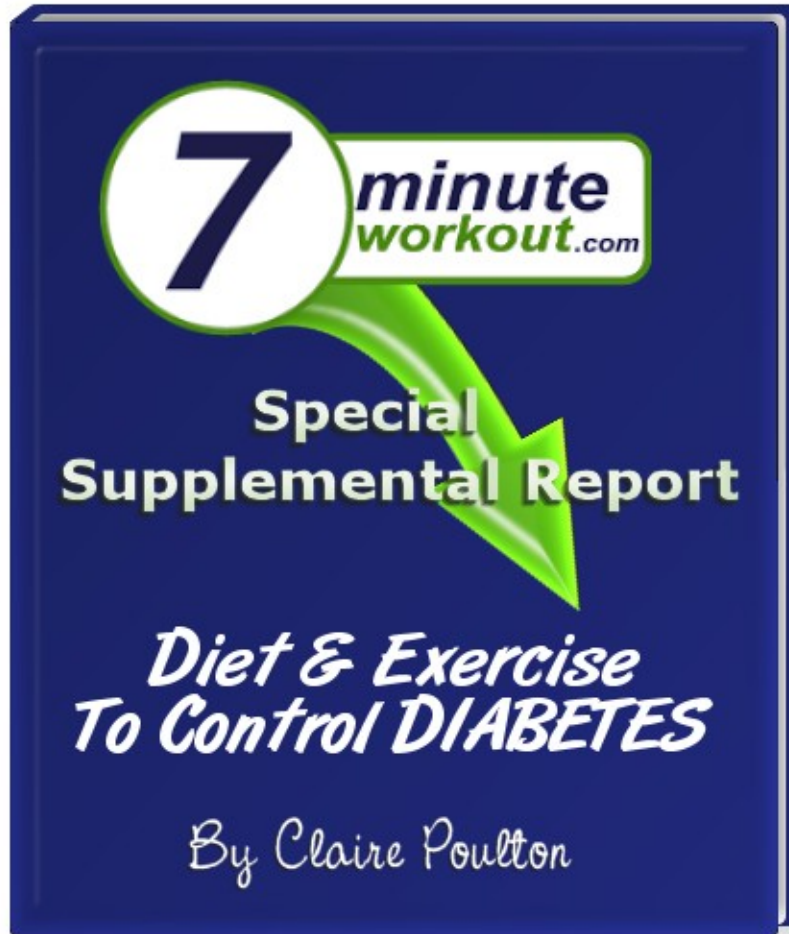


# 7 MINUTE WORKOUT



Created for

7 Minute Workout by **Claire Poulton** © 2011



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## How to Prevent and Control Diabetes.

**T**he latest research out of the University of Missouri should be required reading for the 79 million Americans with pre-diabetes and the 26 million with the full-blown disease. This adds up to one in four Americans struggling with diabetes. The vast majority of which are type 2 Diabetes.

When diagnosed with type 2 diabetes, many believe their fate has been sealed and all they can do now is “**control**” it. More than 50 percent of type 2 diabetics are not even aware they have diabetes. Millions of others are living with insulin resistance (*pre-diabetes*) that could progress into full-blown Type 2 Diabetes at any time.

If I was to tell you there was a “magic” trick that could almost instantly improve your body's regulation blood sugar, AND reduce the spikes in blood sugar that occur after a meal? (*elevations in these spikes, known as postprandial glucose, or PPG, are associated with type 2 diabetes, heart disease, and death*), would you believe me, and at least try it out?

**There is. It's called exercise.**

**N**ow that you know, the next step is up to you!

### **Do YOU want to Prevent or Reverse Diabetes?**

The amazing thing about exercise is that it exerts its effects very quickly. You will definitely reap long-term benefits, and exercise is well known to impact chronic diseases, but you'll also get acute, nearly instantaneous benefits as well. This should be excellent motivation to those of you who are procrastinating on your exercise program.



**Y**ou won't have to exercise for a year or six months to experience benefits, either! New research published in *Medicine & Science in Sports & Exercise* found that one single session of moderate exercise can improve the way your body regulates glucose and reduce PPG. **Isn't that amazing?**

The opposite also holds true, however. Slacking off on your exercise program staying and remaining sedentary will **disrupt your body's ability to regulate blood sugar**, and this can happen within days.

There is simply no way around the fact that your body is designed by nature to be active physically. Try to deny this fact of nature and you're asking for health problems which include even MORE than becoming **Diabetic**.

## **Why Exercise the "Magic Bullet" in Preventing and Reversing Type 2 Diabetes.**

**W**ithout exercise you're unlikely to get **Type 2 Diabetes** under control. The reason that exercise works so well is because it is one of the fastest and most powerful ways to lower your **insulin and leptin resistance**. Type 2 diabetics need to address the root of the problem. **This is NOT your blood sugar levels, as most conventional physicians would have you believe.**

The root of the problem is **WHY ARE** your blood sugar levels high!

*Dr. Ron Rosedale*, an expert on leptin physiology, developed the acronym -- D.I.E. -- to illustrate what's happening in conventional diabetic treatment

*Dr. Rosedale* wrote in his classic article, "If you follow the misguided belief that diabetes is a disease of blood sugar, you are likely destined for premature death.



