

# Preface

The 25 Day program for Diabete Type 2 is writen by Istvan Demecs – naturopath, and this program has started several years ago and over 40.000 people have done it successfully in Hungary.

Unfortunately it has not been translated to English, until now.

Vitanord is proudly presents the **25 day diabetes program** to you, first time available in English.

Similar program can be found in the USA, done by moving in and living in a Hospital, and cost over 35.000 Dollars. Huh.

Of course, if it is done at home, it requires self-discipline – but it is free.

If you have any question, do not hesitate and send us an email – [info@vitanord.dk](mailto:info@vitanord.dk)

The Vitanord team

# Diabetes can be cured

...in just 25 days, permanently.

**This is a program nearly everyone can do step by step with the purpose of the eventual cure of type 2 diabetes in only 3-4 weeks. How can this be? The answer is quite simple:**

On Day Zero, you go to your doctor who examines and finds that you have diabetes. On the last day of the program you go to the same doctor who examines you again and finds out that you have no diabetes. I know that this is not a scientific evidence but over the years many people have successfully done it, so it is safe to say that the program is working. Plus, most of the participants reported "side effects" such as weight loss, high blood pressure normalization, decrease joint inflammation and increased energy levels in everyday life.

Please read the following writing, sign up for it and jump into the program, it is completely free. From Day 5, only registered users receive their next steps of the program. Registration takes a minute and gives lots of benefits.

"From 1996 to 2006, the number of diagnosed diabetes increased by 100%, ie, doubling. From 2006 until 2008, there is another 23.8% more diabetic patients.

If this trend continues then this number will multiply by 16 in 40 years."

The diabetes epidemic is taking place in front of us. In the past 25 years the diabetic patients has tripled in number, and now we find every forth person with diagnosed diabetes or he/she will be before reaching the age of 63.

Although there are plenty of medicines to treat diabetes, none of them are aimed at healing, they only reduce the acute symptoms. While an entire industry has been living on diabetes, the number of new cases are at an unprecedented scale.

There is not a single medical drug on the market that could cure or prevent diabetes.

We are in the midst of a diabetes epidemic. One-fifth of the population is deeply involved in this disease and one-third of the seemingly healthy people are also diseased. They are at some level of the disease called insulin resistance. This is the state prior to diabetes. Although the disease can be cured in just 3-4 weeks with simple lifestyle changes anyone can do.

There is a dogma in the medical community regarding to almost all chronic diseases that goes like this: "with our knowledge, it can not be cured but can be treated quit well."

This mantra can be found on the Internet regarding to hundreds of different chronic, lifestyle related diseases.

Let's take a look at the difference between cure and treatment in relation to a disease.

In 90% of the cases the treatment means medication causing the patient to become addicted to one or more drugs and as long as the patient is honestly buying and taking them, he/she does not suffer from the primary disease, only from side effects of the drug which should ideally be less unpleasant

than the disease the patient is taking the drug for. In an unfortunate case, the side effects of the drug is worse than the primary disease.

In contrast, curing is nothing more than finding and eliminating the cause of the disease after which the patient recovers spontaneously by the help of the self-healing mechanism of his own. And it is a very significant factor during the program. As a matter of fact, I will not cure you but your own built-in self-healing ability will, which is present in every human being and it only stops functioning permanently shortly before death. It actually resembles a computer. If you give it everything it needs and you do not sprinkle sand in the gears, it works.

Let me give you an example that might better explain my point above. If a person does not drink enough clean water he will be dehydrated, using a technical term. Let's make it simple, an abnormal dehydration starts in him which can cause a number of symptoms both in short and long term. He will be tired on the very first day and will have difficulty to concentrate and become nervous. If he does that to himself for years, his joints will suffer, hormonal issues step up and very often he will have high blood pressure. Not to mention the dry skin and damaged hair. It is the water he is missing but if he goes to a specialist with any of these symptoms, he will be prescribed a drug, depending on what is the right pill on that day to remedy that symptom. But the lack of water is handled by water. It is quite obvious - isn't it? Yes, only for you and me. For a doctor, never.

## **The most important experience**

For diseases caused by lifestyle and malnutrition there is no "treatment", only eliminating the cause of the disease. A disease developed through malnutrition is cured by the missing nutrients without any other drug.

## **What about diabetes?**

On 15th December 2005, [a very eye-catching study](#) was published in the Journal of Applied Physiology. A senior researcher at University of California, Christian K. Roberts and his six colleagues stated in that article that type 2 diabetes can be cured permanently in just three weeks.

It was a terribly scientific work and study but the results are easy to understand. If you feel like, read the whole thing. Freely available via the above link.

The researchers took 31 people, all had diabetes to some degree, and they "treated" them without drugs for 21 days, only by introducing some reasonable diet and exercises. On Day 21, only half of the participants had diabetes then 21 days earlier. It is not only that the blood sugar levels became stabilized but all the measured physical parameters were far better and the cholesterol levels for most of them were in the normal range, so as with body-fat ratio and their body weights showed an average reduction of 3,6 kg.

## **How did they do it?**

During the next 25 days you will read about a little change every day regarding your lifestyles and food. Remember that the diabetes you are suffering from is the result of the lifestyle and eating habits you have been following in the past years. There is no other reason.

## Day 0: Preparations

Before you get into the program, you should contact your doctor who treats your diabetes. He who set the dose of your insulin or medication. Contact him.

Inform him that you are intended to do a lifestyle change. Tell him that doing so you may need his help. Both of you make sure that you are medically fit to follow this strategy.

The next 25 days could be stressful for your body while you get rid of toxins and your biochemistry and metabolism will be nearly radically transformed. Be absolutely sure that you are in a good condition to do this.

Both of you must be also aware that if you already take insulin now, this may require a significant and sudden change when each step of the program is completed.

Measure carefully and follow the level of blood sugar regularly and tell your doctor, if possible on a daily basis. If the necessary amount of insulin drops dramatically - this can easily happen - and you take its dose as usual, it can easily cause hypoglycemic coma. This is very dangerous. Do your dosing with greater attention and always measure before applying insulin.

If you do not have your own blood sugar measuring device, get one.

