

DIABETES

The REAL Cause and The RIGHT Cure

8 Steps to Reverse Type 2 Diabetes in 8 Weeks



DR. A New Scientific Approach
JOHN ON
HEALTH

JOHN M. POOTHULLIL, MD, FRCP

A QUICK-READ SUMMARY
OF THE 8 STEPS



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publisher@newinsightspress.com

IMPORTANT NOTICES

THIS BOOKLET IS A SUMMARY OF THE FULL BOOK,
DIABETES: THE REAL CAUSE AND THE RIGHT CURE
BY JOHN M. POOTHULLIL, MD, FRCP.

FOR FURTHER INFORMATION, PLEASE READ THE ENTIRE BOOK,
AVAILABLE ON AMAZON AND IN BOOKSTORES, AND IN KINDLE FORMAT.
THE FULL BOOK IS ALSO AVAILABLE IN SPANISH ON AMAZON.

**ALL DISCUSSIONS IN THIS BOOKLET CONCERN ONLY TYPE 2 DIABETES
IF YOU HAVE TYPE 1 DIABETES, PLEASE CONSULT A MEDICAL PROFESSIONAL.
THIS BOOKLET IS NOT FOR YOU.**

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INTRODUCTION



This book is a quick summary of the 8 steps to reverse Type 2 diabetes that are presented in my book, **8 Steps to Reverse Type 2 Diabetes in 8 Weeks**.

These 8 steps are based on new insight into Type 2 diabetes I developed after more than 20 years of research into the medical literature on hunger, satiation, and the cause of high blood sugar.

For nearly 80 years, it has been accepted that high blood sugar is caused by “insulin resistance,” a condition in which certain cells in the body are no longer sensitive to the presence of insulin and therefore these cells stop allowing glucose to enter the cells, leaving the glucose in the bloodstream, thus high blood sugar. According to this theory, insulin resistance is the cause of high blood sugar and eventually Type 2 diabetes if the condition persists. Moreover, patients often believe (and medical professional lead them to think) that such insulin resistance cannot be reversed once it starts. This sets off a chain of results, starting with taking oral medications, increasing the dosage, changing to stronger and stronger medications, and eventually giving oneself insulin injections before every meal.

However, you should be aware that the “insulin resistance” theory has never been proven as biological fact. The theory has not been able to explain why the loss of insulin sensitivity occurs, or by what biological mechanism it takes place. The theory cannot explain why younger and younger children are developing high blood sugar and diabetes. It cannot account for why thin people as well as overweight people develop diabetes. It fails to explain why some pregnant women develop gestational diabetes within 8 weeks of pregnancy and then, within days after giving birth, their diabetes disappears. In short, there are too many inconsistencies and logical leaps of medical science for us to continue believing in insulin resistance.

After critically examining 20 years of research, I have developed a new, more understandable explanation for the cause of high blood sugar and diabetes. It answers the questions above about younger and younger children developing diabetes, about thin and overweight people equally getting it, and about some pregnant women incurring gestational diabetes. My explanation for the cause of high blood sugar and diabetes also sheds light on why diabetes is spreading throughout the world, as millions more people are now developing it. And most importantly, my explanation for the cause of high blood sugar and Type 2 diabetes provides the answer to how it can actually be reversed. In short, I will show you how your diabetes can be “cured” if you follow the 8 steps in this book.

Here is the key to what you need to understand.

High blood sugar and diabetes are caused by the constant consumption of grains and grain-flour products more than what your body can utilize.

Your body’s natural process is to convert excess carbohydrate consumption, absorbed into the body as glucose from the intestine, into fatty acids to be stored as fat. Eventually, you fill your body’s fat cells, and when they reach their capacity, your fat cells become unable to accommodate any further fatty acids for storage. This event leaves the fatty acids in the blood, triggering your muscle cells to switch from burning glucose to burning those fatty acids.

The result: You end up with excess glucose accumulating in the blood, which leads to the diagnosis of high blood sugar, and eventually Type 2 diabetes.

This explanation about the real cause of diabetes opens new avenues for how you can reverse it if you have already been diagnosed. It allows doctors to treat your diabetes earlier and better, without resorting to prescribing medications, taken by mouth or injected into the body. Medications do not, in fact, eliminate the dire consequences of diabetes. Medications may drive glucose out of the blood, but not out of the body. When glucose remains in your body, as it does when you have diabetes, it can lead to serious health complications including blindness, heart attack, stroke, kidney failure, amputation, and more. Also, it is far more dangerous to experience extreme low blood sugar induced by medications than slightly elevated blood sugar for short periods of time.

