

# CONTENTS

<b>Chapter 1</b>	<b>What Is Type 2 Diabetes? .....</b>	<b>9</b>
	Introduction.....	9
	Who Am I? .....	11
	The Main Purpose of This Book.....	12
	Type 1 and Type 2 Diabetes: What Is the Difference?.....	13
	The 21st Century Disease.....	15
	How Many People Currently Have Type 2 Diabetes? .....	16
	Insulin Action and the Control of Blood Sugar.....	17
	What Goes Wrong in Type 2 Diabetes? .....	21
	What Are the Consequences of Type 2 Diabetes? .....	22
	What Is the Metabolic Syndrome? .....	25
	Are Type 2 Diabetes and the Metabolic Syndrome Reversible?.....	27
<b>Chapter 2</b>	<b>How Do I Know If I Have Type 2 Diabetes, and How Will It Be Treated? .</b>	<b>30</b>
	Symptoms of Type 2 Diabetes .....	30
	Diagnosis of Type 2 Diabetes .....	32
	What Happens After the Diagnosis? .....	35
	Treatment of Type 2 Diabetes.....	36
	Medication.....	36
	Insulin Therapy.....	38
	Changes to Diet and Lifestyle Behavior.....	40
<b>Chapter 3</b>	<b>How Is Type 2 Diabetes Monitored and Managed? .....</b>	<b>42</b>
	Monitoring of People With Type 2 Diabetes .....	43
	Monitoring By Your Healthcare Practitioner.....	43
	Self-Monitoring at Home.....	46
	Management of Type 2 Diabetes .....	48
	Keeping Your Feet Healthy .....	48
	Practicing Good Personal Hygiene.....	49
	Practicing Good Food Hygiene .....	53
	Changing Your Diet and Eating Less.....	53
	Choosing Low Glycemic Index or Low Glycemic Load Foods .....	58
	Becoming More Physically Active .....	62
	Blood Glucose Self-Monitoring .....	66
	Will I Get Better? .....	68

# BEATING TYPE 2 DIABETES

<b>Chapter 4</b>	<b>What Causes Type 2 Diabetes? .....</b>	<b>71</b>
	Possible Mechanisms Leading to Insulin Resistance in Prediabetes and Type 2 Diabetes .....	73
	Reduced Numbers of Insulin Receptors in Target Tissues.....	73
	Inhibition of Insulin Action Resulting From Inflammation in Adipose Tissue ...	73
	Decreased Production of Adiponectin.....	74
	Elevated Levels of Plasma Free Fatty Acids.....	74
	Elevated Levels of Plasma Triglycerides .....	74
	Chronic High levels of Plasma Insulin .....	75
	Elevated Levels of Methylglyoxal.....	75
	Possible Mechanisms Leading to Impaired Insulin Secretion in Type 2 Diabetes....	77
	β-Cell Exhaustion .....	77
	Genetic Factors.....	77
	Risk Factors for Type 2 Diabetes.....	79
	Sex Differences in Type 2 Diabetes and Its Relation to Body Fat Mass and Distribution.....	82
	Sex Differences in Insulin Resistance and Blood Glucose Levels .....	83
	Sex Differences in Risk of Cardiovascular Disease .....	83
	How to Evaluate Your Own Diabetes Risk Based on Your Personal Details and the Known Risk Factors .....	84
<b>Chapter 5</b>	<b>A Weighty Problem.....</b>	<b>88</b>
	What Causes Obesity? .....	89
	The Obesity Problem .....	91
	The Role of Genetics .....	92
	Why What We Eat Is Important.....	94
	The Problem With Snacking.....	101
	The Role of Food Addiction .....	102
	The Links With Sedentary Behavior.....	104
	The Links With Poor Sleep Quality .....	105
	Socio-Economic Factors in the Development of Obesity .....	107
	Too Many Calories Ingested, or Too Few Expended? .....	108
<b>Chapter 6</b>	<b>How Do I Know If (or By How Much) I Am Overweight or Overfat?.....</b>	<b>110</b>
	Normal Levels of Body Fat .....	111
	How Can I Tell If I Am Overweight or Overfat? .....	112
	Height-Weight Relationship and Body Mass Index .....	112
	Waist Circumference and Waist-to-Hip Ratio .....	114
	Estimating Percentage Body Fat By Bioelectrical Impedance Analysis.....	116
<b>Chapter 7</b>	<b>What Can I Do to Reduce My Risk of Complications If I Have Type 2 Diabetes? .....</b>	<b>118</b>
	Eat a Healthier Diet .....	119
	Recommendations for Healthy Eating .....	119