### Why 25 days?

Maybe you do not think so, but the conditions of 99.9% of the patients with type 2 diabetes are caused by thier lifestyles. Of course, we can run after and research the genetic causes or analyze blood and blame the whole thing on our mothers but it can only soothes your conscience. Our disease will not go away. The best example of this the doctors and scientists already knowing so much about diabetes, and still, the number of patients is increasing rapidly every year. If researches had anything to do with this disease, an opposite trend should be seen.

Don't you think?

For example, we know that when Albert Szent-Gyorgyi succeed in producing vitamin C (ie, find a way to address the scurvy), scurvy disappeared. At least now you do not hear about people died in acute scurvy, while in 18-19. century this was as common as diabetes in some countries today.

Or I could mention the Chinese population in the early 20th century decimated by a disease call beri-beri. When it turned out to be caused by a simple lack of nutrients, the disease was gone once and for all. But even five years before millions had died.

Feel free to consider my statements as dogmas where I say when the real cause of the disease is treated, it vanishes.

So the diabetes researches conducted during the past 20 years were waste of money as it did not resolve the disease.

We, with this 25 days program, promise nothing less than the diabetes will disappear permanently. If you have diabetes today, you will not have it 25 days later, and from then on never. And that 25 days have high importance. We do not give you the entire program at once because it does not work then.

James O. Prochaska, psychologist at University of Rhode Island has noticed that approximately three weeks, 21 days are needed to ensure that certain habits to be formed. If you pay attention to one thing for so long and do it regularly, it is likely to become a habit.

As you or your relative's illness is not caused by genes, nor an unfortunate star-alignment at birth, but by bad habits in recent decades, only these bad habits being changed step by step will result in success.

Ready? We can start tomorrow!

# Day 1: Soft drinks

Welcome to the first day of the 25 day diabetes program. Today's task is simple:

## Stop drinking soft drinks!

For the rest of your life, never ever drink soft drinks. Neither Coke, nor tonic, not even those in box called fruit juice beverages serve your health.

Currently available soft drinks contain sugar or artificial sweeteners - they are usually toxic compounds. A diabetic patient can only decide on what will kill him, the sugar or aspartame.

The only acceptable solution could be the use of stevia in soft drinks but with the exception of a few countries it is almost nowhere to be obtained. Nowhere in Europe. In early 2009, Coca-Cola announced that in the US they began the production of stevia-based drinks but nothing happened so far.

The boxed fruit juices contain added sugar. When it is not written on the box, it still applies. The trick is to add the sugar not during the production of soft drink but long before that, during the raw material production (syrup, juice concentrate). And really, who bottled the product has added no sugar.

And for what? It is already in the base material.

And the box says: "no added sugar".

And what you should drink instead: **Water.**

Only pure water. Your body does not need liquid as claimed by the experts but pure water.

Everything that gets into the body besides pure water is a problem to your body, be it milk, beer, whatever.

It is often thought that coffee, tea, alcohol and beverages are appropriate substitutes for pure natural water. These beverages do contain water but also contain dehydrating materials. They remove the water that dissolves them and detract from our water-reserves from the body! A glass of coke often takes two glasses of water from the body!

## Do you remember your chemistry classes?

Perhaps you remember what you have learned about unsaturated and saturated solution in chemistry class. When sugar is dissolved in water, after a while we come to the point where the solution becomes saturated and water (solvent) is not able to take in more sugar. Thus, the water has a certain capacity to take and carry the solute!

Let me illustrate it with an example. Imagine that you're moving. We ordered the truck with which we want to deliver our furniture to our new home. All right, it also comes with only one small

problem: the truck has been packed with all kinds of stuff and there is no place for our furniture. It is "saturated".

Somehow, so it is with our bodies when it comes to consumed soft drinks. A saturated solution in the body is unable to perform its function.

We have just asked the question as to whether any liquid is good to make up the water-needs of our bodies? The answer is a resounding NO! Your body needs 2-3 liters of water daily. Namely pure water! All liquids we drink that is not pure water will not count towards the 3 liters!

So the first step again: **DO NOT DRINK SOFT DRINKS FOR THE REST OF YOUR LIFE**

So far, pretty simple - isn't it?



## Day 2: 45 minutes walking outdoors

Welcome to the second day of the 25 days diabetes program. Today's task:

### 45 minutes walking outdoors!

The refreshing walk will do perfectly well.

If you are trained and your fitness condition allows it you can also do jogging.

Generally speaking, the best is a not too strenuous walking pace. When you are able to talk comfortably to a person walking next to you and your pulse is no more than 130 ppm. Try to go for it but the speed is not really the point, it is to enjoy walking outside in the fresh air and make it last 45 minutes.

A frequently asked question: in rain, snow, hot days... what should I do?

Do the same. If there are explosions outside, or someone shoots at you, it is a great thing to use an elliptical machine or air bike inside, but believe me, walking outside is way better.

Do not worry about the weather.

Admire the bad weather, if weather is bad. You can tell it to yourself with a smile: "Wow, how wonderfully weather it is!"

If there is a real heat wave of over 30 celsius, take half a liter of pure water with you and sip it evenly over your walk. In summer, if you feel tired after walking, It might be a possible sign of hyponatremia (lack of salt). It is easily handled in five minutes by eating a small spoonful of salt and a potassium pill (it is also salt).

When, what time of the day?

It does not really matter. If you wish me to highlight it, I recommend the mornings, from dawn to 9 a.m. or the evenings from sunset to late night. It is good to start the walk one hour after eating and after the evening walks it is better not to eat more, but it is not a strict rule. As you can fit it into your daily schedule. Bottom line: 45-minute walk in the open air once a day.

It's no more difficult than yesterday's task.

## Day 3: White flour

How was the walking yesterday? I hope it went well.

You may not think but the first three days only have made wonderful changes in your body. Let's continue to full success.

Today your muscles are going to regenerate. This is just as important as walking or jogging. Do not underestimate the importance of next-day relaxation!

The third day task:

### Stop eating all the foods containing white flour.

This includes white bread, pastries, sweet and salty cookies, dry pasta and everything that is made of flour ...

Pasta made from white flour falls into the same category as sugar from the viewpoint of diabetes. It raises blood glucose levels at almost the same rate and speed and forces our body to try to protect itself by increased insulin secretion and turning excessive energy into fat. In addition, it contains a toxin called alloxan, a toxic substance that causes diabetes.

