

# Heal Diabetes Naturally

FOLLOW THE BELOW GUIDELINE FOR 1 MONTH & THEN CHECK FOR CHANGES. GO FOR LONGER IF DIABETIC SYMPTOMS ARE INTENSE.

## CAN HAVE:

- Legumes; red peas, black beans, chickpeas, lentils, black-eyed peas, pinto beans, etc
- Seeds: pumpkin, sesame, sunflower, chia, flax
- Nuts: almonds, cashews, brazil, walnuts (maximum amount is a handful a day, brazil nuts are to be had in smaller quantities eg. 1 or 2 per day) **AVOID PEANUTS**
- Vegetables
- Tahini
- Oils: coconut, olive

## CANNOT HAVE:

- Caffeine
- Carbs: rice, pasta, bread, cakes, breads, potatoes (exceptions are spelt, kamut, millet, buckwheat or quinoa)
- Dairy
- Refined sugar: avoid completely!
- Fruits: avoid completely! (exceptions are blueberries, strawberries and cherries)

## OTHER IMPORTANT GUIDELINES:

- Eight(8) glasses of water per day
- Use Himalayan Pink Salt
- Exercise Daily (suggested type is "high intensity interval training" for eg. 30 sec sprint, 90 sec rest then 30 sec sprint - do this for 6 rounds)
- Have early nights
- Increase fiber in diet: more vegetable, less fruit



Disclaimer: No information given by A Vegan's Utopia is intended to serve as professional medical advice, diagnosis, or treatment. It is wise to seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.