

TYPE 2 DIABETES



&

The Ketogenic Diet



How Can The Ketogenic Diet Help Type 2 Diabetes?

Here are some tips on how to manage diabetes with a ketogenic diet.

I'm going to be talking mainly about Type 2 diabetes.

Type 1 diabetes is slightly different and I'll cover that in another eBook.

The thing you need to understand is the reason why you have diabetes or Type 2 diabetes.



It can be because your pancreas is being overworked by eating regular amounts of high sugar or highly processed, carbohydrate foods.

This gives you a spike in your blood sugar levels. The pancreas has to release insulin to force sugar into the cells and over time you can get what is called insulin resistance, where the pancreas is overworked and starts to get damaged.

When this happens Type 2 diabetes can be developed. Insulin is really important in your body to push sugar into your cells.



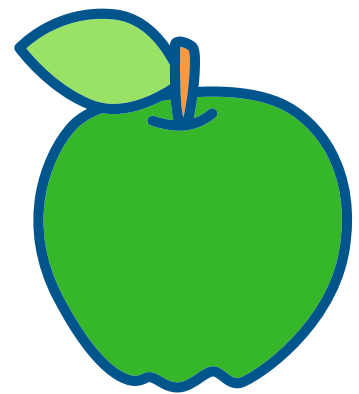
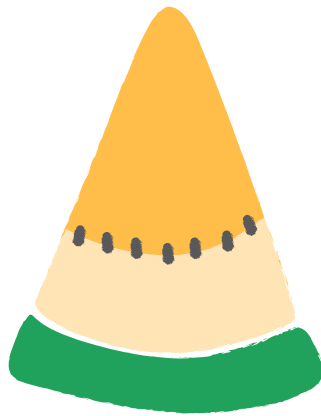
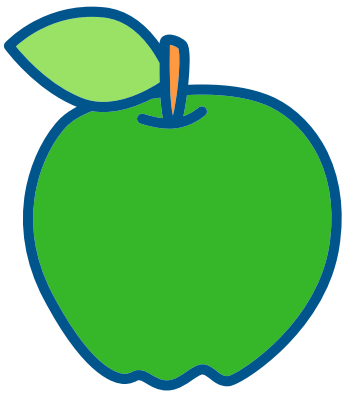
If you keep on eating sugary foods or even foods, which don't contain sugar, but are high glycaemic and release sugar in our bodies, like pasta, you're going to have excess amounts of sugar in the blood.

That sugar has got to go somewhere. This is where we need the pancreas to do its job, release some insulin and push sugar into the cells.

Another thing happens when insulin is in the blood is, it forces not only the sugar into cells but also forces triglycerides into the cells, which makes us store fat as well.



Let's give you a few tips to manage diabetes or Type 2 diabetes better.



Tip Number One

Keep your carbohydrate levels down.

Obviously with the ketogenic or low carb diet, the first tip I'm going to give you is to keep your carbohydrate levels down.

When your blood sugar levels are elevated your pancreas has to release insulin.

When you keep getting these spikes consistently, it causes damage, and therefore the pancreas becomes overworked, causing Type 2 diabetes.



So by keeping your blood sugar level stable and reducing your carbohydrates, you don't have these nasty spikes and troughs of blood sugar throughout the day.

I would recommend keeping your carbohydrate levels to less than 40 grams per day.

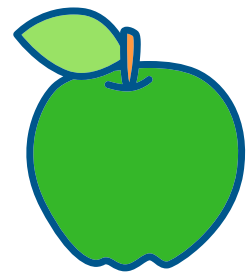
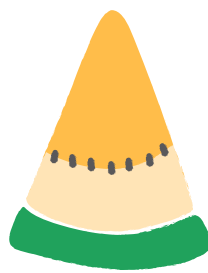
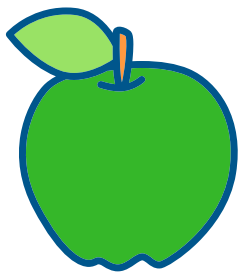
Keep to eating low glycaemic, above ground vegetables like; mushrooms, bell peppers, cauliflower, broccoli, green beans.

Eat plenty of lettuce, bok choy and anything leafy and green, keeping your total carbohydrate levels to 40 grams per day.