The 8 Steps to “Cure” Diabetes

Curing diabetes means reducing a high blood sugar level to below the diabetic threshold (after a 12-hour fast, a range of 70.2 to 100 mg/dl is considered normal) and keeping it below that level on an ongoing basis to avoid its severe complications. Is it possible to do this in just 8 steps? The answer is yes.

This booklet will show you the critical 8 steps that will change your life in the most important way possible, helping you reverse your diabetes. While you may believe that eliminating grains from your diet will be difficult, if not impossible, these 8 steps will teach you how it can be done in a way that makes you feel motivated, proud, and increasingly healthy, rather than as if you are suffering or deprived of foods you love.

Is there proof that such a change in blood sugar can occur so quickly? The answer is, yes; one significant scientific experiment has shown that blood sugar can be reduced in as little as 8 weeks once there is a diet change that includes avoiding complex carbohydrates such as grains.

I invite you to try out the 8 steps in this book for this period of 8 weeks. These steps work together as a complete program to lower your blood sugar, reconnect with your body and the right weight for you, relearn how to eat for health while enjoying your food, and avoid the destructive patterns of overeating, gaining weight, and creating an unhealthy lifestyle.

Just as you do not consult a package, a chart, or a book to determine how much to drink when you are thirsty, I do not prescribe what you can eat when you are hungry. These 8 steps are not a “diet” per se, but a revitalization of your lifestyle choices in favor of reconnecting with your “authentic” weight. I teach you how you can relearn to eat only when you are truly hungry, avoiding overeating and reimagining the value of good food in your life. Except for avoiding grains as much as possible, you can eat nearly every food, savoring its flavors and textures, and the delicious experience of enjoying every meal.

If, despite taking medications, your fasting blood sugar level has been going up, the summary recommendations in this booklet will help lower your high blood sugar. Note that reversing diabetes will not repair any damage the disease may have already caused, such as damage to your nerves (diabetic neuropathy), eye problems, kidney problems, or heart conditions. Once the cells of the body have been damaged due to diabetes, the damage is usually irreversible. But this does not imply you should not reverse your ongoing diabetes. Lowering your high blood sugar may prevent further damage and other consequences.

If you enjoy this booklet, I hope you will consider reading the entire book as there are far more details in the explanation of how grains cause high blood sugar and Type 2 diabetes, as well more in-depth information about each of the 8 steps.

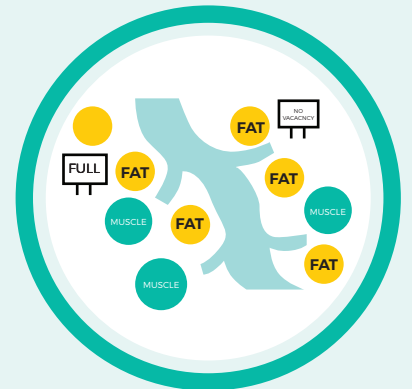
STEP 1

Eliminate Grains From Your Diet

The real culprit in causing high blood sugar is the consumption of grains and grain-flour products. Those foods are already in your diet, often for every meal. Here's how they affect your risk of having diabetes.

Grains break down into hundreds of thousands of molecules of glucose. Your body typically cannot burn all this glucose within hours after a meal, and much of the glucose must be stored in your fat cells for future use. The problem is, you eventually fill your fat cells, and any new glucose has nowhere to go. Because glucose is broken down into fatty acids, your body begins burning these molecules for energy. This leaves large amounts of glucose in your bloodstream, thus high blood sugar. If this condition exists for a long time, you eventually develop Type 2 diabetes.

There many fears that make people reluctant to change, one being, "Won't I be hungry if I don't eat bread, rice and pasta?" But if you are willing to listen, learn, and consider a change in your lifestyle, you can truly lower your blood sugar and reverse your diabetes. You will probably also lose weight, feel healthier, and have more energy. So why not give it a try?



Start declining your consumption of grains.

Cut them out of your diet day-by-day, moving as close to zero consumption as possible.

Consuming very small amounts of grain and grain-flour products, such as a small bowl of oatmeal or a slice of bread, every few days is acceptable, but in general, move towards abandoning the habit of eating all grain-based cereals and granolas, muffins, croissants, sweet pastries, breakfast sandwiches, and other grain-flour items of food each and every day.



