

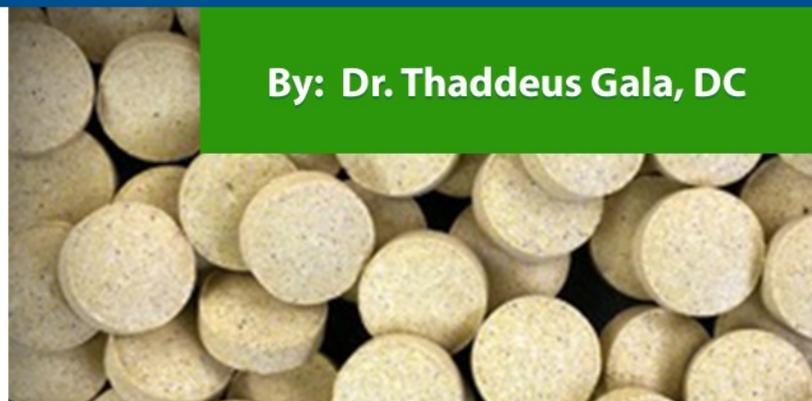


Reversing Diabetes

Starter Pack



By: Dr. Thaddeus Gala, DC



www.MyDiabeticSolution.com

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A Note From Dr. Gala

Welcome and congratulations! You have just taken a first crucial step towards reversing your disease and experiencing the true "Wealth of Good Health"... a step many people will never take. Just the fact you have leaned forward and taken action puts you in a much higher success bracket of becoming known as a former diabetic. Trust the process and relax, everyday you will be getting healthier by following the tips, secrets and reminders we have outlined. We have worked hard so you don't have to in making these next steps a reality. While a journey of a thousand miles begins with a single step, we are with you ... every step of the way!



Sincerely,

Dr. Thaddeus Gala

A handwritten signature in black ink that reads "Thaddeus Gala, M.D.". The signature is fluid and cursive, with a large, sweeping initial "T" and "G".

How This Program Works

This program is a 28-day program that is served primarily online (through email and on the MyDiabeticSolution.com website). It consists of 4 weekly lessons that focus on one area of Diabetes reversal. Each lesson builds on the previous so we will start slow and gradually increase as the week's progress.

The weekly emails will contain a link to a video from Dr. Gala as well as links to download that weeks recipes, tracking logs and shopping lists. You are encouraged to watch the videos and download the materials as soon as you receive them so that way you can stay on track with the program.

** The tracking logs do not change from week to week so if you'd like to print 4 copies in week #1, you won't have to worry about those anymore.*

In addition to these weekly emails from Dr. Gala, you will also be receiving correspondence for Melonie (AKA "Mom"). Melonie will be keeping up with you during the 28 day course and providing some additional hints, tips and even a few of her favorite recipes.

Your first email is on its way right now and should be waiting for you in your inbox.

Week 1

Protein is your friend! Remember the focus is reducing inflammation and protein is very powerful in this arena. Following this outline will help you fast track your progress in reversing diabetes so you can reduce or eliminate your medications, lose weight and improve your energy levels.

Why Protein?

1

Metabolism

Protein speeds up your metabolism, burns fat and melts the pounds away. Protein has a higher thermic effect compared with sugar or fat. Meaning that, eating protein forces your



body to burn calories just by eating it. Your body processes and stores fat and sugar with ease, which leads to weight gain and increased inflammation. However, consuming and processing protein takes your body more energy which leads to beneficial weight loss and a reduction of inflammation.

2 Aids Weight Loss

As most of us struggle with losing weight and keeping it off. Your body soaks up carbohydrates (sugar) and fat which adds to that soft squishy area around your waistline. Protein is not stored like carbohydrates or fats. Meaning, it is difficult to impossible to gain fat mass when consuming lean healthy protein. Any weight gain from eating protein is largely from increased muscle mass and strength improving!



3 Protein Every Meal

Ideally a serving of protein every meal will help keep your body in balance and satiated. Meaning that, you will eat less, reduce cravings and feel full (satiated). You shouldn't feel hungry on this program. If you do feel hungry then you are doing something wrong. If you are hungry, eat more lean protein.

