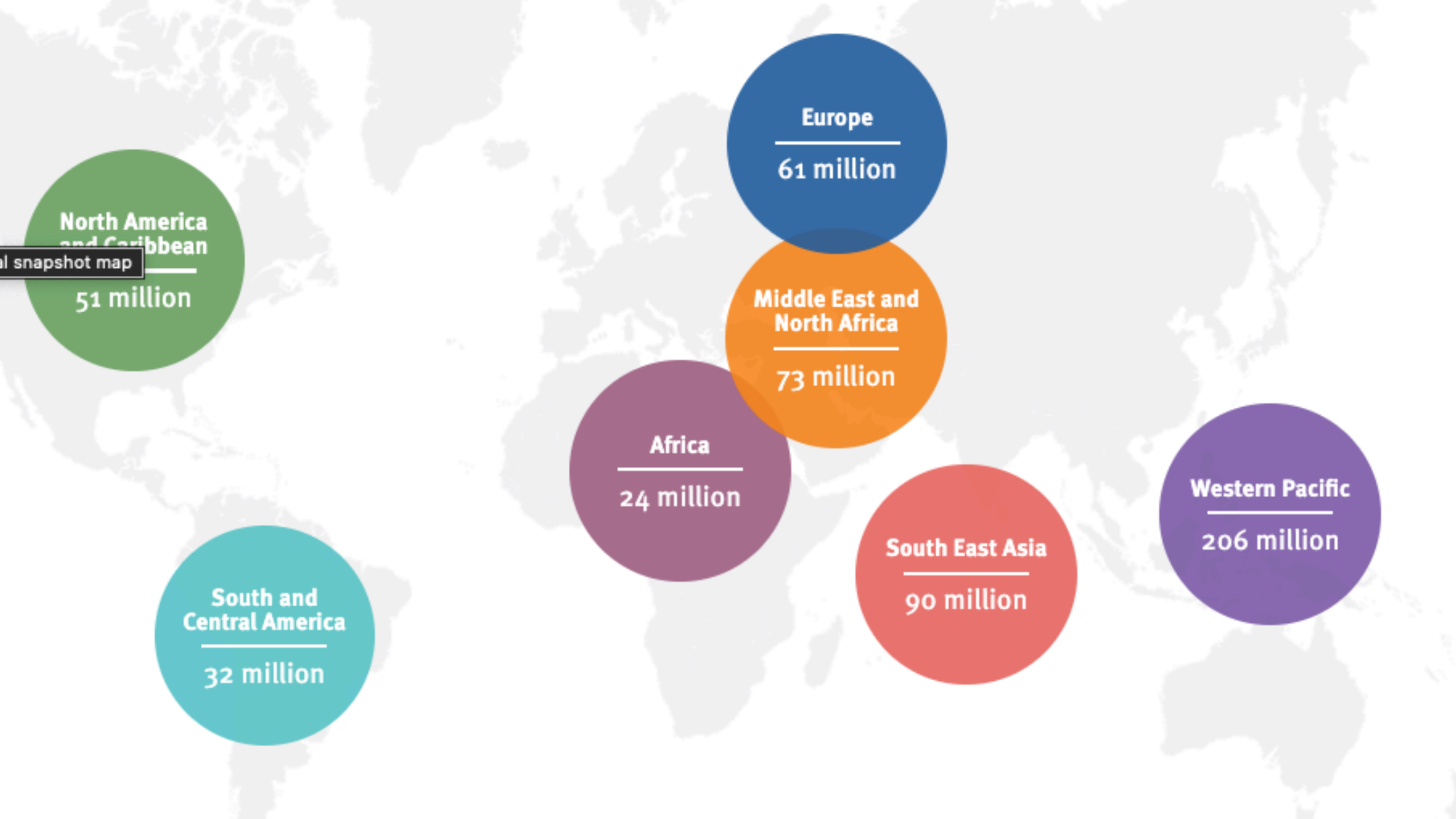
Prediabetes

- **Total:** 96 million people aged 18 years or older have prediabetes (38.0% of the adult US population)
- **65 years or older:** 26.4 million people aged 65 years or older (48.8%) have prediabetes

