

SESSION 2

TREAT THE CAUSE

True and lasting cure can only come from addressing the cause.

Meet Dr. Youngberg

Ikigai: a reason to get up in the morning; a purpose for living.

Reflect

What is your "ikigai," your purpose in life? How will improving your health help you to fulfill your purpose?

Complications

When you battle against disease, you're fighting to protect the heart.

Test Your Knowledge

- 1 The most dangerous complication associated with diabetes is _____.*
- 2 According to the American Heart Association, _____% of people with diabetes die prematurely from a _____ or _____. Prediabetes alone doubles the risk for a heart attack.*

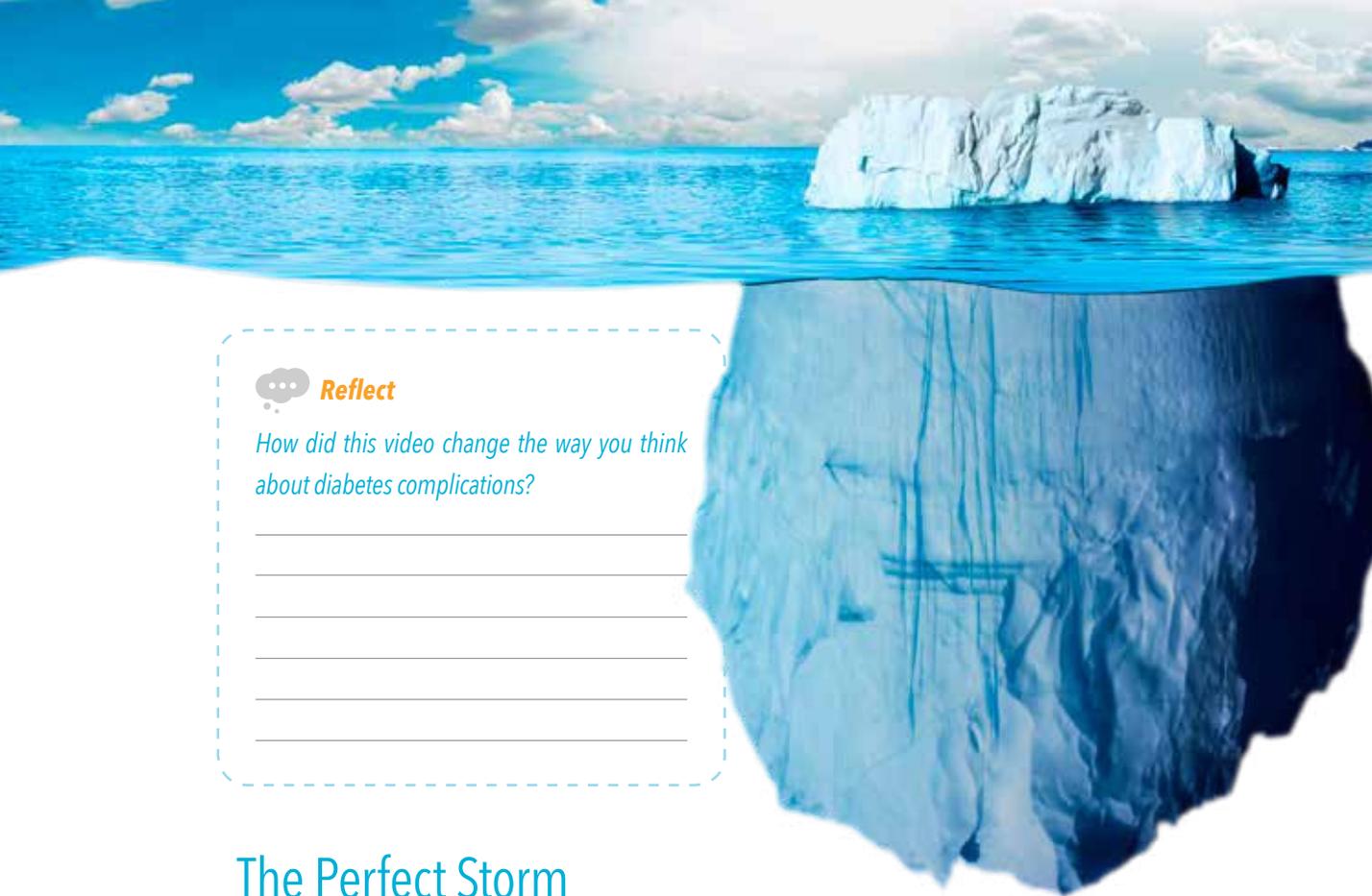


“

*Take away the **cause**, and the **effect** ceases.*

-MIGUEL DE CERVANTES

”



 **Reflect**

How did this video change the way you think about diabetes complications?

