

Resource 1

DIABETES TOOLKIT for turning around diabetes naturally.

And as I set about to deal with this great unknown of Type 2 Diabetes, I assembled a few resources. Like any job, managing diabetes requires a tool kit, and I created what I share below for myself. Feel free to use which parts you need.

I decided that I would not use medication or insulin, but if you are on medication, add your doctor's orders to your toolkit.

If I wasn't using medication, would did I use then? Here they are below.

And as you know, it worked.



Beef Sirloin and Sautéed Cauliflower

Tool 1 Journals and Spreadsheets

From the moment I was diagnosed, I jotted down every single measure in little notebooks and Excel spreadsheets—blood sugar readings, food, snacks, and drinks that I consumed, the exercise and duration. I can't emphasize enough that it was writing down what I ate and when I ate and seeing how it impacted my blood sugar levels that were the key success factors in reversing diabetes in seven months. I knew that if I didn't write it down I wouldn't remember what I consumed. When I wasn't at home I typed into my phone and transferred to my journals later. But I had to write it down immediately else I would have forgotten. Day after day I noted my food and drink and made connections between my intake and the result to my blood sugar and weight.

Date: _____

WAKEUP
TIME
BLOOD GLUCOSE LEVEL:

BEDTIME
TIME
BLOOD GLUCOSE LEVEL:

		FOOD & DRINK								
		CALO	PRO	FAT	CARBS	ADDED	FIBRE			
		REB	TEIN		(SUGAR)					
BEFORE	BREAKFAST							AFTER		
TIME:								TIME:		
BLOOD GLUCOSE:								BLOOD GLUCOSE:		
BREAKFAST TOTALS										
BEFORE	LUNCH							AFTER		
TIME:								TIME:		
BLOOD GLUCOSE:								BLOOD GLUCOSE:		
LUNCH TOTALS										
BEFORE	DINNER / SUPPER							AFTER		
TIME:								TIME:		
BLOOD GLUCOSE:								BLOOD GLUCOSE:		
DINNER / SUPPER TOTALS										
BEFORE	SNACK							AFTER		
TIME:								TIME:		
BLOOD GLUCOSE:								BLOOD GLUCOSE:		
SNACK TOTALS										
DAILY TOTALS										
MEDICATION:	INSULIN:	BLOOD PRESSURE:	EXERCISE:	SLEEP:	WATER:					
POSITIVE SELF-TALK:		NOTES:								

Tool 2 Flash Glucose Monitoring

I wore a FreeStyle Libre sensor on my arm and with the reader recorded every single blood sugar reading. I scanned before each meal, and one and two hours after eating or drinking I scanned again to gauge what reaction the food was having on my blood sugar. Some people may use finger stick or alternate method, but the key is to log your blood glucose level when you wake up, before meals and two hours after, and when you go to sleep.

It was a hard journey, discouraging at times, but mostly exhilarating as over the months I noticed the pattern between my foods and my blood sugar. I saw my blood sugars move towards normal.



Tool 3 Low-carb or Zero-carbs Food and Drink

The single biggest factor in ridding diabetes is what we put in our mouths. I kept a super strict lid on carbohydrates and added sugars, since those are the giant contributors of glucose in the blood. I missed the carbs but I kept my goal in front of me and that helped to resist them. I read labels, counted

calories and educated myself on hidden sugars. Knowing the nutrient count of each food helped me to choose the ones that raised blood sugars the lowest.



Tool 4 Food Scale

I bought a little scale from Amazon for \$20.00 and weighed my food portions in grams.



Tool 5 Fitness & Exercise

Moving my body was another key in ridding diabetes. I jogged outdoors when the weather was good but I was indoors for the majority of the time. I was diagnosed in the fall (September 29, 2021) but on the prairies of Saskatchewan there was snow in November. My fitness routine then was primarily on a treadmill, and on a little stool on which I stepped. Often I'd walk up and down the corridors of our house.

The temperature in winter ranged in the minus 20s and 30s Celsius, yet I had great success in turning around diabetes in this hostile, chilling environment. And I am convinced that anyone in any part of the world can become non-diabetic irrespective of climate or geography.



Tool 7 Words, Thoughts and People

Upon noting my thoughts and emotions, people and events, the correlation between these and my blood glucose level was astonishing. But I couldn't have known the relationship between diabetes and everything else if I had not kept a record. From the logs I picked out trends and patterns that were raising my blood sugar level. I saw how my everyday actions and interactions affected my blood sugar level negatively or positively. I then was able to change my reading and music choices, self-limiting beliefs and connections which were adding undue toxicity. For example, I was mostly absent from social media while I healed. You must look for patterns in your life and log and when you find them, actively increase the good and cast off the bad.



Tool 8 Books and Websites

I browsed websites and purchased books to track carbs, calories, and nutrition facts. (I give more detail of these in *SweetLife Diabetes Journal*.) One book is from CalorieKing. I read and cut out labels from boxes and packages which I kept in a pretty shoe box (you don't need expensive filing systems). Use the labels from the item you eat to note the serving size or weight of the food.

Tool 9 Support System

Type 2 diabetes requires a support system. You can't handle this alone. My support team comprised three people – my doctor, my husband, and the dietitian. Oh, and the cats! You can choose as many individuals as you like, just be careful that you are not receiving conflicting advice from well-intentioned persons.

Tool 10 Faith

I had faith that God would give me the strength to resist the temptations of food. The Bible was my go-to for the promises that God will heal me. I had the faith to believe that what He said in the Bible will be true for me. And it was. In fact, it is!

And I believe that you too can be healed of Type 2 diabetes.

Confused about macro nutrients and micro nutrients? I was too.

Be sure to check out my next post for resources on the terms associated with eating so you can know exactly how to feed your body and restore it to the beauty of being non-diabetic.

- Susan Harris

PS - These foods are all my pictures. I really ate a variety of foods.