4 Lean Protein (trimmed of visible fat)

Avoid: Chicken and turkey *with* skin, hamburger and processed meats from the store such as sausage and bacon that are high in fat.

Include: Chicken and turkey *without* skin, lean cuts of beef trimmed of visible fat, wild game, egg whites and most seafood including fish and shrimp.

5 25% Plate Rule (can be up to 35-50%)

Be sure your plate is covered with at least 25% lean protein. Over 25% is okay, but avoid less than 25%. In the off chance you get too full, don't get hung up on feeling like you have to fill a full plate and finish it all. Think of ratios rather than the size of the plate. So, if you have a small snack plate, you still want to aim for a min of 25% lean healthy protein.

6 Grass Finished

If you can get grass finished...great!. This meat will really help fast track inflammation resolution. Meaning, grass finished meat will help reduce pain, heal the pancreas and start reversing chronic disease due to the specific omega-3 fats that are in grass finished as well as other micronutrients powerful for healing. Don't be misled by grain finished or grain

fed. Ideally, confirm with the restaurant or butcher that you are wanting grass fed & grass finished. If you can't afford that type of meat, focus on the leanest of meats as possible and at a min supplement with omega-3. There are other health benefits to grass finished meats besides omega-3 fats, but that is for another lesson.

7 Wild Game

This is by far the healthiest and best meat for reversing disease, improving energy and losing weight. Wild fish and game meat is lean, low in fat and is full of micronutrients necessary for reversing diabetes and disease.

8 Omega-3 Eggs

Look for specific "Omega-3" eggs in the grocery store. They are in virtually every market now and are much better than grain fed chicken eggs. Ideally, get your eggs from a local farmer that allows free range in grass or pasture.



9 Building Blocks For Pancreas Healing

Protein includes the building blocks called amino acids necessary for healing the pancreas, joints, cartilage, cells and the body in general. In order to heal and reverse issues with eyes, nerves, kidneys, joints, heart and brain, the body needs amino acids, or protein, in order to heal and recover.

Some people have heard that too much protein can damage the kidneys. If you are under dialysis or having kidney issues, as with any changes to your diet, it is good to discuss with your physician prior to making changes. As with patients that we work with including follow up labs, we find most people that follow the outline we discuss will see improvements in kidney function when we do follow up labs

Key points for reversing diabetes with *Protein*

1. Speeds up metabolism
2. Aids weight loss
3. Protein every meal

4. Lean protein (trimmed of visible fat)
5. 25% plate rule (can be up to 35-50%)
6. Grass finished
7. Wild game protein
8. Omega-3 eggs
9. Building blocks for pancreas healing

Don't forget to download the e-book and re-watch any of the videos while you are making these initial changes. Having extra notes pages and grocery lists handy is important as well. Having an entire week at a glance meal plan outlined printed off on the refrigerator is a great step to ensure success!

Q & A

<p>Q: Dr. Gala, give it to me straight...what is the simple most important action step I need to succeed from this lesson?</p>	<p>A: Have your plate be 25-35% covered with lean protein each meal.</p>
<p>Q: What if I can't eat that much?</p>	<p>A: Get a smaller plate.</p>

For the next week focus on 25-35% of your plate being lean healthy protein. You will find your fasting blood sugars will drop, your inflammation will reduce and vast majority experience an increase of energy (about 5-10% notice a slight dip in energy initially).

Every day you have the choice to get healthier or sicker. As you start making changes, you won't need to look for health results, rather, you won't be able to miss them... Keep up the good work and you too can be the next testimonial.

*"Dr. Thad Gala,
Thank you again for
my exceptional
results in your
Wellness Program."*

- Ted J., Hawai'i

Week 2

Welcome back to the next steps in your healing process. Today we are talking about why vegetables are not only your friend but will help you fast track inflammation reduction. Remember the focus is reducing inflammation and vegetables, similar to protein, are very powerful in this arena. Following this outline will help you expedite your progress in reversing diabetes so you can work towards reducing and eliminate your medications, lose weight and improving your energy levels.



Why Vegetables?

