



WORKBOOK TO

NUDGE AWAY DIABETES

GERARDO "JERRY" HIZON MD with MOTION MEDICAL GROUP

www.NudgeAwayDiabetes.com



Introduction

What Is Type 2 Diabetes?

Type 2 diabetes stems from chronic hyperglycemia which causes insulin resistance. High insulin results in low blood sugar and a high appetite. Cells become resistant to insulin thus making the insulin ineffective.

Taking control of your type 2 diabetes through a low carb diet will help resolve insulin resistance. This will not be an easy journey, but we are here to help and in the long run you will feel like a brand-new person!

What Does Changing My Diet Change?

Changing your diet takes a lot of focus, however, it will lead to a reduction of possible complications in your:

- Heart
- Brain
- Eyes
- Kidney

This Workbook Works

This workbook acts as an informational guide and an interactive journal. There will be tips and tricks along the way to help you reach the goals set by *you!*

The goal of this guide is to educate users on how to conform to a lifestyle shift and to change your perspective on change. A diet shift cannot be activated by the flip of a switch, it is up to you to activate acceptance of change inside yourself!

According to ecowellnessnews.com, writing down your goals results in an 80% higher success rate. Setting goals and creating new habits will help you nudge away diabetes.

Overview

Lions Clubs International

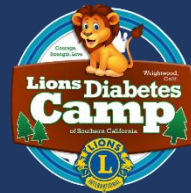
Lions Clubs International Mission Statement



To empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs.

Lions Diabetes Camp Mission Statement

Diabetes management with strong emphasis on independence, self-care, peer learning, and relationship building for emotional support.



FIVE “M” PROGRAM

- 1 **Meals** (Don't snack)
- 2 **Monitor** (Glucometers)
- 3 **Medications** (Until you learn “Your” diet)
- 4 **Movies** (www.DietDoctor.com)
- 5 **Meet Ups** (Join us on Wednesday Wellness Zoom Meetings the 1st & 3rd Wednesdays)
Zoom Link: **85750145825** Password: **179330**

My Why

if your
WHY
is strong enough

you will figure out the
HOW

Write down three (**3**) reasons **WHY** you decided to Nudge Away Diabetes. You can return to these when things get challenging.

1

2

3

What

WHAT
keeps me going

Is what I want to
ACCOMPLISH

Write down a few goals you have for this journey. It is important to set your expectations at the beginning of the journey so you don't lose track of **WHAT** you want to accomplish.

When

a
GOAL
without a
PLAN
is only a
DREAM

Goals are irrelevant without having a set time for **WHEN** they should be completed.

Take a moment to establish **SMART** goals.

Specific
Measurable
Achievable
Relevant
Timely

How

Now you know your **WHY**, you know your **WHAT**, and you know your **WHEN**. It is time to tell you **HOW** you will successfully change your life.

21 NUDGE AWAY DIABETES DAY

Prepared with Dr. Gerardo “Jerry” Hizon, MD, FAAFP, CAQSM
for Lions Clubs International

NOTE: 21 Days is only a suggestion and can be extended if necessary

WARNING

Do NOT try 21 day if on meds UNLESS okay with your doctor. VERY IMPORTANT: dangerous to try without medical supervision. (Your doctor, Virta Health, or Nudge Coach Physician)

The **M.E.A.L.** Diet – Possibly the world’s best diet for ultra-rapid fat loss created by **Dr. Ted Naiman, MD**. Please see **dietdoctor.com** for more information and educational videos.