Taking insulin is one of the **WORST** things you can do, as it will actually make your insulin and leptin resistance worse over time”

### **Most doctors make diabetes worse.**

**H**ere are the mechanics of **insulin resistance** and the role of **leptin** and **insulin**.

- **Leptin** is a hormone produced in your fat cells. One of leptin's primary roles is regulating your appetite and body weight.
- **Leptin tells your brain when to eat, how much to eat, and most importantly, WHEN TO STOP EATING.**
- **Leptin** tells your brain what to do with the energy it has.
- **Leptin** is largely responsible for the accuracy of **insulin signaling** and whether or not you become **insulin resistant**.

**Insulin:** Sugars and grains raise your blood sugar. When this happens, **insulin** is released to direct the extra energy into storage. A small amount is stored as a starch called glycogen, but the majority is stored as your main energy supply – **FAT!**

**The major role of Insulin is not to lower your blood sugar,** but to store the extra energy for future times of need. Insulin's effect of lowering your blood sugar is a “side effect” of this energy storage process.



## What IS Insulin resistance

**I**nsulin resistance occurs when your body becomes resistant to the hormone insulin.

Each time a cell is exposed to **insulin** it is going to become more insulin resistant. When you eat too many **sugars and grains**, it causes Insulin Spikes, and every time there is an **Insulin Spike** your body is exposed to more insulin. When your body is exposed to excess insulin time after time, it soon will not respond to it properly and you will become insulin resistant.

**Exercise is one of the most effective ways to once again regain insulin sensitivity and reverse insulin resistance.** Studies have shown that this benefit can be achieved even without weight loss.

## How to Use Exercise for Diabetes Prevention

There are 3 keys to using exercise to normalize your insulin and leptin levels and drastically reduce your risk of diabetes. They are:

- Intensity
- Frequency
- Length of time

**T**he body was designed to work **HARD**, or work **LONG**. It cannot do both without **doing damage to your health**. Intensity is primary **KEY** for an effective exercise program. The benefit of high-intensity exercise, is that it significantly cuts down on the amount of time you have to spend exercising.



## Address this Other Diabetes Culprit

**T**ype 2 diabetes is a fully preventable, reversible condition that arises from faulty leptin signaling and insulin resistance. Therefore, diabetes can be controlled or reversed by recovering your insulin and leptin sensitivities. The only known way to reestablish proper leptin and insulin signaling is through a proper diet and exercise! **There is NO drug that can accomplish this!**

*A new meta-analysis of 13 randomized controlled trials involving more than 33,000 people showed that **drug treatment of type 2 diabetes is not only ineffective, it's dangerous as well. Treatment with glucose-lowering drugs actually showed the potential to increase your risk of death from heart-related and all other causes.***

**What is the other important factor to remember in diabetes prevention, besides exercise?**

**Your diet!**

**W**hat you eat can either make or break you if you're diabetic or pre-diabetic. Unfortunately, for the last 50 years or so, Americans have been following a diet which includes the consumption of a high complex carbohydrates, low saturated fat diet.

These recommendations are totally flawed as evidenced by the staggering rise in **Obesity and Type 2 Diabetes**.

*These dietary recommendations are the exact opposite of what constitutes a Healthy Diet and actually **cause Obesity, Diabetes and other Diseases!***



High complex carbohydrates include legumes (*beans and peas*), potatoes, corn, rice and grain products.

*Aside from legumes, you actually want to **AVOID** all the rest to prevent insulin resistance. Yes, grain products are included!*

**W**hen you regularly consume sugars and grains, your blood sugar spikes will lead to **increased insulin resistance** and this invariably leads to increased fat storage which causes more Leptin to be produced.

THEN the problems begin when your leptin levels become chronically elevated, and this is when you become leptin resistant. Your body can no longer “hear” the hormonal signals telling your brain you're full and should **STOP EATING**.

As your fat stores increase, your weight goes up, and insulin resistance sets in. Your body has now become “deaf” to the signals from both hormones (*leptin and insulin*), and disease follows.

**Nearly all type 2 diabetics need to give up eating grains and sugars for other foods:**

- 🍎 Protein,
- 🍎 Green veggies
- 🍎 and Healthy sources of fat.

**E**liminate or drastically cut back the amount of **fructose** in your diet, which is far more harmful than any other type of sugar. **This is extremely important!**

If you drink just one sweetened beverage per day, your risk of becoming a diabetic increases by 25 percent, compared to drinking one sugary beverage per month.



**Note:** This includes so-called “Healthy Fruit Juice”! (*Fruit juice contains just as much fructose as a can of soda*). You really need to evaluate your diet and look for hidden sources of sugar and fructose. This includes eliminating processed foods as much as possible, as processed (*packaged*) “foods” are loaded with fructose.

**Y**ou may even need to avoid eating a lot of fruit until your blood sugar is under control. You should aim for keeping your **total fructose consumption below 25 grams per day**.

An even wiser move would be to limit fructose consumption to just 15 grams or less as it is guaranteed that you will be getting “hidden” sources of fructose if you consume ANY processed food, which is in this day and age, unavoidable.



## About The Author

**C**laire Poulton is a Nutrition Research Specialist. Claire has spent over 25 years researching health, nutrition and chronic illnesses: Specializing in weight loss, premature aging, and nutrition for children.



Not only does Claire preach the value of healthy food, lifestyle, and exercise, she practices what she preaches. At 67 years, she leads a healthy active life on Vancouver Island BC Canada. Claire is the mother of 5 healthy active adults, and grandmother to 9 healthy active grandchildren.

She has been “accused” of sending “Helpful Advice” to her family, which is sometimes appreciated, and sometimes not. ☺

Hopefully, you will find the information in this Report useful in your journey to better health for yourself and your family.

With Sincerest Best Wishes For Success and Good Health,

**Claire Poulton**



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