1 Supports Metabolism And Weight Loss

Similar to protein, eating vegetables teaches your body to burn fat and boost metabolism. Being high in fiber helps make you feel full which keeps you from overeating or eating pro inflammatory fats and sugars.

2 Low Glycemic Index/Load

Vegetables do not put a strain on your pancreas like sugars and starches or your liver like dietary fat. Vegetables allow the pancreas to rest and heal. Over a few days or weeks, most people are able to cut back on their first round of medications as their body and pancreas strengthens. Allowing your pancreas to take a breath and relax is important so it can get back in the game. Vegetables also help improve insulin sensitivity so your body is able to burn any sugars you do eat more easily and bring your A1C and fasting blood sugars down.

3 Reduces Inflammation

Pain, arthritis, Alzheimer's, diabetes, heart disease and cancer all have inflammation as a driving force. We know that vegetables are full of anti-inflammatory chemicals and enzymes vital for healing and reversing the disease process such as omega-3 fats.

4 Contains Fresh Factors

Fresh factors refer to chemicals found in abundance in fresh un-cooked or lightly cooked foods. Vegetables contain certain enzymes and other healthy chemicals that help with digestion, regular bowel movements and healing nerve and eye damage. Lightly steaming or cooking can be okay. Keep in mind the more often you have raw salads and

vegetables the more nutrients you are providing your nerves, joints, eyes, kidneys and pancreas the necessary components to heal. If you do like cooking that is fine, try to work in more raw or lightly cooked servings when possible.

5 High in Vitamins/Minerals

Grains and seeds don't hold a candle to vegetables on a per calorie basis when it comes to vitamins and minerals. We know there are many vitamins and minerals crucial for a complete process. Vegetables contain plenty of these complete nutrients naturally. Grains and seeds do not, which is why big commercial companies have added vitamins and minerals to the dough prior to cooking. Ever notice the term "Enriched" or "Fortified" on the ingredient list of cereal or flour products? This means the company added a multi-vitamin to the dough prior to cooking.

6 High In Anti-inflammatory Bioflavonoids

Bioflavonids refer to the anti-inflammatory and healing effects contained in the color of vegetables. Ever notice the color difference between the bulk grain/seed section and the produce section? Nearly all flours are a light brown to white and have little of the healthy anti-oxidant qualities that are plentiful in vegetables. The color of vegetables is what gives plants protection against free radical, sun damage and inflammation, and when eaten, these colors offer the same protection our bodies. Which is why, vegetables help with improving skin texture, color and tone, hair, nails as well as chronic disease including cancer and diabetes.

Key points for reversing diabetes with *Vegetables*

1. Supports Metabolism and Weight Loss
2. Low Glycemic Index/Load
3. Reduces Inflammation
4. Contains Fresh Factors
5. High in Vitamins/Minerals
6. High in anti-inflammatory Bioflavonoids

Don't forget to download the e-book and re-watch any of the videos while you are making these initial changes. Having extra notes pages and grocery lists handy is important as well. Having an entire week at a glance meal plan outlined printed off on the refrigerator is a great step to ensure success!

Q & A

Q: Dr. Gala, give it to me straight...what is the simple most important action step I need to succeed from this lesson?

A: Have your plate be 75% covered with non-starchy colorful vegetables each meal.

Q: What if I can't eat that much?

A: Get a smaller plate.

For the next week focus on 75% of your plate being colorful vegetables. Stay away from grains and seeds. You will find your fasting blood sugars will drop, your inflammation will reduce and vast majority experience an increase of energy (about 5-10% notice a slight dip in energy initially). There are some vegetables that will get you there faster-initially, avoid vegetables such as carrots, squash, beets, peppers, yams, sweet potatoes and tomatoes. Include vegetables such as lettuces, cilantro, garlic, herbs, onions, broccoli and celery.

Every day you have the choice to get healthier or sicker. As you start making changes, you won't need to look for health results, rather, you won't be able to miss them... Keep up the good work and you too can be the next testimonial.

"18 month foot injection completely resolved after 2 weeks of nutritional changes. I have cut my insulin in half! The program really does work!"