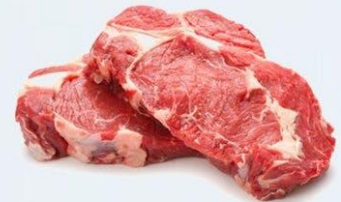
M.E.A.L. Diet

for rapid fat loss



M

Meat
any animal product



E

Eggs



A

Added
fats for cooking



L

Leaves
non-starchy vegetables



LEARN TO BURN FAT (Your Own Fat)

Dr. Hizon “Wellness Channel” on YouTube

WHAT TO EAT – Have respect for carbs

WHEN TO EAT – Limit time eating

HOW MUCH TO EAT – Calories count last

dietdoctor.com (Sign up for a membership) monthly fee

Movies to Watch:

- *The Magic Pill* – Netflix
- *Fat: A Documentary and Fat Fiction* – Amazon Prime
- *Fasting (1st Part)* – Amazon Prime
- *What’s with Wheat* – Netflix






Follow on YouTube:

- Shameen Miller – Learn to make a Low-Carb-Electrolyte drink
- Jason Fung, MD
- Savah Hallberg, DO
- Nina Teicholz
- Andreas Eenfieldt, MD
- Dr. Bosworth (Starting Keto Diet and Beginners Keto Diet Grocery List)

Consider Reading: (Listen via “audibles” via phone)

- *The Complete Guide to Fasting and Life in the Fasting Lane* – Jason Fung, MD
- *Why We Get Fat* – Gary Taubes
- *Eat Rich, Live Long: Mastering the Low-Carb & Keto Spectrum* – Ivor Cummins and Jeffrey Gerber
- *Keto Clarity* – Jimmy Moore
- (Highly Recommend) *The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet* – Nina Teicholz

Medical Expectations

DIABETES REPORT CARD			
Name:			
Date:			
Hemoglobin A1c (%)	Cholesterol HDL (Good/Healthy Kind)		
A+ = 5.0-5.5 C = 7.1 -8.0	A = >60	D = 31-39	
A = 5.6-6.0 D = 8.1-9.0	B = 50-59	F = <30	
B = 6.1 -7.0 F = 9.1 -10.0	C = 40-49		
F- = 10.0+			
Mean Blood Glucose (mg/dL)	Kidney Function (GFR) (Glomerular Filtration Rate)		
A = 50-80 D = 181-215	A = ≥90	D = 15-29	
B = 81-115 F = 216-250+	B = 60-89	F = <15	
C = 116-180	C = 30-59		
	*Units: mL/min/1.73 m2		
Feet Sensation (Mono-filament Test)	Body Mass Index (BMI = weight/height)		
A = 4/4	A =		BMI of 18.5 - 25 Healthy weight
B = 3/4	B =		BMI of less than 18.5 Underweight
C = 2/4	C =		BMI of 25 - 30 Overweight
D = 1/4	D =		BMI of over 30 Heavily overweight
F = 0/4	F =		
			
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p style="color: #c00000; font-weight: bold; margin: 0;">Follow-up Protocols</p> <p style="margin: 0;"><i>Every Type 2 Diabetic needs:</i></p> <ul style="list-style-type: none"> Annual Micro Albumin Annual Podiatry Exam Annual Eye Exam <p style="margin: 0;"><i>*Controlled Diabetes (A1c <5.7):</i></p> <p style="margin: 0;">Labs required every 6 months</p> <ul style="list-style-type: none"> Hemoglobin A1c Comprehensive Metabolic Panel Lipid Panel (if previous cholesterol was out of range) </div> <div style="width: 45%;"> <p style="margin: 0;">*Uncontrolled Diabetes (A1c > 5.7+):</p> <p style="margin: 0;">Labs required every 3 months:</p> <ul style="list-style-type: none"> Hemoglobin A1c Comprehensive Metabolic Panel Lipid Panel (if previous cholesterol was out of range) </div> </div>			

WEEK ONE

Slow Carb

Welcome to Week 1! The first week is a gradual process focusing on no GPS (Grains, Potatoes, Sugar) and learning more about the **SLOW CARB WEEK**.

Limit your consumption of:

GRAINS

POTATOES

SUGARS

GENERAL CONSIDERATIONS:

- Eat the same meals repeatedly
- When eating slow carb, it is okay to focus on eating until satiety (when you're full) instead of counting calories
- Don't drink your calories (soda, juice, frappuccinos)
- Wait six (**6**) hours after waking up to eat your first meal
- Eat slowly
- One (**1**) cheat day is allowed

Note: Be patient...a slow flow carbohydrate lifestyle takes time to adjust to and remember to eat until "almost" full.

