

Defeat Diabetes:

Blood Sugar Success Masterclass

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About Your Diabetes Coach, Jason Ryer

Jason Ryer relentlessly questions the diabetes status quo. Frustrated by outdated advice and overreliance on pills, he's determined to find better solutions. His own health crisis sparked a passion for "biohacking." He learned how to research, solve his own problems, and now helps others do the same.

He wants to know the "why" behind our failing health. Why is everyone getting sick? Once we understand the root causes, we can ditch the endless pills and optimize our health!

Jason digs into the latest studies and challenges conventional wisdom. He believes diabetes is largely a hormonal problem, fueled by out-of-control hunger hormones. His mission? To empower you with the knowledge and tools to understand your diabetes and reclaim your health – with less reliance on medication.

Introduction: This Guide is For You

I Wrote This Guide For You...

When I created this guide on defeating type 2 diabetes and pre-diabetes, I envisioned a specific reader. I didn't write this for those content with the status quo – the ones passively taking pills, blindly following outdated diets, and awaiting the inevitable decline that diabetes often brings.

You're here because you think differently. You sense the flaws in conventional diabetes care. You refuse to accept medication and standard diet advice as the only answers. You crave a fresh, sensible approach and yearn for a deeper understanding of your body.

Maybe your doctor isn't listening, refusing to order tests that could uncover the root of your blood sugar woes. Maybe you're lost in a maze of online information, unsure which supplements are right or even safe. This guide is your lifeline. I get it. After years of research, experimentation and working with clients, I've witnessed your struggles firsthand.

My mission is nothing less than revolutionizing diabetes care worldwide. I've seen the power of reversing type 2 diabetes through natural methods: mindset, sleep, diet, and lifestyle changes. I've witnessed patients ditching meds and restoring their health. It IS possible, and we must change the system, one person at a time.

Let's now make that change with you.

Part 1: How We Got Here

"How did this happen?" I hear it all the time. Why the outdated dietary advice? Why the rush to prescribe instead of fix the root cause? Why is diabetes painted as hopeless and irreversible?

Here's the short version: Medicine is playing catch-up. Once, infectious diseases were our greatest threat. Now, it's chronic illnesses like diabetes – and our healthcare system hasn't fully adapted.

Picture this: Doctors squeezed tight by the system, seeing dozens of patients a day with barely 10 minutes for each. They're designed for quick fixes, not managing complex problems like diabetes.

Worse yet, most doctors, even specialists, lack in-depth training on the lifestyle factors crucial for diabetes control – diet, exercise, stress, sleep. So, what's left in their toolbox? Pills.

This whole system is fueled by Big Pharma, pushing drugs on consumers and influencing doctors. Guidelines meant to help become mandates, crushing a doctor's ability to personalize care.

Our dietary advice is a relic from the 1950s. Yet, despite mountains of evidence favoring low-carb diets for diabetes, many doctors still cling to the high-carb dogma.

What Should You Do?

The choice is yours. Sure, you can wait decades for the system to change. OR, you can take the reins right now. Forward-thinking doctors and nutritionists ARE out there, embracing functional medicine, personalization, and the real power of lifestyle change.

The question is: Are YOU ready to break the mold? Are you ready to open your mind to a new understanding of diabetes and a path that leads to genuine healing, not just management?

Part 2: Understanding Diabetes - The Enemy Within

Remember Sun Tzu's wisdom:

"Know your enemy, know yourself, win every battle."

To beat diabetes, you need to understand what you're truly up against.

Do you?

Most people – even some doctors – misunderstand the real mechanisms behind diabetes. They focus on the symptom, not the cause. It's time for some myth-busting:

What Diabetes ISN'T:

- **Just High Blood Sugar:** High blood sugar (hyperglycemia) is a sign of diabetes, not the disease itself. Treating it as if they're the same misses the mark.
- **Insulin Deficiency:** Contrary to popular belief, most people with type 2 diabetes produce plenty of insulin. Their problem isn't a lack of it.
- **Solely a Pancreas Problem:** While diabetes can impact the pancreas, it's not where it all starts. Most people with type 2 diabetes have a functioning pancreas.
- **Purely Genetic:** Yes, genes play a role, but they don't dictate your fate. Many people with no family history still develop diabetes. Lifestyle matters more than you think.
- **Caused Only by Sugar:** Sure, processed foods and excess sugar are harmful, but they're not the sole culprit. There's more to the story.
- **Just a Medication Deficiency:** This idea is absurd. Our bodies are built to regulate blood sugar naturally – we don't need a pill to be normal.