- Philz Z., Oregon

Week 3

Welcome back to the next steps in your healing process. Today we are talking about why supplements are not only crucial for helping not only reduce inflammation but healing your body faster than nutrition alone. A key point to remember is that supplements are micronutrients found naturally in nature that help your body rebuild. As opposed to medications, which are not naturally occurring, are formed in a lab and force your body into a dangerous chemical imbalance. Which, is why drugs such as metformin have a history of killing people and that this risk increases as accumulation of the toxins builds up with each dose. Following this outline will help you expedite your progress in reversing diabetes so you can work towards reducing and eliminate your medications, lose weight and improving your energy levels.



Key Point

- Supplements are very different than medications.
- Supplements: naturally occurring and help your body self regulate and heal
- Medications: formed in the lab by major corporations that force your body into a dangerous chemical imbalance.

Why Supplements?

1

Vitamins

Finding a good multi-vitamin is crucial and many researchers, including myself, believe that it could very well save your life. If you are male or postmenopausal, focus on iron free multi-vitamins. Find a good quality company you trust that is easily absorbed. If you have questions on quality, check our list of resources (insert link to our supplement product page/shopping cart) for a company we believe is one of, if not the best out there.

2

Minerals

Finding a good quality multi-vitamin will cover most of the mineral requirements. However, if you want to be proactive, magnesium and calcium with vitamin K is important

for everyone, especially if you are female and imperative once you are past 50 years of age. (Be sure to talk to your physician before taking vitamin K if you are taking blood thinners)

3 Antioxidants

This is a variety of protective anti-inflammatory chemicals naturally found in plants and concentrated in a capsule or tablet form. This helps with skin health, complexion, slowing the aging process, cancer prevention and diabetes. Antioxidants protect plants from free radical or sun damage and does the same for our bodies. These supplements are usually a brown or white color.

4 Bioflavonoids

Bioflavonoids are similar to antioxidants but more related to the color of concentration of plants. These supplements are usually bring in color.

5 Cellular Function

Overall, by getting these crucial necessary micronutrients we give our body what it needs to heal and reverse symptoms and ultimately disease. Think about building a house. To an untrained eye, many kids may look and think it only takes lumber, siding and sheet rock for a house to go together. However, once we take a closer inspection, we see fasteners such as nails, screws, glue, etc that hold everything together. Macronutrients are your proteins (such as your framing) and micronutrients include supplements (nails and screws) that hold everything together. So, we know that supplements are crucial for your cells to function properly. **For instance, just considering the mineral magnesium alone we know is imperative to have at the correct dosages for over 500 proper cellular functions! Wow**

Key points for reversing diabetes with *Supplements*

1. Vitamins
2. Minerals
3. Antioxidants
4. Bioflavonoids
5. Cellular Function

Q & A

Q: Dr. Gala, give it to me straight...what are the simple most important action steps I need to succeed from this lesson?

1. **Fish Oil (2-5,000mg EPA/DHA)**
2. **Vitamin D (5-10,000IU)**
3. **Pro-Biotic**
4. **Anti-oxidant**
5. **Chromium**

For the next week, focus getting stocked up on your supplements and getting in the habit of taking them everyday. Stay away from fillers such as soy or other unknown or unrecognized sources when reading labels. This will help get your body, like a swimming pool, back into a healthy chemical balance naturally much faster than nutrition alone. This will help you reduce your need for medications, reverse diabetes and symptoms of neuropathy, pain and arthritis. Most importantly, it will help bring your inflammation down.

* Remember, there is little oversight on supplement company product verification. Do your research to be sure what you are getting what is printed on the label.

Every day you have the choice to get healthier or sicker. As you start making changes, you won't need to look for health results, rather, you won't be able to miss them... Keep up the good work and you too can be the next testimonial.

“Lost 28lbs in two months. Already cut medications in half and blood sugars have dropped to below 120. Energy level and golf game has improved quite a bit!”

- Wayne T., Oregon

Week 4

Don't Panic!

Before you stop reading, wait just a moment.

In this lesson, yes, we are going to talk about exercise. However, this isn't what you think. While everyone agrees exercise is important, new research shows that the Minimum Effective Dose (MED) has been re-evaluated and new guidelines are coming into light that will make you very happy. Long gone are the days of hours of sweating in the gym. We know now there are easy, simple and quick ways to get the health benefits of exercise without all the hard work.



