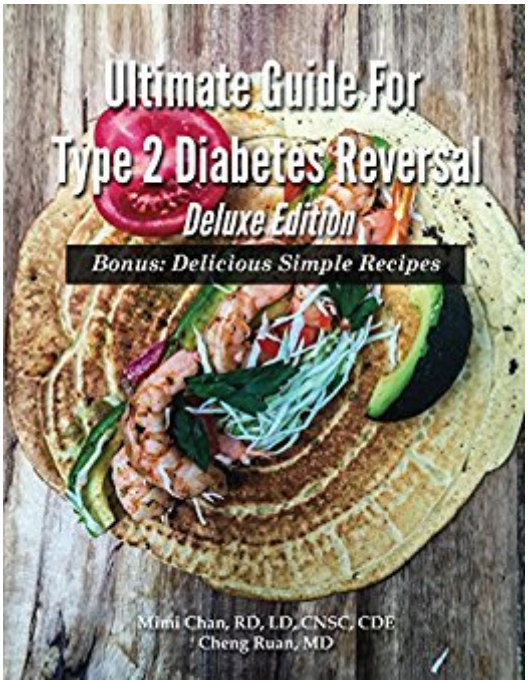
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Ultimate Guide For Type 2 Diabetes Reversal Deluxe Edition



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Synopsis

A full color recipe book with an easy to follow Type 2 Diabetes reversal and Prediabetes reversal eating plan developed by Dr. Cheng Ruan, MD and Mimi Chan, RD LD CNSC CDE. This program is not designed to be a temporary diet. It is designed for someone with Type 2 Diabetes (or prediabetes) to learn a system of eating where you can have permanent success. Learning what foods can work for you by understanding how it affects your body is the foundation to establish permanency in behavioral changes. Rather than telling you a detailed system of what to eat and the quantity, we have devised a way where itÃ¢â ¬â„¢s easier. Three of the six layers of foods are unlimited. In fact, there are minimum quantities to eat daily. For those who have poorly controlled diabetes, we created a sliding scale eating system. Depending on what their blood sugars are that morning, they utilize different portions or different partitions of each of the categories of food. That will likely impact the next morningÃ¢â ¬â„¢s blood sugar which hopefully will become lower by the way you eat the day before. And the lower your blood sugar becomes, the more youÃ¢â ¬â„¢re allowed to have cheat meals. It becomes a reward system that's designed for success. They are rewarded by lower blood sugars and more cheat meals if they keep the blood sugars low. But if the blood sugars become higher the next morning, some elements of the program are restricted. Surprisingly, what weÃ¢â ¬â„¢ve noticed is that people do not opt for the cheat meals anymore because their reward, instead of being food, becomes the lowered blood sugar results. Therefore, since they donÃ¢â ¬â„¢t want their blood sugars to go up again, they naturally avoid cheat meals.Following this plan, most have succeeded in fat loss (even without exercise), lowered triglycerides, lowered Hemoglobin A1C, and improved energy and vitality!This book was created with the focus of humans in mind. Humans, from the time we wake to thetime we go to sleep, seek reward every second we are awake. Whenever we seek reward, we tend totake it from wherever we can get it. Throughout modern times, a reward became food. As food became readily available, we transitioned to seek food that are rich in sugar and processed sugar. When processed sugars became cheaply made and easily available worldwide, the epidemic of Diabetes began.As humans, we cognitively understand what we need but we still feed into our instincts and desires. We understand there are things that are healthy and unhealthy for us. Yet, more often than not, we continue to make choices that are deemed bad. Why is that? Why do we keep making these choices if we understand that whatever weÃ¢â ¬â„¢re doing can be damaging to our body? Why do smokers continue to smoke, knowing that it is a major contributor of heart disease and strokes? Why do diabetics continue to eat sugary and high carb foods when they understand that it will raise their blood sugars, ultimately leading to organ damage and cardiovascular disease? Why is it that

we behavein such ways that may be detrimental to our health? The short answer is that itÃ¢â ¬â„¢s just something humansdo. Humans seek reward and this reward system can be so strong that, cognitively, we may not be ableto bypass it. The reward system is so strong it can become habitual behavior. Habits by definition are automatic,emotionless things that we do not think about when we act. Through certain formed habits, we feedinto our bodyÃ¢â ¬â„¢s deterioration. ItÃ¢â ¬â„¢s through these habits that we continue to suppress our own lifelonggoals because of this one defining attribute. We, humans, are addicted to instant reward andgratification.For more info, check out DustOffDiabetes.comand make sure to follow "Mimi Chan, Food Support" and "Dr. Cheng Ruan" on Facebook.

Book Information

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Customer Reviews

The print was blurry looking like a homemade book

Easy to read and follow program. Like that I can incorporate it right away.

Dr Ruan treats me for diabetes. I recommend the book and his suggestions for a healthier life style.

This book embodies the philosophies shared by Mimi Chan and Dr. Cheng Ruan to help patients make good choices for wholesome, tasty meals while "upholding quality of life". They explain in the Ultimate Guide for Type 2 Diabetes Reversal how habits and human nature play a challenging role in a patient's journey to reverse their diabetes. Dr. Ruan really does practice what he preaches and offers some practical (and often humorous) advice in this book. In addition, the recipes that are offered in this book are culturally diverse and include a wide variety of tasty choices to help keep you on track. If you are interested in reversing your type 2 diabetes, or simply want to change your habits and are ready to start eating for your health, you have found the right book!

Great low carb receipts from the get go. I thought I be missing out on my carbs but Dr. Cheng's guide allows me to continue a healthy and alternative meal plan without missing all the fun in eating. Half the meal plans are unlimited portions, and I can still have all the meats I want. As a physician who is very concerned with my own health, I highly recommend Dr. Cheng's book.

This book has made maintaining healthy eating habits so much easier for me. It's taken out a lot of the guesswork from planning and preparing healthy meals. Simple recipes and beautiful pictures to go along with. Some must tries are the shoyu eggs and the low carb bread!

Dear Dr Ruan,As an Ob/Gyn and husband of a diabetic, I found this book very enlightening and informative. Diabetes continue to affect many people's lives in the world but with the advice you have shared I strongly feel that many lives will be changed. Thank you for continuing to share with others, ways to reverse such a chronic disease. I look forward to placing several copies throughout my office.

The eating plan is easy to follow since 3 of the allowed sections have no max limits (including meat)! Simple concepts to follow, awesome investment!

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