So, if it's NOT any of these, what IS diabetes?

The Real Culprits:

- **Complex Metabolic Mess:** Diabetes disrupts multiple organs and systems – it's not confined to one area. It involves the liver, brain, blood vessels, eyes, kidneys, and more.
- **Insulin Resistance:** The heart of the problem. Your cells stop responding properly to insulin, leading to overproduction and a cascade of damage. High insulin is often more destructive than high blood sugar itself.
- **Lifestyle Driven:** Genes can set the stage, but lifestyle choices pull the trigger. Diet, exercise, sleep, stress, toxins – they all play a role in insulin sensitivity and blood sugar control.

The good news? Understanding the real causes empowers you to reverse type 2 diabetes over time.

Part 3: The Standard of Care for Type 2 Diabetes - A Critical Look

The "Standard of Care" for Type 2 Diabetes

"Why doesn't my doctor tell me this stuff?" It's a question I hear constantly. The answer is frustrating: They're not trained that way. Doctors are bound by "standards of care," guidelines meant to streamline treatment.

These guidelines, published by groups like the American Diabetes Association, are based on broad studies, not individual needs. Yet, most doctors apply them to every single diabetes patient.

Take a look at any standard diabetes guideline [insert image of an example]. Notice anything? Lifestyle change gets a tiny box. Medication dominates. This isn't an accident.

Maybe you've been through this: Doctor reviews labs, declares everything's bad, then jumps straight to the prescription pad. Metformin for blood sugar, a statin for cholesterol...

Here's the problem: These drugs mask symptoms, not causes. Sure, your numbers might improve, but your underlying diabetes rages on. Side effects? You bet.

Worst of all, many doctors paint diabetes as a life sentence. That it only gets worse. This is only true if you blindly follow the standard of care. Address the root causes, and your body has an incredible ability to heal.

The Real Failure:

- **Guidelines, Not Solutions:** One-size-fits-all approaches fail individuals.
- **Quick Fixes Over Lasting Change:** Pills are faster to prescribe than explaining lifestyle shifts.
- **False Narrative of Decline:** Diabetes CAN be improved when you focus on the why, not just the numbers.

The Need for Change

This system needs an overhaul. Doctors need deeper training in the lifestyle changes that truly impact diabetes. Patients deserve to be informed partners in their care, not just recipients of prescriptions.

Ready to break the mold? Let's ditch the "standard of care" and create a new standard of health.

Part 4: Diabetes Myths and Reality - Separating Fact from Fiction

Diabetes Myths and Reality

It's time to demolish five lies you might have been told about diabetes. Understanding the truth empowers you to reclaim your health:

Myth 1: Diabetes is Forever

You've been handed a life sentence. That's the message many get. But while the label might stick, the actual disease doesn't have to.

Countless people have reversed type 2 diabetes. Don't let hopelessness take hold! If the right approach tackles the root causes, your body can often heal itself.

Myth 2: Your Doctor Is Doing Their Best

Sadly, this often isn't true. Most doctors are well-meaning but overwhelmed. They lack the time and training to offer deep, personalized support for diabetes.

It's not their fault, but it's your loss – unless you seek out practitioners who understand functional medicine and put the time in to find the real WHY behind your diabetes.

Myth 3: Drugs Are Your Only Hope

Your diagnosis triggers an instant prescription, often with barely a word about lifestyle. This isn't because other options don't exist, it's because the system is broken.

Diet, exercise, stress management – these have immense power over diabetes. Many doctors are simply never trained in the specifics.

Myth 4: It's All in Your Genes

Sure, family history matters. But genes aren't destiny. Your choices – what you eat, how you move, how you manage stress – have even greater impact.