That could be up to half a kilo of vegetables so you won't be losing out on the things which you need for your digestion.

Having a lower carbohydrate level will reduce those spikes, reduce your pancreas' need to release insulin and it will help manage and even reverse some of the effects of Type 2 diabetes.



Tip Number Two

Lose body fat.

This will come with a ketogenic diet. The more body fat you lose, the easier it is going to be to manage your blood sugar levels, your general health and diabetes.

So when you follow a ketogenic or low carb diet, your body turns over to using fat as a primary fuel source as opposed to carbohydrates.



In reducing carbohydrates you don't have these spikes and troughs of blood sugar and your body can use fat as a fuel source, reducing your overall body fat.

Not just fat from the outside but the visceral fat, which covers the organs, as well. So losing body fat, which will come from following a low carb or ketogenic diet is probably the second most important thing to help manage your diabetes.



Tip Number Three

Stay away from processed foods.

Or any foods that have been created where you don't know what's in it. If there's a list of numbers on the back of a packet I would really recommend eating it in moderation or staying away from it.

High fructose corn syrup is probably in around about 97% of processed foods these days and it can give you a really high elevation of blood sugar, which you don't need if you have diabetes.



So again sticking to whole foods, above ground vegetables, moderate meat intake.

Around a couple of 125 gram servings of meat per day is plenty to maintain muscle mass and help you feel full and less likely to eat things which you shouldn't, like high sugar foods. Keep your fat levels quite high. It is really important with the ketogenic diet, as we are cutting carbohydrates down, we need to keep those good fats up.

Eat avocados, nuts and good oils. Staying away from the omega 6 oils and eating more omega 3's. Limit your canola oil intake. In summary eat low carb, moderate protein and high fat foods.



Tip Number Four

Get to know your body.

Monitor your blood sugar levels and be on top of things because as you reduce your carbohydrate intake, the amount of insulin you are going to need will be less.

Over the first 2 to 3 weeks, until you start to get a handle of it, increase the amount of times you check your blood glucose levels.

Reducing your carbohydrate levels will reduce the spikes of blood sugar and this means less insulin is needed to force the sugar into the cells.



To Recap:

Eat whole unprocessed foods.

Eat lots of leafy greens, eat above ground vegetables, staying away from high glycaemic root vegetables.

Don't eat processed foods.

Stay away from anything with sugar.

Limit your carbohydrate intake to less than 40 grams per day, through good quality vegetables, organic if you can.



Eat high fats, good fats, things like salmon, avocado and nuts. Keep those good fats coming in.

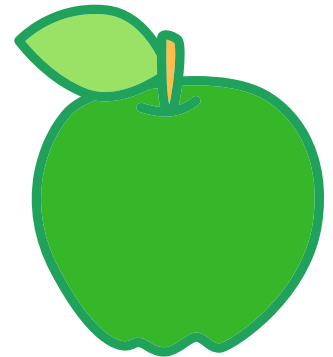
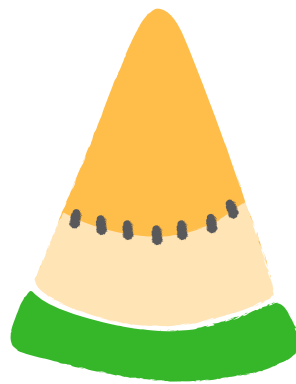
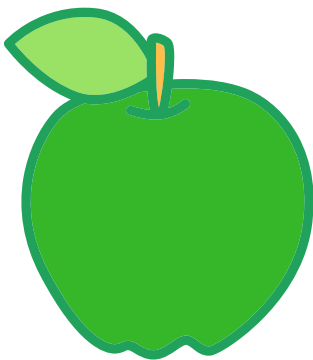
It might feel little bit counterintuitive to start with, but eating more fat to lose fat and reducing your carbohydrate levels definitely help.

Eat good quality proteins, a couple of serves a day, around about 125 grams per serve should be adequate to maintain your muscle mass.

Keep on top of your blood sugar levels and get to know your body.



As a low carb or ketogenic eater, your blood sugar levels will change and it will make your diabetes management a lot easier.



**This Ebook is a collaboration between Matt
Straight from Ketofast
& Global Healing Exchange**

