



Dr. Fuhrman®

DR. FUHRMAN'S DIABETES CHEAT CODE:

REVERSE DIABETES WITHOUT SUGAR SPIKES,
HYPOGLYCEMIA, OR CRAVINGS



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CAUTION:

This program is so effective at dropping your weight, blood pressure, and blood sugar that you may need to have your medication adjusted so that you are not overmedicated, which could be harmful to your health.

Keep in mind that results vary from person to person. Some people have a medical history and/or condition that may warrant individual recommendations and, in some cases, medication and even surgery.

Please consult with your physician.

ALERT:

Do not start, stop, or change medication without professional medical advice, and do not change your diet if you are ill or on medication except under the supervision of a physician. Neither this nor any other book is intended to take the place of personalized medical care or treatment.

WELCOME

A diagnosis of type 2 diabetes can be devastating. However, in most cases, this disease can be completely reversed – and prevented from recurring – through dietary intervention. By eating a nutrient-dense, plant-rich diet, you can achieve sustainable weight loss, enabling dramatic improvements to your health. In my upcoming Eat To Live Masterclass I will show you how your body can heal itself when it has the necessary nutrients. This program offers you freedom from medication, adds years to your life, gives you the energy you thought was gone forever, and will help you avoid the complications that often loom for individuals with type 2 diabetes.

PLEASE NOTE: Any program to improve your diabetes must be started under medical supervision. If you are currently on type 2 diabetes medication, it is crucial to consult with your physician before you embark on any new plan. You and your physician have to outline how to gradually lower your medication, so you do not become dangerously overmedicated.

This brief guide gives you an overview of some of the key principles I share with my patients with diabetes. This includes why the Nutritarian diet works for diabetes, the importance of Glycemic Load, and the best and worst foods for diabetics. I also share some recipes for the nutrient-dense, mouth-watering meals I recommend for my patients. But there's so much more you need to know if you want to reverse the damage effects of diabetes.

After reading this eBook, mark your calendar and be sure to join me for my upcoming 9-part online Eat To Live Masterclass. Through these 9 modules I'll be sharing my top secrets for losing weight while living a long, healthy life free from the pain of chronic diseases like diabetes, heart disease, and cancer.

Watch your email for details on how to access the classes, then join me for this special world premiere of the Eat To Live Masterclass, beginning on March 29th, 2022.

Wishing you the best of health,

A handwritten signature in cursive script that reads "Joel Fuhrman".

Joel Fuhrman, M.D.

WHY THE NUTRITARIAN DIET WORKS FOR TYPE 2 DIABETICS

Treating type 2 diabetes with medication without changing your diet is a failed approach. The majority of medications used to lower blood sugar place stress on your already-failing pancreas. In addition, these medications have serious side effects. Some increase the risk of kidney dysfunction, heart failure, and cancer. Some also cause weight gain, and over time, worsen diabetes. It's a vicious cycle. As you gain weight, you become more insulin resistant, and you need more medication. Your pancreas pushes to meet these higher insulin demands and eventually can't. After that, you may need to take insulin, too.



I developed the Nutritarian eating style to harness the body's tremendous power to heal itself through proper nutrition. Many conventional diabetes diets rely on meat and other animal products as the major source of calories to keep glycemic effects down. This strategy has serious drawbacks. Those diets actually promote inflammation and oxidative stress and lead to weight gain, diabetes and heart disease.¹⁻⁵ High animal-protein diets are linked to cancer and premature death.^{6,7} Only a Nutritarian diet can facilitate the dramatic — and permanent — weight loss your body needs to repair damaged cells caused by type 2 diabetes and significantly improve your quality of life, giving you more energy and vitality. At the same time, a Nutritarian diet lowers your risk of cancer.

This program is nutrient dense and plant rich, utilizing lots of whole plant foods like vegetables, mushrooms, beans, nuts, seeds and some fruit. These foods supply essential macronutrients (protein, carbohydrates and fat) and vital micronutrients (vitamins, phytochemicals and minerals). This way of eating maximizes your body's natural ability to self-heal and repair. You will be eliminating foods that are completely empty of nutrients, such as sugar, sweeteners, white flour and processed foods.

My recommendations call for eating larger quantities of nutrient-rich foods and fewer foods with low nutritional value. You will see that as you begin this way of eating and your body responds to getting proper nutrition, your appetite for empty-calorie foods will decrease, your desire to overeat will be curtailed, and your craving for junk foods will lessen.

If you have tried other diets and failed, don't despair. This program lessens and resolves food addictions and emotional overeating. It has worked time and again for those in your shoes. And, don't assume that good health and an ideal weight are the result of genetics or luck. The reality is that we bear responsibility for our own health and appearance through the dietary choices we make. Strictly following these meal plans makes it easy to realize success quickly, introduces you to some of the principles of the Nutritarian eating style, and helps you to understand that this is not a one-time diet. It is a lifestyle — one that you can successfully embrace.

