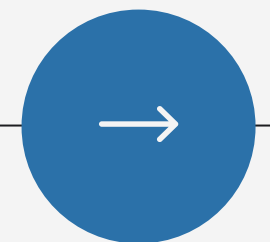




The eight dietary mistakes that cause Type 2 Diabetes.

By: James Harper



House Rules

Save all questions until the end of presentation for the Q+A section.

Write all your questions in the comments section. Do not unmute unless requested to do so.

Be courteous and considerate towards each other.



This session is being recorded for marketing purposes.

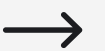
**First, let me introduce
myself**

James Harper



**You know like the spy
James Bond....**

**Now I am not an
international man of
mystery....**



But I am here to let
you in on something
that is top secret





**I am known as the
Diabetes Debunker.**

**Because I am here remove
all the conspiracy theories
you hear about Type 2
Diabetes.**



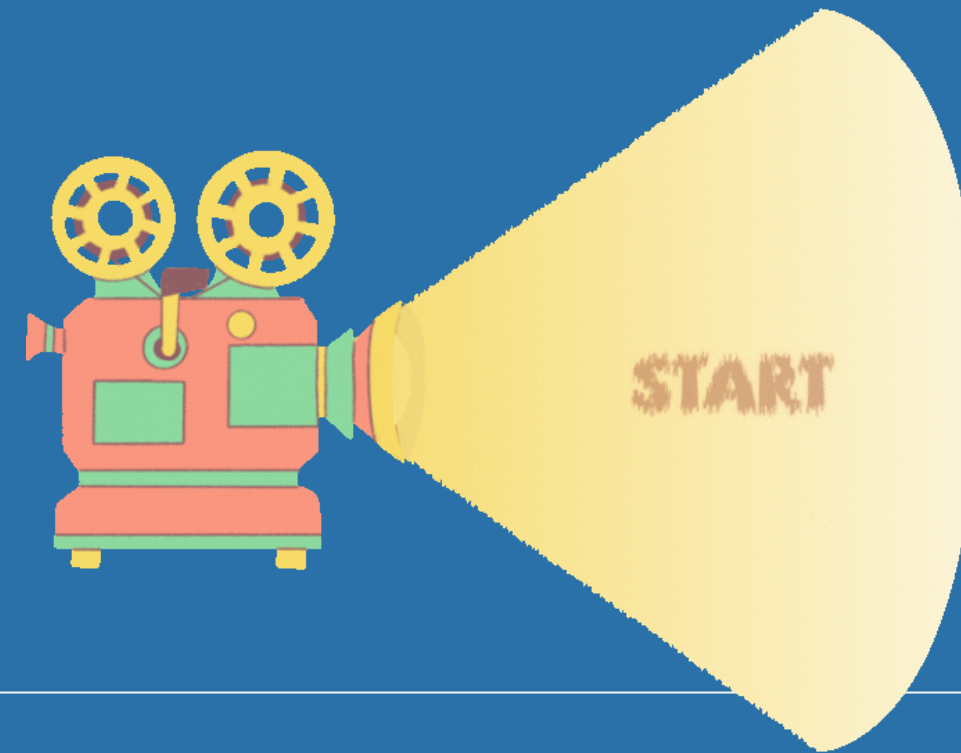
Have a Prediabetes or Type 2 Diabetes problem?



**If you stick around till
the end of this
webinar.**

**I have a few solutions
to help you.**

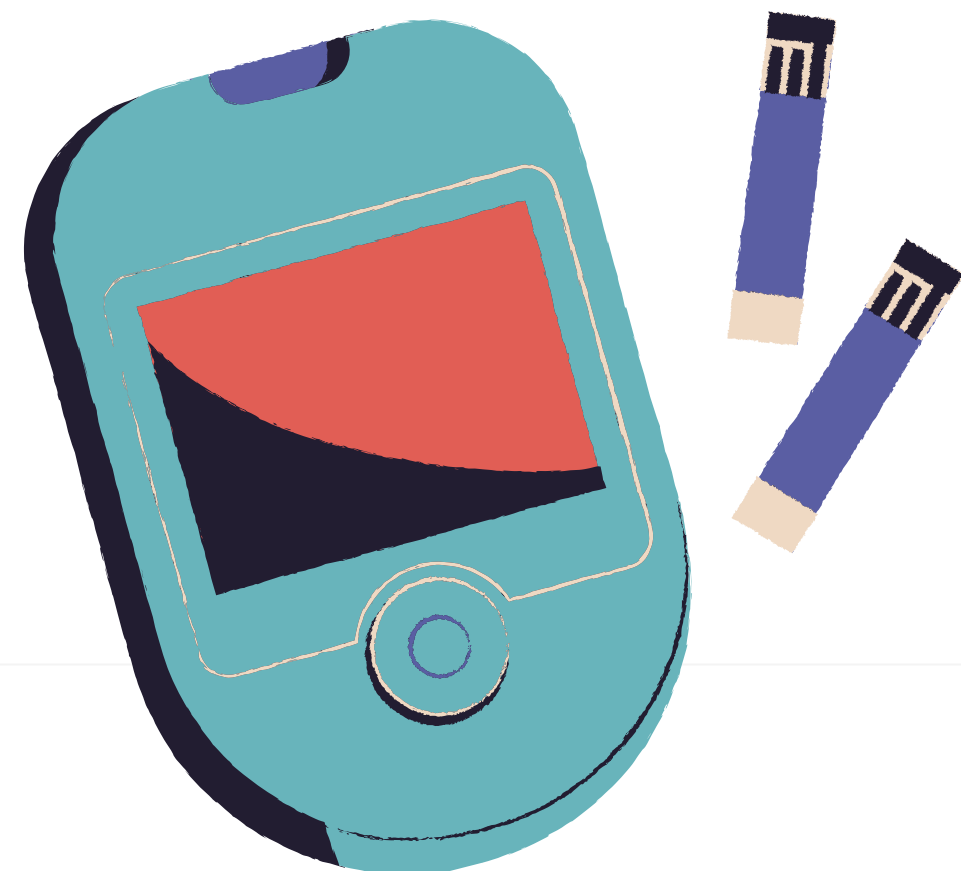
Let us get started



What is Diabetes?