STEP 2

If you want to commit long-term to a new diet and eating habits, it begins with reconnecting with your **“authentic” weight**, a wise method for determining if you are carrying too much fat in your body.

Reconnect With Your Authentic Weight



$$\begin{array}{l} \text{Bone} \\ \text{Muscles} \\ + \text{Blood} \\ \text{Organs} \\ \text{Fat} \\ \hline = \text{Body Weight} \end{array}$$

Your authentic body weight is a measure of the total mass of all components of your body including bone, muscle, organs, blood, fat, and water. The role of each of these components in contributing to one's weight differs in every individual in the world. Only you can intuitively know your authentic weight based on what your brain assesses and tells you (if you are will-

ing to listen). Ask yourself, **“Am I overweight?”** and then be honest in your answer.

Obviously, you can also look in the mirror and see whether you are carrying layers of fat in your abdomen, hips, or buttocks. If so, you need to be honest with yourself and admit you would be healthier if you lost weight.

By far the best way to return to your authentic weight is to restrict your intake of certain food groups, particularly carbohydrates, added sugars, and salt.

Do not pressure yourself into believing you must lose extra pounds quickly, even if your blood sugar is high. If you think about it, you probably gained the weight slowly over many years, so there is no reason to think your body needs to lose it any faster than you gained it.



I suggest that setting a **GOAL** to lose only one pound per week is sufficient and appropriate. The value of going slowly is that you can see what works best for you regarding how you successful you are at changing your eating habits, what side effects you experience, and how long you can sustain your new weight.

While exercise may help you lower blood sugar, it often does not help most people lose weight simply because the amount of exercise you need to burn more calories than you consume in an average day is out of the question for most people.

I am not suggesting you do not exercise, as it serves an important role in conditioning your lungs, heart, and muscles. But avoiding grains and reducing your overall food consumption are far more beneficial steps to take if you are seriously interested in losing weight and reversing diabetes.

STEP 3



Maintain Your Authentic Weight: Paying Attention to the Hunger Sensation

The need to acquire nutrients — the hunger sensation — is present in all living things. How you respond to this natural signal will determine whether you gain weight or not.

Paying attention to your true hunger signals requires reconnecting with the vital messages that your brain gives you about your hunger. The brain, being the command center of our nutritional regulatory system, knows when many key nutrients will soon be lacking (in addition to glucose). Just as the brain detects an insufficiency of water in your cells and bodily fluids and tells you that you are thirsty, it signals you to feel hunger when it detects that needed nutrients are about to fall below optimum levels.

The implications of listening to your brain's signals about hunger are important if you truly want to change your eating habits. Any time you are tempted to eat, first stop yourself and become aware and mindful of your hunger: is it real? Is your brain sending you signals that feel like you need nutrition? Or are you eating for other reasons — such as stress, habit, or peer pressure?



Listen to your Brain

Listen closely and your brain will also tell you what to eat. Your brain attempts to guide you towards the right foods either through the unconscious decisions you make about what to eat or via conscious cravings you have for specific foods. The brain has learned and knows which foods will provide you with the missing nutrients. It has correlated the information stored in memory of foods you have already eaten and their nutrient components.

These messages are different for each person, of course, reflecting their past eating experiences, culture, and food preferences. The brain guides each of us first towards foods from which it knows it can obtain the necessary nutrients. Any time we try a new food item or recipe, the brain updates its database, adding the new item and the nutrients it supplies into its inventory.





The body needs many nutrients for normal functioning. Science has identified **118 nutrients** that are used at some time for human health. No one knows with certainty how much of each of these the body needs or how we derive them from the foods we eat. That is why I always suggest eating a wide variety of foods to ensure you have the opportunity to ingest as many of these nutrients as possible.

It is also why **I do not believe in fixed diets** or 3rd party programs that supply you with your meals. Only your brain can tell you what you need to eat. Meanwhile, there is no denying that hunger enhances the intensity of your enjoyment. When you start your meal in a state of hunger, chances are your body needs multiple nutrients. When you are hungry, your brain creates a greater intensity of response to each bite of food, which you experience as enjoyment, based on the signals coming from your mouth, taste buds, and smell receptors.

3.
E
D

In summary, when you get hungry, to eat healthy, all you have to do is to become more aware of the intensity of your enjoyment, as your brain's pleasure sensation indicates the nutrients needed at that time.