The Perfect Storm

 **Test Your Knowledge**

1 Perfect health depends on perfect:

- a genetics
- b environment
- c circulation
- d vitamins

2 The entire body depends on the _____ system to function properly. Diabetes damages the body by attacking the _____ system.

3 Diabetes complications are like the _____ of an _____. You can't solve the problem by alleviating symptoms. You have to treat the underlying cause.



Cause Determines Cure

Don't settle for a mop-up job. You can experience dramatic health improvement by learning to treat the cause.

Test Your Knowledge

1 Which of the following people has diabetes?

- a a person who met the diagnostic criteria 3 years ago
- b a person who currently meets the diagnostic criteria

2 Patients are often treated for the symptoms of disease, while the underlying _____ of disease are unaddressed.

3 One of the most powerful things you can do to improve your health is to:

- a manage symptoms
- b trace from cause to effect
- c use snake oil
- d find a quick solution



Reflect

1 How does it make you feel to realize there is a cure for type 2 diabetes?

2 What would life without diabetes look like?

Exercise and Diabetes/ After-Meal Exercise

Test Your Knowledge

- 1 When you exercise, your muscle cells require more _____ for energy:
 - a insulin
 - b glucose
 - c fat
 - d sodium
- 2 Blood sugars are highest about _____ minutes after you eat. You can significantly lower blood sugar spikes by exercising right after your meal.
- 3 Every minute of after-meal exercise can lower blood sugars by _____ to _____ points. This adds up quickly and dramatically decreases the damage that occurs from after-meal blood sugar spikes.
- 4 Why is it important to exercise right after the meal instead of waiting an hour?

No time for exercise? Think again. One hour of aerobic exercise may add two to three hours to your lifespan.

Reflect

What are some ways to fit after-meal exercise into your daily schedule?

“

No matter how *slow* you go, you're still lapping everybody on the couch.

”





7 Warning Signs

Test Your Knowledge

SIGN 1 _____

The Nurse's Health Study suggests that getting regular exercise can reduce the risk of diabetes by _____ to _____ percent!

SIGN 2 _____

Being overweight or obese dramatically increases diabetes risk. In fact, the Nurse's Health Study suggests that maintaining a normal weight or losing weight if necessary could prevent _____ to _____ percent of new diabetes cases. Even a modest weight loss of 10 pounds can dramatically improve blood sugars and overall health.

SIGN 3 _____

Diabetes risk increases with age, but isn't caused by age. Regular screening is important at every age.

SIGN 4 _____

People with diabetes are _____ as likely to have high blood pressure! That means that if your blood pressure is high, it might be a sign that your blood sugars are high too. High blood pressure is defined as 140/90, but any level higher than _____ indicates risk.

“

An ounce of prevention is worth a pound of cure.

—BENJAMIN FRANKLIN

”

SIGN 5 _____

Guidelines:

- ★ Total cholesterol: < 200 (Ideally < 160)
- ★ HDL “good” cholesterol: > 40 for men and > than 50 for women
- ★ LDL or “bad” cholesterol: < 130 (Ideally < 70)
- ★ Fasting triglycerides: < 150 (Ideally < 100)

SIGN 6 _____

Diabetes does have a genetic component, but that doesn't make it inevitable! The healthy choices you make can cause _____ changes that will alter your genetic _____.

SIGN 7 _____

Although some people groups have a genetic predisposition to diabetes, the disease won't develop unless _____ factors are present.

 **Reflect**

Have you ever ignored a warning sign because you didn't want to know the truth? Warning signs aren't meant to scare you, but to encourage you to take action. How would you like to think about warning signs in the future?

8 STEPS TO TRANSFORM YOUR HEALTH

STEP 2 Treat the Cause

Instead of skimming the surface of your health, dig deep and get to the root of what true health can look and feel like. One way you can do this is by discovering the power of after-meal exercise. So, set a goal to clock in a walk or do some form of exercise after you eat.

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.