

SESSION 1

CHANGE YOUR PARADIGM

"Everything that is done in the world is done by hope." –Martin Luther

Out with the Old/ In with the New!

Paradigm shift: a complete change in the usual and accepted way of thinking.

- ★ Old paradigm: Type 2 diabetes is a chronic, irreversible disease.
- ★ New paradigm: Diabetes and prediabetes can be undone!

Test Your Knowledge

Hope is the feeling that what is _____
could actually be _____.

“

*Your health **paradigm** will
determine your health **destiny**!*

”





Diabetes 101

Diabetes occurs when a person has high blood sugars for so long, that they eventually cause significant health complications, if not corrected.

Test Your Knowledge

- 1 The carbohydrates you eat break down into _____, a sugar that provides energy to every cell in your body.*
- 2 As _____ enters the bloodstream, blood sugars _____.*
- 3 _____ is a hormone secreted by the pancreas. It unlocks the cells to allow the glucose inside.*
- 4 Once the glucose enters the cells, blood sugar levels go _____.*
- 5 High blood sugars can be caused by a _____ of insulin production (the body isn't making it) or by _____ (the cells are ignoring the insulin).*
- 6 Which of the following is caused by a lack of insulin production?
a type 2 diabetes
b prediabetes
c type 1 diabetes
d gestational diabetes*
- 7 What causes type 2 diabetes and prediabetes?
a no insulin production
b insulin resistance
c destiny
d glycogen*
- 8 Insulin resistant cells are fat and _____! But there's no need to worry. You can be sassy back. Insulin resistance can be reversed!*

Resisting Insulin Resistance

Insulin resistance is the main driver of diabetes and prediabetes.

By changing how your cells respond to insulin, you can lower your blood sugars and get your health back.

Insulin resistance can be reversed through healthy habits such as:

- 1 Exercising after your meals
- 2 Getting plenty of sleep
- 3 Eating high fiber foods



*Let food be your **medicine**,
and medicine be your **food**.*

—HIPPOCRATES



What's Food Got to Do with It?

Can you transform your health in 2 weeks? Absolutely! A study by the Pritikin Longevity Center placed 650 people with diabetes on a high-fiber, plant-based diet. In just two weeks, 71 percent of those on oral diabetes medications were able to discontinue their use. 39 percent of those on insulin stopped it completely.



Test Your Knowledge

According to Neal Barnard's study, a plant-based diet is up to _____ times more effective in lowering blood sugars than the traditional American Diabetes Association diet.

 **Reflect**

1 What did Nancy Boughn, the aborigines, and the Hawaiians all have in common?

2 Nancy didn't just get her health back, she got her life back. In what ways would you like to experience life more fully?

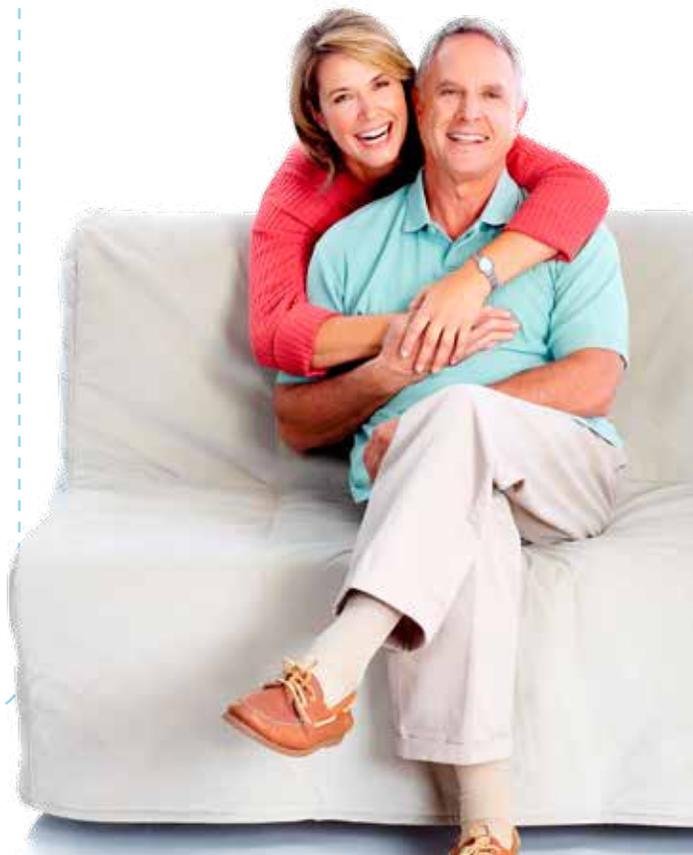
3 How does the new diabetes paradigm give you hope?

“

The body wants to heal itself.

—BRENDA DAVIS

”



8 STEPS TO TRANSFORM YOUR HEALTH

STEP 1

Change Your Paradigm

Now that you know that diabetes is reversible, how will you think about your health journey? Set a goal that will maximize your mindset about the paradigm shift you just had. For example, spend 10-15 minutes each morning journaling about what you're thankful for.

Your Goal:



STEP 1
Change Your Paradigm
Give your mindset a positive shift—your inner voice can make or break you.

STEP 2
Treat the Cause
Take time each day to discover the power of after-meal exercise.

STEP 3
Eat to Live
Make food your medicine by filling your meals with green light foods.

STEP 4
Transform Your Genes
Improve your mood, memory, and weight with deep sleep.

STEP 5
Build Your Team
Find a health buddy—someone to hold accountable and vice versa.

STEP 6
Choose the Best
Get out there—give your genes the Vitamin D advantage.

STEP 7
Dream Big
Reach for your dreams, and involve others to achieve your goals together.

STEP 8
Feed Your Soul
Let go of the things that hold you back, like bitterness, and negative thoughts.