STEP 4

Maintain Your Authentic Weight

Listening to the Signals of Satiation

Does the brain tell you to stop eating? The answer is yes, there are signals of satisfaction that are generated subconsciously and automatically. Like the hunger signals, these “satiation” signals are highly dependent on your body’s nutritional status—do you need more nutrients or do you have enough after eating?

The most significant signals telling you to stop eating are those generated when food encounters sensors located at the point of entry into the body—your mouth.

Your mouth plays a significant role not only in the enjoyment of eating, but also in giving you clues to stop eating. You may not realize that the two roles your mouth plays are actually closely associated. The enjoyment of eating starts with the feel of a bite of food you just took. Textures of foods differ, so the more you chew each bite of some foods multiple times, the more it adds to the tactile experience and pleasure of eating.

With this in mind, I suggest that **chewing** is an integral part in the acquisition of needed nutrients, and it relieves the hunger sensation. Most importantly though, it also prevents you from overeating if you pay attention. As you eat and start to fill yourself, the combinations of signals from your taste and smell sensors cause your brain to respond by creating a drop in the intensity of flavor of the food. When your intensity of enjoying what you eat drops, you need to put down your fork. That is the signal from your brain to stop eating.

Rather than paying attention to the process of eating (tasting and chewing), most people eat automatically according to the culture they grew up in. In the US, and in many other societies, the typical pattern of eating includes three meals per day of varying sizes, plus morning and afternoon snacks, and perhaps an added dessert. But think about it:

- **Do you need all this nutrition?**
- **Are you listening to your brain’s hunger signals?**
- **Do you know what your hunger signals are and how to respond to them properly so you do not over-consume energy nutrients your body does not need?**



STEP 5

Overcome Your Tendencies to Overeat

Your brain is a regulatory system that monitors and tracks your nutrient intake—using your taste sensors, smell receptors, the sensations in your mouth, the hormones in your stomach and intestines, and the levels of glucose and nutrients in your blood as it flows through the brain.

So if these sophisticated mechanisms have developed in humans, why do so many people overeat?

The factors that fuel our desire to eat even when we are not hungry are quite complex and intermixed with many elements of our psychological makeup, cultural background, and family dynamics. But these are all factors that you must gain control of if you find yourself eating when not hungry, gaining weight, or if your doctor reports that you have high blood sugar.

Here are several common causes of overeating.

1

You may overeat in the sense of consuming too much of the wrong food. You may be hungry when you eat, but you consume too much of the wrong foods out of habit. This type of over-nutrition can lead to weight gain and high blood sugar.



2

You rely only on the sensation you receive from your stomach to tell you to stop eating. Relying on the “feeling of fullness” is problematic because you have gotten accustomed to waiting until you sense your stomach stretching almost to the point of discomfort before you decide to stop eating. Instead you should be paying attention to the feeling of satisfaction during a meal.



3

You may be too preoccupied by reading, watching TV, or performing an action while eating that your brain may not be focusing on recognizing the nutrients being consumed. The key to regulating your food intake is to completely enjoy what you eat by focusing on the sensations you experience when you taste the food.



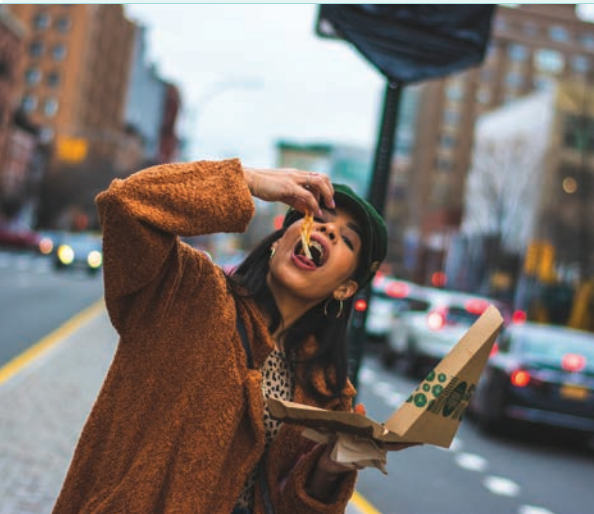
4

Your taste and smell receptors are unable to record the amount of nutrients passing through the mouth. When you eat food that requires hardly any chewing, such as blended or pureed food, you are likely to have trouble deciding how much to consume to feel satisfied. Instead, when you chew your food, you not only enjoy what you are consuming, but you will also feel satisfied with less food compared to the amount swallowed without your chewing it.