Why Exercise?

1 Don't Panic!

Many health benefits can come from minimal time and effort. Don't become overwhelmed.

2 Why Exercise?

Exercise helps speed up the healing process and metabolic rate to help fast track the healing and weight loss process. Think of an algae filled pond vs a clean flowing stream. Movement and exercise helps flush out the gunk and toxins and replacing your cells and pancreas with healthy nourishment from your new dietary and supplement choices. While health is 80% nutrition and 20% exercise, remember that exercise will speed up your nutrition and supplement absorption by up to 200%!

3 What Is Exercise?

Exercise is anything that creates movement and gets your blood moving. Starting small is better than nothing at all. Even 1min a day is better than 0min a day. You don't have to run or go to the gym to be healthy. If you want to great! But, focus on things you enjoy.

This includes:

- Walking
- Running
- Swimming
- Water Aerobics
- Biking
- Bowling

- Running
- Dancing
- Hiking
- Yoga
- Chair Yoga
- ANYTHING FUN!

Ultimately, every 10-20 min be moving and doing something. Start small and go from there. Meaning that, if you sit all day, try to get up out of your chair and sit back down. If you can walk 5-10min, start with some light jogging 30sec intervals mixed with your walking. Focus on where you are now and simply increase to the next level.

Intensity Is The Most Important

Focus on short bursts and starting with 5-15min daily 3-5x's weekly. Remember, start where you feel comfortable and increase from there.

Q & A	
Q: Dr. Gala, give it to me straight...what are the simple most important action steps I need to succeed from this lesson?	5-15min daily of fun activity!

Every day you have the choice to get healthier or sicker. As you start making changes, you won't need to look for health results, rather, you won't be able to miss them... Keep up the good work and you too can be the next testimonial.

"I didn't think it was possible as vegetarian. I was able to reverse my disease and get off all medications!"

- Manjula P., California

How'd You Do?

Ultimately we'd like to see 100% participation in the program but we do understand – sometimes things happen. The thing we need to understand is that your results are going to be directly related to how well you stuck to the program.

To see how you did - Take your tracking log values from day 28 and compare them to day 1.

Did you see a loss in weight?

What has happened to your Fasting glucose numbers?

Chances are, they are both lower than where they were 28 days ago.

Please make sure you hold on to these results – we'll be in touch shortly to follow up on your progress.



Next Steps

Your next steps depend on how you feel about the results you've received by yourself in the first 28 days. Remember, this isn't like a short term diet – what you've been working on over the last 28 days is adopting a healthier lifestyle.

If you've gotten the results you were looking for and feel confident in moving forward by yourself – then we've done our job. Congratulations.

If you feel like you could use a little more support on your journey, MyDiabeticSolution.com is here to help you with a variety of programs and support options to help you live the life you deserve. From monthly maintenance and new recipes in our web membership to one-on-one health coaching in our Medford, OR facility – we have the tools that you need.