<https://www.cdc.gov/diabetes/data/statistics-report/index.html>

Diabetes is Exploding Worldwide

- ▶ Worldwide: 422 Million – 534 Million
- ▶ Thus, our Mission...
- ▶ <https://www.who.int/news-room/fact-sheets/detail/diabetes>
- ▶ <https://diabetesatlas.org/>



l snapshot map

**North America
and Caribbean**
51 million

**South and
Central America**
32 million

Europe
61 million

**Middle East and
North Africa**
73 million

Africa
24 million

South East Asia
90 million

Western Pacific
206 million

5 Pillars for Blood Sugar Success



Nutrition



Sleep



Stress
Management



Exercise and
Resistance
Training



Meal Timing



5 Pillars for Blood Sugar Success



5 Pillars for Blood Sugar Success



5 Pillars for Blood Sugar Success



5 Pillars for Blood Sugar Success



5 Pillars for Blood Sugar Success

When the 5 Pillars Are Ignored

- ▶ Heart disease
- ▶ Strokes
- ▶ High blood pressure
- ▶ Feet, poor wound healing, infections that don't heal, ulcers
- ▶ Eyes and vision loss, diabetic retinopathy, blindness
- ▶ Limb loss, gangrene
- ▶ Kidney damage & dialysis
- ▶ Neuropathy & nerve damage,
 - ▶ tingling and shooting pains, numbness (leads to injuries)
- ▶ Dementia & Alzheimer's Disease
- ▶ Immune system dysfunction

Brass Tacks

- ▶ Bottom line -

Let's take a deep breath...



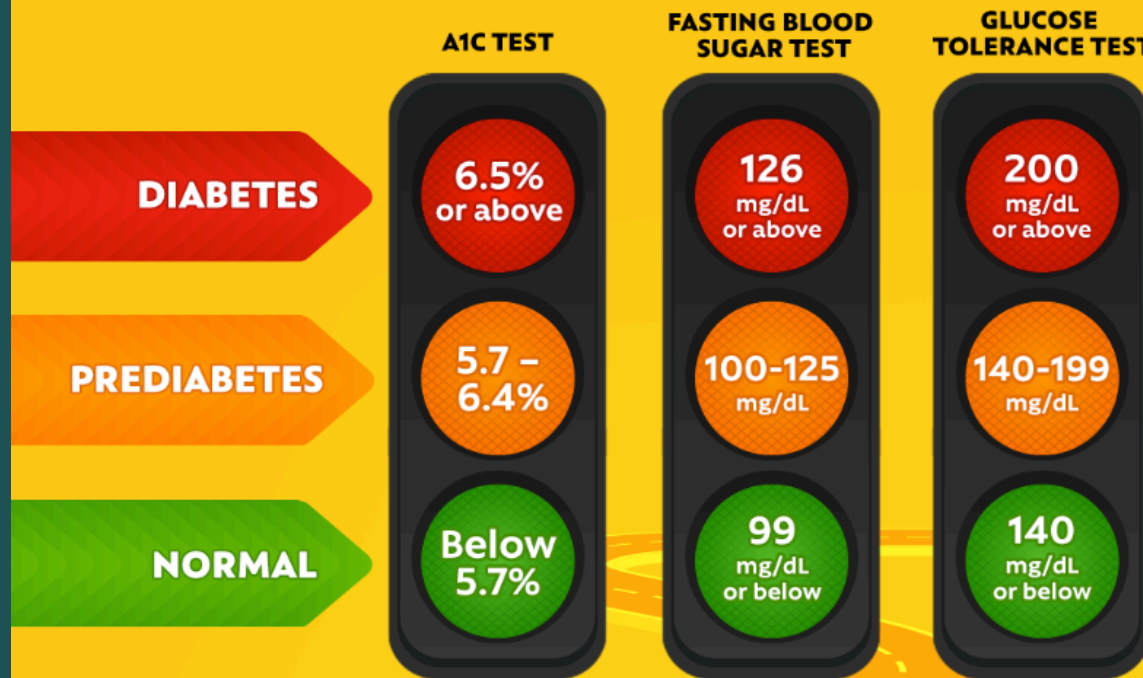
What is the Fasting Morning Blood Sugar #?