Don't resign yourself to your parents' fate. Break the cycle by addressing what's in your control.

Myth 5: Controlled Blood Sugar Means You're Safe

This is the most dangerous myth. Drugs might lower the numbers, but they don't address the underlying damage that diabetes inflicts. Complications happen even with "good" blood sugar.

True healing goes deeper. By restoring healthy metabolic function, you reduce inflammation, improve circulation, and protect your organs – your true path to avoiding complications.

Part 5: The Diabetes Coaching Approach - Revolutionizing Diabetes Care

The Health and Diabetes Coaching Revolution

Over the last 10 years, a new addition to healthcare has emerged – one that treats you like a person, not a collection of symptoms. This is health coaching.

It's based on a simple but powerful idea: your body is a complex, connected system. There's a reason behind every illness, and what works for one person might not work for another. True healing starts with finding the root cause.

Think of it this way: Most conventional medicine is like putting a bandaid on a machine with a broken part. It might mask the problem for a while, but the underlying issue remains. Health coaching seeks to find and fix that broken part.

How It Helps With Diabetes:

- **Beyond the Blood Sugar:** Drugs only target the symptom of high blood sugar. Health coaching digs deeper to figure out WHY your body isn't using insulin properly.
- **You, Not Just the Disease:** This approach is personalized. Your history, labs, and unique needs form the game plan, not a generic set of guidelines.
- **The Power of Partnership:** While you may still see your regular doctor, a health coach becomes your ally in the quest for lasting health.

How It Works For Me:

In my coaching program, we go deep to uncover the real drivers of your blood sugar woes. This involves:

- **Understanding Your Goals:** What do YOU want to achieve, and are you ready to commit?
- **Root Cause Assessment:** A detailed questionnaire reveals patterns that standard doctor visits miss.
- **Advanced Lab Work:** This goes beyond the usual tests, revealing what's truly going on inside.

From this, a personalized plan emerges: targeted mindset shifts, sleep quality, diet changes, stress management tools, customized exercise programs, support groups, and strategic supplements – all designed to reverse YOUR diabetes, not just manage it.

Ready for Real Change?

Health coaching is a powerful tool in the fight against diabetes. Seek out practitioners specifically trained in this approach for the best chance of turning your health around.

Part 6: Biohacking Your Way to Diabetes Control: Functional Labs and Self-Quantification

Biohacking for Blood Sugar Control

The Biohacker's Motto: "What gets measured gets managed." When it comes to diabetes, knowledge is your superpower. This means going beyond the basics and tracking the data that truly matters.

It's a two-pronged attack:

1. Functional Labs: The Deep Dive
 - **Forget Just Blood Sugar:** Inflammation, hormones, hidden imbalances – these labs reveal them, providing a blueprint for targeted solutions instead of guesswork.

- **Your Unique Plan:** Results guide specific dietary changes, lifestyle shifts, and the right supplements, not generic advice.
 - **Catch Trouble Early:** Spot potential problems BEFORE they become full-blown complications.
2. Daily Tracking: Your Everyday Advantage
- **Weight Matters:** Those numbers tell a story. Regular weigh-ins keep you accountable.
 - **Waistline Warning:** Visceral fat (the belly kind) is a major diabetes risk. This measurement reveals what the scale might not.
 - **Did You Move Enough?** Step counts ensure you're hitting activity goals crucial for blood sugar.
 - **Sleep Debt Hurts.** Tracking reminds you that rest is as vital as diet for healthy metabolism.
 - **Heart Health Check:** Monitoring heart rate gives clues about stress levels and overall fitness.
 - **Sugar Patrol:** Yes, blood sugar still needs attention! Consistent checks keep you on track.
 - **Blood Pressure Basics:** A must for anyone with diabetes to protect your heart and blood vessels.

The Power of Combined Data

Think of these two approaches like a puzzle. Labs give you the big picture, while daily tracking shows how your choices impact you in real-time. This combo is dynamite!