5

When you eat processed foods, full of starches, sugars, flavorings, and chemical ingredients, your brain cannot assess when you should stop eating. We now have an increasing availability of food items produced with ingredients in concentrations higher than that found in natural foods. You effectively become addicted to the taste, smells, and textures of those foods to the point of preferring them to natural foods.



Humans were not designed to overeat on a consistent basis and gain excess weight to the point of causing high blood sugar and diabetes. The body doesn't need to store more than a small amount of fat.

People in many societies, not just the US, are losing control of the natural human mechanisms to eat healthy and enjoy their food. We are succumbing to powerful external forces that are motivated by profit — the food industry and marketers of food products. .

Diabetes existed only as a rare human condition for thousands of years, a biological phenomenon based on bodily chemistry. However, with weight gain affecting an estimated one-third of the entire global population, it is clear that factors outside of normal human biological phenomena are driving epidemic levels of diabetes. Nothing short of a revolutionary approach can reverse this epidemic.



STEP 6

Take Control of Your Eating Habits

Changing lifelong eating habits is possible. Most of us are conditioned to eat and enjoy food from the day we are born. Our eating habits are developed when we are children and reinforced as we age, so changing them as adults becomes a mental struggle against decades of ingrained behavior around food.

But think of it this way:

Evolution did not create humans who require three meals a day plus a few snacks and desserts.



To establish a new behavior pattern that promotes healthy eating, begin by finding ways to prevent activating your established pathways that promote unhealthy eating. Here are some recommendations to begin unlearning your old habits by unraveling established pathways you have about food:

- 1** *Walk around your home and identify the areas and sights that test you and break your control over food—then eliminate or modify them. For example, put all food in cabinets where it can't be seen.*
- 2** *Don't shop for groceries on an empty stomach. Buy food only using a prepared shopping list so you are not tempted to buy extra items on impulse.*
- 3** *Pre-plan your meals.*
- 4** *Cook up and serve smaller portion sizes.*
- 5** *Avoid locations that you associate with eating such as food aisles in convenience stores, fast-food restaurants, stores serving free food samples, and vending machines that prompt you to buy food on impulse.*



Your mission to rediscover and maintain your authentic weight may get a psychological boost if you think of your journey as reestablishing the eating behavior of your childhood so that it matches your body's need for nutrients. This image can help you internalize the feeling that **if your need for nutrients is not real, you should not be eating**. If your need to eat is minimal, ask yourself if you can wait until your brain evaluates the need relative to nutrients in storage and then generates a true sensation of hunger.



WILLPOWER

We commonly call the ability to resist something "willpower." You need willpower to resist eating when you're not hungry and only eat when you are. Most everyone has willpower in something in their life they can tap into. If you get to your job on time every morning, you likely have willpower that you can apply to your eating behavior.

The good news is that an established thought process regarding eating can be modified based on reasoning driven by two important motivations:

The first is this.

If you train yourself to eat better, you can avoid a lifetime of medications to lower blood sugar and fat levels, unwanted side effects of the medications, and the unavoidable suffering from the complications of diabetes.

1



The second is the realization that you will feel and look better and enjoy life far more by maintaining your authentic weight.

2



STEP 7

Understand the Foods You Eat

All life forms – plants, animals, humans, etc. – depend on foods available locally and seasonally, thanks to biodiversity and sunlight. Understanding how we depend on nature to acquire the nutrients we need in a timely fashion can help you select and consume various types of food.

Humans need some carbohydrates for functioning. Our cells use glucose, a carbohydrate, as their primary fuel. But humans do not need so much glucose, as carbohydrates are not an essential food for humans.



Here are some tips:

1

We can derive our cellular fuel from fatty acids, produced from the fats we consume as well as from triglycerides that the liver produces from excess glucose.

2

While we need carbohydrates, we do not need them in the volume that today's diets of three meals per day, plus snacks, often provide. And the main culprit in today's diets is carbohydrate from grains.

3

I suggest you eat a varied diet, not a "balanced" diet. The more varied your diet, the better chances you have of supplying your body with the full range of nutrients humans need, including glucose, amino acids, fatty acids, and a wide range of vitamins and minerals.



4

If you have a tendency to eat the same foods over and over, branch out and try new fruits, vegetables, spices, and meats and fish. Vary your menu using the most seasonally available, freshest items because fresh foods eaten in season still contain most of their nutrients.

5

Try new recipes where ingredients are mixed differently to create various combinations of nutrients in the food you consume. Think of eating as a chance to explore the great diversity of nutrients available to humankind.