FMBS#

Healthy Range for Fasting Morning Blood Sugar #s

- ▶ 70 – 99 -- typical standard
- ▶ 70 – 85 -- ideal

THE ROAD TO TYPE 2 DIABETES



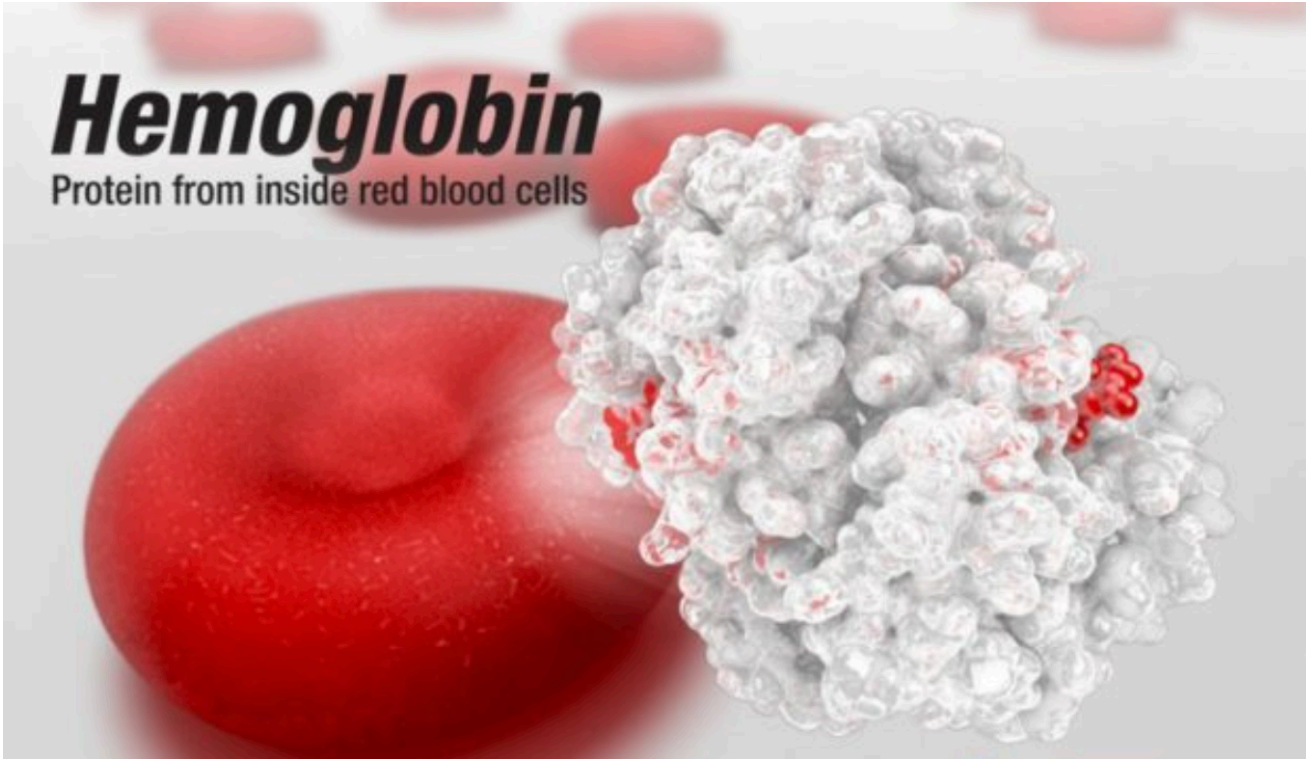
Source: American Diabetes Association

Why is the Fasting Morning Blood Sugar # Important ?