THE IMPORTANCE OF GLYCEMIC LOAD

WHAT IS GLYCEMIC LOAD?

Glycemic load is a term used to describe the ability of a food to raise blood glucose (sugar).

Carbohydrates are complex sugar molecules in foods that the body breaks down into its simplest form, called glucose. The composition of the food determines how easily the carbohydrates are digested and absorbed into the bloodstream.

WHAT IS GLYCEMIC INDEX?

Since not all carbohydrates are digested or absorbed at the same rate, the glycemic index (GI) is a relative ranking of carbohydrate in foods according to how they affect blood glucose levels. Foods whose sugar molecules enter the bloodstream more slowly have a lower GI than foods whose sugar molecules enter the bloodstream more quickly. Low GI foods are more slowly digested, absorbed and metabolized, and cause a lower and slower rise in blood glucose and, therefore, insulin levels. Foods that contain large amounts of fiber, resistant starch, and slowly digestible starch have low GIs, as they take a longer time to be absorbed.



THE IMPORTANCE OF GLYCEMIC LOAD

Knowing the glycemic load (GL) of a certain food is a more valuable marker for those with diabetes than knowing a food's glycemic index. That's because glycemic load is a measure of both the quality (the GI value) and the quantity (grams per serving) of carbohydrates in a meal. It's the more practical number because it considers the amount of food eaten in a serving as well as how fast the sugar in the meal will enter the bloodstream. A food's glycemic load is determined by multiplying its glycemic index by the amount of carbohydrate the food contains in each serving and dividing by 100. GL is a useful number for comparing typical serving sizes of different foods.

THE IMPORTANCE OF GLYCEMIC LOAD

THE GLYCEMIC LOAD OF COMMON FOODS

This table makes it easy to understand why I recommend using beans as the major carbohydrate source – instead of potatoes, bread, white rice, and pasta.

FOOD (SERVING SIZE)	GLYCEMIC LOAD (GL) ⁸
HIGH GL FOODS: 20 or greater	
White potato (1 medium baked)	29
White rice (1 cup cooked)	26
White pasta (1 cup cooked)	24
White flour bagel (1, 3.5-inch diameter)	24
Chocolate cake (1/10 box cake mix + 2T frosting)	20
White bread (2 slices)	20
INTERMEDIATE GL FOODS: 11-19	
Raisins (1/4 cup)	19
Corn (1 cup cooked)	18
Whole wheat bread (2 slices)	18
Black rice (1 cup cooked)	15
Grapes (1 cup)	14
Sweet potato (1 medium baked)	14
Rolled oats (1 cup cooked)	13
Mango (1 cup)	11
Whole wheat berries/kernels (1 cup cooked)	11
LOW GL FOODS: 10 or less	
Lentils (1 cup)	9
Apple (1 medium)	9
Kiwi (2 medium)	9
Green peas (1 cup cooked)	8
Butternut squash (1 cup cooked)	8
Kidney beans (1 cup)	7
Blueberries (1 cup)	7
Black beans (1 cup)	6
Watermelon (1 cup)	6
Orange (1 medium)	4
Carrots (1 cup cooked)	3
Carrots (1 cup raw)	2
Cashews (1 ounce)	2
Strawberries (1 cup)	1
Other nuts and seeds	Negligible
Cauliflower	Negligible
Eggplant	Negligible
Tomatoes	Negligible
Mushrooms	Negligible
Onions	Negligible

THE BEST AND WORST FOODS FOR DIABETICS

Your food choices can either prevent or promote insulin resistance and type 2 diabetes. As adults, we have a tendency to prefer the foods we were raised with. But continuing to eat only familiar foods can be your downfall.

My advice for your success is: Be a choosy eater, not a picky one. Research shows that it takes between 8 to 15 times of eating a new food to accept it as familiar. Taste is a learned pattern. Repeated exposure to a variety of fruits and vegetables has been shown to increase our acceptance and liking of them. So, if you find a food on the 'Best' list that has you turning up your nose, give it another try – and keep trying.

Over time, you will like these foods more and more. Just keep on doing it, and you will soon be lovin' them.

THE BEST FOODS

- 1. GREEN VEGETABLES**
Leafy greens, cruciferous and other green vegetables are the most important foods to focus on for diabetes reversal and prevention. Higher green vegetable consumption is associated with lower HbA1c levels.⁹
- 2. NON-GREEN, NON-STARCHY VEGETABLES**
Packed with fiber and phytochemicals, vegetables like mushrooms, onions, eggplant, peppers, tomatoes, and cauliflower keep blood glucose low.
- 3. BEANS, LENTILS, AND OTHER LEGUMES**
The ideal carbohydrate source with low glycemic load due to their protein, fiber and resistant starch.
- 4. NUTS AND SEEDS**
With their low glycemic load, nuts and seeds protect against heart disease, promote weight loss and have anti-inflammatory effects that may prevent the development of insulin resistance.
- 5. LOW-SUGAR FRESH FRUIT**
Rich in fiber and antioxidants, fruits like berries, kiwi, oranges, pomegranate, and melon satisfy cravings for sweets.