Diabetes is a **chronic** or (long term) disorder that happens when someone experiences **hyperglycemia** (high blood **glucose** or sugar) for a long periods of time or on a continuous, consistent basis.

Type 2 Diabetes is diagnosed by undergoing something called an A1c test. This test determines if you have Type 2 Diabetes or not.



Normal A1c – Below 5.7%

Prediabetes– 5.7%–6.4%

Type 2 Diabetes– 6.5% and above.

**There are 4 categories of
Diabetes.**

4

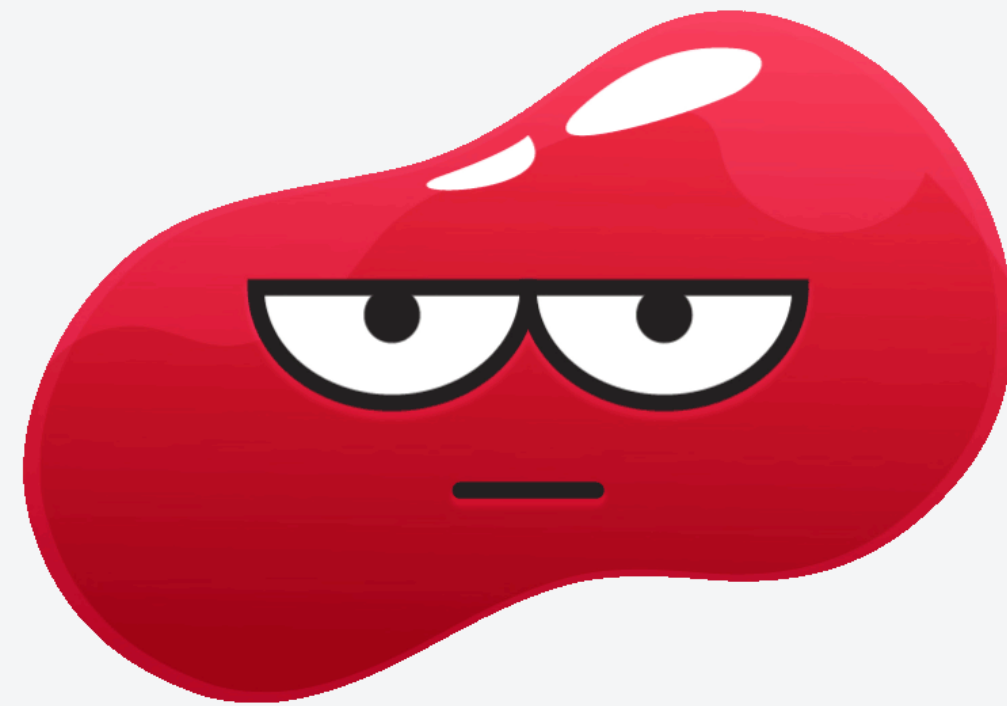
1. Type 1 Diabetes
2. Gestational Diabetes
3. Prediabetes
4. Type 2 Diabetes

Type 1 Diabetes

**Formerly known as
Juvenile Diabetes**



**All jokes aside, Type 1
Diabetes is a very serious
disorder.**



**It is a type of Diabetes that
affects children and
teenagers.**



An autoimmune disorder is when the body's immune system attacks the healthy cells of the body.

In this case the immune system attacks the healthy cells of the organ called the pancreas.

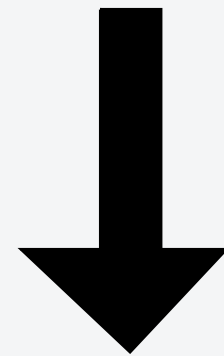
The pancreas produce a hormone called Insulin.



Insulin is the hormone responsible for helping the body control its blood sugar levels.

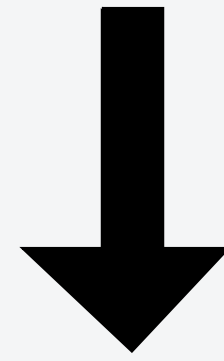
Type 1 Diabetes

Your immune system



Damages your Pancreas

Little to no Insulin



High Blood sugar levels



Type 1 Diabetes is a disorder when the body is unable to produce sufficient insulin therefore causing high blood sugar levels.

Approximately 537 million adults (20–79 years) are living with diabetes.

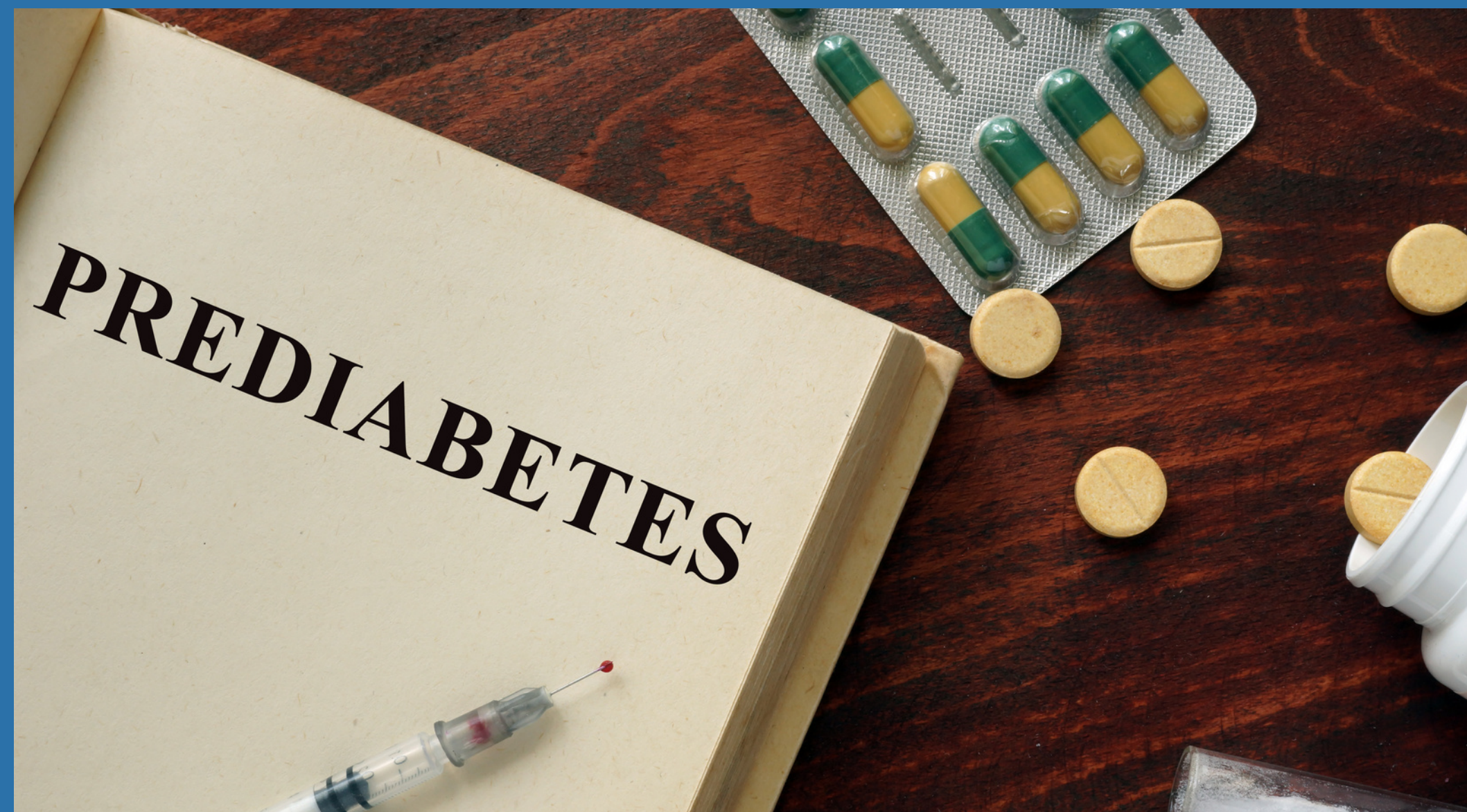
**Type 1 Diabetes only
accounts for 8% of the
cases worldwide.**

