

Diabetes Freedom

The Truth Nobody Tells You About Type 2 Diabetes



Discover the secrets hidden by traditional medicine and learn how to control – and even reverse – type 2 diabetes naturally, safely and effectively.



I Introduction

Hello! If you've come this far, you're probably tired of hearing the same promises and following the same treatments that don't seem to work. I understand.

That's why I wrote this e-book with one goal in mind: to help you take control of your type 2 diabetes naturally, intelligently and effectively. Throughout these pages, you'll discover little-known truths, myths that need to be broken and solutions that can transform your health.

Get ready to find out what the pharmaceutical industry doesn't want you to know.

Chapter 1:

The “Conflicting Secrets” of Type 2 Diabetes

Did you know that many conventional treatments for type 2 diabetes are not designed to cure, but rather to control symptoms? Unfortunately, this is the reality.

Studies show that simple changes in eating habits and lifestyle can have a more profound impact than many expensive medications. However, these natural solutions are rarely publicized.

In this chapter, we will:

- *Dispel the main myths about type 2 diabetes.*
- *Show why so many people remain ill even with treatment.*
- *Introduce the concept of natural diabetes reversal based on real evidence.*



1 - Debunking the main myths about type 2 diabetes

Type 2 diabetes is often presented as a chronic and progressive condition, where the only way out seems to be the continued use of medication. However, this view is a big myth. Here are some common misconceptions that need to be clarified:

• **Myth:** *"Type 2 diabetes is irreversible."*

Truth: *Several studies show that it is possible to reverse or completely control the disease with specific changes in lifestyle and diet.*

• **Myth:** *"Only medication controls diabetes."*

Truth: *Proper nutrition, stress management, regular physical activity and natural supplementation can have a greater and more lasting impact than many medications.*

• **Myth:** *"You can eat anything, as long as you take the medication afterwards."* **Truth:** *This only alleviates the symptoms momentarily, without treating the cause of the metabolic imbalance.*

* This topic aims to open the reader's eyes to the reality that what they have learned about diabetes may have been influenced by commercial interests, and not by impartial science.

2 - Show why so many people remain ill even under treatment

Despite the constant use of medication, many people with type 2 diabetes do not show significant improvement — and there is an explanation for this:

- ***Conventional treatments treat the symptoms, not the root of the problem***
Most medications only work by temporarily reducing blood sugar levels, without correcting insulin resistance — which is the true cause of type 2 diabetes.

- ***Continuous use can have side effects.***
Some medications cause weight gain, kidney and liver overload, and even increase insulin resistance over time.

- ***Lack of personalized nutritional education.*** *Many patients follow generic, poorly guided or overly restrictive diets, which end up discouraging and worsening the clinical condition in the long term.*

* This item reinforces that the patient needs to be active in their healing process — and not just wait for the medication to “solve everything”.

3 - Present the concept of natural diabetes reversal based on real evidence

Contrary to what many believe, type 2 diabetes can be controlled — and even reversed — through natural and consistent practices. This topic is based on scientific evidence from real cases, such as:

• ***Clinical studies with intermittent fasting, diets rich in fiber and low glycemic index foods.*** People who followed these strategies showed drastic reductions in blood glucose and even stopped needing medication.

• ***Supplementation with compounds such as berberine, magnesium and chromium.*** These nutrients have shown similar or greater efficacy than popular medications, with fewer side effects.

• ***Lasting lifestyle changes.*** Daily walks, breathing techniques and regulated sleep also help improve insulin sensitivity and reduce blood sugar levels.

* This topic shows that reversing type 2 diabetes is not a miracle — it is a natural process that respects the functioning of the body and promotes true healing.

Chapter 2: The 12“Healthy” Medications That Are Actually Toxic

It may come as a shock, but some of the most commonly prescribed medications for type 2 diabetes may be sabotaging your health. Between serious side effects and worsening other conditions, many of them do more harm than good.



Here you'll find out: • A list of 12 widely used medications that may be dangerous. • The seventh on the list, which many consider

harmless, has been linked to kidney damage and weight gain.

