

# How to Get Rid of Diabetes Type 2

## in 2 steps

What is diabetes type 2? Diabetes is the pancreas inability to process certain amino fatty acids. These fatty acids produce what's called leptin, a fat hormone.

There are various types of amino fatty acids.

There are Omega-3's | And Omega-6's

There are saturated fats, unsaturated fats, and polyunsaturated fats.

Polyunsaturated fats are responsible for diabetes type 2.

Polyunsaturated fats are Omega-6 Amino Fatty Acids.

Polyunsaturated fats are synthetic oils. Because they are artificial in nature, cheap, and subsidized by the government and corporations, they are in virtually every product in a traditional super market, restaurant, and convenience store. Foods that are high in Omega-6 as opposed to Omega-3 is are about 99 products with omega 6 to 1 product with omega-3 in American Society. The Typical American Diet is a 20:1 ( 20 omega-6, 1 omega 3) ratio. A healthy diet is 1-1, to 3-1 ( What it is in nature ). Because of this, 1 out 3 people in America have diabetes type 1-2-3. And 50% of all people are guaranteed to have diabetes, an autoimmune disorder ( such as irritable bowel syndrome, lupus, and ALS) or a metabolic disorder, such as chronic pancreatitis, or cancer.

Instead of the pancreas absorbing these fats, and converting them into cholesterol that the body utilizes, they are stored as fat in the body, and impair the pancreas ability to function properly. These fats would eventually get burned off through exercise if the pancreas was given a chance to recover from toxic blood glucose. This typically takes 5 days. But instead of that occurring, more and more leptin from omega-6 amino fatty acids is stored in the body, continuously impairing the body's ability to burn off the leptin, and recover. Make no mistake, with the right diet, diabetes type 2 is absolutely curable. And this diet is NOT at all difficult, or depressing.

This is how it is done:

## **Curing diabetes type 2:**

**You want to stop eating sugar, and grain ( what the body converts to sugar ) for 5 days to stop toxic blood glucose, and repair the pancreas, so it can go after the leptin stored in the body. After 5 days insulin injections are no longer necessary as long as no more leptin ( omega 6 amino fatty acids ) are re-introduced to the body, and the pancreas.**

**Exercise ( 20 minutes a day) will help your body burn off this leptin.**

**Once you restore your body, you do not want to continue eating omega-6 synthetic and/or cheap junk oils.**

**Just eat organic meat, and organic vegetables for 5 days.**

**Once your toxic blood glucose is gone, you will no longer need a single diabetes medication. To continue this, you will no longer eat omega-6 fatty acids. And your entire body, and all nerve damage will repair.**

### **What are omega-6's?**

**examples of omega-6 acids.**

**Read the ingredients, not the nutrition facts. The nutrition facts are absolutely worthless.**

**If you find these following in the product, do not eat it.**

**Omega-6's:**

**soy oil**

**cottonseed oil**

**rapeseed and/or grapeseed oil**

**hydrogenated oil**

**corn oil**

**sunflower oil**

**safflower oil**

**vegetable oil**

**canola oil**

**palm oil**

**What oils to use:**

**Cooking oil: Coconut Oil**

**fish oil**

**olive oil**

**flaxseed oil**