Gestational Diabetes

Is a type of Diabetes that only happens to women during pregnancy.



Pre-Diabetes



**Prediabetes is also called
"Borderline Diabetes."**

**It is when your blood sugar
levels are higher than normal.**

But not yet high enough to be diagnosed as Type 2 Diabetes.

If Prediabetes is left untreated it can develop to Type 2 Diabetes.

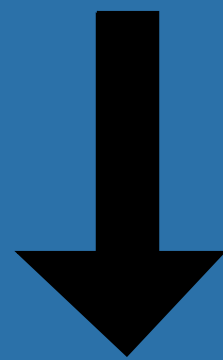
Type 2 Diabetes



TYPE

Type 2 Diabetes is a disorder when the body produces insulin but the person still experiences symptoms of high blood sugar.

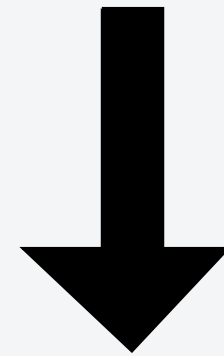
TYPE 1 DIABETES
Little to no Insulin



High Blood sugar levels

TYPE 2 DIABETES

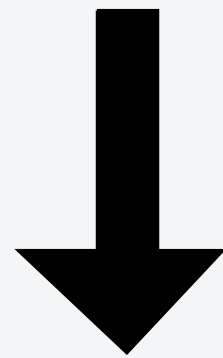
Producing Insulin



High Blood sugar levels???