Discard all the white flour you find at home and replace it with whole grain. If you buy bread, bakery products in shops, just buy those made from wholegrain flour.

ATTENTION! It does matter if it is **from** flour or **with** flour.

Not "with whole grain flour". The difference is enormous. There are bakeries where 5 to 10% of whole flour is mixed with white flour and the bread is baked from this mixture. It's just as bad.

At least 50-60% of the flour used must be wholegrain flour to make a bread or any bakery product eatable. It exists in all of these supermarkets. Find and ask the vendors.

If you regularly have a meal in the restaurant, let the owner know what your expectations are. You will be amazed how receptive the staffs are. I have almost always been successful. Fast-food or canned food is worth nothing and you can not change them. Forget it. It is even better not to eat anything.

The task therefore sounds simple but it is not easy to follow:

### Do not eat white flour for the rest of your life!

Transform your larder, change your shopping habits and make sure that no white flour gets in your mouth.

On day 4, we get the fats under magnifying glass.

## Day 4: Fats

We have to say that the most difficult steps are over. From here you have to pay attention to not really drink soft drinks or eat anything made out of white flour ever - NEVER!

Today's job - on Day 4 - is quite simple, it just needs some attention:

### **Consume healthy amounts of essential fatty acids such as omega-3 oils.**

Fish oil, olive oil and many seed oils are excellent. The best oil I can think of is called "All-blend", a mixture of cold pressed hazelnuts, soy, walnut and safflower oils. Available in bio-stores.

I highly recommend different kinds of seed oils but only raw (unprocessed) is appropriate. Roasted ones have no use.

Walnuts, almonds, almonds, sunflowers are the easiest to obtain. Be careful to obtain a freshly grinded variant because the untreated seeds become rancid (**rancid: smelling or tasting unpleasant as a result of being old and stale**) in air. Unfortunately, in supermarkets in spring, they are selling almost only rancid seeds. They have a distinct smell and taste, do not eat them!

Another important thing is to avoid eating more seeds equal to 10-15 almonds or 5 to 8 nuts at a time. Or, for example, a handful of sunflower seeds. You can eat this amount several times a day but always a little at a time.

In handling diabetes, refined oils on the market are also worthless. They are made with a very rough chemical process, and apart from making a great profit to their manufacturer, makes no sense to consume them. Forget Venus, Floriol and other heavily advertised refined oils! Even from olive oils only the extra virgin olive oil is the right one. It is pressed 24 hours after removal to obtain high quality Extra Virgin Olive Oil. During filtration and bottling, neither solvent nor heat is used. No preservatives or additives are added to the oil. Extra virgin olive oil preserves its original flavor and vitamin content after the natural production process and is rich in unsaturated fatty acids and antioxidants.

Meanwhile the Sansa oil is also advertised as Olive Oil but falsely – also available under Pomace and Orujo names – but it is a grease made out of residues from the pressing process which is extracted from olives with solvents. This means that the already extracted olives are chemically cleansed again, and then, to give it some taste, 1% extra virgin olive oil is added. Under this 1%, manufacturers and distributors feel empowered to use the term: olive oil, although it covers only oil made from olive oil, which, according to the law, should be labeled on the product label for any product so produced. The low-quality, low-cost formulation is barely commercialized in most Mediterranean countries today – proving its quality.

However, in some countries, due to the misleading labels and the lack of awareness of consumers, consumers choose cheap byproducts rather than quality Extra Virgin Olive Oil.

## Omega-3 capsules

They are perfectly suited to everyday supplementation. If you can acquire 1 g or more of a fish oil-based capsule containing omega-3, you should take one every time you eat only carbohydrates. During meal. By doing so, it will slow down the absorption of carbohydrates.

### Lets learn about margarine.

Margarine was originally produced as a cheap substitute for butter. In 1869, a French chemist discovered it after III. Napoleon offered a prize for someone who could come up with a butter substitute that the army and the poor masses could eat instead of butter. The chemist sold the rights to a Dutch company that is now part of the Unilever Group (Rama, the producer of the Liga and Flora margarines).

Today, it has become a world-wide business and manufacturers are not trying to sell it with its being cheap but with the benefits of improving health which is hanky-panky. Unilever **has just announced** (Rama, Liga, Flora) that they would put some butter in their margarines. This is funny because it has been advertising its margarines for 20 years as healthier than butter.



When I suggest eating some fat with bread I recommend cold-pressed noble oils. I always recommend it to my patients and most people fall in love with it soon. In the long run, they improve their health with it.

Margarines are made of the cheapest, chemically produced oils and, with the help of a variety of additives, make their color, flavor and texture better for sales. There are some producers who put 2-3% of olive oil in it to be able to advertise their margarines „with olives” label.

In order to obtain a lubricating consistency similar to butter, manufacturers have hydrogenated the oil in the past for long time, which meant that they produced a transgenic fat harmful to the cardiovascular system by the addition of hydrogen during heating. Today's processes have been refined and transgenic fat content of the margarines has fallen below the limits but as the baking and fast-food industry continue to use margarines as it is cheap, the situation has not improved.

### Margarine consumption contributes

1. to increasing the risk of heart disease
2. to cancer,
3. to promote and enhance inflammation.

Butter is definitely a better choice. Indeed, some recent studies suggest that natural saturated fats, such as butter, may contribute to the healing of cardiovascular diseases – though I do not think it is well-grounded yet. In any case, butter is closer to natural and healthy food than margarine. If you can choose, I always recommend extra virgin olive oil and if you can not, well, use butter.

**And now about oil.**

I often encounter the problem of having someone's health deteriorate suddenly and without any obvious cause. In that case, the person usually tells me that he does not drink, smoke, reasonably eats and is not obese. Maybe even does sport, if not more but one hour a week. He is also taking vitamins. There is nothing in his lifestyle that could result in a deterioration of health. Or is there?

## Health deterioration? What causes it?

What caused one or more parts of the body to be sore without apparent reason, why did you become allergic or have underactive or overactive thyroid gland? What is behind the deterioration of health? It is not easy to answer because **sometimes our immune system or cells are attacked from a direction where we have felt completely safe.** For example, a bottle of branded cooking oil. You should know a few things about refined cooking oil before you enthusiastically say "I can not imagine cooking with anyone else!"

## What we want to believe

Do you know how a bottle of oil is made? You see in TV commercials that the berries at the end of the tree branches directly drop their vital liquid in the bottle... Well, not quite that way.

