



TWENTY TWO

OUT-OF-THE-BOX

IDEAS FOR PEOPLE WITH DIABETES...

DR. MICHELLE HERE, TO HELP YOU
GET MOVING!

But first, why am I talking about diabetes?

A LOT OF TIMES THE WORD "DIABETES" SOUNDS LIKE A LIFE SENTENCE WHERE YOU WILL HAVE TO MAKE ALL THESE MAJOR CHANGES.

WE TEND TO THINK WE HAVE TO RUN FOR MILES EACH DAY OR EXERCISE DAILY, EAT ALL THE CORRECT FOODS 100% OF THE TIME, NEVER GO OUT TO EAT AGAIN, AND BE ON MEDICATION FOR THE REMAINDER OF OUR LIVES.

JUST LIKE ME, YOU HAVE HAD THE THOUGHT "THERE HAS TO BE ANOTHER WAY...THERE HAS TO BE A SOLUTION... WHAT ARE SMALL AND SIGNIFICANT WAYS TO START REVERSING THINGS IN MY LIFE THAT I AM DEALING WITH CURRENTLY?"

D I A B E T E S

What is type 2 Diabetes?

Ultimately, it is a disease of too much insulin resistance, where blood sugar levels are just a symptom according to Dr. Jason Fung. It is having too much sugar in the blood stream and you need to get it out! Essentially, blood is made to move. All functions of the body absolutely depend on it!

Therefore, movement is actually a type of fuel for your body, just like food.

It stimulates and generates energy, moves nutrition around, disposes waste from the body.



Over time, your sugar intake disrupts the flow in the body, which can cause the potential for disease. However, according to Nobel Prize Winner Dr. Otto Warburg, “No disease, including cancer, can exist in an alkaline environment.

I’ve listed 25 out of the box ideas for you to try and use! which will give other people just like you more options. Please email me, so I can keep adding to this list, which will give other just like you more options.

info@doctormeandyou.com

25 Out-Of-The-Box Ideas

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1. Daily Movement
 2. Gardening
 3. Self-Lymphatic Massage
 4. Castor Oil Packs on the Liver and Pancreas
 5. Qigong exercise for the Pancreas
 6. Avoid All Gluten (Even if you are not gluten intolerant)
 7. Eat More Steamed Vegetables
 8. Stick to low sugar fruits such as cherries or raspberries.
 9. Being thankful before each meal
 10. Eat Celery as a snack
 11. Omit all breads
 12. Stop drinking anything carbonated
 13. Eat a salad once a day
 14. Avoid any and all fruit juices for now.

15. Start drinking distilled or reverse osmosis water (Stay away from tap water or bottled)

16. Incorporate fresh pressed vegetable juice weekly

17. Start drinking warm to hot water (Your goal is 40 oz a day and tea does not count and do not put lemon in the water) Just plain warm to hot water

18. Take frequent breaks throughout the day to just relax the body and mind

19. Stay away from taking fish oils

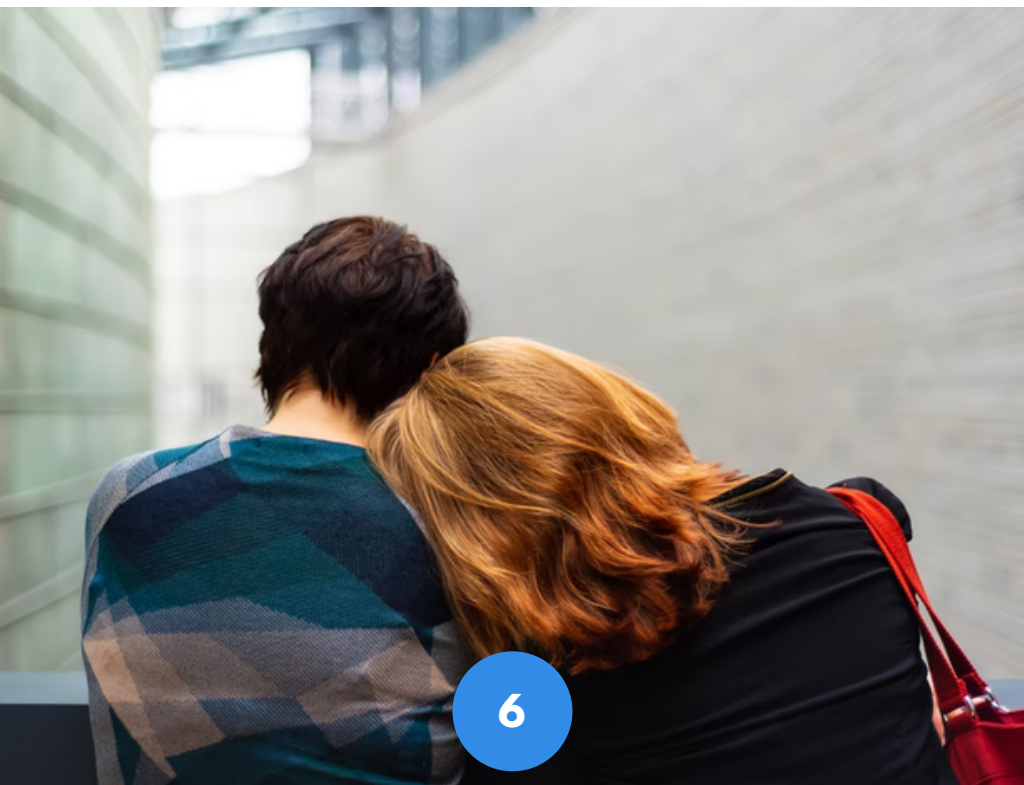
20. Stay away from fish for now

21. Watch something that will make you laugh

22. Stretching

How do I choose my out-of-the-box idea and add it to my day?

I am sure you remember as a kid getting homework and either a parent figure or teacher would say to start with the easiest thing. What idea would be the easiest to act on right now?





When I was creating this book and going through it, I actually did the one on watching something funny. We often forget to have fun, which helps the body move out of a fight or flight state. A study published in the Journal of American Medical Association found that stress is a factor in 75% of all illnesses and diseases that people suffer today. This is because staying in a stressful state creates an acidic environment. The body wants to be alkaline. A normal pH for the blood of the body is 7.4. Your kidneys and lungs are what helps create an alkaline body.



Pick a few ideas that don't need any planning or re-arranging of your life.

Take action to implement. Put it on a sticky note for your refrigerator or a calendar invite for yourself.

It will be worth the effort!

What if I have tried some of the ideas before and failed or did not feel a change?



Many people struggle with the past which can make it difficult for you to try new ideas or revisit ideas that you felt like had no impact.



Solving these issues may be as simple as cutting a single thing out of your life to reduce inflammation, which will promote circulation, or as in-depth as working with someone on a weekly basis.

We do have solutions for some of these challenges!

If you are challenged from implementing all these ideas to offset your diabetic condition, then maybe you need a single tool that can help with everything that all 22 ideas would do combined if implemented.



This technology is a non-invasive
and radiation-free Class II medical
device that is FDA cleared.

The device is call the **AVACEN**.

[Click Here to learn more.](#)