TYPE 2 DIABETES

Too much Insulin

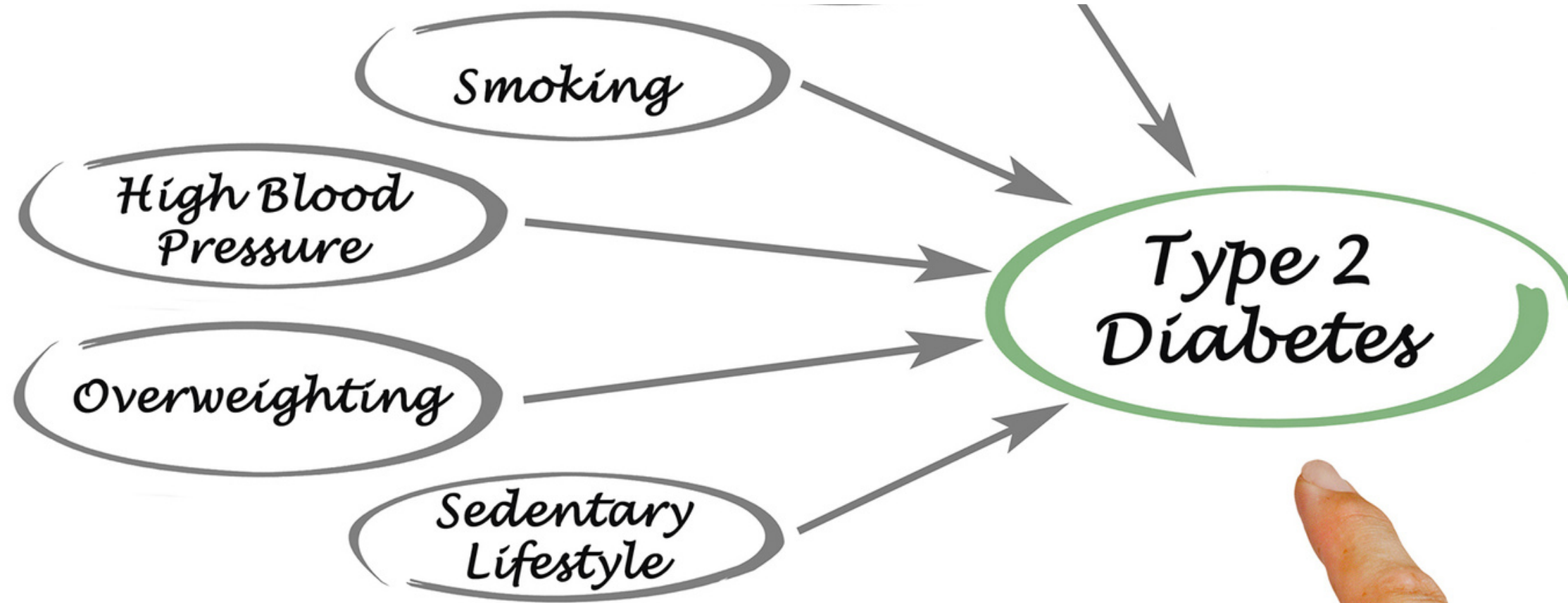


High Blood sugar levels

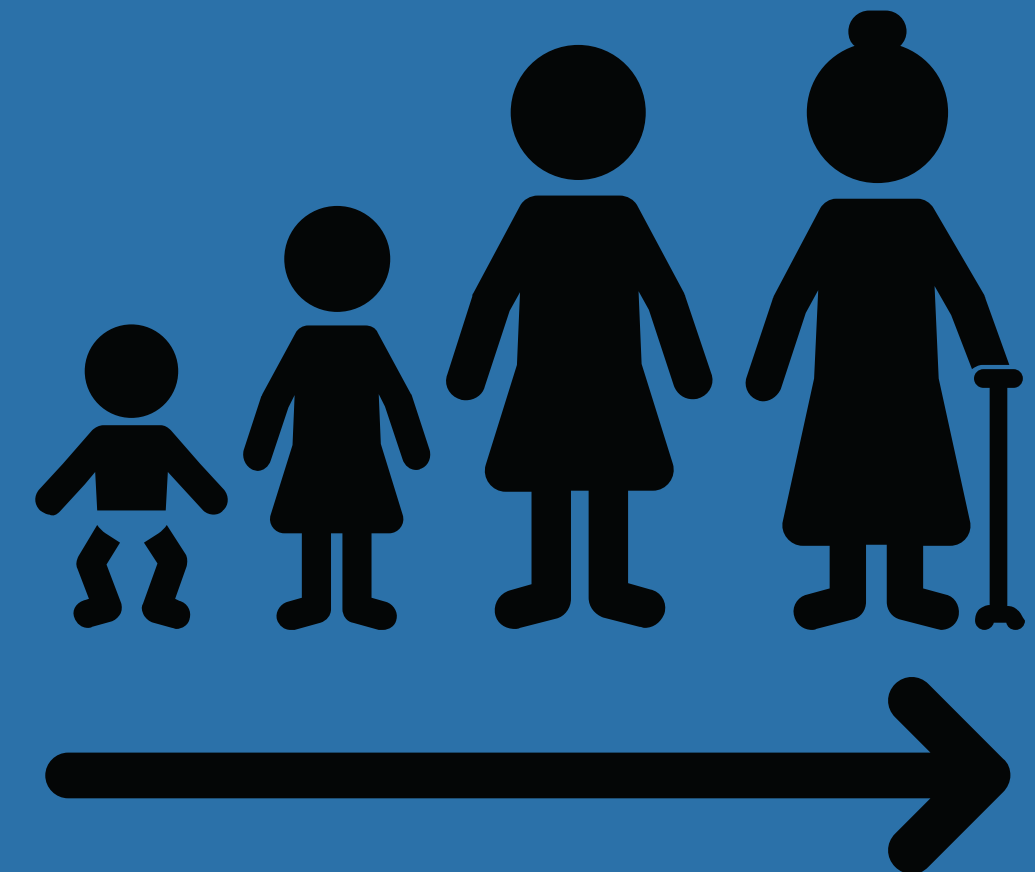
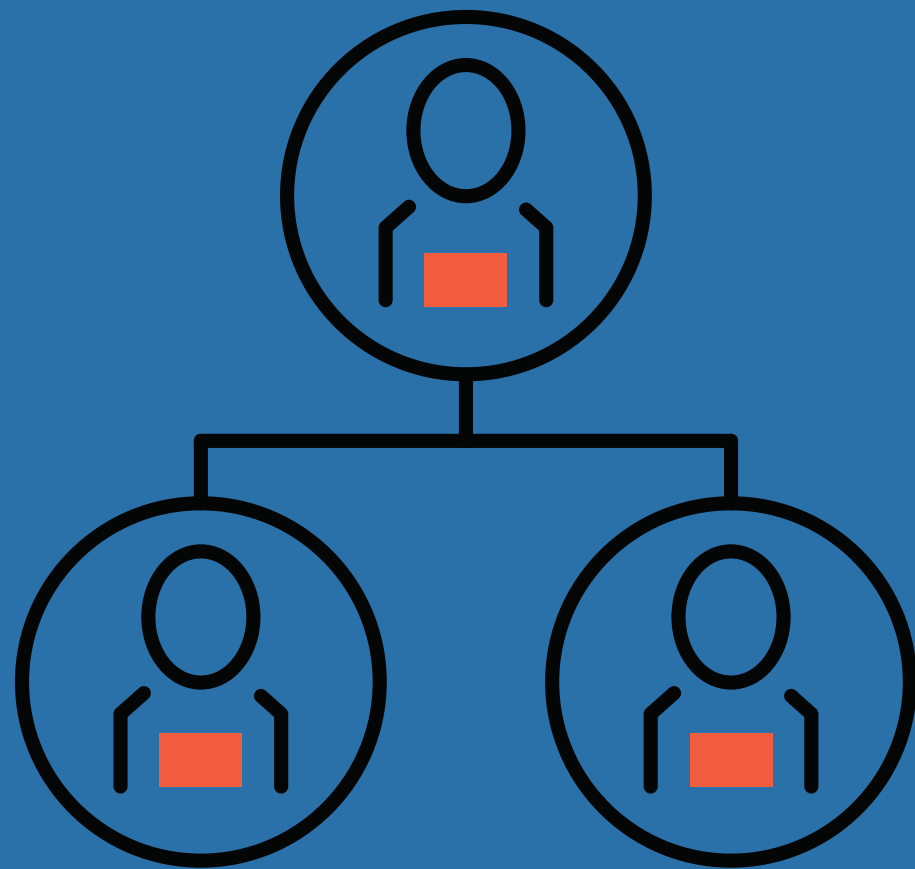
Type 2 Diabetes is a disorder when someone produces too much insulin and is unable to utilise this Insulin properly.

What is the (g)root cause
of Type 2 Diabetes?