A few years ago I was in an oil factory in a nearby village where I was able to talk to the boss more than once. He showed me the procedure from the beginning to the end, and he was surprised that I bought a bottle of oil that came out of the oil spill – he considered it useless. He was right as it was turbid but it smelled like fresh sunflower seeds. Very nice.

When I inquired about how the glittering version of the oil was made, he gave only vague explanations, but I was not a buyer for that version.

## And the ugly reality

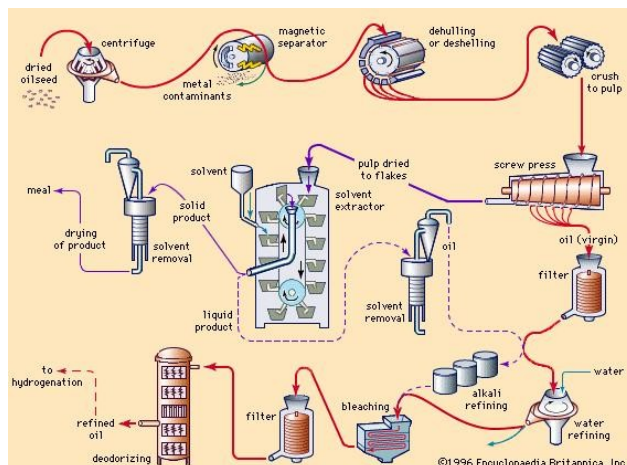
The picture below shows you what you buy at the store when you buy the usual shiny rape, sunflower or olive oil. The entire arsenal of a chemical lab is deployed in order to get 20% extra oil from the core that was previously fed into it. It is clearly visible that the residue of the grist treated with hexane is getting unclean into the feed.

The oil is then "treated" in all manner of ways to be what the housewife's eyes expect. They smear, dabble, bleach, deodorize and try to extract all the toxins that they put in a few minutes before. Unsuccessfully.

## What is this oil used for?

So you buy and use it for making your food as you are told that it is healthier than fat according to the ads, it is incorporated into

almost every industrial bakery product, it is the raw material of margarines, and even this is what the herring is swimming in cans. Since it is much less perishable than raw or virgin varieties, the canning



industry also uses it. That's what the cheap "cheese-like" things are made of and pizzerias put on top of their meals as „cheese“, and that's what cheap food delivery companies work with. Health degeneration? Still do not know the solution to the problem mentioned?

## What do the "experts" say about this?

A renowned brand of edible oils in 2001 received the *Excellent Food brand* reward.

Another prestigious product family won the recommendation of the Association of Dietetics in 2004.

*Hmm...*

Congratulations. You know more about fats than most nutrition experts. Use this knowledge to handle your diabetes.

**The Day 4 task is: Get healthy oil, oil seeds and eat them regularly!**

## **Day 5: Walking outdoors again**

The fifth day job will be familiar:

**Do 45 minutes of gentle exercise today again.**

By now, after the second day's physical exercise, our muscles have regenerated and we will make them work again.

This exercise is not about fat burning. We have a different purpose. Our only goal is to change the metabolism of your body, to produce an effect on your blood glucose and insulin resistance. As a result of movement, countless things change in metabolism.

Imagine this as if your body's "central computer" was experiencing the need to apply a new method of energy storage and use.

Soon, all of your cells will get used to this changed condition and get on the road to metabolism renewal. At the end of the road, it will not only be a healthier lifestyle but the absence of diabetes and a memory of it.

So let go of the mouse, switch off the computer and go out: 45 minutes of walk outdoors as described on Day 2.

Then read the Day 6.

## Day 6: Added sugar

The first day we got rid of sweet drinks. Today, on the 6th day, we must get rid of all the added sugar that is in your food. The task is therefore on the sixth day:

### **Stop eating foods with added sugar.**

Unfortunately, this is not a simple task when you do not make your food for yourself. I give you an example: the bean is an excellent food. Really healthy. With high protein and fiber content, it keeps the blood sugar in balance and prevents diabetes. But if you go to the store or restaurant and buy or order food from beans, you will get a few spoonfuls of sugar.

Sugar for the food industry is like a miracle weapon. Because they know that everyone subconsciously „know” that sugar is delicious, and they put it into everything.

Sometimes you can find sugar even in such impossible places that can not be justified by common sense. Sugar is the third major ingredient in canned bean. But you will find it not only in canned beans but in almost every industrial food. It's natural that it is in all the bakery products but why is sugar in my goose liver, salami, grilled sausage, all cans (including fish soup) and vacuum-packed smoked ham?

You do not believe me? Go to a supermarket and look for a sugar-free ready-made product.

You will not find any.

*Thanks to the production of industrial food, you get a few decagrams of sugar every day, whether you are asking for it or not. This is how the annual consumption of sugar is 35kg / year, which only seems to be abundant if you know that all newborn babies are included in this statistic.*

Watch the food label. Sugar, fructose, dextrose, maize syrup, HFCS, isoculose are all the same: added sugar. Where it's all clear, just do not buy it. Such are ice creams, sweetened yoghurts, sweeties, biscuits, ketchup, mayonnaise, salad dressing, etc ...

Unfortunately, the picture is not always that simple. For example, in the case of meat products, you will find sugared and sugar free. It's a good idea to spend a few minutes in the store and choose your favorite but not based on its flavor in this case...

The 6th day job is:

### **Beware of added sugar and avoid it at any cost.**

You will also find what we did: 99% of the food in supermarkets contains added sugar.



## Factory meal = diabetes

What is the solution?

If you can not eat factory food, you have to make it.

This is sometimes simpler than you think. For example, if you can not buy canned beans because it contains sugar, cook beans in a traditional manner. If you can not get maize or carrots, because it contains sugar, cook fresh or deep-frozen ones. If you can not buy salami because it contains sugar, take some meat and cook or bake it. You will be surprised to see that raw meat is cheaper than ready-made food containing only 40% meat.

There are many ways to cook fresh raw ingredients. I used to say, as a joke, that I did not eat anything that did not look like something edible. A paprika is edible. A canned pickle is not. At least not for a diabetic. An apple is edible, an apple juice is not. Understand?

