

How I lost over 20 pounds of Visceral Fat, Lowered my A1C from 8.7 to 6.3 in three months without touching GLP-1 Medications.

Disclaimer: No person should undertake a diet and exercise regimen without first consulting their Physician to determine whether they're healthy enough to undertake such a program. The individual must also determine if they possess any allergies to any of the items listed in a Keto diet plan, again, determined by their personal physician.

I'm 5'6" tall and was way out of shape and also carrying over 20 pounds of visceral fat. Visceral fat is the fat that not only gives you a big gut, but it also wraps around your internal organs which is isn't healthy for anyone.

I was drinking lots of fruit juice and thinking that if I only drank a couple of ounces at a time diluted with ice and distilled water, that it shouldn't effect my blood glucose levels too badly. As it turned out I was completely wrong about that notion. My A1C shot up to as high as 9.4 from just a few ounces of fruit juice several times a day.

My story starts when I last visited my family P.A. My lab-work showed prior to this visit, my A1C was 9.4. Not good at all! I am a Type II Diabetic and I was there in the office of my P.A. and was informed the results of my last lab workup. I was told I might have to go on Insulin if I didn't straighten my act up! We also discussed the possibility of impending Kidney damage and the further possibility of having to go on Dialysis if things continued the way they were. Three months later my A1C lab numbers were 8.7, a little better than the previous lab-work, but still in the realm of possible dependance of Insulin or even a worse outcome. I had stopped drinking fruit juice but my A1C was still way to high.

After that visit, I started doing research online. Going on Insulin was a non-starter for me. Youtube has a valuable resource of health related videos and I started to look up how people were handling their Type II Diabetes.

I started to devise a plan based on what I was learning. It's a very simple plan, but I even surprised myself at just how effective it truly was. I wanted no part of GLP-1 medications because they're too new. Not a whole lot of information is known about them and especially long term down the road possible consequences.

This is How I Started My Journey

1. As a Type II Diabetic, I ended all sugar and sugar substitutes. Your body essentially treats sugar substitutes the same as sugar because your body cannot tell the difference between them.
2. The next thing I did was stopped eating processed food. None! Zip, nada, cold turkey! This was an important step because today's processed foods are so full of chemicals and massive amounts of carbohydrates that we are now producing obese children and adults on a scale we have never seen in this country's history. Because of the high carbohydrate intake of processed foods and the adverse chemicals used in them, the life expectancy for the first time in generations has started to go down in America.
3. I started on a Keto Diet. A Keto diet is basically a protein and vegetable diet. Done correctly, and most importantly with a little exercise, (just like they recommend you do when taking GLP-1), you will start losing the pounds fast. By fast, I mean within a three month period not only will you start shedding significant pounds, your A1C should start a precipitous fall to a sane number that indicates you are becoming healthier. Tell me, what's the use of starting expensive GLP-1 regimen if exercise and diet can do the same exact thing? I just do a Keto diet and walk 32 minutes each morning and have had exceptional results.

At the end of this PDF, I'll give you the exact method I used that explains exactly what I did to accomplish losing over 20 pounds and lowering my A1C

I will tell you the sources of the information on Youtube that gave me the idea for my diet regimen. I will also list the exact items I use and where to get them.

Every once in awhile, I do eat a good quality White Rice because you do have to have some carbs in your diet periodically. I also make my rice the Japanese way by adding 1 tablespoon of white vinegar for every cup of water used in cooking the rice. I use rice vinegar as its milder than other vinegars. Carbs will spike your blood sugar and put weight on you quickly, so don't do this very often, maybe once every 2 months.

Here is the way I started losing weight and lowering my A1C.

1. Stop using sugar and sugar substitutes now! Especially Soda and sweet drinks.
2. Stop eating the massive carbohydrates and chemicals of processed food ASAP.
3. Go on a Keto diet and make sure you eat the proper proteins and vegetables listed and approved for a Keto diet.
4. When you wake up in the morning take one tablespoon of a high Anti-Oxidant olive oil. Do the same before you go to bed. A good quality Olive oil will have a peppery after burn. That's one of the ways you can tell your olive oil is high in anti-oxidants. This will start the fat burning process.
5. Before each meal and at least 3 times per day, take 8 ounces of distilled water with two tablespoons of Apple Cider vinegar with the Mother of Vinegar. I've gotten to the point where I really enjoy my apple cider vinegar (with mother of vinegar) daily. According to some on YouTube, it will help glucose spikes.
6. Eat no more than two meals per day. In fact, by your last meal and your next one, a minimum of 15 hours should elapse, for my diet, I wait about 19 hours.