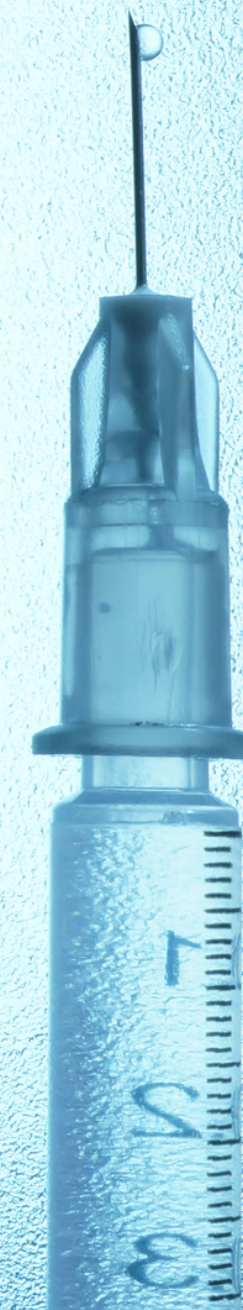
- **Genetic code**
- **Family**
- **Ethnicity**
- **Age**



The root cause of Type
2 Diabetes is...



INSULIN RESISTANCE



Insulin resistance means your body is unable to respond to the amount of insulin it is producing.



have you gone
noseblind?

Insulin numb

**Insulin Resistance is caused
by two biochemical events.**



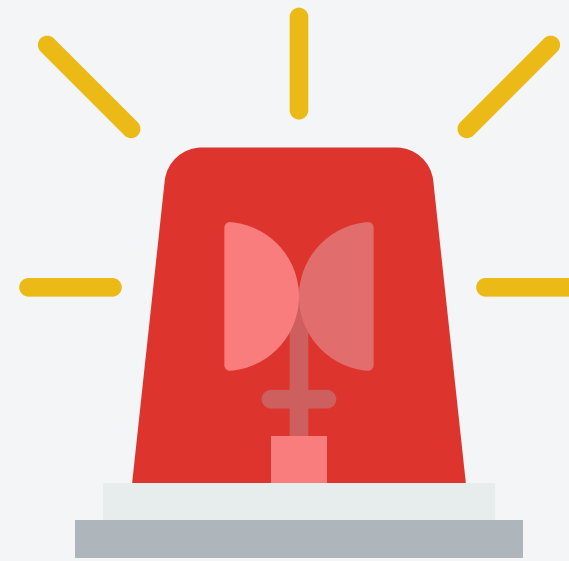
- **Too much sugar being present in the blood**
- **Hyperinsulinemia – Too much Insulin the blood**



Up to the early 1960's,
Type 1 Diabetes was the
predominant type of
Diabetes.



Fast forward to 2022
Type 2 Diabetes accounts
for 90% of the cases
worldwide.



**What is the one thing that
has changed drastically
within the past 60+ years?**





An unhealthy diet is the cause of Insulin Resistance.

And if Insulin Resistance is left untreated, it will lead to Type 2 Diabetes.

8 dietary mistakes that cause Type 2 Diabetes.

www.inspirowellness.info

- Free resources
- Free gift



Mistake # 1

**Eating too much flour,
processed snacks, sugary
foods and drinks every day or
on a regular basis.**

Mistake # 2

**Eating too much Carbohydrates
whether sweet or starchy and
mixing your Carbs.**

Mistake #3

**Consuming food and drinks
items that has High Fructose
Corn Syrup.**

Mistake #4

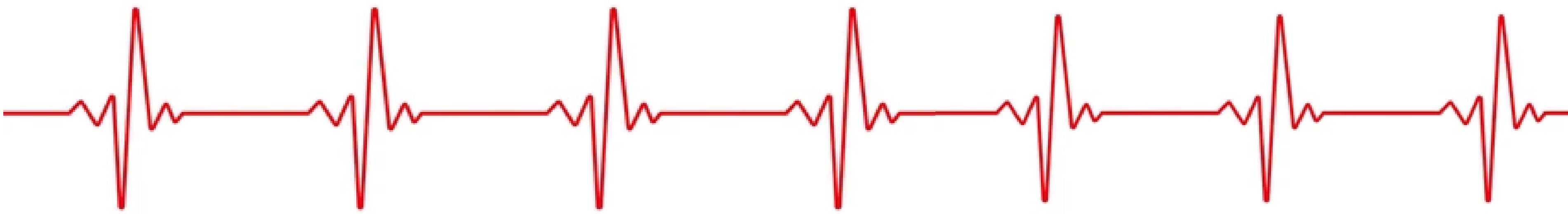
**Consuming artificial sweeteners
and agave.**

Mistake #5

Eating too much animal based protein and processed meats.

Mistake #6

**Eating too many times during
the day.**



Mistake #7

Consuming food high in transfats or low fat foods loaded with sugar.

Mistake #8

Consuming too much alcohol.



BONUS

ALERT

Ten tips to counteract Insulin Resistance.



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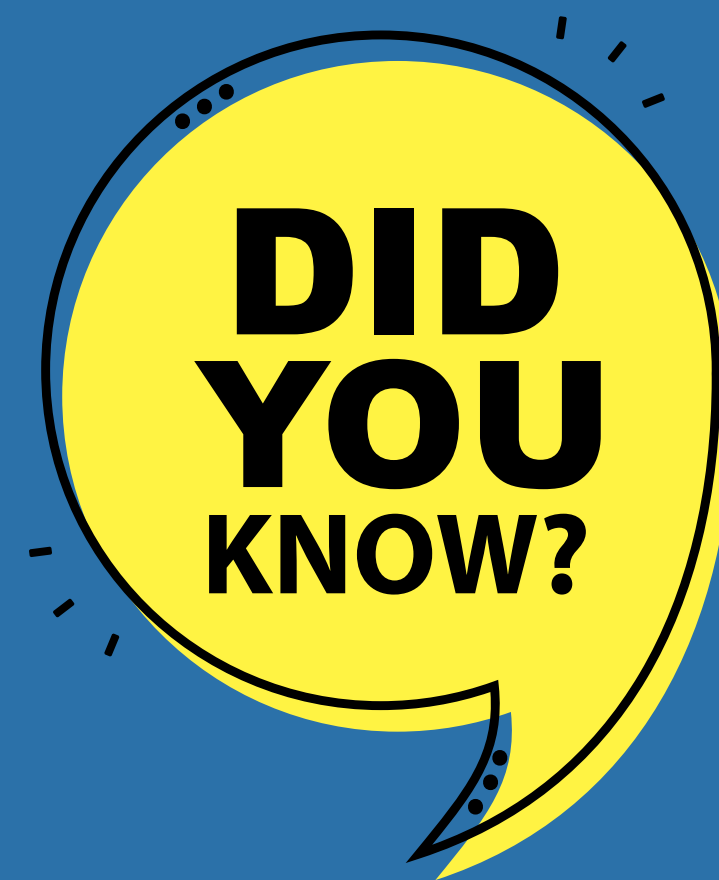
Free resources

Free gift

1. Limit or avoid processed food and sugary drinks such as snacks in packs, junk food, sweets, candy, sodas, juice drinks.
2. Limit or avoid foods that contain High Fructose Corn Syrup.
3. Limit or avoid food and drink items loaded with Artificial Sweeteners and Agave.
4. Try not to eat too many times for the day. Avoid snacking all the time.
5. Avoid low fat products loaded with sugar.