➤ No Denial

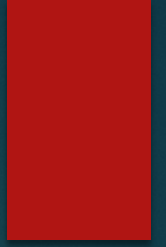
Hemoglobin

Protein from inside red blood cells

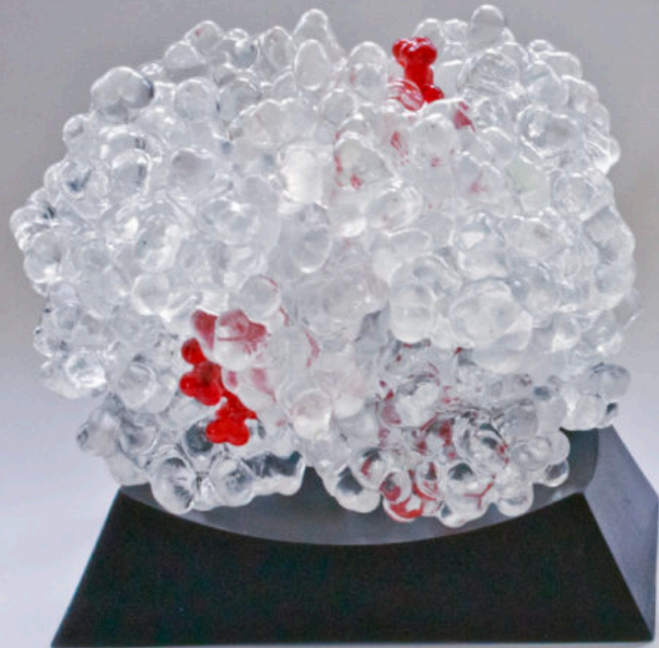


Why is the
Fasting
Morning Blood
Sugar #
Important ?

What Happens When FMBS# is Not in the Healthy Range



Normal Hemoglobin (Hb)



Hemoglobin transports four Oxygen molecules by binding to four Iron atoms inside each **HEME Group**.

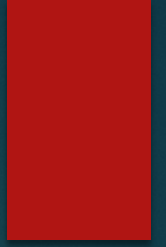
Glycated Hemoglobin (HbA1C)



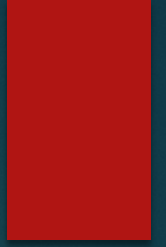
Glucose permanently binds to proteins like Hemoglobin after prolonged exposure to elevated blood sugar.

What Happens
When FMBS# is
Not in the
Healthy Range

What does the A1C # mean?



Why is the A1C # important?



Quick Quiz -- Which is quicker to change?





If you know
already or
guessed

- ▶ Fasting
Morning
Blood Sugar #

Here's Why

- ▶ FMBS# -- Can get in range in 4 – 6 weeks
- ▶ Amazing what you can accomplish in 4 weeks
- ▶ What's today's date? In 4 weeks from now, you can be in a very different place w.r.t. blood sugar #s
- ▶ Need a Roadmap

Roadmap

- ▶ Avoid confusion
- ▶ Gain clarity
- ▶ Eliminate feelings of overwhelm

Expert Guidance is Essential

- ▶ Training
- ▶ Skillset
- ▶ Tools, therapies, treatments
- ▶ Advice, recommendations

Experience

- ▶ I have over 30 years clinical experience
- ▶ I've helped 1,000s of patients

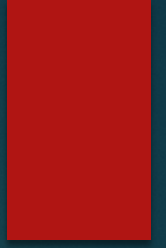
Here's what Happens When You Let This Fester

- ▶ Not my fave...



Let's take
a deep
breath

The #1 Thing You Must Do



Can You Relate to This?

- ▶ Is this happening to you?
- ▶ “Let’s just watch your numbers”
- ▶ Smoldering feeling of how much longer can I go on like this?
- ▶ Fatigue that is relentless
- ▶ Belly fat and menopause, andropause
- ▶ Metabolic syndrome
- ▶ VAGUENESS IS THE ENEMY
- ▶ Medical GASLIGHTING is REAL – don’t put up with it



Is Your Doctor Telling You This?