- **Informed Action:** No more blind guesswork. Your data guides the best decisions for YOU.
- **Taking Ownership:** This isn't about a doctor telling you what to do. You become an active participant in your health.
- **Adjust as Needed:** Your body changes. This approach lets you adapt, ensuring lasting blood sugar control.

Getting Started:

1. **Define Your Goals:** What do you most want to improve through biohacking?
2. **Tools of the Trade:** Invest in a glucometer, scale, step tracker, etc.
3. **Make it a Habit:** Set a daily time to log your numbers.
4. **Don't Go It Alone:** A knowledgeable coach deciphers your data and crafts the best strategy from it.
5. **Flexibility Wins:** Your body isn't static; neither should your approach be!

This is Your Journey

Biohacking puts you in the driver's seat. Stay curious, stay informed, and celebrate every bit of progress you make!

Part 7: Understanding Diabetes Sub-Types: Personalizing Your Battle Plan

What's Your Diabetes Sub-Type?

After years of coaching diabetes clients, I realized a frustrating truth: one-size-fits-all care isn't enough. Beneath the label of "diabetes" lie distinct patterns affecting different people in different ways.

Think of it like this:

- **Usual Care:** Doctor makes a diagnosis, then follows standard guidelines. But those guidelines don't account for individual needs, only averages.
- **The Better Way:** Identify your sub-type, which acts like a roadmap for a personalized plan that ACTUALLY works.

Why It Matters

A 2018 study revealed five distinct diabetes sub-types. Understanding yours is key! Here's a breakdown:

TYPE A - Autoimmune

- **What It Is:** Your immune system attacks the pancreas (this includes most type 1 and similar conditions).
- **The Clues:** Special blood tests show immune markers. You're likely normal weight or thin.
- **Treatment Focus:** Insulin injections become necessary, as your body can't make enough.

TYPE D - Insulin Deficient

- **What It Is:** Your pancreas struggles to make or release insulin – different from autoimmune damage.
- **The Clues:** Usually normal or underweight. Blood tests show low insulin activity.
- **Hope:** With time and the right support, this state can often be reversed.

TYPE R - Insulin Resistant

- **What It Is:** Your liver, muscles, or fat cells don't respond properly to insulin.
- **The Clues:** Often some extra belly fat, even if not fully overweight.
- **Treatment Focus:** Supporting the organs involved to regain insulin sensitivity. This is usually reversible!

TYPE O - Overweight Driven

- **What It Is:** Excess fat, especially around your middle, triggers insulin resistance.
- **The Clues:** Obvious weight gain. Blood tests often show high insulin.
- **The Catch-22:** This high insulin makes fat loss harder, fueling the problem.

TYPE M - Mixed Presentation

- **What It Is:** A combo of factors: mild blood sugar rise, some insulin resistance, plus things like stress, hormone imbalances, or poor sleep.
- **The Clues:** Often seen in older adults (60+) who are otherwise healthy and active. Can be very frustrating!
- **The Upside:** Highly responsive to targeted lifestyle changes for reversal.

Ready to Dig Deeper?

Pinpointing your sub-type isn't just about labeling it; it's about finding the right path forward. Work with a diabetes specialist trained in identifying these patterns.

Part 8: Ten Key Factors to Reverse Type 2 Diabetes

10 Key Factors for Reversing Type 2 Diabetes

The truth conventional care won't tell you: it's not just about diet, exercise, and pills. To truly reverse diabetes, we need a deeper understanding. Here are the top 10 factors I've seen make or break success:

1. Diet: Beyond the One-Size-Fits-All
 - **It's Personal:** No pre-written plan will be perfect for YOU. Understanding your root causes is key for crafting the diet that actually works.
 - **The Book Problem:** They give generic advice, ignoring the individual reasons your blood sugar is out of whack.
 - **The Solution:** Seek guidance for tailoring a diet that targets YOUR specific imbalances for lasting blood sugar control.
2. Exercise: The Right Kind Matters
 - **Not Just for Burning Calories:** It's about signaling your body for optimal health. The type of exercise you thrive on depends on individual factors.
 - **Beyond Cardio:** Lifting weights, gentle yoga... some less obvious choices can have a profound impact on blood sugar.
 - **The Goal:** A personalized plan based on your hormones, fitness level, etc., for maximum results.
3. Body Composition: Fat That Really Counts
 - **Not About the Scale:** It's the hidden fat (around your liver and pancreas) that fuels insulin resistance and diabetes.
 - **Burning the Bad Stuff:** Targeted strategies help your body use this stored fat for energy, not wreak havoc.
4. Sleep: The Healing Power of Rest