**Well, I know it's not easy what I ask from you but it's the truth. If you do not believe me now, take an hour and see for yourself what I have just talked about: you will not get sugar-free ready-made food in stores.**

## Day 7: Whole grains

### Start consuming whole grains!

I do not say that you can not live without bread. According to today's fashionable Paleolithic "religion," cereal consumption is the cause of many diseases. It is partly right. However, as the use of cereals in our diet is strongly intertwined with our culture, we need to deal with it.

If you are already eating grain, eat wholegrain bread, whole grain flour, whole grain cereals or breakfast drinks. I do not say that you do not have to search for it but there are at least 200 such products on the market. There are plenty of options in bio-stores but on supermarket shelves they can be found too.

Unfortunately, there must also be some attentiveness here. „Flashy” labels sometimes are scams. Brown bread is usually not brown because it is made of whole grain but because it has been colored. Only the name of the rye bread seems healthy. In reality, it contains white flour made from rye. Corn bread is made from white flour, it contains only a few percent of corn.

### Does it taste odd?

In recent years, I've talked many people into eating whole-grain flour. Initially, with little exceptions, they felt its taste unusual or bad. This is because they are accustomed to the taste of the white flour that causes diseases. Most people who had eaten bread or cake made of wholegrain flour for months and for some reason got white bread, they felt strange and told they would not switch back to white flour. The composition of whole grain is much more flavorful. Anyone who is accustomed to it will find white flour bad.

### It's hard to cook and bake

The recipes are put together based on white flour. Working with whole grain flour requires completely different ratios. Fortunately, there is a wide literature nowadays. I also found a bread baking course on the Internet where you can learn baking bread from whole grains.

**The point is that from day 7 if you crave for grain, eat whole grain.**

I'm not grain fan. I think it is a big mistake in today's general view that cereals are the bottom of the nutritional pyramid. I think vegetables and fruits should be the main source of carbohydrates for man but there is no doubt that a piece of bread makes me happy too. But I never eat white bread. Soon you will love it too. And in half a year you will frown upon white bread if you taste it again.

**Learn how to make whole grain bakery products and turn them into your healing foods!**

## Day 8: Walking

The day 8 job will be familiar again:

**Do 60 minutes of mild physical activity outdoors.**

So far, after the fifth day of physical exercise, our muscles have regenerated and we will get them working again.

Increase the time period for 60 minutes and perform comfortable exercise, example, walking outside in the fresh air.

If it is possible, do this outdoors so that your skin is exposed to natural sunlight. As a result, vitamin D will be produced by your body which helps stabilize your blood sugar level and prevent your diabetes from getting worse.

**Perform the exercise as usual, as described on the second day. Try the two-step rhythm per second. This is the least strenuous walking. It is less tiring than a slow walk. I learned it from an Arabian desert tour leader.**

## Day 9: Stevia

Stop using sugar and various artificial sweeteners (sucralose, aspartame, Nutrasweet, saccharin, etc.). Use Stevia as a sweetener from now and on.

### Buy stevia!

Stevia is a plant. It is native to South America where local Indians have been using tea for hundreds of years to appetite suppression, skin diseases (dermatitis, eczema, seborrhoea), even for wounds because its healing effect is fast and without scars.

*Extracts from Stevia Rebaudiana's leaves are estimated to be sweeter than sugar for hundreds of times.*

The Stevia leaf and the steviosides that can be extracted from it are widely used as sweeteners, and its taste is 300 times stronger than the same mass of sugar, it develops slower and lasts longer. It has no effect on blood glucose level and even slightly increases glucose tolerance.

**For this reason, stevia is a natural sweetener for diabetics.**

Its nice characteristics include – besides its being sweet – the stimulating effect on spleen, liver, and pancreas, so it can reduce blood glucose level in long-term use. Highly recommended for diabetics.

I also grow it in my garden, and from May to September it develops leaves and flowers in great quantities which makes an excellent sweet tea without a single gram of carbohydrate. It must be taken inside for the winter because it does not like cold.

If you want to buy it as extract, buy it in powder and liquid (drops) form too. Try both and see for yourself which one is the best for you. I prefer drops, the alcoholic solution. The water-based solution is good too, but it must be stored in a refrigerator after opening, so I can not take it with me in my bag. The sweetening effect of the different products can be significantly different. I've seen a ten-fold difference.

You get used to its flavor in two weeks. Be persistent. The point is never to use sugar or aspartame.

**And you can go to day 10 now.**

## Day 10: Multivitamins

### Get a multivitamin supplement with proper amount/ratio!

You need to supplement your diet every day with a multivitamin product with proper proportions, complexity and amounts that can support your body during and after the program.

It must necessarily contain **chromium, magnesium and zinc** as well as abundantly **B vitamins and vitamin D**.

Such an assembly does not fit into one tablet or capsule. Generally speaking, one-tablet multivitamin products are not worth much. At least when one tablet per day is the recommended amount. If you want to compress the above-mentioned ingredients in an effective amount into one tablet, you would have to deal with the size of a smaller table tennis ball. It would not be easy to swallow.

Your body needs an amount of these nutrients - otherwise small amount each - which can not be compressed into a single capsule even with state-of-the-art manufacturing technology. As you will never have a 1cm chicken leg that can make you happy, it is not possible to produce a tablet-sized daily multivitamin which is effective.

Fortunately, lots of multivitamin supplements are available from a variety of manufacturers which include daily packages, but they all have more than one capsules, tablets. I recommend the Multi Pro Packs from Vitaking. Among them, [Multi Pro Plus](#) contains most of the ingredients that help diabetics.

Of course not the brand name is the point but the composition. A minimum of 50 B-complex tablets, minimum 1000mg of vitamin C, 500mg of calcium and 250mg of magnesium and 50mcg of chromium should be included in the daily dose. The rest of the other vitamins should be proportionately compiled.

Even now, as before, we want to emphasize that before you begin to take supplements, tell your doctor and ask for advice.

**When it is done, you are ready for day 11.**

## Day 11: Effort

**Begin to perform tasks that require effort! In addition to the non-tiring walk, you need now to strain your muscles.**

It would be optimal if you enroll in a gym and with the help of an expert trainer you work out a gradual program that is appropriate to your current condition.