6. Limit or avoid bad and trans-fats as much as possible.
7. Control protein consumption.
8. Limit alcohol intake.
9. Reduce Carbohydrate and flour intake such as breads, pastries, cakes and pastas.
10. Start Intermittent Fasting.

Cold hard facts about Type 2 Diabetes.



#1

**Prediabetes and Type 2
Diabetes is caused by
Insulin Resistance.**

#2

Insulin Resistance is caused by an unhealthy diet.



If you want to resolve Type 2 Diabetes then you need to make healthier food choices.



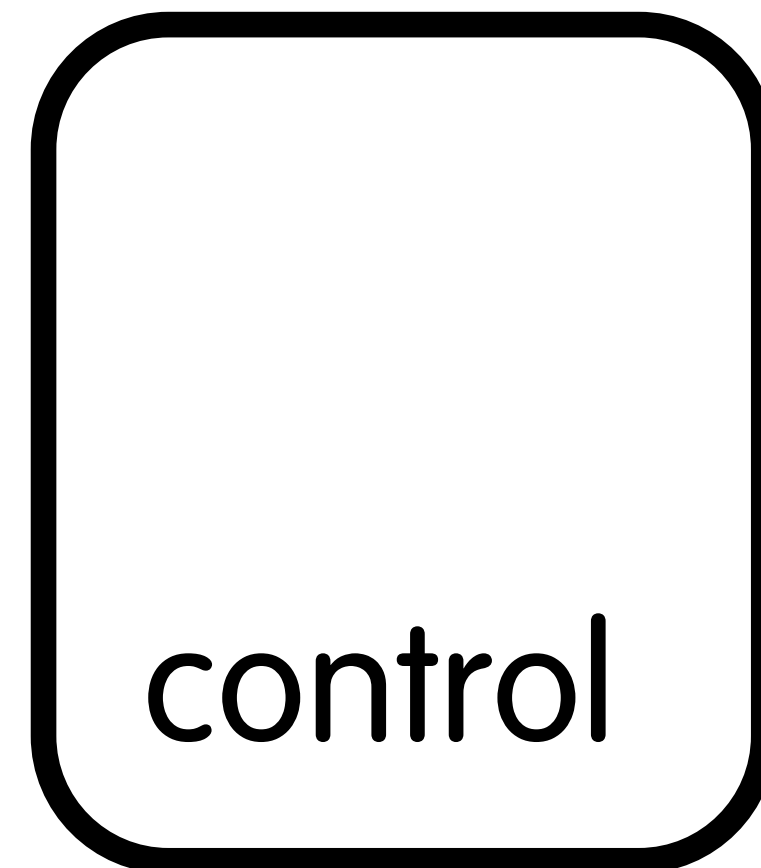
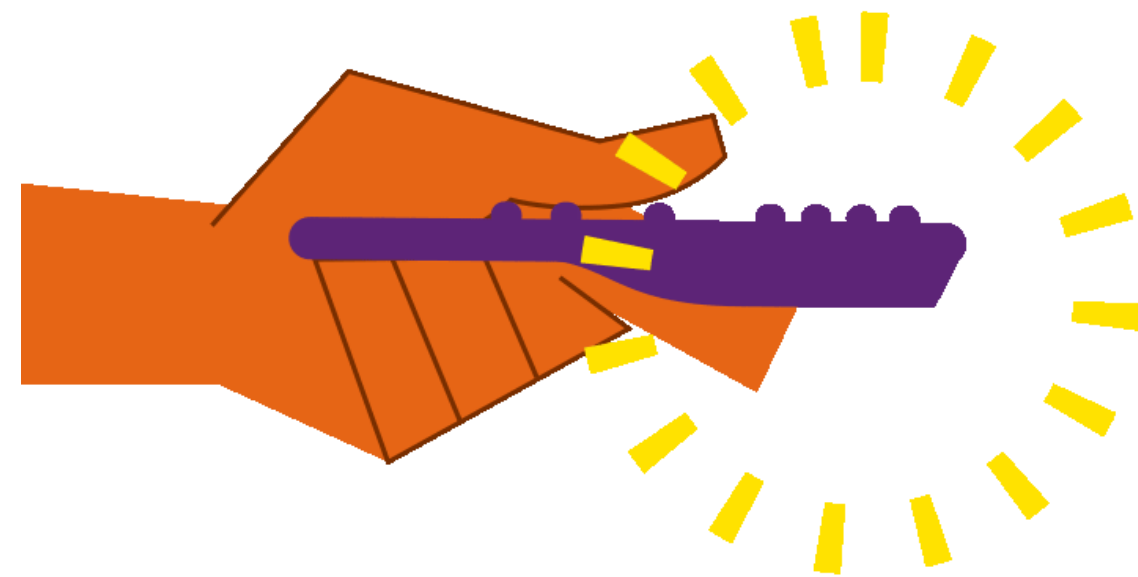
#3

Type 2 Diabetes if not controlled is a very expensive disorder.



#4

Type 2 Diabetes is totally preventable and treatable.