• Natural options that have been shown to be equally or better effective, without the side effects.

The list of 12 widely used medications that can be dangerous

Although they are commonly prescribed and considered “safe,” some type 2 diabetes medications can cause severe — often silent — side effects that worsen the patient’s overall health. Below are 12 of the most commonly used and their associated risks:



1. Metformin – Widely used, can cause vitamin B12 deficiency, gastrointestinal problems, and risk of lactic acidosis. with specific changes in lifestyle and diet.

2. Glipizide – Stimulates insulin production, but can lead to severe hypoglycemia and weight gain.



3. Glibenclamide (Glyburide) – Associated with drops in blood sugar and pancreatic wear.

4. Pioglitazone – Can cause fluid retention, heart failure, and increased risk of bladder cancer.



5. Rosiglitazone – Has already been suspended in several countries due to its link to heart attacks and heart problems.



6. Sitagliptin (Januvia) – May cause pancreatic inflammation (pancreatitis) and severe joint pain.

7. Canagliflozin (Invokana) – Associated with severe urinary tract infections, ketoacidosis and kidney damage (detailed in topic 2).



8. Empagliflozin – Same principle as canagliflozin, with similar risks: genital infections, dehydration and amputations.

9. Exenatide (Byetta) – May cause severe nausea, pancreatitis and kidney problems.



10. Excess synthetic insulin – When poorly dosed, it can lead to hypoglycemia, weight gain and increased resistance to insulin itself.

11. Linagliptin (Tradjenta) – Related to chronic inflammation and joint pain.



12. Acarbose – May cause severe abdominal distension, gas and severe cramps.

*These medications, while effective in lowering blood sugar quickly, do not treat the root cause of type 2 diabetes and can worsen other health conditions over time.

2 - The seventh on the list, which many consider harmless, but is linked to kidney damage and weight gain

Canagliflozin (Invokana) is the 7th on the list and deserves special attention.



It belongs to the class of SGLT2 inhibitors, which act by eliminating glucose through the urine. Although this seems positive, prolonged use is associated with:

• **Kidney damage** — due to the excessive effort caused by the continuous elimination of sugar through the urine.

Chronic dehydration — by increasing the excretion of fluids.

Recurrent and severe urinary infections, including cases of genital gangrene.

Diabetic ketoacidosis, a dangerous complication even with normal glucose.

Weight gain in some cases, due to compensatory fluid retention and hormonal imbalances.

* Despite the promise of glycemic control, the risks outweigh the benefits for many people, especially those with a history of kidney or heart problems.

3 - Natural options that have demonstrated equal or greater efficacy, without the side effects

The good news is that there are natural, safe, and evidence-based alternatives that can be as effective as medications — without the dangers listed above. Some of them:

Foods and natural compounds:

Berberine: A phytonutrient with an effect similar to that of metformin, but without the gastrointestinal side effects.

Cinnamon (Ceylon): May reduce blood sugar and improve insulin sensitivity.

Apple cider vinegar: Helps reduce the blood sugar spike after meals.

Blackberry leaf tea or plant insulin: Regulates glucose naturally.

Turmeric: Anti-inflammatory and beneficial in controlling blood sugar.

Chromium and Magnesium: Essential minerals that help regulate blood sugar and insulin function.

Practices and lifestyle habits:

Supervised intermittent fasting

Regular moderate-intensity physical activity

***Restful sleep and stress control
(which directly affects blood sugar levels)***

Eating whole, natural, low-glycemic foods

*These approaches not only treat diabetes more deeply,
but also promote overall health, disposition, and
emotional control.

Chapter 3:

The Common Mistake: Low-Carb Diets

Does cutting out carbs completely sound like a good idea? For many, it's the quickest path to rebound.



In this chapter, we'll look at:

- *Why overly restrictive diets can further deregulate your glucose levels.*
- *How a lack of carbs can affect your brain, mood, and energy.*
- *The truth about good carbs: which ones to include and how to balance your diet without sacrificing energy and well-being.*

1 - Why very restrictive diets can further deregulate your glucose levels

The idea of cutting out all carbohydrates from your diet seems logical at first glance — after all, carbohydrates are converted to glucose in the blood. But this strategy can have the opposite effect to what you expect.