Alternatively, you can purchase a couple of dumbbells and a training video at any sporting store. Even if you do not want to spend on it, the push-up + squatting + jumper combination will also work fine. The point is, once a week, to strain your muscles thoroughly. There is no need for long exercise but rather hard work for the muscles. If someone can do 500 sit-ups, it does not make any sense. Take a big stone in your lap and do 10 sit-ups in a way that after the 10th sit-up you are out of breath.

If you can do 100 lifting with a dumbbell, it does nothing good for you. Increase the weight with a few pounds and make only ten but in the end you should feel your biceps burning.

If you can 100 squatting, you should take 10 to 15 pounds of weight on your shoulders and make a dozen squatting, but feel that your muscles are burning.

You get the difference?

This will change the way your body uses sugar and the cellular insulin sensitivity will increase. In addition, it will speed up your metabolism and blood and oxygen supply to your tissues.

That will make them look better. Not a negligible side effect.

And now comes the most demanding task on day 12.

## Day 12: Caffeine

Your day 12 job may not be easy for you. If you are a regular coffee consumer then it is hard, if not, then it's a piece of cake:

### **Do not drink caffeine-containing drinks any more!**

This is the last day you have drank coffee. Caffeine causes blood glucose fluctuations and other hormonal changes. If you have been drinking coffee or other drinks containing caffeine, give it up from today.

The caffeine addiction will pass away after the 25th day and the withdrawal symptoms will occur several times during this period. Yes: addiction and withdrawal symptoms. It is no less than drug withdrawal. You'll see.

To avoid headaches and sleepwalking, you should stop it gradually. First take away only half a dose. If you've been drinking three coffees a day, drink two, one day after one cup, and nothing after the fourth day.

If you've been able to get rid of it, never drink anything that contains caffeine.

And now comes day 13 where you say bye-bye to croissant.

## Day 13: Trans fats

### Stop using hydrogenated vegetable oils.

In contrast to their name, they are not natural but chemistry-produced oils that cause cardiovascular diseases and contribute to the development of diabetes.

What are these oils? Especially margarines and various kinds of frying fats. These are made chemically from the most poorer oils to achieve a properly lubricated texture. They are often treated with flavors and coloring agents to make them more delicious or to make their smells similar to the original smell of the oil. If you buy a packaged food, the hydrogenated or partially hydrogenated vegetable fat and the trans fat labels on the packaging indicate that this food contains these oils.

Practically, all industrial bakery products contain more or less hydrogenated oil. They put it in the breads, in the pastry. It's in the snacks, cakes, donuts and the cocoa rolls. Almost half of those wafels are from this. Even those breakfast cereal bars labeled as „Healthy” are made from hydrogenated oil. Even some of the dairy products we call „cheese” and put on top of the pizza or "cheese-sour cream" contain some. Do not buy them and try to force traders to buy healthier products.

Unfortunately, for restaurant meals there is no need for listing the ingredients on the Menu, so we can almost certainly say that they are cooking and baking with margarine or frying fat. This is much cheaper than butter or virgin oil.

The task of day 13 is:

### Never ever eat hydrogenated oil that cause diseases!

Use either virgin oil or butter instead. Do not buy baked goods containing saturated oils and if you have the power to do so, force them not to sell these.

If you have decided to change margarine to oil in your kitchen, read the next article before you go shopping: [Health deterioration without any obvious cause?](#)

If you are ready, we can go to day 14.



## Day 14: One hour outdoors

Proceed as outlined on Day 2, exercise outdoors every third day from now and on.

Training should last for **at least one hour** and gradually increase the level of exercise as your muscles bear more and more. Every 3rd day you need to have training day. The two days between the workouts are the regeneration phase.

Build up a system for this, mark it in your calendar, in your phone's timer, or get a partner you can work with. A companion complements your willpower and you are less likely give up in laziness.

It can help greatly to determine the right intensity when you get yourself a pulse meter. You can get cheap in sporting stores. Do not have to buy expensive one, the cheapest one will do.

### **You can count your ideal exercise pulse with a simple formula:**

- Ideal pulse lower limit:  $(220 \text{ minus your age}) \times 0.65$
- Ideal pulse upper limit:  $(220 \text{ minus your age}) \times 0.75$
- For example, for a 52 year old man:
- Ideal pulse lower limit:  $(220-52) \times 0.65 = 109$
- Ideal pulse upper limit:  $(220-52) \times 0.75 = 126$

The person in the example would have to keep his pulse rate between 109 and 126 throughout the one hour exercise. Underneath this is not very effective workout, and above it may be tiresome.

Exercising outdoors is much healthier - remember this.

From day 14 the task is:

**Exercise every third day outdoors. Walking, jogging or cycling at a gradient corresponding to your own condition.**

Enjoy rain, wind or cold. The cold is very healthy!

If you would like to, visit us on [Facebook](#). Tell us what it was like to smell the rain or admire the air over the hot asphalt.

Then go for Day 15!

## **Day 15: Fibers**

**Start consuming fiber dietary supplements on a daily basis.**

This can be a special dietary supplement intended for this purpose but you can also use your ingenuity.

The best known source of fiber for me is Chia seed. In addition to high fiber content, it also contains omega-3 oils and other valuable minerals.

If you prefer low-cost solutions, you can buy and eat bran. You can use it almost the same efficiency as expensive dietary supplements.

If you increase the amount of fiber in your diet, it naturally slows down the absorption of carbohydrates and the sudden rise in blood sugar. This is the sugar-stabilizing effect that needs to be included in our program. By the way, you will also have another advantageous effect: it keeps the intestine clean.

Fibers should be consumed during eating. Whether you choose Chia or Colonix fiber blends, or bran bark, do not take them before or after eating, it is a must to take it during the meal. Half an hour before or after eating is not worth much.

## Day 16: GI and insulin values

Learn as many GI and insulin increase values of foods as possible

The glycemic index, abbreviated as GI, is a numeric value that indicates how fast the carbohydrate or sugar in the food is absorbed in the body.

The glucose value is arbitrarily set to 100 and the GI value of the other foods is determined based on it.

Foods with low glycemic index include slowly absorbing carbohydrates, resulting in a long-lasting satiated sensation. The lower the GI value of a food, the less glucose is added to the bloodstream, so the pancreas also needs to produce less insulin to allow the sugar to reach the cells. The less insulin is produced, the less fat is stored in the body. However, foods with high glycemic index include fast-absorbing carbohydrates that suddenly increase blood glucose and insulin levels, followed by a drop in blood glucose causing hunger.

