



# How To Lower Your Blood Sugar to Normal Level in 3 Weeks

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## **Introduction**

Hi I'm Vince and I am diagnosed with diabetes when I was thirty one. In this short concise ebook, I will share to you how I was able to lower my blood sugar in just 3 weeks. Yup! 21 days.

But first, let me give you a short background of who I am and about my family.

When I was young, my grandmother was diagnosed to have diabetes. I saw how her health deteriorated so fast until her vision her strength and even her memory had been badly affected until she died. Her sister died too because of complications caused by diabetes.

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My father in his forties when he was diagnosed with diabetes. This caused some serious complications on his kidney where he ended up in the operating room.

So now is my time, but I do not want to live a boring life, a life haunted by complications caused by diabetes. I want to live normally and healthy.

Often times it takes about 2-3 months for many people to lower their sugar to the normal level.

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When I was diagnosed with diabetes, my sugar level is 398. Yes, at my age, that's high. After 3 weeks of very simple workable steps and discipline, I was able to lower it down to 94.

I want to share these things to anyone like you who downloaded this ebook. In fact, this is very helpful even if you do not have diabetes. All that is needed is a determination to implement these steps and have it as your lifestyle.

### **The Motivation**

I would say this in advance. If you do not have motivation on why you need to do these things aside from being diabetic, then the road ahead will really be bumpy and rough for you. This takes a lot of discipline and self control to say no to bad things and yes to good things.

So if I were you, I would start getting some real hard core motivating factors before you start.

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Here are my motivating factors.

1. I am already sick, but I don't want to get into the point of dialysis.
2. If I can get rid of my extra weight, I will look much younger.
3. If I lose weight, I get a chance to wear all those nice clothes that I can't.

For some people, living longer is their motivation. For some it is about having more time with their family is their motivation. You may have a different one and I hope that it is something that will really motivate you, something that will keep you going.

So before you start, get a pen a notebook and write your personal list of motivations.

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# **Keys for A Successful Normal Blood Sugar Campaign**

When I consulted my diabetician doctor, he told me about the 3 D's for this to be successful; Diet and Exercise, Drug, and Discipline. This is also what we will be discussing in this ebook + more.

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## **Diet**

Though diet and exercise come together, let me separate these two things so that we can cover them more specifically. So first, let's talk about diet.

Diet is all about the food that you take. The good news is nearly all kinds of food and recipes can also be eaten by people who have diabetes. On

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the other hand, the bad news is that everything that you eat, needs some moderation.

To make things clear, you can eat nearly anything you want you just need to moderate it. So can you eat cake? How about cookie? How about the rest of sweet foods? I would, yes you can still eat those, but your blood sugar level will definitely harder to trim down unless you gave them up. And this is one of the main topics that I want to emphasize in diet. So read on.

### **Cut That Extra Sugar**

Proper diet is definitely one of the key factors that we need to lower that blood sugar. That means getting the proper nutrition that your body needs which involves sugar intake control. Now, I have to explain this a bit because many people do not understand the role of sugar over your weight and your health

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Your body feeds on sugar. That means sugar is your fuel to run your body. However, too much sugar floating in our blood is definitely not good for our body especially to our internal organs. It damages the microscopic nerves in your organs which kills it in the long run. This is why you probably heard of people having two dead kidneys, or someone who got blind because of diabetes.

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So what do we need to do? If you are Type 2 diabetic, you can cut extra sugar intake and focus on diet and exercise. If you have medication, take it seriously at least for the next 3 months. Cutting extra sugar intake can give you a lot more control in your sugar level because you will have a lot lower sugar level compared to levels that you will get if you consume extra.

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Sugar is very addictive. No wonder why most diabetic are obese due to excessive sugar intake. Excess sugar becomes fat and stored in our body. Often times, it will be stored beneath our skin in our abdomen.

So what's the catch? Eat properly, not excessively. Avoid foods that contain too much sugar. Say no to sweets, and soda.

### **Fruits and Juices**

Some fruits may also be high sugar which means you also need to be careful in eating them. Banana, Mangoes, Jackfruit and Pineapples are definitely high in sugar. Apples and the most common berries are not. However, you still have to eat moderately.

I would say avoid drinking juices. Even the pure juices have sugar. I know natural juices are good

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for the body. It is healthy and nutritious and it does help. However, remember that every fruit have sugar in it. Let's say apple juice, how many apples do you need to extract 1 glass of pure apple juice? That means in 1 glass of apple juice, it is equivalent to eating 2-3 apples which is still high in sugar thus becoming extra sugar that you body doesn't need.

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# Exercise

When I was diagnosed to have diabetes, the doctor recommended doing serious 30 minutes to 1 hour exercise 3 times a week. However, I suggest making it every day to have a more effective campaign.