Rebound effect: By completely depriving your body of carbohydrates, it goes into survival mode. When you eventually start consuming them again, your body overreacts, causing more intense glycemic spikes.

Metabolic stress: Extremely restrictive diets overload the liver and kidneys, impairing the body's natural ability to metabolize glucose in a balanced way.



Increased insulin resistance: Prolonged fasting from carbohydrates can slow down metabolism and increase insulin resistance in some people, worsening type 2 diabetes.



Hormonal imbalance: The absence of carbohydrates affects the production of hormones such as leptin (satiety) and cortisol (stress), impacting appetite control and blood glucose balance.

2 - How a lack of carbohydrates can affect the brain, mood and energy

The brain is one of the organs that consumes the most glucose. Without a minimum amount of healthy carbohydrates, several brain functions can be compromised.

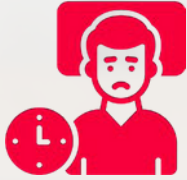


Mental fatigue: A lack of available glucose can cause “brain fog”, slow thinking and difficulty concentrating.

Irritability and anxiety Total restriction of carbohydrates interferes with the production of serotonin — the neurotransmitter of well-being — which directly affects mood.



Energy loss: Without adequate fuel, the body feels weak, unmotivated and without physical resistance, making it difficult to practice activities that help control diabetes, such as walking or light exercise.



Sleep imbalances: A lack of carbohydrates can alter the sleep cycle, causing insomnia or constant fatigue — which further worsens blood sugar control.

3 - The truth about good carbohydrates

Not all carbohydrates are bad. Some are essential for maintaining good metabolic health and controlling type 2 diabetes intelligently.

Good carbohydrates are rich in fiber and have a low glycemic index, such as:



Sweet potatoes

Quinoa



Brown rice

Oats





***Fruits with skin
(such as apples
and pears)***

Chickpeas



Lentils

***Vegetables such
as pumpkin, beets
and carrots
(in balanced
portions)***



These foods release glucose slowly into the bloodstream, avoiding sudden spikes and drops in sugar levels, keeping the body with constant energy.

The ideal combination: Complex carbohydrates + good fats (such as olive oil, avocado and nuts) + lean proteins (such as eggs or fish). This combination keeps you feeling full for longer and regulates the glycemic response after meals.

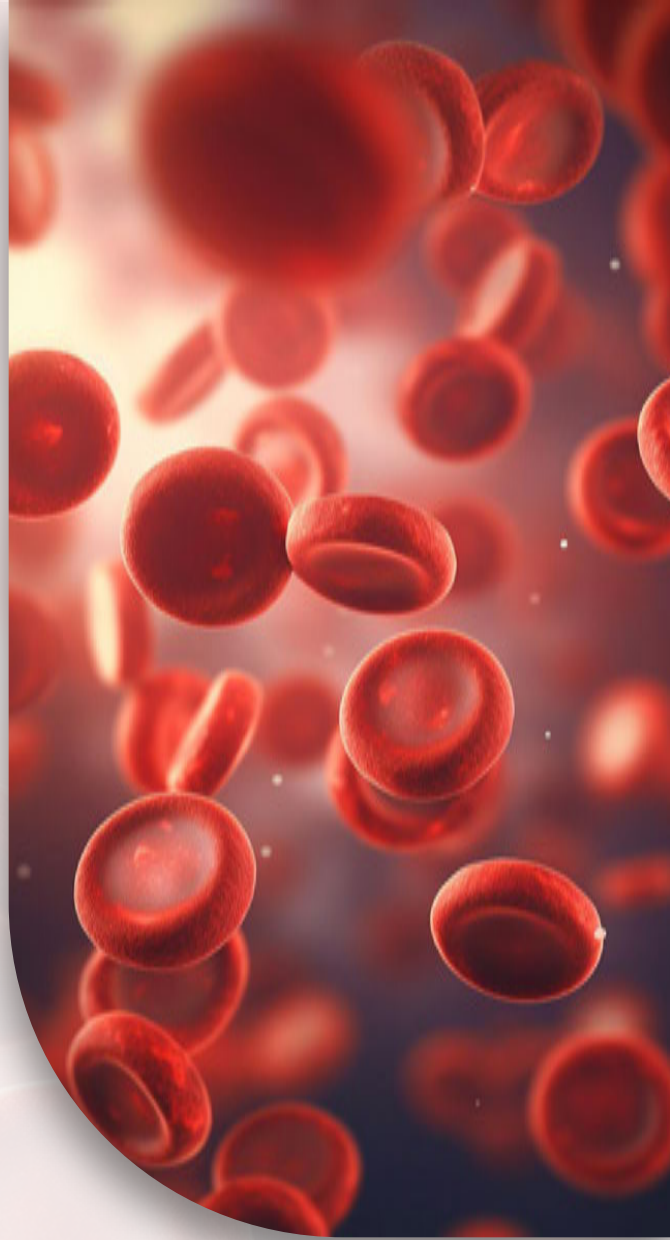
Avoid “bad carbohydrates”: Refined flours, sweets, soft drinks and ultra-processed foods, as these cause large spikes in blood sugar levels and should be eliminated or consumed in extreme moderation.