- ▶ You're stable, let's not change anything.
- ▶ Meaning: (This is the best you can do & I don't have faith in your ability to make needed changes to get to a healthy blood sugar range)
- ▶ Meaning: (They are saying they as a health professional do not know how to guide you to healthier blood sugar #s)



Let's take
a deep
breathe

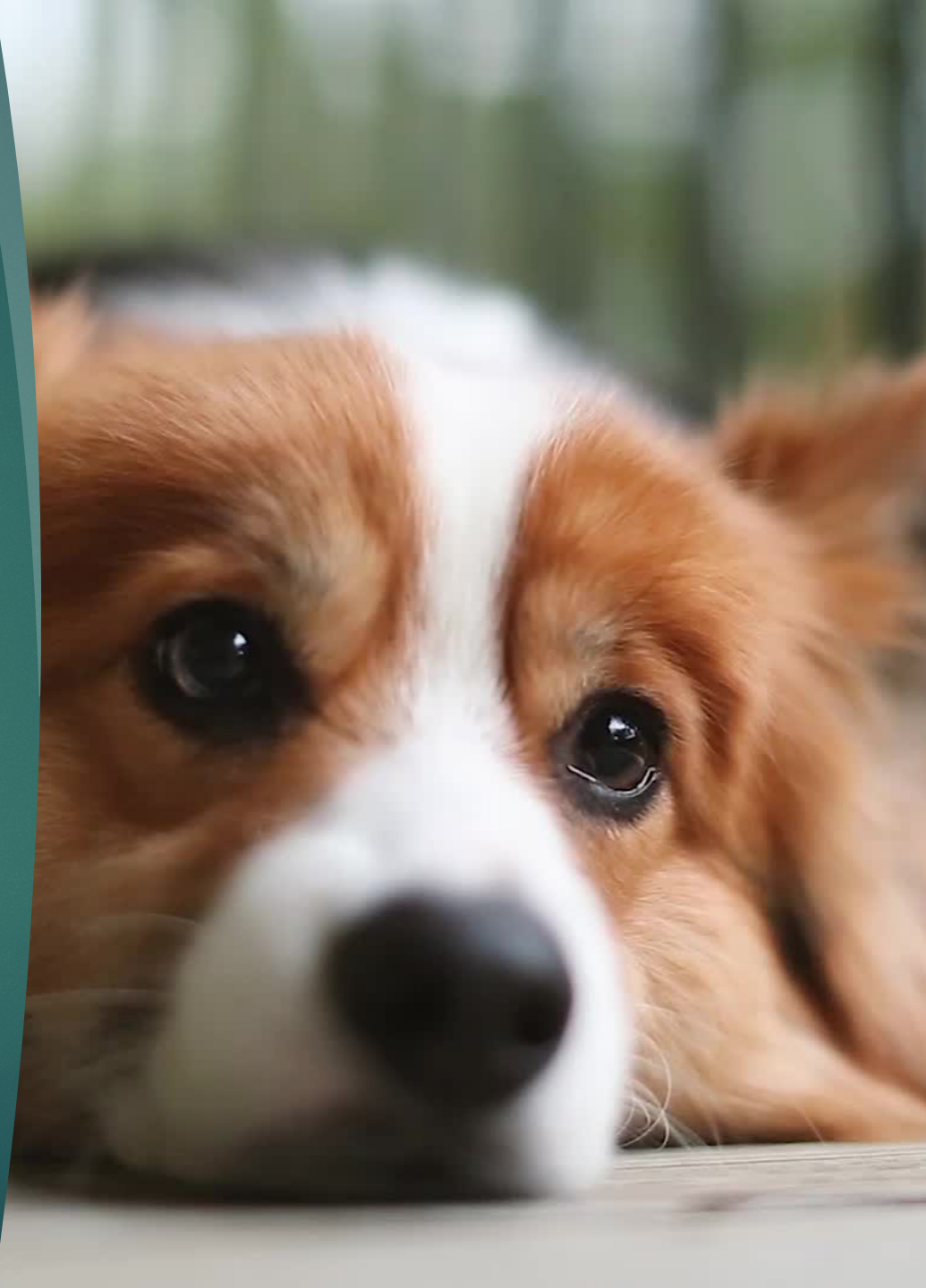
Is Your Doctor Telling You This?

“WHY DON'T YOU GOOGLE THAT?”



Being
Motivated to
Find Your
Own
Answers

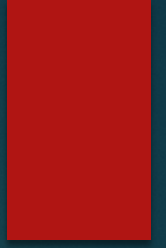
Why “Dr. Google” Isn’t Your Friend



Why “Dr. Google” Isn’t Your Friend

- ▶ Credible?
- ▶ Accountable?
- ▶ Reliable?