- **Blood Sugar Sabotage:** Research proves poor sleep disrupts insulin, weight, etc. – a roadblock, even if you do everything else right.
 - **Rest = Resilience:** Good sleep isn't optional; it allows your body to heal and maintain blood sugar balance on its own.
5. Metabolism: Are You a "Fat Burner"?
- **The Sugar Trap:** Many with diabetes are stuck burning carbs for fuel, storing fat instead of using it. This leads to cravings, bad lipids, and more.
 - **Unlock Your Fat Stores:** By improving insulin sensitivity, thyroid function and more, you SHIFT towards burning stored fat for energy.
6. Organ Health: The Team Behind the Scenes
- **The Liver Spotlight:** Diabetes starts here. Supporting this powerhouse organ is step one to reversing the dysfunction.
 - **Supporting Cast:** Thyroid, adrenals, even your kidneys... each plays a crucial role in blood sugar, and needs proper nutrition for success.
7. Gut: The Foundation of Health
- **Emerging Science:** Your gut bacteria profoundly influence blood sugar, immunity, and inflammation.
- **Fix the Foundation:** Improving digestion, healing the gut lining, and balancing your microbiome all help blood sugar self-regulate.
- Inflammation: The Silent Destroyer*
- **Immune Storms Wreak Havoc:** Blood sugar spikes when you're sick, so consistent immune health is vital.
- **Beyond Feeling Sick:** Chronic inflammation fuels diabetes. Calming it allows your body to repair.
9. Hormones: Your Internal Messengers
- **Common Culprits:** Low thyroid and stressed adrenals can sabotage blood sugar control.
 - **Imbalances Revealed:** Simple tests expose problems often missed by regular doctors.
 - **Support, Not Just Replacement:** Diet, lifestyle, and targeted supplements are your first line of defense, with medication considered only if needed.
10. Nutrients: Fuel for Healing
- **Food Isn't Enough:** Modern life depletes us. Testing uncovers your specific needs.
 - **Targeted Support:** The right nutrients power cellular processes for healthy blood sugar.

The Big Picture

Reversing diabetes is complex, but it IS possible. It's about finding the unique mix of factors fueling YOUR imbalance, and addressing them strategically for long-term health, not just managed disease.

Part 9: The Optimal Diet for Blood Sugar Control

The Optimal Diet for Blood Sugar Control: Busting Myths

Forget the "perfect" diet for everyone. It doesn't exist. Individual needs matter, BUT there are some unshakeable rules if you have blood sugar issues.

The Non-Negotiable "Don't Eat" List

If you want blood sugar control, these are out, period:

- **Obvious Junk:** Candy, chips, cookies, anything packaged and sugary.
- **Sneaky Sugars:** Muffins, bagels, pasta... It's not just about sweetness.
- **Sweet Drinks:** Soda, "healthy" juices... even sweetened tea is a no-go.
- **Processed Meats:** Hot dogs, deli slices, etc., are loaded with harmful additives.
- **Fried Foods & Bad Fats:** Think fast food, and anything with partially-hydrogenated oils.

Additional Limits for Blood Sugar:

These healthy-ish foods still spike blood sugar for many people:

- **Most Grains:** Even oatmeal and quinoa cause problems.
- **Starchy Veggies:** Potatoes, corn, etc., act like sugar in your body.
- **High-Sugar Fruits:** Bananas, mangoes... sadly, these have to be treats, not staples.
- **Most Dairy:** Milk and yogurt can trigger spikes.

The "What TO Eat" Guide

Focus on these whole foods. Two keys: simplicity and variety.