Most of today's medical and dietary recommendations were based solely on the glycemic index and no other factors were investigated. Foods with low glycemic index are said to be good, the ones with high GI are said to be not bad. This view is quite popular but the truth is a bit more complicated.

The main mistake of diets taking only GI value into account is that sometimes foods with low glycemic index do not trigger an insulin response as expected.

From the viewpoint of diabetes, the increase of the blood glucose level is not primary but the insulin secretion induced by the blood glucose level. However, insulin secretion is not only determined by the increase in blood glucose levels.

Many low-GI foods have a high insulin secretion, while a couple of high GI foods have low. Thus, yoghurt, orange, fish and beef with low glycemic index milk also cause significant insulin increase, whereas brown rice, which has an extremely high GI value, can hardly cause insulin response. Interesting, isn't it?

And diabetes is accompanied by a persistently high level of insulin! High insulin levels result in insulin insensitivity (insulin resistance), and due to its secondary high insulin level, high blood lipids and high blood sugar levels continue to deteriorate and obesity comes due to fat storage.

As the body's insulin sensitivity changes during the day, It is worth to eat less carbohydrate for breakfast then for lunch or dinner.

The following table helps you navigate on this issue, as it contains the foods that result in a high insulin response:

	<b>GI</b>	<b>Insulin value</b>	<b>Insulin/ glycemic index</b>
White bread	100	100	1,00
Apple	50	59	1,38
banana	79	81	1,03
orange	39	60	1,54
grapes	74	82	1,11
Brown rice	110	62	0,56
potato	141	121	0,86
White rice	110	79	0,72
lentil	62	58	0,94
peanut	12	20	1,67
dried beans	114	120	1,05
potato chips	52	61	1,17
croissant	74	79	1,07
chocolate	79	112	1,42
fish	28	59	2,11
icecream	70	89	1,27
yogurt	62	115	1,85
biscuit	118	87	0,74
cornflakes	76	75	0,99
beef	21	51	2,42
Cereal with honey	60	67	1,12
rye bread	60	56	0,93
cheese	55	45	0,82
milk	30	90	3,00
pasta	46	40	0,87
egg	42	31	0,74
cake	56	82	1,46
cereal	60	40	0,67

Our task for today is:

**Learn the information in the table above and never drink juices or other drinks or food causing high insulin secretion.**

Instead of fruit juice, always eat whole fruits.

And now let's go to Day 17 job.

## Day 17: Raw vegetables and fruits

### Get more raw fruits and vegetables.

Although fruits contain a lot of sugar, interestingly, they are great nutritions for diabetics too. Unfortunately, this is not adequately emphasized by doctors.

If you want to live with the constant harmony of nature and to heal as part of it, choose the season fruits or vegetables. It is cheaper and on the one hand you get the highest nutrient content. Do not eat orange in July and watermelon in December.

The most suitable fruits for diabetics are berries: strawberries, blueberries, currants, gooseberry, raspberries, but in winter, apples and pears are great choice. I eat apples every day because they are cheap and available all year round. But there is always some berry-type fruit in my freezer. Supermarkets are selling them throughout the year and an excellent safety margin if there is no fresh fruit at home. The more colorful the juice of the fruit, the more valuable it is from the viewpoint of health.

You can consume vegetables raw or slightly steamed. Do not overcook them. It's best not to cook them at all.

Canned foods are not good because they contain added sugar. Unfortunately, this is also true of dried fruit. If there is a way to dry fruits yourself, this is great, but dried fruits in the shops contain added sugar.

In winter, deep-frozen fruits are better choice compared to compotes. It is a good thing in the 21st century that it is possible to get fresh fruits all over the winter.

Consume them at least 2-3 times just like you did before. Do not worry, you will not gain but lose weight.

And now read Day 18.

## Day 18: Gymnema, cinnamon, mulberry

During the program today we have got to one of the steps that give the most effective and fastest achievement.

**You begin to take three herbs on a daily basis: cinnamon, white mulberry leaf and Gymnema sylvestre.**

Obtain these and start taking them under strict Medical supervision. Vitaking produces capsules /called Gymnemax/ in which all three herbs are together at the proper ratio.

Clinical studies have shown that these three herbs are able to restore beta-cell insulin production ability in the pancreas. They are available at drugstores and pharmacies or can be ordered online and are generally safe for regular people who are healthy.

But diabetes can cause problems if restoring healthy insulin levels takes place without knowing it and the person continues to take his/her medicine or insulin unchanged.

For this reason, I call your attention as I did on day 0 to never neglect the measurement of blood sugar level and tell any changes to your doctor.

The herbs can be obtained in encapsulated form: [HERE](#).

Take one capsule during **each** meal. And pay attention to your blood sugar level, especially if you've been taking medication up to now! The need for medication will drop down fast!

It was not difficult, wasn't it?

Let's go for the day 19

## Day 19: Pure water

From now on, your drink should be clean water. Give up on tea, juice, milk, beer, etc. and drink several liters per day, but only clean water.

The most economical way to do this is by purchasing a home-based "osmosis" water purifier. Many of these can be obtained at specialist shops.

Its installation requires some crafting skills. If you want to, buy it in a specialist shop and ask for installation.

If you can not afford to spend money on it now, mineral water and spring water with low mineral content can also be used but tap water is rarely good because in most cases it is from contaminated groundwater or surface water which is treated chemically to make it non-infected.

There are many bad, unuseful water purifiers. Stick to osmotic membrane multi-stage devices. Sales men may try to sell you a product that is cheaper and/or requires less assembly. Unfortunately, these are not exactly good for you need.

**From today, drink only clean water. This is the only drink your cells need.**

## Day 20: Overview

Today, we make sure that everything is all right:

**On Day 20, look over honestly whether you are keeping this program's most important points in or not.**

**Although all the points are important, the most important ones are:**

1. Do you do your light cardio exercises every third day?
2. Do you do your muscular exacting (tiring) exercises once a week?
3. Did you stop eating sugar and white flour?
4. Do you avoid drinking soft drinks and juices?
5. Do you take multivitamin dietary supplement every day, including chromium, vitamin E and vitamin C?
6. Did you stop eating food made from hydrogenated margarine?
7. Do you consume omega-3 oil on a daily basis?