“Dr. Google” Can Lead to?



Confusion

- ▶ “Dr. Google” can lead to too many “answers”

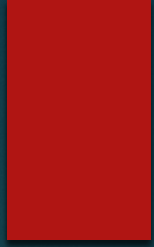
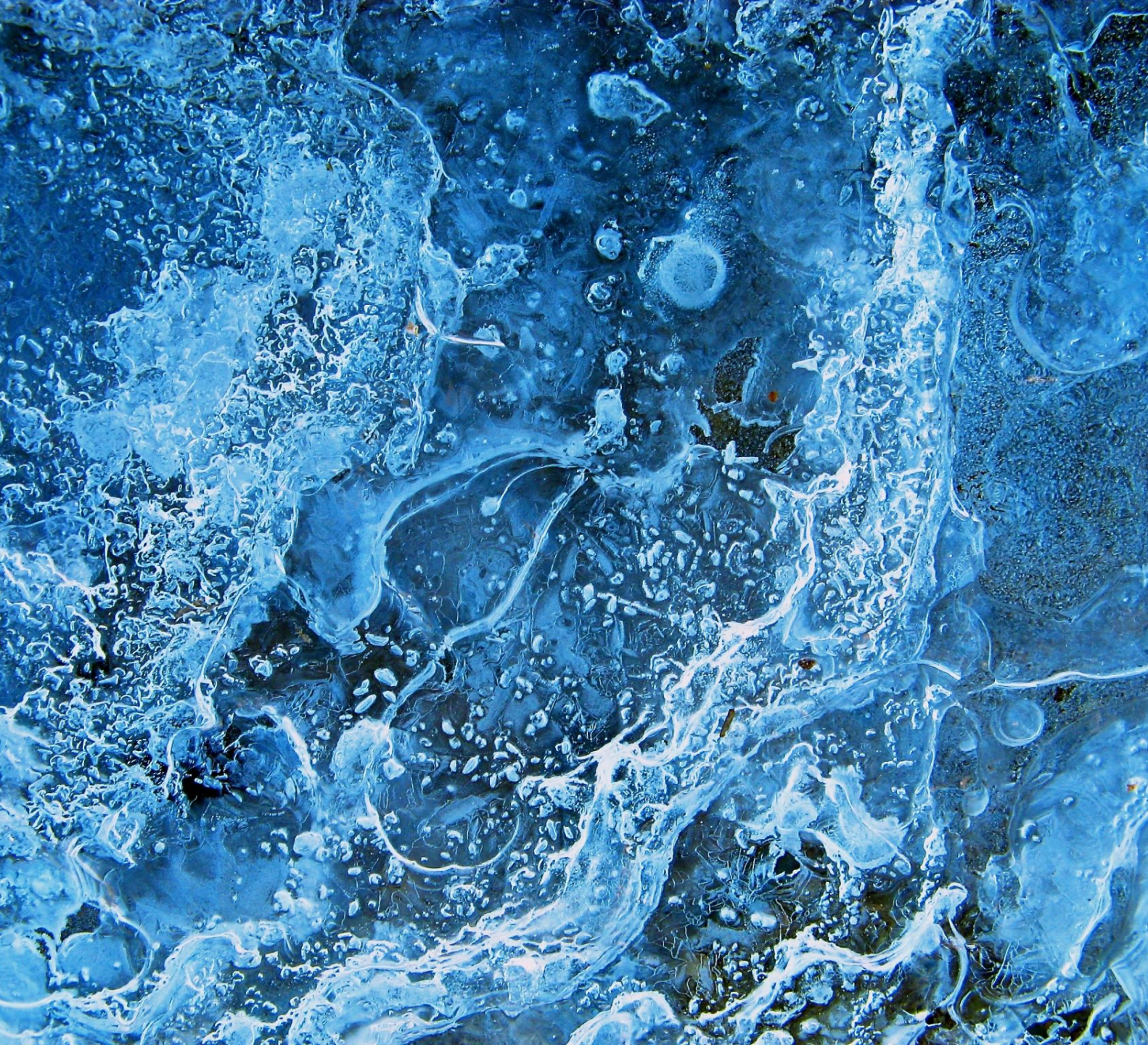




Overwhelm

Fear

- ▶ Trust issues...