ALLOWED

- Fats & Oils
 - All fats and oils (ex. grass-fed butter, coconut and olive oils)
 - Avocados
 - For salad dressings – try olive oil and vinegar with lemon and spices
 - Blue cheese, ranch, and Caesar or Italian are also acceptable dressings (if there are 1-2 carbs per serving)
- Meats and Poultry
 - Beef
 - Pork, ham (unglazed), bacon
 - Lamb, veal
 - Chicken
 - Turkey
 - Duck
 - Eggs
- Fish and Shellfish
 - Tuna
 - Salmon
 - Catfish
 - Trout
 - Lobster
 - Bass
 - Shrimp
 - Scallops
 - Crab
- Beans and Vegetables
 - Lentils
 - Pinto, Red, and Black Beans
 - Snap Peas
 - Broccoli
 - Green Beans
 - Peas
 - Asparagus
 - Spinach
 - Cauliflower
 - Tomatoes

NOT ALLOWED

Six (6) days a week

- White Carbs (ex: pasta, bread, potatoes, corn, quinoa, cereal, tortillas, grains, rice)
- Sugar (including fruit such as apples, oranges, grapes, pears, strawberries)
- Dairy (ex: milk, cream cheese, yogurt)
- Do not reuse oil
- Margarine
- Hydronated Oil (Trans Fat)

SLOW CARB LIST

As Per: *The Four-Hour Body* by Tim Ferriss, Crowne Publishing Group

General Considerations:

- Eat the same meals over and over again
- Don't drink your calories
- Don't eat for six (6) hours once you wake up
- Eat Slowly
- One cheat day is allowed
- If you have to ask, don't eat it

NOT ALLOWED SIX DAYS A WEEK:

- White carbs i.e. pasta, bread, potatoes, corn, quinoa, cereal, tortillas, grains, rice
- Sugar – including fruits such as apples, oranges, grapes, pears, strawberries
- Dairy i.e. milk, cream, cheese, yogurt

ALLOWED (Eat until “almost” full):

1. Fats & Oils

- All fats & oils are allowed i.e. coconut oil, olive oil, butter
- Avocados are approved
- Do not reuse oil
- Olive oil recommended for cold dressings
- Avoid margarine or any food containing hydrogenated oils a.k.a. trans fats
- For salad dressings, try olive oil & vinegar with lemon and spices
- Blue cheese, ranch, and Caesar or Italian are also acceptable dressings if there are 1-2 grams of carbs per serving

2. Meats

- Beef
- Pork, ham (un glazed), bacon
- Lamb, veal
- Processed meats (sausage, pepperoni, hot dogs) check the label

SLOW CARB LIST (continued)

ALLOWED (Eat until “almost” full) Continued:

3. Poultry
 - Chicken
 - Turkey
 - Duck
4. Eggs
 - Eat as many as you wish
5. Fish & shellfish
 - Tuna
 - Salmon
 - Catfish
 - Trout
 - Bass
 - Shrimp
 - Scallops
 - Crab
 - Lobster
6. Vegetables
 - Broccoli
 - Green Beans
 - Peas
 - Asparagus
 - Spinach
 - Cauliflower
7. Tomatoes are allowed!

Breakfast Ideas

- 3 eggs with 3 slices of Canadian bacon
- 2 eggs with ½ cup black beans, salsa, and guacamole
- 3 servings of spinach or broccoli frittata

Lunch & Dinner Ideas

- Ground beef & bean chili
- Meat & veggie curry
- Roasted pork loin with spinach
- Roast chicken with Brussels sprouts
- Shredded meat & cauliflower rice

CARBOHIDRATOS LENTOS (Spanish)

Consideraciones Generales:

- Repetir las mismas comidas
- No beber las calorías
- No comer por las primeras 6 horas después de despertarse
- Comer despacio
- Está permitido una comida trampa al día
- Si necesitas preguntarte si deberías comer esta comida, no la comas

COMIDAS NO PERMITIDAS SEIS DIAS DE LA SEMANA/COMIDAS PERMITIDAS SOLO UNA VEZ A LA SEMANA:

- Carbohidratos blancos ej pasta, pan, papas, maíz, quinoa, cereal, tortillas, granos, arroz
- Azúcar, incluidas frutas como la manzana, naranja, uvas, peras y fresas
- Lácteos ej leche, crema, queso y yogurt

COMIDAS PERMITAS (Comer hasta “casi” llenar):

1. Aceites y grasas

- Todos los aceites y grasas ej aceite de coco o aceite de oliva
- Aguacate
- No reusar el aceite
- El aceite de oliva para adresar ensaladas frías
- Evitar margarina o cualquier comida que contenga aceite hidrogenado (grasas trans)
- Para adresar ensaladas: aceite de oliva y vinagre con limón y especias)
- Adresos de ensalada aceptables son queso azul, ranch, cesar o italiano. Solo si tienen de 1-2g de carbohidratos por cada porción.

2. Carnes

- Carne de vaca
- Carne de cerdo, jamón (sin glasear), tocino
- Cordero, ternera
- Carnes procesadas (salchicha, pepperoni o perro caliente)

CARBOHIDRATOS LENTOS (Spanish)

COMIDAS PERMITAS (Comer hasta “casi” llenar) Continuación:

3. Aves de corral

- Pollo
- Pavo
- Pato
- Huevos

4. Pescados y mariscos

- Atun
- Salmon
- Bacalao
- Trucha
- Lubina
- Camarones
- Vieiras
- Cangrejo
- Langosta

5. Vegetales

- Brocoli
- Judias verdes
- Guisantes
- Esparragos
- Espinaca
- Coliflor
- Tomates

6. Frijoles y legumbres

- Lentejas
- Frijoles pinto
- Frijoles negros
- Guisantes

Ideas Para Desayunos

- 3 huevos con 3 rebanadas de tocino canadiense
- 2 eggs con media taza de frijoles negros, salsa y guacamole
- 3 porciones de espinaca o tortilla de broccoli
- Estofado de frijoles

Ideas Para La Cena

- Carne molida + chile de frijoles
- Curry de carne y vegetales
- Lomo de cerdo asado con espinacas
- Pollo asado con coles de Bruselas
- Carne mechada y arroz de coliflor

WEEK ONE

Meal Planner

No Snacking
&
You Get One
Cheat Day

	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

HIGHLY RECOMMENDED RESOURCE TOOL



For a monthly fee, you have access to

- Your own customizable meal planner
- 100+ low carb, healthy fat recipes
- Educational video course, movies, and podcasts
- An online community of people on a similar journey
- 5-week low carb, healthy fat program

EXTRA

Meal Planner

	Breakfast	Lunch	Dinner
S unday			
M onday			
T uesday			
W ednesday			
T hursday			
F riday			
S aturday			

EXTRA

Meal Planner

	Breakfast	Lunch	Dinner
S unday			
M onday			
T uesday			
W ednesday			
T hursday			
F riday			
S aturday			

WEEK TWO

Less than 50 grams total carbs per day

Congratulations on completing Week 1! During Week 2, we will be introducing the main four (4) main healthy fats/oils:

1. OLIVE OIL
2. COCONUT OIL
3. AVOCADO OIL
4. KERRYGOLD PURE IRISH BUTTER

Start to increase your healthy fat intake:

ALWAYS

BE

DRIZZLING

IMPORTANT NOTES

- Keep in mind that your body will go through some changes as it switches from metabolizing glucose for energy to metabolizing ketones.
- Some symptoms that occur include: headaches, fatigue, mental fogginess, muscle cramps, lower strength/stamina, digestive issues, constipation, insomnia or sugar cravings.

DON'T PANIC!

These symptoms will shortly subside within 3-7 days as long as you keep increasing your healthy fat intake and decreasing your carbohydrate intake.