Diets That Are Known to Be Very Healthy.....	122
Food Shopping Tips and How to Use Nutrition Facts Labels on Packaged Foods.....	128
Exercise More.....	130
Recommendations for Physical Activity .....	131
Sleep Better.....	132
Recommendations for Improved Sleep Quality.....	133
Lose Some Weight.....	135
Common Mistakes.....	135
Defining Goals .....	136
Recommendations for Weight Loss by Dieting .....	136
Ways of Losing Body Fat and Weight .....	138
If You Are a Smoker, Stop Smoking.....	140
The Take Home Message.....	141
 <b>Chapter 8 What Can I Do to Beat Diabetes?.....</b>	<b>144</b>
Losing Sufficient Weight Is the Key to Reversing and Getting Rid of Type 2 Diabetes .....	145
About Food Calories and the Effects of Energy Restriction .....	148
Common Diets for Weight Loss and the Ones That Diabetics Should Avoid.....	148
Fasting and Crash Dieting .....	149
Fad Diets .....	149
Very Low-Carbohydrate Diets.....	150
Very Low-Fat Diets.....	151
Food-Combining Diets.....	152
The Paleo Diet.....	152
The Zone Diet.....	153
Diets That Work for Weight Loss and Are Suitable for People With Prediabetes or Type 2 Diabetes.....	154
Low Glycemic Index Diets .....	154
Very Low Energy Diets.....	155
Intermittent Fasting Diets .....	156
Reduced Fat Diets .....	158
High-Protein Diets.....	158
Low Energy Density Diets.....	161
Comparisons of the Different Diets for Weight Loss in People With Type 2 Diabetes .....	164
Exercise for Weight Loss.....	166
Aerobic Exercise .....	167
Resistance Exercise .....	172
High-Intensity Interval Exercise.....	172
How Much Exercise Is Needed to Achieve Significant Body Weight and Fat Loss?..	175
Why Combining Dieting and Exercise Is Best for Both Weight Loss and Health.....	178

# BEATING TYPE 2 DIABETES

<b>Chapter 9 How to Personalize Your Weight Loss Plan to Beat Type 2 Diabetes.....</b>	<b>182</b>
The Combination 1,000GPW (Grams of Fat Per Week) Weight Loss Plan for Diabetics.....	183
Decide Your Target Weight and How Much Weight You Need to Lose.....	183
Why Stick to Just One Weight Loss Diet When You Can Pick and Mix From Several Diets That Are Effective and Safe?.....	184
The Exercise Part of the Weight Loss Plan .....	186
What If I Want to Lose More Weight Than This?.....	192
Weight Maintenance Following Successful Weight Loss .....	192
How Will I Know If I Have Beaten Type 2 Diabetes?.....	193
<b>Chapter 10 Meal Ideas for Diets for People Who Are Trying to Manage or Beat Type 2 Diabetes.....</b>	<b>195</b>
Meals for the Low Glycemic Index Diet for Managing Blood Sugar Levels .....	198
Low GL Breakfasts (250-400 kcal) .....	199
Low GL Lunches (300-400 kcal).....	200
Low GL Dinners (700-900 kcal, Including Dessert).....	202
Meals for Days on the Very Low Energy Diet and "Fasting Days" on the Intermittent Fasting 4:3 Diet .....	204
Breakfasts Containing About 125 kcal .....	205
Breakfasts Containing About 250 kcal.....	206
Lunches Containing About 125 kcal.....	208
Lunches Containing About 250 kcal.....	208
Dinners Containing About 250 kcal.....	210
Dinners Containing About 400 kcal.....	212
Meals for "Nonfasting Days" on the Intermittent Fasting 4:3 Diet.....	215
Meals for the Mediterranean Diet .....	215
Meals for the Japanese Diet.....	218
Desserts for the Japanese or Mediterranean Diets (All Less Than 200 kcal).....	221
Meals for the Vegetarian Diet .....	222
Meals for the Reduced Fat Diet .....	225
Breakfasts (250-350 kcal) .....	225
Lunches (300-400 kcal) .....	226
Dinners (600-800 kcal) .....	227
Daily Meal Plans for the High-Protein Diet .....	228
Daily Meal Plans for the Low Energy Density Diet.....	230
Breakfasts With Low Energy Density and Fewer Than 250 kcal.....	230
Lunches With Low Energy Density and Fewer Than 250 kcal .....	231
Dinners With Low Energy Density and Fewer Than 800 kcal.....	231
My Final Message to You .....	234
Glossary .....	235
References.....	254
About the Author.....	275