No one can dictate your nutritional requirements. They depend completely on your individual situation, which changes day by day. You should take into account the differing circumstances in your daily life as it is almost impossible to suggest a balanced diet based on average daily use under these conditions. Only you know what you should eat.



STEP 8

Eat and Enjoy With No Diabetes

I suggest you return to what I call the “toddler” way of eating. As a toddler, you knew that at mealtimes, you experienced the pleasure of eating. You ate only-based on the feeling of the hunger sensation and stopped whenever you felt full.

No one could hurry you. You didn’t eat everything on your plate if you didn’t want to.



The toddler way of eating is also the natural way for adults to eat to reverse diabetes. Eat slowly and consciously. The act of eating slowly consists of three different stages.

1

First, You experience the qualities of the food in your mouth by taking the time to chew it.

2

Second, You decide whether the food is still appealing to you – before, during, and after chewing.

3

Third, You swallow the food.



Repeat this process with each bite until you sense that the food no longer gives you the same enjoyment as when you started. That is the sign that you are done with your meal.



chewing

The best way to train yourself in this new way of eating is to focus on your **chewing**. The more aware you are of the jaw and mouth motions involved in chewing, the more you'll fully experience and enjoy the food before it disappears down your throat.

Reliance on your taste and smell receptors to enjoy the quality and to determine the quantity of food consumed shows that you are in charge of your body.

Since no one else but you can know your immediate nutrient needs, as they depend on your activities and your prior eating, you must rely on your own internal monitoring and metering mechanisms to ensure you consume adequate amount of nutrients during meals.

enjoying

Reflect on why you developed fast eating patterns and change them! This advice may sound old-fashioned to you, but it is truly the foundation of relearning to eat for health.

Your mission during a meal should be to **eat what you enjoy** and, more importantly, to **enjoy what you eat**.

Eating consciously is about focusing your attention only on the meal. No matter how much you think you are concentrating on eating during your meal, doing other things at the same time such as reading, listening intensely to a conversation, or watching TV make it difficult to regulate your intake based on sensory signals.

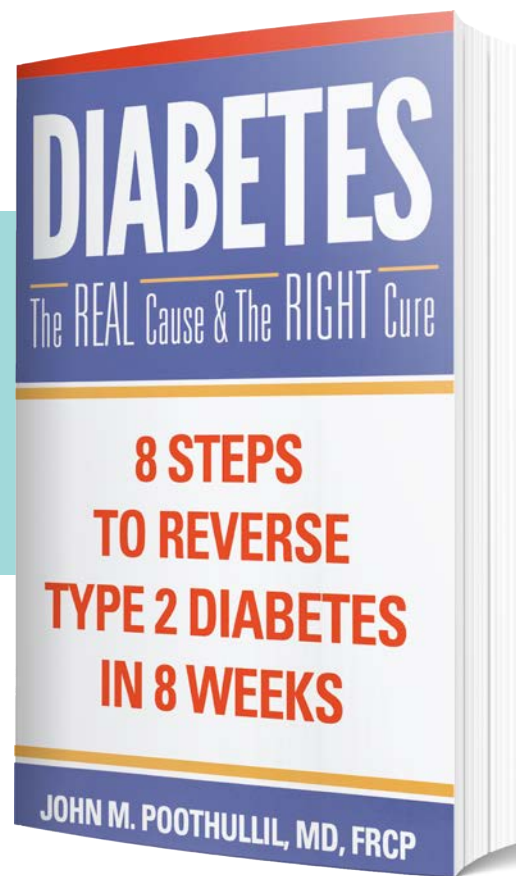
The importance of this cannot be underestimated: **Try to eat your meals in a calm, peaceful environment without distraction so that you can consciously focus on what you eat, how it tastes, and how much you are consuming.**

Unless you pay close attention, you will miss the diminishing intensity of enjoyment over the continuous stimulus of a meal, just as you would when listening to music and trying to read at the same time.

If you aren't sure whether you might be sensing a lower enjoyment of your food, take a sip of water and a deep breath after food is swallowed to cleanse your palette. Give your brain time to assess the situation, especially after eating complex carbohydrates.

As you transition into conscious and slow eating, you may feel that your hunger does not abate at the end of each meal even as you pay attention to your signals of satisfaction. You will soon train yourself to be satisfied with a smaller volume of food at each meal, knowing that you will consume more nutrition at a later meal amount of nutrients during meals.





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