HYDRATE AND ADD ELECTROLYTES

YOUR BODY HAS STARTED TO CONVERT FROM CARBOHYDRATES TO KETONES – HERE IS HOW TO KEEP THAT GOING:

- It is okay to cook your food in one of the four (4) main healthy fats/oils, and it is important to **drizzle** the main healthy fats on every meal that you can.
- **Remember** to increase hydration.
- Most of your sodium used to come from eating carbohydrates. When you are on a low carb diet, due to increased hydration, you may experience increased urination and depletion of sodium.
- Being on a low carb diet means you have to increase hydration and most likely sodium intake. (Discuss with your doctor if you have kidney or heart failure)
- Make sure to log your meals into your Week 2 meal planner because you will use it as a reference for your final week.

WEEK 2 GOAL

Eat as many healthy fats as you can tolerate and try to keep below 50 grams of total carbohydrates.

LOW CARB LIST

1. General Considerations

- Eat when you are hungry, stop when you are beginning to feel full.
- Listen to your body. A low carb diet has a natural appetite reduction effect to allow you to eat smaller quantities.
- Do not eat everything on your plate.
- Do not count calories.
- If you are hungry in the morning, start your day with a low carb meal

2. NOT ALLOWED

- Beans and legumes (pinto, lima, and black beans)
- White sugar
- Rice
- Honey
- Root vegetables – carrots, parsnips, corn, potatoes, fries, potato chips
- Maple syrup
- Crackers
- Molasses
- Corn syrup
- Beer
- Milk
- Flavored yogurts
- Fruit juice
- Dried fruits
- Processed fruit
- Grains (including “whole” grains)
- Cereals
- Flour
- Cornstarch
- Breads
- Pastas
- Muffins
- Bagels

ALLOWED (Eat until “almost” full)

3. Fats and Oils

- Tropical fats and oils including butter are allowed (avoid seed, vegetable, and corn oil due to Omega 6)
- Coconut oils, butter, or lard are allowed
- Do not reuse oil
- Olive oil recommended for cold dressings
- Avoid margarine or any food containing hydrogenated oils a.k.a. trans fat
- For salad dressings – try olive oil & vinegar with lemon and spices
- Blue cheese, ranch, Caesar, or Italian are also acceptable dressings if there are 1-2 g of carbs per serving

LOW CARB LIST (Continued)

4. Meats

- Beef
- Pork, ham (unglazed), and bacon
- Lamb and veal
- Minimize meats (sausage, pepperoni, hot dogs) check the label

5. Poultry

- Chicken
- Turkey
- Duck

6. Eggs

- Eat as many as you wish!

7. Fish & shellfish

- Tuna
- Salmon
- Catfish
- Trout
- Bass
- Shrimp
- Scallops
- Crab
- Lobster

ALLOWED WITH MINIMUM AMOUNT

8. Salad/Greens (2 cups max per day)

- Arugula
- Bok choy
- Cabbage
- Chard
- Chives
- Endive
- Beet collards, mustard, and turnip
- Kale
- Lettuce
- Parsley
- Spinach
- Radicchio
- Scallions
- Watercress

9. Fibrous vegetables (1 cup per day max)

- Artichokes
- Asparagus
- Brussels sprouts
- Bean sprouts
- Cauliflower
- Celery
- Celeriac celery root
- Chayote
- Cucumber
- Edamame beans
- Eggplant
- Green beans
- Mushrooms
- Jicama

LOW CARB LIST (Continued)

9 Fibrous vegetables (1 cup per day max) - Continued

- Okra
- Pepper
- Pumpkin
- Snow peas
- Sprouts
- Sugar snap peas
- Summer squash
- Tomatoes turnip
- Zucchini

10. Fatty vegetables

- Black or green olives – up to 6 a day
- Avocado – ½ a day

11. Cheese

- Up to 4 oz a day
- Swiss, cheddar, brie, mozzarella, gruyere, cream cheese and goat

12. Cream

- Up to 2 tbsp per day
- Heavy, light, or sour cream
- Not half and half
- Not condensed or evaporated milk

13. Mayonnaise – up to 2 tbsp per day

14. Berries (< ¼ cup per day max)

- Blueberries
- Strawberries
- Raspberries
- Huckleberries
- Salmon berries
- Gooseberries

