

How to Reverse Insulin Resistance

Eat primarily plant-based foods nurtured by the energy of the sun. In comparison to animal-based foods such as meat and dairy, plant-based foods are rich in Vitamins, Minerals, Antioxidants, and Phytonutrients. Animal foods do not have any cleansing Antioxidants and Phytonutrients, which are critical to preserving health and preventing diseases. To balance; eat meats and Vegetables in the ratio of 1:4 (example- eat 400 gm of vegetables and fruits for every 100gm of meat).

- Live a balanced lifestyle in harmony with the natural cues of the day and night cycles of the environment concerning Fasting/ Feeding, Sleep/ Wake, and Exercise/ Activity cycle

First and foremost eliminate the four white food poisons from your diet :

- **Refined sugar in all forms** - Cane sugar, High Fructose corn syrup (HFCS), and artificial sweeteners. These poisonous sugars are present in:
 - a) Sugary beverages of all kinds – That includes sodas, sports drinks, fruit juices both boxed and freshly squeezed. Juicing takes out all the fiber from fruits and vegetables. The fiber is vital to slowing the absorption of glucose from the digestive tract.
 - b) Sugary sweets – Candies, Mithais, biscuits, and all baked goods- cakes, muffins, and pastries. Milk-based sweets are the most harmful in this respect because these have four threatening elements- Sugar as sweetener, invisible or hidden lactose sugar and saturated fat in the milk and visible saturated fat added to make the mithai.
- **Commercially produced refined grain products** - That includes Chapatis made from milled wheat flour, foods made from refined wheat products such as maida and sooji, and polished white rice and rice flours.
- **Concentrated dairy products** - These are rich in lactose (milk sugar) and invisible saturated fat; both of which promote fat deposition in the body. Concentrated dairy products include- milk-based (khoya or mava or Rabri) sweets, and paneer (100 gm carries 18 gm protein and 20 gm saturated fat). The paneer use should be restricted to once or twice a week, only in small amounts mixed with a generous amount of vegetables.
- **Commercially produced trans fats and refined vegetable oils** - These synthetic fats cause inflammation and fat accumulation in the body starting with the liver, which promotes Insulin Resistance.

Two Modern Food Poisons



Worst Harm--Packaged, bottled Junk Foods!!