Example: I eat at 11:00 AM and then again at 4:00. By the time I eat again at 11:00 AM the next morning, 19 hours has elapsed. The great thing about a Keto diet is that you do not get very hungry. It's relatively easy to have a 19 hour fasting period. I usually make my first meal my largest of the day. The second meal, I eat lighter; maybe an avocado or two and some pistachio nuts, but you can choose which meal will be your largest.

7. Here's the kicker! In the morning after you wake up, Take a 30 minute walk before you eat your first meal at 11:00. I always wait 1.5-2 hours after waking up to let my blood glucose stabilise I do drink a large 20 oz. cup of black coffee before I go on my walk, and sometimes another one after. When your body is in the fasting state or Ketosis, the Keto diet puts you in, your body will actually burn visceral fat instead of the calories you would if you had eaten before walking. This, I believe is one of the most important parts of this diet/exercise regimen. On your walk, you will be burning visceral fat and not calories. There are essentially no calories in black coffee. Drink a medium grind coffee as recommended by YouTuber Ben Azadi.
8. Take one teaspoon of Black Seed oil every day. This is good stuff, but some people complain that it takes bad. I don't think so. The benefits far outweigh the taste. It will not only help stabilise blood glucose levels, but you will notice an almost immediate difference in your skin. It will feel softer and more elastic. Black seeds and its oil have been around for millennia. Black seeds were found in the tombs of the Pharaohs in Egypt, it has been revered for its health properties for a very long time. You can even take another teaspoon before bed along with your Tablespoon of high anti-oxidant olive oil should you desire.
9. By taking my blood sugar in the mornings prior to my diet/exercise routine I discovered my blood sugar was always high when I first woke up. I decided to start waiting a couple of hours after waking up to drink my coffee and then go on my walk. This was reaffirmed listening to You- tuber Ben Azadi who basically stated the same thing.
10. When I first started taking my walks, I was carrying over 20 pounds of visceral fat and way out of shape. In order to start walking without putting dangerous stress on my body, I devised a plan to build up to the 32 minute walks I take every day. I broke the walking time into 4 increments. I started walking for 8 minutes and after I felt comfortable doing that, I then built up to 16 minutes, then 24 minutes and finally 32 minutes. Do not try to walk the entire length of 32 minutes right away to make sure you determine how your body reacts to doing exercise again. Again, I'm in my senior years as I write this. Exercising for me is a lot different than it is for someone 30 years younger. Consequently, I took the safe approach. Anyone who is over 50 should too. **I cannot stress enough, get the go ahead from a Physician prior to doing any program like this and at the same time schedule your baseline lab work.**

11. I purposely walk on uneven ground. I happen to have a parcel of private land I'm allowed to walk on and can also take my dogs with me as I do my walk. Walking on grass or unbroken soil will add extra visceral fat burning to your exercise. If you only have asphalt or sidewalks to walk on, you may want to extend your walk by a few minutes. Remember, to always build up to the time goal of your walks incrementally.
12. I lost over 20 pounds and lowered my A1C 2.4 points in 3 months. I'm going to do another round of Lab Work to see if I'm still seeing the benefits of this diet exercise routine I developed for myself. The date of my lab-work is already scheduled with my hospital clinic. My ultimate goal is to lower my A1C to the point I'm no longer considered a diabetic. We'll see, but it's entirely within my ability to do so if I do my job with my diet and exercise.
13. One last point that you have to implement into this routine if you truly want to lower your A1C and lose weight. **This is mandatory! No more snacking between meals.** Snacking between meals keeps your blood glucose levels elevated. You will never be able to reduce your A1C if you continue to snack between meals. One of the great things about a Keto diet is your hunger pangs will mostly disappear if you are following your Keto diet properly. Look to Dr. Berg You tube video's for excellent Keto diet information and much more.