Chapter 4: The 7 Silent Symptoms That Tell You Your Diabetes Is Getting Worse

Type 2 diabetes may be getting worse even when tests do not yet show major changes. Often, the signs are subtle, easy to ignore or attributed to fatigue from routine and aging. Recognizing these symptoms early is essential to avoid complications such as neuropathy, kidney failure, vision problems and cardiovascular disease.

In this eye-opening chapter, you'll learn how to spot:

- *Subtle changes like persistent fatigue, blurry vision, and constant thirst.*
- *Less obvious signs like changes in your nails, bad breath, and a sweet underarm odor.*
- *How to watch for these signs and what to do to take action before they become serious complications.*



1 - Subtle changes such as persistent fatigue, blurred vision and constant thirst

These signs are easily ignored because they seem common in everyday life, but they can be a strong warning that glucose levels are out of control:



Persistent fatigue: Even after a good night's sleep, the person continues to feel tired. This happens because the cells are not able to absorb glucose properly to generate energy, due to insulin resistance.

Blurred vision: High levels of sugar in the blood affect the blood vessels in the retina, causing temporary or permanent changes in vision.



Excessive thirst and dry mouth: Hyperglycemia causes the body to try to eliminate excess glucose through urine, which causes dehydration and, consequently, constant thirst.

* These symptoms indicate that the body is in a state of alert and overload. Ignoring them can accelerate the onset of more serious complications.

2 - Less obvious signs such as changes in the nails, bad breath and a sweet smell in the armpits

These signs are not commonly associated with diabetes, but they are strong indications that something is wrong with the metabolism:



Changes in the nails: Brittle nails, with a yellowish color or irregular growth may indicate circulation problems or nutrient deficiencies common in people with uncontrolled diabetes.

Bad breath (halitosis): When the body cannot use glucose as an energy source, it burns fat as an alternative, releasing ketones — compounds that cause breath with a metallic or fruity smell.



Sweet smell in the armpits or sweat: Just like bad breath, this sign appears when there is an excess of ketones in the body, and the body tries to eliminate them through the skin.

* These symptoms are warning signs that the body emits when it is under metabolic stress and may be heading towards a more serious condition, such as diabetic ketoacidosis.

3 - How to monitor these signs and what to do to take action before they become serious complications

The good news is that by recognizing these symptoms early, it is possible to intervene naturally and effectively. Here is what you can do:



Regular self-observation: Pay attention to the small signs. Unusual fatigue, constant thirst, changes in breath or brittle nails should not be ignored.

Monitoring blood glucose at home: Use a glucometer to monitor your blood sugar levels regularly. This helps identify patterns and avoid dangerous spikes.