THE BEST AND WORST FOODS FOR DIABETICS

THE WORST FOODS

- 1. ADDED SUGARS**

The sugars added to sweetened beverages and processed foods enter the bloodstream rapidly, causing dangerous spikes in blood glucose.
- 2. REFINED GRAINS (WHITE RICE AND WHITE FLOUR PRODUCTS)**

Refined carbohydrates like white rice, white pasta and white bread are missing the fiber from the original grain, so they raise blood glucose higher and faster than their intact, unprocessed counterparts.
- 3. FRIED FOODS**

Potato chips, French fries, donuts and other fried starches start with a high-glycemic food, and then pile on a huge number of low-nutrient calories in the form of oil.
- 4. MARGARINE AND BUTTER**

High saturated fat, refined oil-based foods such as margarine, shortening, fast food and processed baked goods increase cardiovascular risk and reduce insulin sensitivity, leading to elevated glucose and insulin levels.¹⁰
- 5. RED AND PROCESSED MEATS**

Although these foods are low glycemic, they are disease promoting. High intake of red and processed meat is linked to increased risk of diabetes.
- 6. WHOLE EGGS**

Eating 5 eggs per week or more has been associated with an increased risk of developing type 2 diabetes.

SAMPLE 1-DAY MEAL PLAN

Eating a diet that extends your life and helps you shed excess pounds doesn't have to mean feeling hungry and deprived! On the contrary, you'll enjoy nutrient-dense, mouth-watering meals like these...

And if you want even more delicious recipes that fortify your body with fat-melting ingredients and help you live a long and healthy life... then make sure you watch every module of the Eat To Live Masterclass which premieres on March 29th, 2022.

In it, you'll learn all of Dr. Fuhrman's top secrets for losing up to 12 pounds in 10 days while living a long, healthy life free from the pain of chronic disease.

Check your email for details (and your complimentary ticket), and be sure to watch during this special live airing event!



DAY 1

BREAKFAST

NO-COOK STRAWBERRY OATMEAL

1 SERVING

- 1/3 cup old-fashioned rolled oats
- 1 tablespoon chia seeds
- 2/3 cup unsweetened soy, hemp or almond milk
- 1 cup fresh or thawed frozen strawberries, sliced (or blueberries, cherries or sliced peaches)
- 2 tablespoons chopped walnuts

Combine the oats, chia seeds and non-dairy milk. Soak for at least 30 minutes or overnight. Stir in sliced strawberries and walnuts.

LUNCH

CITRUS SALAD WITH ORANGE SESAME DRESSING

SALAD: 1 SERVING; DRESSING: 3 SERVINGS

For the Orange Sesame Dressing:

- 1 navel orange, peeled
- 1/4 cup raw cashews
- 1/4 cup hemp seeds
- 2 tablespoons lightly toasted unhulled sesame seeds
- 2 tablespoons rice vinegar
- 1/2 teaspoon Bragg Liquid Aminos or low-sodium soy sauce
- 1/4 inch piece fresh ginger, peeled
- 1 clove garlic, chopped

For the Salad:

- 5 cups mixed baby greens
- 1/3 ripe avocado, peeled, pitted and sliced
- 1/2 navel orange, sliced into rounds
- 1/4 cup thinly sliced red onion

Blend all dressing ingredients in high-powered blender until smooth.

To prepare salad, arrange avocado slices, orange rounds and onions on top of lettuce. Pour desired amount of dressing (about 1/3 of the recipe) over salad.

Refrigerate leftover Orange Sesame Dressing.

DINNER

LEMON LENTIL SOUP

4 SERVINGS

- 1 1/2 cups carrots, peeled and chopped
- 1 cup celery, chopped
- 4 cups no-salt-added or low-sodium vegetable broth
- 1 cup dry red lentils, rinsed
- 3/4 teaspoon ground coriander
- 1 teaspoon ground cumin
- 3 tablespoons raw cashews
- 1/4 cup fresh lemon juice (about 1 large lemon)
- 2 cups chopped kale
- black pepper, to taste

Place carrots, celery, vegetable broth, lentils, coriander and cumin in a pot and bring to a boil. Reduce heat, cover and simmer for 40 minutes or until lentils and vegetables are tender.

In a blender or food processor, blend 1 cup of the soup with cashews and lemon juice. Return to pot along with kale and heat until greens are wilted. Season with black pepper.

Men: Have 2 servings of Lemon Lentil Soup.