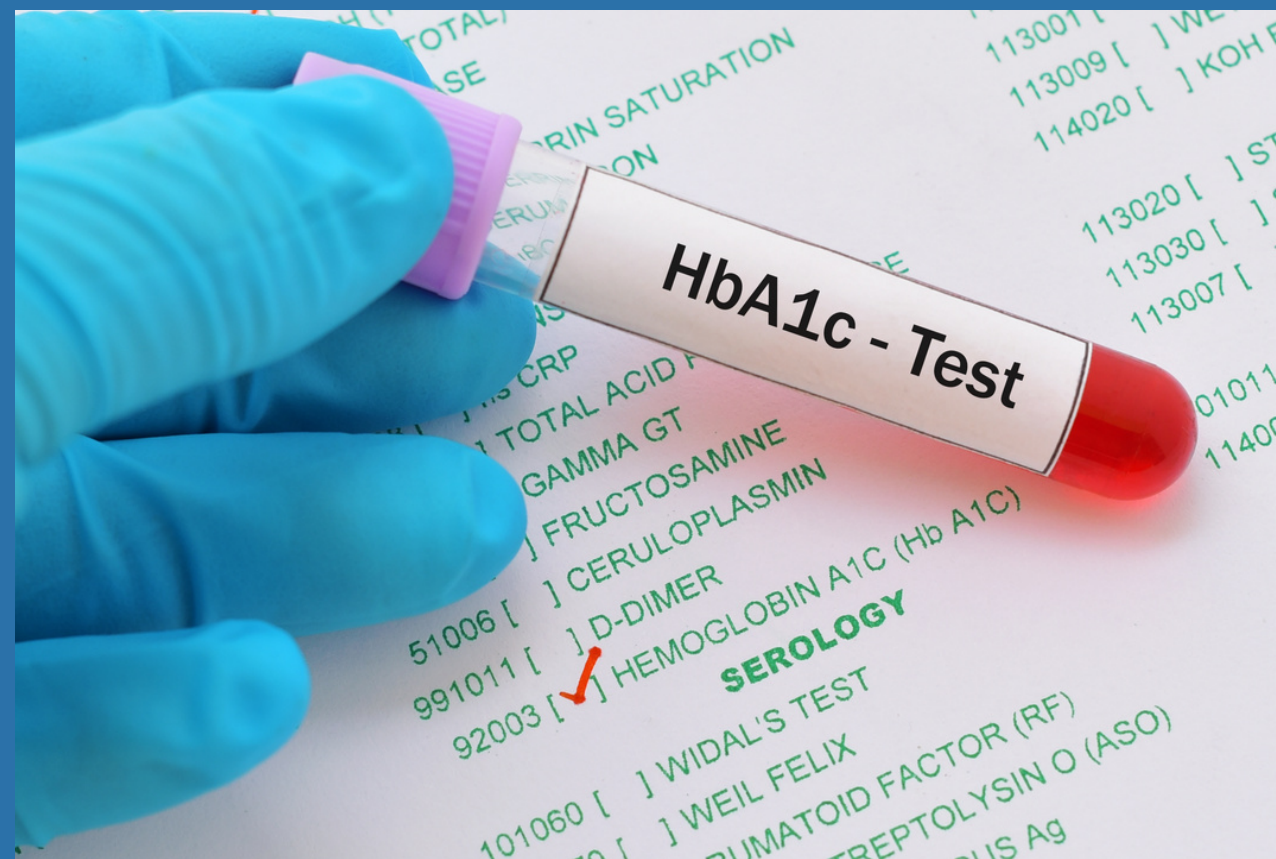


People with Type 2 Diabetes
have 4 main problems.



- **Body fat problems/mid section area.**
- **Take too much medication.**
- **Do not know what to eat or how to manage their Type 2 Diabetes.**

They do not know how to lower their A1c levels.



**I have a few solutions that
can help you with your
Type 2 Diabetes
predicament.**

D.C

In October 2020 I was diagnosed with Diabetes I had an A1C reading of 7.35%. I really did not understand what it meant and the many ways it was affecting me. However after my sessions with James, he broke down the complex science behind a diabetes/prediabetes diagnosis and made it much simpler to understand and he also taught me how to eat mindfully. I now know how to pair my meals daily without putting much thought into it, and a year later my A1C reading is within a normal range of 5.3%.



inspiro

**The A1C
Breakdown
System™**

The A1C Breakdown ebook TM



Grab your copy today!!

The A1c breakdown is an excellent blueprint Guide that can help you:

- Prevent the progression of Type 2 Diabetes
- Reverse the negative effects of Insulin Resistance
- Use Less Medication
- Lower A1c and blood sugar levels
- And a better quality of life