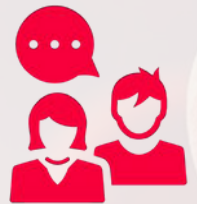


Immediate dietary adjustments: Reduce the consumption of simple carbohydrates and processed foods, and increase the intake of vegetables rich in fiber, good fats and lean proteins.



Constant hydration and quality sleep: Two factors that are often overlooked, but that directly impact glucose levels and the body's response to insulin.

Consultation with integrative professionals: Look for professionals who work with natural and personalized approaches, combining science, nutrition, supplementation and lifestyle practices.



Taking action at the onset of these symptoms is key to preventing type 2 diabetes from progressing to more dangerous stages. With information, vigilance and action, it is entirely possible to restore the body's balance naturally.

Chapter 5:

Effective Solutions for Managing Type 2 Diabetes

Once you understand the risks, it's time to take action. This chapter provides a clear, accessible plan to help you start your transformation today.



You'll discover:

- *Natural foods that help stabilize blood sugar levels.*
- *Scientifically-backed supplements like berberine and chromium.*
- *Daily practices that boost your metabolism and improve insulin sensitivity.*
- *Mental and behavioral strategies that help you maintain discipline without suffering.*

1 - Natural foods that help stabilize blood sugar levels

Foods with a low glycemic index, rich in fiber and antioxidants, help control blood sugar levels naturally. Some of the most recommended are:



Whole oats

Low-sugar fruits, such as strawberries, apples with skin and blueberries



Green vegetables (spinach, broccoli, kale)

Avocado



Oilseeds (walnuts, almonds)

Chia and flaxseed



Legumes (beans, lentils, chickpeas)

*These foods reduce glucose spikes, promote satiety and also help control weight, a crucial factor for those with type 2 diabetes.

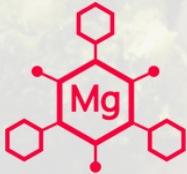
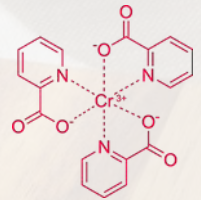
2 - Scientifically supported supplements, such as berberine and chromium

Supplements can be a powerful ally when done based on evidence. Some of the most effective supplements include:



Berberine: Has a similar action to metformin, helping to reduce insulin resistance and stabilize glucose levels.

Chromium (chromium picolinate): Improves insulin sensitivity and reduces the desire to eat sweets.



Magnesium: Essential for more than 300 functions in the body, including glucose control.

Alpha-lipoic acid: A powerful antioxidant that helps reduce diabetic neuropathy.



Cinnamon (in capsules or powder): Helps in the absorption of glucose by cells.

*These supplements, when used with proper guidance, can offer superior results to many traditional remedies — without the side effects.

3 - Daily practices that stimulate metabolism and improve insulin sensitivity

Simple and consistent changes in routine make all the difference. Some essential practices are:



Daily walks (20 to 30 minutes): Increase glucose uptake by muscles.

Intermittent fasting (in some cases): Reduces circulating insulin levels and improves sensitivity.



Quality sleep: Poor nights of sleep increase stress and insulin resistance.

Sun exposure (natural vitamin D): Improves metabolism and strengthens the immune system.



* These habits activate metabolism, promote hormonal balance and help the body function more efficiently.

4 - Mental and behavioral strategies that help maintain discipline without suffering

Taking care of your mind is as important as taking care of your body. Strategies such as:



Mindfulness and conscious breathing:
Reduce stress, which is an important trigger for uncontrolled glycemia.

