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Diabetes affects over 25 million American adults *and* children. According to the American Diabetes Association, up to 79 million Americans are pre-diabetic and don't even know it. In fact, as many as seven million people in the U.S. don't realize they're living with the disease.

The good news is that type 2 diabetes (the most commonly diagnosed form) is controllable and—based on recent research which you'll learn about in just a moment—*reversible*.

There are three simple therapies that will help you:

- Keep your blood sugar under control.
- Help your body use insulin more effectively.
- Protect your kidneys from future disease.
- Support healthy cholesterol levels.
- Help you manage and maintain a healthy weight.
- Significantly reduce sugar and food cravings.

And it all begins with an everyday spice collecting dust in your pantry.

1. Beat Diabetes with This Tasty Spice

Most people don't know it... But a powerful ally in the fight against diabetes could be sitting in your cupboards as you read this.

It's a common, sweet spice.

We're talking about cinnamon.

For thousands of years, it's been used in Ayurvedic medicine. And now Western medicine has discovered its sugar-busting properties.

Researchers at the USDA's Human Nutrition Research Center found that certain compounds in cinnamon can improve insulin-dependent glucose metabolism twentyfold.¹

This extraordinary finding led to various human studies that suggest similar benefits.

One study published in the journal *Diabetes Care* recruited 30 men and 30 women. They all had type 2 diabetes.

The researchers divided them into six groups. The first three groups supplemented with cinnamon every day as follows:

- Group 1: one gram/day of cinnamon
- Group 2: three grams/day of cinnamon
- Group 3: six grams/day of cinnamon

The remaining three groups were given the equivalent number of placebo capsules (one, three, or six grams).

The results were surprising.

After 40 days, the researchers measured the subjects' fasting glucose and cholesterol levels.

It turns out that all three cinnamon groups reduced their fasting glucose levels by up to 29%.

What's more, as little as one gram of cinnamon helped reduce triglycerides by 18%...LDL ("bad") cholesterol by 7%...and total cholesterol by 12%.²

The higher cinnamon dosages produced even greater reductions in cholesterol and triglyceride levels.

The study didn't stop there. The researchers wanted to see if the effects remained *after* the subjects stopped taking the cinnamon supplement. So they measured the same blood markers again after a 20-day washout period.

Fasting blood glucose and triglycerides rose a little... But they remained lower than before the study began. LDL and total cholesterol continued to decline.

In other words, this study suggests cinnamon has a sustained effect.

Finally, a 2010 study in *The Journal of the Federation of American Societies for Experimental Biology*, took another look at cinnamon extract.

Researchers in this double-blind, placebo-controlled clinical trial recruited 137 participants (average age 61).

For two months, test subjects were given a 250 mg dried water-extract cinnamon capsule, twice per day.

At the end of the study, their fasting blood glucose dropped by a whopping 12 mg/dL.

But it doesn't stop there.

They also found that this cinnamon extract helped reduce postprandial (after-meal) glucose spikes by an average of 32 mg/dL. This is remarkable...especially considering the subjects consumed 75 grams of carbohydrates before having their blood tested.³

So how much cinnamon should you take?

Based on the research, 250 mg of cinnamon extract, twice per day should do the trick.

But you don't want to get the regular cinnamon sold at the grocery store. It turns out there is a specific species of cinnamon that has the sugar-busting properties.

It's called *cinnamon cassia*. So make sure to check the label. Also, make sure the extract contains type-A polymers. These are the compounds that make cinnamon so effective.

2. Why Your Gut Can Be a Powerful Ally in the Fight Against Diabetes

Your body gets most of its energy in the form of simple sugar, or glucose.

That's why whatever gets digested in your system gets converted into sugar...which then goes into your cells.

One of the keys to keeping your blood sugar—and insulin—from spiking all over the place is to slow the rate at which your body can digest food and turn it into sugar.

That's where our second powerful alternative therapy for diabetes comes in to save the day.

It's called glucomannan.

It is a source of fiber. One of the best at helping you manage blood sugar.

Normally, fiber works by binding to water in the stomach and small intestine. Once there it forms a "sticky" (viscous) mass.

This mass then slows the absorption of sugars into your body. The net effect is that you experience smaller spikes in sugar and insulin after eating.

Glucomannan is effective because it has the greatest viscosity—gelling property—of all known soluble fibers.

It's all-natural and comes from the konjac root. It's been used in Asia for centuries in traditional foods.

In one study published in the journal *Diabetes Care*, researchers recruited 11 participants who had impaired glucose tolerance, reduced HDL ("good") cholesterol, moderately-high blood pressure and elevated triglycerides.

The researchers then randomly assigned the participants to take either glucomannan fiber-enriched test biscuits—about 8–13 grams of glucomannan per day—or wheat bran fiber "control" biscuits.

It turns out the glucomannan biscuit group had better reductions in cholesterol markers—HDL, total cholesterol, and triglycerides—and improved glycemic control.

According to the researchers, *"A diet rich in high-viscosity [glucomannan] improves glycemic control and lipid profile, suggesting a therapeutic potential in the treatment of the insulin resistance syndrome."*⁴

Other studies have found similar results.^{5,6}

You can find glucomannan at most health food stores. Aim for five grams before meals. Just don't use it right before going to bed.

3. PROOF That Diabetes CAN Be 100% Reversed...

There's no doubt that you should be using the two powerful sugar-busting compounds we've talked about so far.

But if you REALLY want to put the stop on your or a loved one's type 2 diabetes for good, then you'll want to pay attention to this study published in the journal *Diabetologia*.

The results were simply shocking... They shatter the belief that you're stuck with insulin resistance for life.

Researchers at Newcastle University in England recruited eleven people who had been diagnosed with type 2 diabetes within the past four years.

They gave them a liquid and non-starchy vegetable diet for eight weeks. The diet totaled 600 calories per day.

Three months after going off the diet, seven of the participants were *diabetes free*.⁷

"We used the 600-calorie diet to test a hypothesis. What I can tell you definitively is that if people lose substantial weight by normal means, they will lose their diabetes," says Dr. Roy Taylor, lead researcher of the study.

In fact, participants in the study saw results in as little as one week.

Just one week after beginning the diet, the participants' fasting blood sugar levels were no longer elevated. Fat levels in the pancreas fell from a dangerously high to within normal levels.

After eight weeks on the diet, the participants' bodies were making sufficient insulin and responding properly to sugar.

These kinds of results are far more powerful than ANY diabetes drug on the market... And without the nasty potential side effects!

You can get similar results without needing to go so low on the calories. It makes sticking to such a diet more realistic and less difficult. For best results, get plenty of lean protein—like pastured chicken, grass-fed beef, and wild-caught salmon. It's also important to include organic veggies and healthy fats—like avocado, coconut oil, and raw nuts.

The Next Step

Now you're armed with three simple and proven alternative therapies for reversing type 2 diabetes.

It's up to you to put them into action.

Try adding just one alternative therapy to your regimen per week. Once that becomes a habit, add another, and so on. Or if that's a little too stressful, aim for adding one diabetes busting therapy to your daily regimen every month.

Before you know it, you'll be on your way to managing your blood sugar and insulin... And maybe even reversing the disease for good.

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