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When you exercise, you consume energy. When you consume energy, you dissolve sugar. So the more you exercise the more energy you use and the more sugar is dissolved. Please note that it is recommended that you exercise for about 30minutes to 1 hour a day only. Too much exercise might be interpreted by your body as too much stress thus, produces more sugar instead of burning it down.

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### **So what kind of exercise?**

If you are still recovering from body weakness due to diabetes, I suggest that you do some walking first. A 500m-1km walk will do for a few days then try to increase it for the next few days to 1.5km-2km. When your body is stronger and you started to reactivate your leg muscles, try to do brisk walking instead of just walking. This will gradually increase your stamina and will enable you to do more in the long run.

When your muscles have become stronger again, then apply some running and do minor weights using 4kg-6kg dumbbells. Doing so will also reactivate your muscles in the upper extremities. Try to do some work out for your biceps and triceps.

After a few weeks of continuous workout, you can start trimming your waist line. You can do sit ups,

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crunches, planking, and squatrass (famous military exercise).

### **How about the oldies who can no longer run?**

Age is never an excuse to exercise. You can even exercise while sitting. Check

[www.OfficiallyDiabetic.com](http://www.OfficiallyDiabetic.com) to find out exercises that you can do while sitting. Remember the goal of exercise is burning extra sugar down to put it in a normal level.

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# Medication

I know some of you might not like medication. But if this is your very first time to be diagnosed to have diabetes, I suggest that you do first what your diabetician tells you. Medicine is very important for diabetic people especially those who does not take insulin yet.

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There are several kinds of medicines that your doctor will be giving you. Here's a couple of medicines:

***Gliclazide*** – Most people use “Diamicron” (brand), but there are still some other brands out there which may be cheaper. Gliclazide stimulates cells in your pancreas to produce more insulin. Remember, most diabetic people have insulin

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deficiency because their pancreas may be damaged, or is not working properly, thus producing insufficient amount of insulin to dissolve body sugar. This is usually used by people who have Type 2 diabetes and are not insulin dependent.

**Glucophage** – Most people know this as “Metformin” (common name). There are cheap metformins and there are expensive metformins. Depending on the amount of metformin your doctor recommended, this one has to be taken regularly. Glucophage helps control blood sugar levels.

However, taking glucophage must be prescribed by the doctor. Never take this without your doctor’s recommendation. Not all people can take this medicine. It can cause side effects to some people like allergic reaction lactic acidosis. This is

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also not good for people whose kidneys are already damaged.

***Injectable insulin*** – Insulin is a natural chemical produced by the body to dissolve sugar. This is what our pancreas produces. For reason, diabetic people have pancreatic problem where their pancreas does not produce or if it does, it is not enough to dissolve extra sugar. In this case, injecting insulin can be an alternative to lower blood sugar.

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Some doctors say this is the safest method of lowering blood sugar. However, please note that you cannot inject too much insulin. You need to ask your doctor how much you need to inject and when to inject. The downside of this method is

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that, it is more expensive and more painful than just taking oral medicines.

There are other kinds of medicines that help control diabetes. Consult your doctor for other alternatives that you may want to try.

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# Food Supplement

Most doctors will not recommend you to take food supplement because it is an additional expense. They are probably right in that point however, as a diabetic person myself who have tried controlling diabetes with and without food supplements, I can say that blood sugar is a lot easier to control when you are taking food supplements.

The idea is very simple. As diabetics, we lack nutrients in the body simply because we do not have a proper balanced diet. Some may have it, but most don't. We just need to admit this truth that we wasted a lot of money on chocolates, ice creams, cakes, and all other sweets including sodas. For that reason, we forgot to eat the healthier ones especially fruits and vegetables.

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Another thing that we need to consider is that when we are diabetic, we easily catch other diseases. Our immune system becomes lower and it's harder for us to fight those diseases. And we all know that the only way to boost your immune system is to take food supplement and make your body healthy.

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I strongly suggest that the food supplement you take should provide complete nutrition and not just food supplement for a particular set of nutrients.

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## Lifestyle Overhaul - Conclusion

Other detrimental effects of diabetes can definitely be avoided if we only change our lifestyle and bad health habits. Notice that except for the “medicine” above, all these keys involve lifestyle. Diet, exercise, and proper nutrition composed the  $\frac{3}{4}$  process of lowering your blood sugar levels. It is hard to lower blood sugar level if we do not have discipline.

This lifestyle overhaul won't be easy to most people. But with the right determination to take control of your blood sugar instead of having it control you, this lifestyle overhaul will surely lower your blood sugar and even reverse your diabetes especially if your diabetes is only acquired diabetes.

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