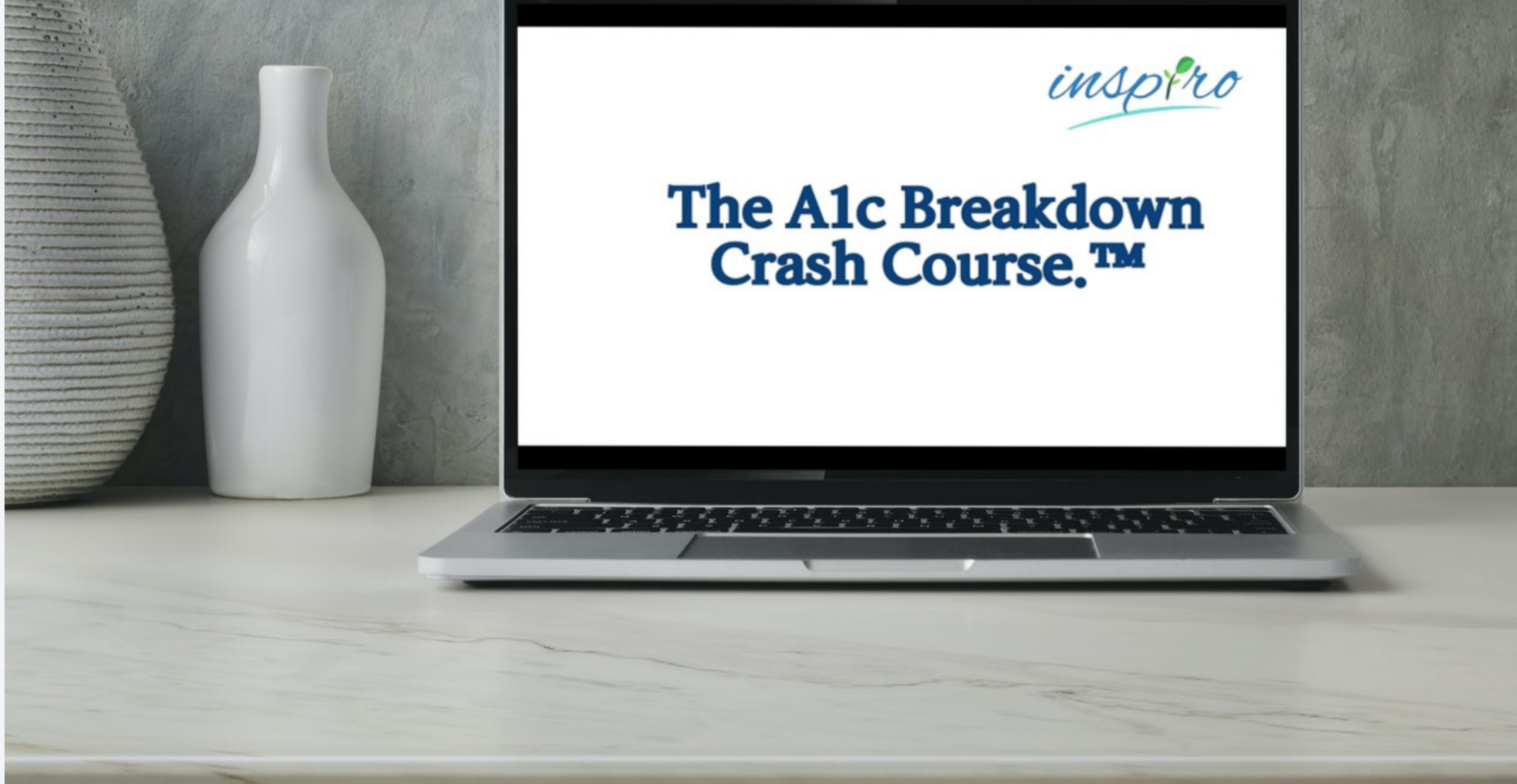
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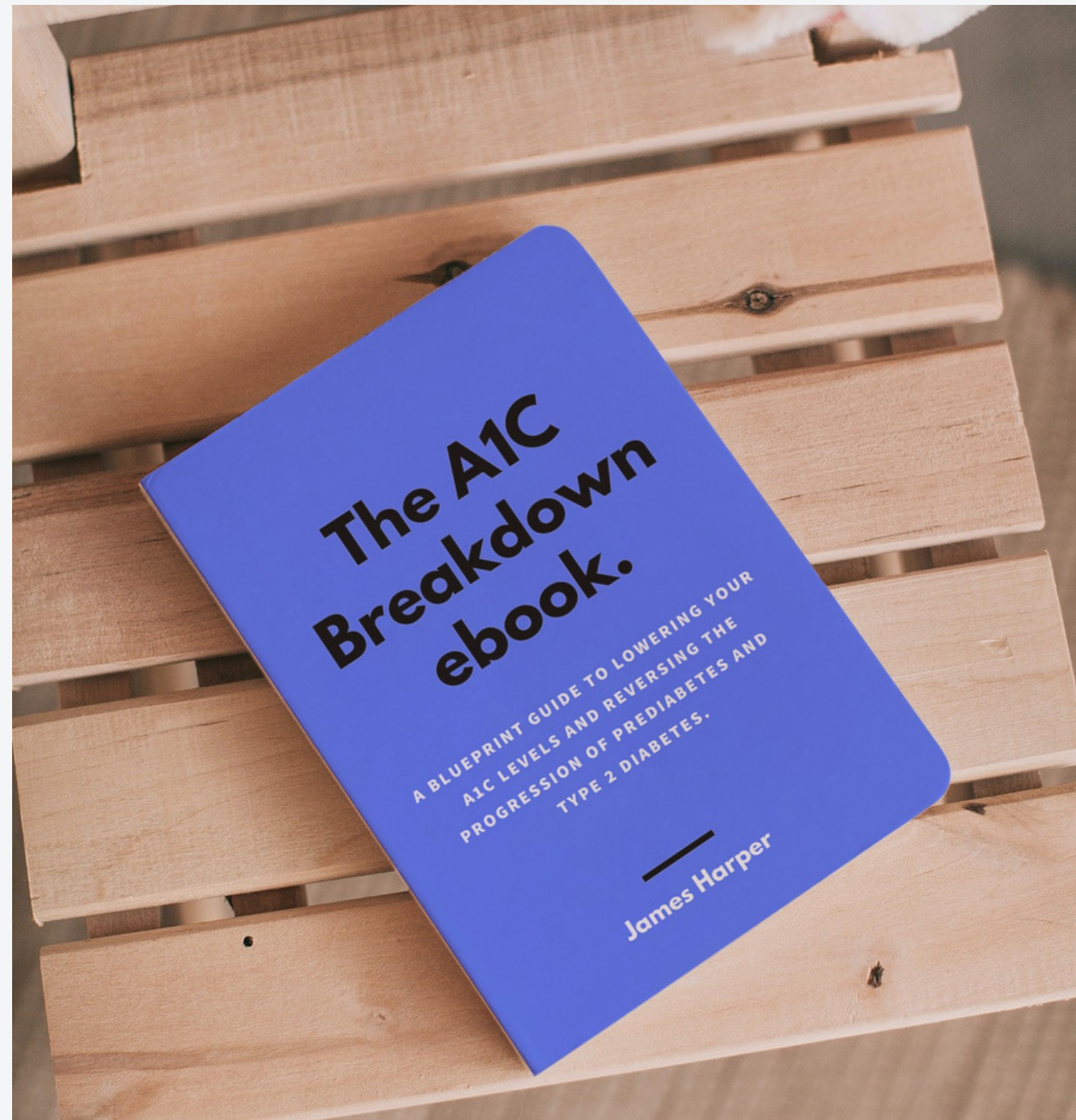
Understand the root cause of Prediabetes and Type 2 Diabetes

Find the correct solutions to prevent the progression of Type 2 Diabetes.

Outline

- **Sugar vs Fat**
- **What is Insulin Resistance**
- **The vicious cycle of Insulin Resistance**
- **The Pareto Principle**
- **Carbohydrate Cycling**
- **Low Carb High Fat (L.C.H.F) method**
- **The Ratio Principle**
- **Q & A**

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The Diabetes Debunker

Reversing Prediabetes and Type 2 Diabetes





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