The first step I did. I saw my family medical representative that knows my health record As it turned out I was healthy enough to start a diet/exercise regimen of this sort. If you have been determined by your physician you can do this mild diet/exercise regimen, then go ahead and schedule your lab-work. **What would be the sense a doing a program like this if you didn't have baseline lab-work?** The first time you do your lab-work, I would get a full panel. They look at everything. Kidney function, Cholesterol, Prostate health if you are male, and other things I can't remember off the top of my head at the moment. You have to know if you have any issues what so ever that could be dangerous to you if you start a diet/exercise program.

Lastly, I do three low impact exercises along with my walks each day. They'll be listed in the end of the guide. The people and the products listed in the Youtube videos are not affiliated with me in any way, shape, or form. Thank for reading this. I can only hope your experience losing weight and getting healthy will be as great as mine.

Items I Used in Losing Weight and Lowering my A1C

- 1. Olive Oil-Specifically Koroneiki Olive Oil. I buy it in 3 litre cans available on Amazon. I use Zoe Koroneiki Olive Oil. Use: 1 tablespoon after my morning walk. This will have that peppery after burn that tells you it's high in anti-oxidants. Additionally, take one tablespoon before bed.*
- 2. Black Seed Oil: C Care is the distributor. It's organic, cold pressed, Black Seed oil in a brown glass bottle. Amazon has it.*
- 3. When I brew my morning cup of Coffee, I put cinnamon sticks in the bottom of my cup. This helps to control blood sugar and sweetens your coffee naturally.*
- 4. Before each meal, and at least 3 times per day, use organic use Apple Cider Vinegar in 8 ounces of distilled water. Use 2 tablespoons for 8 ounces of water. Make sure the Apple Cider includes the mother of vinegar. My city's municipal water source is horrible. I only drink distilled water now.*
- 5. I take one capsule of NAC when I take my Olive Oil and Black Seed Oil in the morning. NAC helps reestablish communication of your liver to the other organs in your body. I use "now" NAC available at Amazon.*
- 6. Sea Salt should be mandatory in everyone's diet. I use the best Sea Salt in the world. It's mined in Utah. The salt deposit was a large inland sea during the Jurassic period when dinosaurs were still walking the earth. The inland sea was covered by a volcanic eruption, thus creating one of the most pure sea salt deposits on the planet. An extra benefit of of this salt is it's full of minerals. Its name: Redmond Real Salt. Available at your local grocery store, health food store, or Amazon.*

7. *Minor Exercises to do after your morning walk. A. Dying Bug exercise discussed in Dr. Berg YouTube videos. B. Inclined push-ups. I lean on my kitchen counter on a 45 degree angle and do 15 inclined push-ups every morning after my walk. Leg Thrusts, very similar to Dying Bug exercise. Dr. Bergs videos are a wealth of information when it comes to health.*
8. *Getting back to distilled water. It's all I drink. Distilled water with a quarter of a lemon. I drink nothing else all day and drink 4-5 large glasses of water per day. Staying hydrated will also make you healthier.*
9. *There are many sources on Youtube that talk about lowering your blood sugar, Keto Diet, and many more issues for getting healthier. One of the guys I like is Ben Azadi.*
10. *Never ever drink Sodas or other sugary drinks. When you do, you're speeding towards a health crisis like obesity and diabetes.*
11. *I don't drink dairy products. I would check to see if they're listed in the Keto diet guidelines before using them.*

That's all there is to it. Implementing the Keto diet into your life is extremely important. When you stop the massive amounts of Carbohydrates in processed food and go back to eating protein and vegetables only, and then with a small amount of low impact exercise, you will be astounded at the results.

Your body's response will surprise you. After 3 months, you should see a dramatic difference which will come in the form of weight loss and significant reduction of blood glucose levels. I highly recommend you listen to Dr. Berg's Youtube videos. He has excellent information on starting a Keto Diet the right way. Dr. Berg Nutritionals, do a search on YouTube and find him easily because he has lots of videos.

I'm retired, it's easy for a person in my situation to do this regimen if you are retired or work from home. For those that have a regular job, you will most likely be relegated to the Keto diet only. A huge part of my program is dependant on doing exercise when your body is in Ketosis. Burning visceral fat while walking is they way we do this.

If you have a regular job you will have to omit that part of the plan unless you get up very early in the morning.

