



The Diabetes Reversal Action Plan

The #1 most common myth:

If I go on a healthy diet, I will lose weight and reverse my diabetes.

Why is this a myth?

Because diets don't work. Going on a healthy diet requires willpower to stay on it. However, hunger, or cravings wipe out willpower.

And why does this happen?

Hunger or cravings that sneak up on you are caused by the Blood Sugar Roller Coaster. As a diabetic or pre-diabetic, not only do you have elevated blood sugar, but you are on this Blood Sugar Roller Coaster as well.

And when you are on it, you can feel it. This is why you have cravings. The Blood Sugar Roller Coaster runs over your willpower each and every time.

Why? Because when your blood sugar dips, it creates a physiological need for more sugar. Your brain actually starts sending out signals for more sugar, even when your body doesn't need it.

And this physiological need outweighs any ability to make good decisions. How many times have you successfully eaten a salad when you had a craving for chocolate or pasta?

Diets alone don't work because the Blood Sugar Roller Coaster prevents us from turning off our hunger switch. We can't make good decisions when we are hungry.



Signs that you are on the Blood Sugar Roller Coaster:

- It is difficult to lose weight
- Sometimes you feel a bit spacey and disconnected
- You often get very sleepy in the afternoon
- You crave sweets
- You feel much better after you eat
- You are very irritable if you miss a meal
- You wake up often during the night
- You feel hungry all the time
- Your waist circumference is larger than your hips

The 4 Steps to Reversing Your Diabetes or Pre-Diabetes

Step 1. Understand Your Diabetes

The factors contributing to my diabetes:

1. _____
2. _____
3. _____

Problems with relying on drugs to reverse my diabetes:

1. _____
2. _____
3. _____

My goals for optimal blood sugar levels to reverse my diabetes:

Fasting blood glucose level: _____

A1C level: _____

Total Cholesterol level: _____

After-meal blood sugar level: _____



Step 2. Reduce Your After-Meal Blood Sugar Levels

The best foods to eat to lower my blood sugar levels:

How to plan my meals using the Glycemic Load Food Table:

The best types of fat to consume to stabilize my blood sugar:

I will get off the Blood Sugar Roller Coaster and gain blood sugar control with these natural supplements:

Step 3. Improve Your Insulin Sensitivity

The 4 key factors to improve my insulin sensitivity:

1.

2.

3.

4.



3 or more ways I will activate my AMPk enzymes and raise my metabolism:

1. _____
2. _____
3. _____
4. _____

The best ways for me to get a full night's sleep naturally:

Step 4. Monitor Your Success and Commitment

Ways to monitor myself to continue my progress:

When to make adjustments:

How to stay motivated and reward myself:

How to manage my drug side-effects while I am going off of them:



How to resolve spikes in my fasting blood sugar or the “Dawn Phenomena”:

How to get my blood pressure under control without drugs:

Action Step

The one step of my Diabetes Reversal Action Plan that I will take action on today is:



Next Steps

I hope all the free training videos I've given so far have expanded your way of thinking about how you can reverse your diabetes.

It's worth taking the time and putting the energy in to understanding what you can do through diet, through lifestyle, and through proper supplementation to control your blood sugar level because that means a happier, healthier and longer life.

Imagine what it would be like to not have to worry about testing your blood sugar once, twice, or four times every day...

To sleep soundly, without being stressed or concerned about going blind, losing a foot, or suffering a heart attack, stroke, or kidney failure.

To have stable blood sugar readings and not have to worry about it going too high or too low.

To go out and eat without wondering what it's going to do to your blood sugar the next day. To feel relaxed knowing that you are in control of your diabetes.

Imagine what it would be like to have a normal life again, rather than obsessing over taking your diabetes medications and taking your blood sugar like clockwork.

If you are ready to go deeper... If you are ready to join me on this journey, then I will be opening up my Diabetes Reversal Solution program very shortly, just in a matter of days.

I'll open up administration for a few days, then we will close it down and get the class started.



DoctorMurray.com

YOUR NATURAL MEDICINE RESOURCE

We run it almost like a long-distance learning college class where there are online lessons every week for 4 weeks and you go at your own pace with the opportunity to personally ask me questions along the way.

I want you to get results. That's why I am doing this program. I am really invested in helping you get the results that you are looking for.

All you need to do is simply watch your email over the next couple of days. I will email you all the details and exactly how to register.

I can't wait to take the next step together!

Michael T. Murray N.D.