Portion leftover Lemon Lentil Soup into individual containers. If you are short on time, use it as an alternate lunch or dinner over the next few days or freeze for later use.

Your choice of a cooked green vegetable (can be fresh or frozen).

Tip: Steam or water sauté fresh vegetables. If desired, sauté with fresh chopped garlic or onion. Season with lemon, balsamic vinegar and/or your choice of herbs, spices or a no-salt seasoning blend. For some heat, add red pepper flakes, cayenne pepper or black pepper.

“There Is a Special Type of Soup That You Can Eat Once Per Week... That Protects You From Cancer, Heart Disease, and Osteoarthritis...”

That’s just ONE of the many secrets that you’re about to learn during the **Eat To Live Masterclass**. When you downloaded this eBook, we sent you a COMPLIMENTARY ticket to this event, and you won’t want to miss it.

Why? Because Dr. Joel Fuhrman is revealing the biggest weight-loss and disease-reversing secrets that he’s learned over the past 34 years. Circle your calendar. Make a reminder. Do whatever it takes to watch this live airing.

During the Eat To Live Masterclass, here’s just a taste of what you’ll learn...

- Do you like ice cream? This delicious 3-ingredient “ice cream” recipe loads your body with SO MANY fat-burning ingredients... that in a matter of 1-2 weeks, you could fit into your favorite pair of jeans again.
- How Dr. Fuhrman has helped thousands of people get off of a constant merry-go-round of new medications... and serious side effects from those medications.
- This study on 2,000 women showed how women who ate more of this had a 64% lower risk of getting breast cancer.
- The “Toxic Hunger” pandemic that has been sweeping across America, and how it makes it almost impossible for you to lose weight. (Unless you do this.)
- The real reason why most diets fail. *Hint, if you ever have stomach grumblings, headaches, fatigue, or irritability, then you are falling prey to this.
- The most powerful protection that you can give your body against disease. And how it’s possible to live a DISEASE-FREE life, with a healthy weight and the energy of a 25-year-old.
- If everyone ate enough of this, many of the COVID deaths would never have happened.
- How to lower your LDL cholesterol without medications. (Just add this one thing to your cereal!)
- And so much more!

Are you excited? Are you ready to be handed the biggest weight-loss and longevity SECRETS that Dr. Fuhrman has learned from 34 years of medical practice and researching seven NYT best-selling books on reversing disease?

If so, then don’t miss the world premiere of **Dr. Fuhrman’s Eat To Live Masterclass**. It starts on March 29th, 2022. (Circle it on your calendar, create a reminder, and tell all your friends!)

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ABOUT JOEL FUHRMAN, M.D.

Joel Fuhrman, M.D. is a board-certified family physician, seven-time *New York Times* bestselling author, and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods.

Dr. Fuhrman is the President of the Nutritional Research Foundation. His work and discoveries are published in medical journals, and he is involved with multiple nutritional studies with major research institutions across America.

Dr. Fuhrman runs the Eat to Live Retreat in San Diego, California and takes over the medical care for his guests, enabling them to transform their lives as they recover from diabetes, heart disease, autoimmune disease, cancer and other serious conditions.

Dr. Fuhrman has appeared on hundreds of radio and television shows. Through his own hugely successful PBS specials, which have raised more than \$50 million for public broadcasting stations, he has brought nutritional science to homes across America and around the world.

Dr. Fuhrman is the author of seven *New York Times* bestsellers: *Eat for Life* (HarperOne, 2020), *Eat to Live* (Little Brown, 2003; updated, 2011); *Super Immunity* (HarperOne, 2012); *The End of Diabetes* (HarperOne, 2013); *The Eat to Live Cookbook* (HarperOne, 2013); *The End of Dieting* (HarperOne, 2014) and *The End of Heart Disease* (HarperOne, 2016).

He is also the author of the Transformation 20 guides to health and weight loss. The titles include: *Transformation 20 Diabetes*; *Transformation 20 Blood Pressure and Cholesterol*; *10 in 20: Lose 10 Pounds in 20 Days Detox Program*; *10 in 20: More of What You Love*; and *T20: Infection Protection in 20 Days*.

To date, Dr. Fuhrman has sold more than three million books.

In 2017, Dr. Fuhrman released *Fast Food Genocide* (HarperOne 2017), an examination of how fast food is destroying the physical, mental and emotional health of our society — and what we can do about it. He also introduced legions of food lovers to the joys of Nutritarian cooking with his *Eat to Live Cookbook* and his *Eat to Live Quick and Easy Cookbook* (HarperOne, 2017).

Dr. Fuhrman has written several other popular books on nutritional science, which include: *Eat for Health*, *Disease-Proof Your Child*, *Fasting and Eating for Health* and the *Nutritarian Handbook* and *ANDI Food Scoring Guide*.