Today, if I am right, it's a training day anyway. Use this day to review your progress and make the necessary adjustments.

Put everything in place to succeed in completing on Day 25.



## Day 21: Superfood

### Start consuming „concentrated” foods.

You might need to learn a new term, "superfood".

#### What is superfood and what is not it?

Unfortunately, the word „superfood” is also owned by foods that are all but superfoods. I'm helping you by giving a couple of specific types that we've looked at and found good.

#### Emerald Balance from Spirit Garden

For me, it is the finest flavor and the best product in its composition. It has been persecuted for a long time because of the stevia in it but they are now available again in several places. It is not that stevia is not good - but Bureaus are crazy.

#### Dr. Schulze superfood

A product of an American doctor distributed in MLM network. It's a good product but it's taste is terrible. For those who do not care for taste can try it bravely. From all the above products, it contains the most spirulina which is the best protein source I think.

#### Innerlight SuperGreens

Due to its high herbal content, it is not suitable for meals, but it can be a great addition to the above products. I mixed one box of SuperGreens powder into half a kilogram of spirulina and I got a normal, edible mixture.

#### Spirulina

If you are a fan of simple solutions, spirulina is the solution itself. This is one of the simplest living creatures in the world, yet it contains everything you need. [Available here as powder and tablets.](#)

#### Chia

Grain that you can eat raw. It is an excellent supplement to the diet of a diabetics because of its high content of omega-3, fiber and minerals.

It can be mixed with almost anything and can increase the nutritional value of all traditional foods.

Let's go for the Day 22!

## Day 22: Frying in fat

The task on Day 22 is simple and clear:

**From today, stop eating foods fried in hot oil.**

No more fried chicken, chips, onion rings, donuts, etc ...

Pasta, meat or vegetables, all of these quick-fried in oil, contain cancer-causing toxins that are produced when oil is made. They cause cancer and also damage the pancreas and the liver. This worsens your diabetes.

No more baked noodles, chips and such.

*Never ever.*

Do you disagree? Read our article about oil: [HERE](#)

If you've got it, read the next step.

## Day 23: Oil „change”

**Decrease the consumption of animal fats carefully and choose fats with vegetable origin or greasy plants instead.**

Fats of animal origin such as meat, cheeses and other fatty dairy products contribute to the deterioration of diabetes. Begin to eat plants rich in fats instead.

### **Fatty plants**

Avocado is a great solution. Very greasy. If it is ripe, it can be spread like soft butter. For the first time, ask for the help of a skilled cook because awfully bad avocados are sold in the supermarkets, and if you meet those for the first time, you will likely start to hate the whole idea. The ripe avocado is more than half a kilo and is very delicious sweet-tasting fruit.

Nuts, Seeds, Olives, etc. ... Many oily things are available and you can eat them varied. *Biogreen* manufactures delicious linseed oil based oils. It is also an excellent choice. Available in better stores.

You do not need much. The right amount of fat is 3-4 tablespoons a day, it is more than enough. If you eat nuts, almonds or other oil seeds, do not eat more than one tablespoon at once or 5-6 tablespoons a day. Half a kilogram avocado contains enough fat for two days.

Ideally, you do not even eat animal fats...

**Full abstinence is not a requirement during the program, but reduce the amount as much as possible.** If you have a bowl of animal fat at home, you can sell it :) You will no longer need this in your life. You can use that place for something.

Let's see the Day 24!

## Day 24: Getting to know the grains

If I say grains to someone he/she will think of wheat, rye, oats or maize. Yet these are the most worthless grains, especially for a diabetic.

### Get acquainted with some exotic grains!

Visit a grocery store or a health food store and find products that are made from **buckwheat**. Buckwheat is the best grain for diabetics because its glycemic index is extremely low.

The only grain that can be eaten raw I know is chia. Wonderful and delicious. Mixing a tablespoon of chia with kefir, it can do miracles to our cells.

Chia contains:

- 10 times more omega 3 oils than salmon,
- 9 times more antioxidants than orange,
- 5 times more iron than spinach,
- 5 times more calcium than milk,
- 3 times more fiber than bran.

### What do you think?

It's also good if you try quinoa. Quinoa is a South American grain, the Incas called Mother of the Seeds. It can be cooked fast and thanks to its pleasantly neutral taste and texture, you can use it as side dish, main course or dessert. You can make everything out of it that you make from rice or millet.

That reminds me. Millet is the most effective anti-cancer food. Did you know that? Try millet too.

Yesterday, the restrictions on meat might ruin your mood. Now you are spoilt for choice, use this opportunity.

Tell about the this 25 day program to your shopkeeper where he will shop. You will surely get help from him. A lot of food is made from the above ingredients and is available in ready-made form at bio stores. Pies are also made from the above grains. Many people do not even notice that it is not liver pie they eat but buckwheat pie.

And now the last day.

## Day 25: The Last Day

The last day has come in our program. How did it go so far? Did you give it up on Day 3 or kept pushing all the way?

Day 25 should be done only by those who have done all the 24 steps honestly:

### **Find a new date with your doctor who examined you on Day 0.**

Go and get a medical check again. Compare the results with the results 25 days before.

Both of you will see that your body has transformed completely. Medicines should be reduced or discontinued. The dose of insulin had to be reduced by now and probably you can leave it behind and you will never need it again.

Of course, given that you do not return to your previous lifestyle that got you to the point where you could not survive without medicines or insulin. Now that you know the cause and you have experienced it yourself that there is a solution and there is a cure and it is nothing but abandoning bad habits and taking up good habits, who can convince you that diabetes is a matter of genetic luck?

If you've done it: **Congratulations and I wish you good health!**

If you did not do it, it is all right. When you feel strong enough, get back to it again and if you're motivated enough, you will make it!

The 25 day program was not given for free.

Though you did not pay for it, now that you are cured: you own me.

I ask you to write down any success you had during the program, write it down and send it to us and tell it to everyone you meet. Believe me, every fourth person who comes up to you is struggling with this problem. Even if they do not know it, their cells are fighting and sooner or later those cells will fail.

It would be good if they knew that it takes only 25 days to cure it.

If you feel like, join us on Facebook. Every week, you will find more information and you can contact others who are on the program or have already done so.

God bless you and help you to keep your good habits and stay healthy.