

## **Preview - Dr. Sarah Hallberg - Reverse Diabetes by Ignoring the Guidelines**

Diabetes is a chronic disease

and it's going to continue to get worse if you follow the guidelines.

The guidelines sadly put out by associations

that are supposed to be advocates for people with diabetes.

Look, eating carbohydrates causes your blood sugar to go up.

Your blood sugar being elevated is what diabetes is.

Okay, so if we want to solve the problem, we have to take away the cause.

So when diabetics remove at least a lot of the carbohydrates from their diet,

their blood sugar goes down and then they are not diabetic any longer.

I'm very big on not using the word "cured",

because to cure someone means it can't come back.

But if someone with diabetes who has "resolved" their diabetes,

which is the term I prefer to use,

eats carbohydrates again, it will come back.

But the fact that the matter is, going back to your original question,

it doesn't have to be a chronic disease.

We can intervene here,

resolve the problems just by changing someone's nutrition.

That sounds incredible.

I actually know that it's working very well for lots of people,

but why don't everybody get that sort of advice?

Boy, the million-dollar question. Right?

And I think that the tides are turning.

I'm so optimistic that the treatment of diabetes  
is going to be revolutionized over the next 5 to 10 years.

Because again what we see is a grassroots movement.

Diabetics don't want to be told  
that they're going to be sick for the rest of their lives.

And the argument people give is that no one is going to follow that diet.

But, wait a minute, you told someone  
that they have a chronic progressive disease that they will die from,  
but before they die, they may go blind, they may have to go on dialysis,  
they may lose their limbs,  
and you don't think that that's motivating enough for people to want to change.

Because I argue it is.

And what we have done is not given people a chance.