You can still lose weight and lower your A1C by doing Keto diet only. Bring at least one of your pre-made meals to work. Then eat the second meal after getting home. Losing weight and lowering your A1C will just take a little longer. If you do your Keto diet correctly, your body will respond. Eliminating the massive amounts of chemicals and carbohydrates in processed food will allow your body to heal and lose visceral fat, lose weight, and lowering your A1C.

One thing I recommend is to do a search on what food items are allowable to keep you within the Keto diet. This is extremely important for your success.

Now I will lay out my daily routine as a refresher on how to accomplish your goal of losing weight (visceral fat) and lowering your A1C.

1. Wake up in the morning and occupy yourself for approximately 90 minutes to allow your blood glucose levels stabilise.
2. After 90 minutes, if you drink coffee, brew a cup of medium grind coffee (recommended by YouTube personality Ben Azadi). I put cinnamon sticks in my coffee that sweetens it naturally and also has the added benefit of helping stabilise your blood glucose levels.
3. Assuming you've started your Keto diet, and your last meal was over 12 plus hours ago, go for your walk after drinking your black cup of coffee w/cinnamon sticks (optional). Your body will now be burning visceral fat for energy during the duration of your walk.
4. Remember, if you just starting out, make sure you split your walks into increments to make sure you don't over stress yourself if you are over 50 and this is dependant on your physical health. Build up to the target walk duration by splitting your walk into increments until you feel comfortable with the entire span.
5. I walk 32 minutes. I worked up to that amount of time because I was well over 50 years old, out of shape, and overweight. I walk on uneven ground, usually grass to help add exertion to the walk in order to burn calories and especially visceral fat. If you only have pavement to walk on extend the time of your walk a few minutes.
6. After completing the walk, I take a tablespoon of virgin cold pressed Koroneiki olive oil followed by a teaspoon of organic cold pressed black seed oil.

7. Next, I take one capsule of NAC. You have to talk to your doctor about this to make sure your body can handle this. You also have to determine if you have food allergies and take the advise of your doctor for what you can and cannot eat or take in the form of meds. NAC helps reestablish communication to your liver if you have lots of visceral fat.
8. Now comes the low impact exercise. I do inclined push-ups, 15 repetitions followed by getting on my rug and doing a set of Dying Bugs, followed by Leg Thrusts. Leg Thrusts are very similar to Dying Bugs, you just do the same position and thrust your legs outward and back. I do 25 repetitions of each without ever resting my legs in between exercises.
9. After the exercise, I take my first glass of apple cider vinegar with the mother in 8 ounces of distilled water. I use distilled water for its purity. Then again before the first meal, and again before the 2nd meal.
10. Your First meal after your 12 plus hour fast: Follow the Keto diet guidelines on what you can eat and recommended portions. Attempt to go as long as you can from your last meal to your first meal. I used a 15-19 hour time period and it worked way beyond my expectations. Wait 5 hours before you have your second meal. Next day start the process all over again.
11. If you can, take a tablespoon of olive oil before bed and a teaspoon of Black Seed oil. Your skin will thank you by becoming more pliable and nourished.

I will never use GLP-1 It's too new, and hasn't been studied enough for my liking. I fully expect to see a rash of lawsuits in the near future on people that have suffered dangerous side-affects from use of GLP-1.

You can accomplish the same weight loss and A1C goals without ever having to resort to it. The Keto Diet is the center of this method to lose weight and regain your vigorous health back. It works by returning you to the way we used to eat as a nation and when obesity was rare.

Remember, no snaking between meals or your blood glucose levels will never go down!

Never implement a diet and exercise changes into your life without first seeing a Physician or PA who is familiar with your personal health record. Anyone with food allergies should not undertake this routine before checking with your MD and getting approved to do so.

NOTE: You cannot see the effectiveness of this routine without first getting baseline Blood Lab Work done. After 3 months of conducting this routine, schedule another round of blood work to see the great results your dedication to getting healthy has done for you. You will be surprised at how well your body responds.

Good Luck!

Youtube Video personalities:

Dr. Berg of Dr. Berg Nutritionals

Ben Azadi

Both have good information for health related videos. There's lots of good information on You tube make sure you do research to verify the recommendations you see on improving your health and losing weight.