- **Veggies Galore:** Fibrous ones are best – broccoli, greens, peppers, etc.
- **Low-Sugar Fruits:** Think berries, avocados, olives.
- **Quality Protein:** Grass-fed meat, wild fish, eggs – the good stuff.
- **Nuts & Seeds:** A wide range is great – think almonds, walnuts, sunflower seeds ...
- **Beans (Moderately):** Black beans, lentils... okay for most folks, but don't go overboard.
- **Healthy Fats:** A must! Olive oil, coconut oil, and fats from quality meats and eggs.

The Gray Areas:

These depend on your individual response:

- **Organic Dairy (If Tolerated):** Mostly cheese and butter from grass-fed cows.
- **Alcohol (Very Limited):** Dry wine or hard liquor is best, and even then, only a serving.
- **Artificial Sweeteners:** Not ideal, but a little in gum is likely harmless.

Beyond the Food: Habits Matter

- **2-3 Meals, NOT Grazing:** Let insulin drop between meals for healing.
- **No Snacking Is Best:** It perpetuates cravings and keeps blood sugar wonky.
- **Try Intermittent Fasting:** Extending your overnight fast trains your body to burn fat better.
- **Carb Control:** Aim for under 75g of net carbs per day, maybe even 50g if you're serious about reversal.
- **Don't Overdo Protein:** Too much hurts blood sugar too. Stick to moderate portions.
- **Hydrate:** Water is life! Aim for half your body weight (lbs) in ounces daily.
- **Mindful Eating:** Savor your food, don't let it be mindless entertainment. Break that habit loop!

This is Your Starting Point

Your ideal diet will evolve over time. Track how changes make you feel!

Part 10: Helpful Supplements and Essential Oils for Blood Sugar Control

Supplements & Oils: Your Blood Sugar Support Team

Diet is the foundation, but targeted support can accelerate reversal. Here's your guide to the most effective options:

Proven Supplements:

- **Chromium Polynicotinate:** The star player for insulin sensitivity. Proven in numerous studies. Up to 1,000mcg/day.
- **Biotin:** Works alongside chromium, further boosting blood sugar control and heart health. 2-9mg/day.
- **Vanadyl Sulfate:** Mimics insulin, directly improving how your cells use glucose. 50-100mg/day.
- **Omega-3s (DHA, EPA):** Multi-pronged attack – tames inflammation, improves circulation, mood, and more, protecting your whole body. 2-4g combined/day.
- **Gymnema Sylvestre:** Ancient herb with multiple actions: blocks sugar absorption, cravings, and might even help your pancreas heal. 400mg/day.
- **Alpha Lipoic Acid:** Powerhouse antioxidant, boosts energy production, fights nerve damage. 1200-1800mg/day.
- **Bitter Melon:** Improves glucose transport, blocks sugar breakdown for absorption. 2-5g/day.
- **Cinnamon Extract:** Delays digestion for gentler blood sugar rises, plus boosts insulin response. 2-4g/day.
- **Berberine:** Plant compound that activates a key metabolic pathway, lowering blood sugar and improving liver function. 500-2,000mg/day.
- **Banaba Leaf:** Acts like insulin for direct sugar control. 32-48mg/day.

- **Green Tea Extract:** Packed with antioxidants, this boosts insulin, reduces gut absorption, and supports healthy metabolism. 250-500mg/day.

Essential Oils: Power in a Tiny Bottle

- **Cinnamon:** Research darling for a reason. May equal several grams of the spice. Best taken internally.
- **Coriander:** Increases insulin release, with added cholesterol-lowering benefits.
- **Clove:** Lowers blood sugar AND may ease diabetic inflammation.
- **Grapefruit (Naringenin):** Wide-ranging benefits – antioxidant, boosts metabolism, tames inflammation.
- **Black Pepper:** Modifies a key enzyme to help prevent diabetic complications.

How to Use Them:

- **Combine Strategically:** These can often work together for greater impact.
- **Doctor's Input:** Especially important if you're on medication, as some supplements can interact.
- **Quality Matters:** Choose reputable brands, and use oils as directed.

This isn't a replacement for the core changes, but a powerful tool once those are in place!