15. Condiments

- Lemon/lime juice up to 4 tsp per day
- Yellow mustard up to 2 tsp per day
- Soy sauces up to 4 tbsp per day
- Salt and vinegar no restriction
- Ketchup/BBQ sauce low carb versions only

16. Pickles

- Recipes with dill or garlic pickles usually have no added sugar
- Pickled eggs
- Avoid pickled foods with sugars

17. Snacks (Your “go to”)

- Pork rinds/skin
- Pepperoni slices
- Ham slices
- Beef slices
- Turkey or chicken roll slices
- Other meat roll ups
- Deviled eggs

WEEK TWO

Meal Planner

	Breakfast	Lunch	Dinner
S unday			
M onday			
T uesday			
W ednesday			
T hursday			
F riday			
S aturday			

EXTRA

Meal Planner

	Breakfast	Lunch	Dinner
S unday			
M onday			
T uesday			
W ednesday			
T hursday			
F riday			
S aturday			

EXTRA

Meal Planner

	Breakfast	Lunch	Dinner
S unday			
M onday			
T uesday			
W ednesday			
T hursday			
F riday			
S aturday			

WEEK THREE

Less than 20 grams total carbs per day

By following this program, you have been combatting your diabetes mellitus, potentially even resolving it. During Week 3, we will introduce intermittent fasting and consider measuring your ketones safely.

CONGRATULATIONS!

You made it to the last week of the 21 Day Nudge Away Diabetes Program

REMEMBER

- Stay away from adding sugars and milks into your coffees.
- By allowing yourself to add healthy fats to your meals, you are satiating your appetite.
- Eat to satisfy (Do not overeat).
- **CAUTION:** Fall Precautions – if light headed, EAT and hydrate.

HELPFUL TIPS:

- Wait at least six (**6**) hours after waking up to eat your first meal if you can.
- You can supplement your first meal with by adding butter or heavy whipping cream to your cup of coffee in the morning.
- You can also use a small amount of heavy whipping cream or butter in tea if you don't drink coffee.
- Review your Week 2 Meal Planner and identify any unnecessary carbohydrates. Carbs are NOT essential.
- Lastly, consider measuring your ketone levels with the following meters
 - Finger pricks
 - Precision Xtra Blood Ketone Testing Kit – Amazon
 - Keto-Mojo Meter

WEEK 3 GOALS

- Aim for **20** grams or less of total carbohydrates
- Ketone between **0.5 – 3.0** for ideal fat burning state
 - If too **HIGH** in ketones, eat more carbohydrates
 - If too **LOW** in ketones, add more healthy fats or fast longer

Breakdown of Your Caloric Intake in Week 3

Healthy Fats/Oils: **60-70%**

Protein: **20-30%**

Carbohydrates: **0-10%**

WEEK THREE

Meal Planner

	Breakfast	Lunch	Dinner
S unday			
M onday			
T uesday			
W ednesday			
T hursday			
F riday			
S aturday			

EXTRA

Meal Planner

	Breakfast	Lunch	Dinner
S unday			
M onday			
T uesday			
W ednesday			
T hursday			
F riday			
S aturday			

EXTRA

Meal Planner

	Breakfast	Lunch	Dinner
S unday			
M onday			
T uesday			
W ednesday			
T hursday			
F riday			
S aturday			

EXTRA

Meal Planner

	Breakfast	Lunch	Dinner
S unday			
M onday			
T uesday			
W ednesday			
T hursday			
F riday			
S aturday			

Resources For Success

Recommended Books

The Diabetes Code – Dr. Jason Fung

The Big Fat Surprise – Nina Teicholz

The Longevity Solution – Dr. James DiNicolantonio, Dr. Jason Fung

Recommended Websites

www.dietdoctor.com

www.NudgeAwayDiabetes.com

www.carbstoketo.org



QR CODE INSTRUCTIONS

1. Open the camera on your mobile device.
2. Hover it over the QR code above.
3. Click on the link that appears at the top of the screen directing you to a website.

Once there, you will find other websites, apps, and books that can guide you on your journey.

www.NudgeAwayDiabetes.com