Frozen

If You Do Nothing...

If You Want Healthy Fasting Morning Blood Sugar #s

- ▶ Expertise
- ▶ Results
- ▶ Process to Help You Do This

So Many People Struggle

- ▶ I am here to remove the barrier to your best life
- ▶ Your Oprah Moment
- ▶ Your “Ah ha!” and “Yee-haw”!
- ▶ Your happily ever after

Diabetes Decoded



► <https://drbeverlyyates.com/diabetes-decoded/>

Diabetes Decoded is Specific

- ▶ Best Practices to Achieve Healthy Fasting Morning Blood Sugar #s
- ▶ <https://drbeverlyyates.com/diabetes-decoded/>

Diabetes Decoded

► In 4 weeks You Can ...

► <https://drbeverlyyates.com/diabetes-decoded/>

Diabetes Decoded



- ▶ Accountability
- ▶ Online, group format
- ▶ Avoid feelings of isolation
- ▶ <https://drbeverlyyates.com/diabetes-decoded/>

Diabetes Decoded



- ▶ Hello Happy Morning Numbers
- ▶ Smile instead of Avoid Checking Fasting Morning Blood Sugar #s
- ▶ <https://drbeverlyyates.com/diabetes-decoded/>

Diabetes Decoded

▶ Quick Wins

▶ <https://drbeverlyyates.com/diabetes-decoded/>

Diabetes Decoded

- ▶ Improve Sexual Pleasure

- ▶ <https://drbeverlyyates.com/diabetes-decoded/>

Diabetes Decoded

▶ Enjoy More Energy

▶ <https://drbeverlyyates.com/diabetes-decoded/>

Enjoy Your Relationship with Food Again

- ▶ Cravings
 - ▶ Overeating
 - ▶ Grazing
 - ▶ Snacking that doesn't quit
 - ▶ Opening the fridge like it's an Olympic sport
 - ▶ The "See-Food" Diet. ;^)
-
- ▶ <https://drbeverlyyates.com/diabetes-decoded/>

Diabetes Decoded

▶ Stop Crashing, Start Healing

▶ <https://drbeverlyyates.com/diabetes-decoded/>

Diabetes Decoded

- ▶ Need a CGM? We can help, depending on where you live in the world.
 - ▶ Learn how to use, and have access to a CGM
 - ▶ Don't be intimidated by health data. We help you understand it, so it helps, not hinders
-
- ▶ <https://drbeverlyyates.com/diabetes-decoded/>

Week by Week Content Breakdown

WEEK	MODULE	TOPIC
October 18	Welcome Session	Mindset
October 20	Module 1	Nutrition Dos and Don'ts
October 25	Module 1	Live Q&A
October 27	Module 2	Sleep: The Final Frontier
November 1	Module 2	Live Q&A
November 3	Module 3	Stress Management Success
November 8	Module 3	Live Q&A
November 10	Module 4	Exercise and Resistance Training
November 15	Module 4	Live Q&A
November 17	Wrap Up	Celebration and Wrap Up

Course Highlights

Here's what you get as Bonuses

- ▶ When you enroll now

- ▶ <https://drbeverlyyates.com/diabetes-decoded/>

Bonus #1 - MINDSET

- ▶ This is where we begin
- ▶ Self-care
- ▶ Consistent Choices
- ▶ Actions

<https://drbeverlyyates.com/diabetes-decoded/>

Bonus #1 - MINDSET

- ▶ Progress, not perfection

- ▶ <https://drbeverlyyates.com/diabetes-decoded/>

Bonus #2 – Celebration & Wrap Up

- ▶ Community Acknowledgement

- ▶ Surprises – shhh!! 😊

- ▶ <https://drbeverlyyates.com/diabetes-decoded/>

Thank You for Your Time & Attention

► <https://drbeverlyyates.com/diabetes-decoded/>

Q & A

► <https://drbeverlyyates.com/diabetes-decoded/>