Visualizing health goals: *Strengthens focus and motivation.*



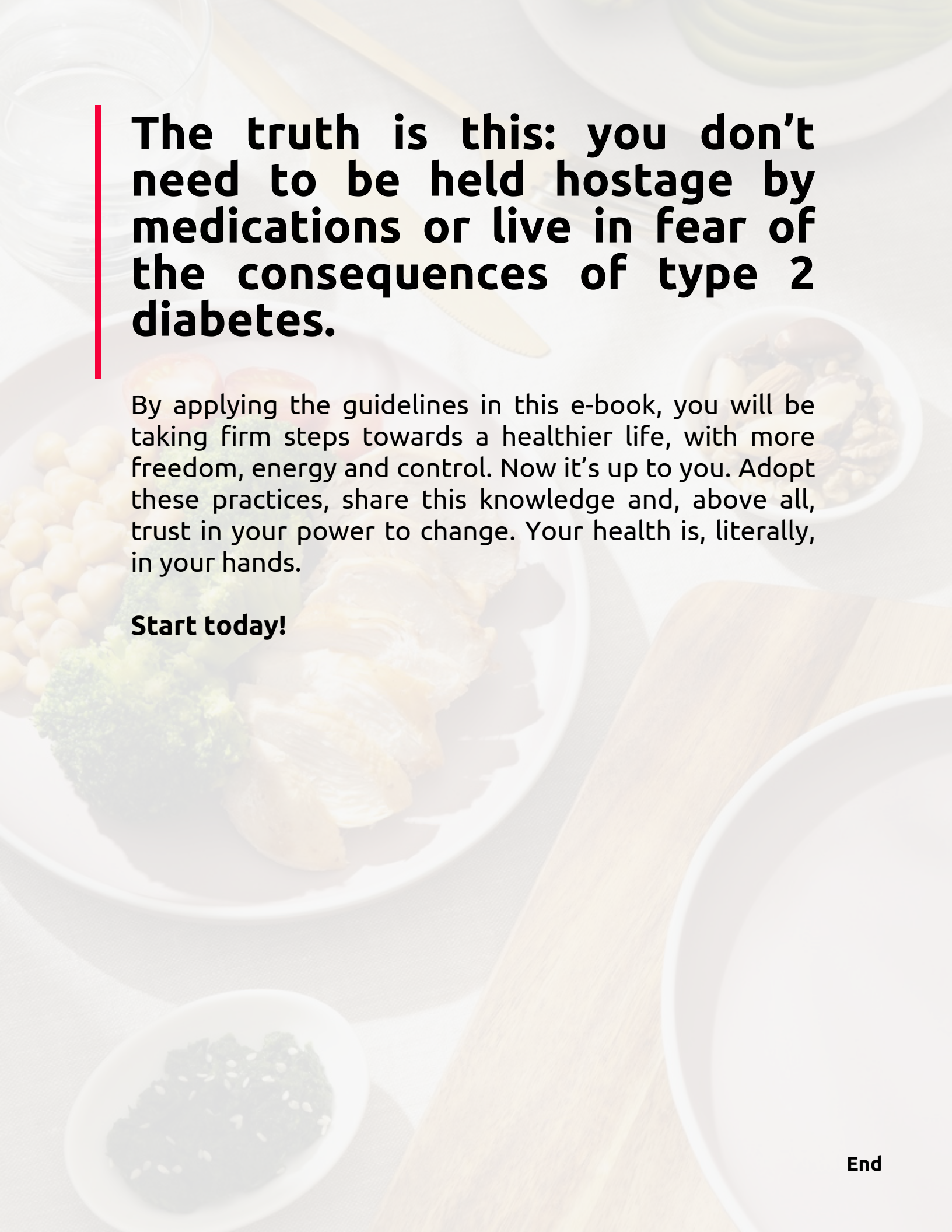
Small daily victories: *Celebrating progress makes the process easier.*

Supportive environment: *Living with people who encourage good choices increases the chance of success.*



Food and routine planning: *Avoids relapses and emotional outbursts.*

* These techniques not only help maintain discipline but also transform the care process into something more enjoyable and sustainable.

The background of the page is a soft-focus photograph of a healthy meal. It includes a white plate with a piece of salmon, a portion of green broccoli, and a pile of chickpeas. There are also some small white bowls containing garnishes like sesame seeds and a wooden cutting board. The overall tone is bright and clean.

The truth is this: you don't need to be held hostage by medications or live in fear of the consequences of type 2 diabetes.

By applying the guidelines in this e-book, you will be taking firm steps towards a healthier life, with more freedom, energy and control. Now it's up to you. Adopt these practices, share this knowledge and, above all, trust in your power to change. Your health is, literally, in your hands.

Start today!