Weekly Tracking Log

Dates: _____

	Fasting Glucose	Morning Weight	Daily Protein Intake	Exercise	Medications
Monday	TIME: _____ LEVEL: _____	TIME: _____ WEIGHT: _____	Breakfast Y / N Lunch Y / N Dinner Y / N Snacks Y / N Type _____	TYPE: _____ DURATION: _____	Oral / Inject _____ Oral / Inject _____ Oral / Inject _____ Oral / Inject _____ Brand _____ Dos. _____
Tuesday	TIME: _____ LEVEL: _____	TIME: _____ WEIGHT: _____	Breakfast Y / N Lunch Y / N Dinner Y / N Snacks Y / N Type _____	TYPE: _____ DURATION: _____	Oral / Inject _____ Oral / Inject _____ Oral / Inject _____ Oral / Inject _____ Brand _____ Dos. _____
Wednesday	TIME: _____ LEVEL: _____	TIME: _____ WEIGHT: _____	Breakfast Y / N Lunch Y / N Dinner Y / N Snacks Y / N Type _____	TYPE: _____ DURATION: _____	Oral / Inject _____ Oral / Inject _____ Oral / Inject _____ Oral / Inject _____ Brand _____ Dos. _____
Thursday	TIME: _____ LEVEL: _____	TIME: _____ WEIGHT: _____	Breakfast Y / N Lunch Y / N Dinner Y / N Snacks Y / N Type _____	TYPE: _____ DURATION: _____	Oral / Inject _____ Oral / Inject _____ Oral / Inject _____ Oral / Inject _____ Brand _____ Dos. _____
Friday	TIME: _____ LEVEL: _____	TIME: _____ WEIGHT: _____	Breakfast Y / N Lunch Y / N Dinner Y / N Snacks Y / N Type _____	TYPE: _____ DURATION: _____	Oral / Inject _____ Oral / Inject _____ Oral / Inject _____ Oral / Inject _____ Brand _____ Dos. _____
Saturday	TIME: _____ LEVEL: _____	TIME: _____ WEIGHT: _____	Breakfast Y / N Lunch Y / N Dinner Y / N Snacks Y / N Type _____	TYPE: _____ DURATION: _____	Oral / Inject _____ Oral / Inject _____ Oral / Inject _____ Oral / Inject _____ Brand _____ Dos. _____
Sunday	TIME: _____ LEVEL: _____	TIME: _____ WEIGHT: _____	Breakfast Y / N Lunch Y / N Dinner Y / N Snacks Y / N Type _____	TYPE: _____ DURATION: _____	Oral / Inject _____ Oral / Inject _____ Oral / Inject _____ Oral / Inject _____ Brand _____ Dos. _____

Shopping List

Refer to this list before going grocery shopping to help stay on track with the meal plan and to get new ideas and to diversify your diet.

Protein

- Bison
- Shrimp
- Turkey _____
- Cod
- Snapper
- Crab
- Salmon
- Pork _____
- Tuna
- Steak _____
- Chicken _____
- London Broil/Roast
- Ground Beef
- Can: Tuna
- Can: Turkey
- Can: Chicken
- Eggs
- Anchovies

Canned Veggies

- Mushrooms
- Olives
- Green Chiles
- Salsa _____
- Tomatoes _____
- Artichoke Hearts
- Sundried Tomatoes

Frozen Foods

- Blueberries
- Raspberries
- Strawberries
- Broccoli
- Spinach

Fresh Fruit

- Avocado
- Blueberries
- Cantaloupe
- Lemons
- Limes
- Raspberries

- Strawberries

Other

- Almond Flour, pure
- Coconut Flour, pure
- Herbal Tea _____

Fresh Veggies

- Artichokes
- Asparagus
- Basil
- Bok Choi
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Cucumbers
- Garlic
- Ginger Root
- Jicama
- Kale
- Leeks
- Lettuce _____
- Mushrooms
- Onions
- Parsley
- Peppers _____
- Radishes
- Rosemary
- Rutabaga
- Spinach
- Squash _____
- Zucchini
- Tomatoes _____
- Turnips

Condiments/Oils

- Olive Oil
- Coconut Oil
- Coconut Aminos

- Beef Broth, low sodium
- Chicken Broth, low sodium
- Mustard
- Liquid Stevia
- Vanilla Extract
- Vinegar _____

Dairy Replacement

- Almond Milk, unsweetened
- Coconut Milk, can, unsweetened

Nuts

- Almonds
- Almond Butter
- Macadamia Nuts
- Pecans
- Pistachios
- Walnuts

Dried Herbs & Spices

- Allspice
- Anise
- Arrowroot
- Basil
- Bay Leaves
- Cayenne
- Chili Powder
- Chives
- Cilantro
- Cinnamon
- Cloves
- Dill
- Garlic Powder
- Ginger Powder
- Italian Herbs
- Lemon Pepper
- Nutmeg

- Onion Powder
- Oregano
- Paprika
- Parsley
- Black Pepper
- Rosemary
- Sage
- Sea Salt
- Salt Substitute
- Tarragon
- Thyme

Alternatives

- Deer
- Rabbit
- Bear
- Moose
- Elk
- Duck
- Goose
- Quail
- Trout
- Bass
- Halibut
- Lobster
- Walnut Oil
- Avocado Oil
