

PERMANENT DIABETES CONTROL

The Complete Guide to Living Like A Normal Person Forever



Permanent Diabetes Control Book Teaches

- How to Eat Well and Control Diabetes (Do-It-Yourself)!
- The Hidden Secret in The Hemoglobin A1c Chart!
- How to Find Out Your Daily Average Blood Glucose Level!
- How to Control Type 2 Diabetes With Diet & Exercise!
- How to Control Type 2 Diabetes With Diet, Oral Medication & Exercise!
- How to Control Type 2 Diabetes With Diet, Insulin Shots & Exercise!
- How to Control Type 1 Diabetes With Diet, Insulin Shots & Exercise!
- How to Lower Your Hemoglobin A1c to Perfectly Normal!
- How to Slash After-Meal Glucose Spikes & Achieve Normal A1c!
- How to Prevent High Cholesterol and Heart Disease!

REAL-LIFE CASE STUDY

- Permanent Diabetes Control Accomplished!
- Rapid Acting Insulin (Humalog) Dose Cut By 60%!
- Hemoglobin A1c Dropped From A High-Risk 12%
To a Stunning 6.2%, 5.5%, 5.3%, 5.0%, Etc!
- Reversed Critical Heart Disease Without Surgery!

Rao Konduru, PhD

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Amazon Review

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Lyndsie

5.0 out of 5 stars Fully Comprehensive Guide for All Diabetics!

Reviewed in the United States on December 8, 2020

Verified Purchase

"The Secret to Controlling Diabetes in 90 days" is discovered, illustrated and explained in detail in this fully comprehensive guide, and I urge all diabetics to read through and benefit from this revolutionary diabetes control treatment. If you understand that "secret," as explained in this book, you will be victorious in controlling your diabetes in 90 days, and then live like a normal person for the rest of your life.

The author of this book, being a seriously diabetic person himself, is the living example. He published his official blood test results in this book for the past 10 plus years, taken once every 3 months. His hemoglobin A1c result has been consistently normal for more than 10 years, indicating the fact that he accomplished "Permanent Diabetes Control."

We the diabetics on the other hand should learn from his experience, and start implementing the awesome diabetes control method illustrated with many easy-to-understand examples in this wonderful book titled "Permanent Diabetes Control: The Complete Guide to Living Like A Normal Person Forever."

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ATTENTION READERS: There Are 2 Books!

Both books are revised and rewritten in 2021.

1. Permanent Diabetes Control:

This is the complete book with all 12 Chapters, 244 Pages, 53 Figures and 76 Tables.

2. The Secret to Controlling Type 2 Diabetes:

This book is only a part of the complete book "Permanent Diabetes Control. It contains the first 3 chapters (Chapter1, Chapter 2 & Chapter 3), 102 Pages, 16 Figures and 18 Tables, making it a short course for people with type 2 diabetes and type 1 diabetes.

"The Secret to Controlling Type 2 Diabetes (Paperback \$14.99)" is created for those people who cannot afford to purchase the complete book "Permanent Diabetes Control (Paperback \$24.99)."

HOWEVER BOTH BOOKS TEACH THE FOLLOWING IN Chapter 1, Chapter 2 & Chapter 3:

- ◆ How to Control Diabetes (Do-It-Yourself)!
- ◆ The Hidden Secret in The Hemoglobin A1c Chart!
- ◆ How to Find Out Your Daily Average Blood Glucose Level!
- ◆ How to Control Type 2 Diabetes With Diet & Exercise!
- ◆ How to Control Type 2 Diabetes With Diet, Oral Medication & Exercise!
- ◆ How to Control Type 2 Diabetes With Diet, Insulin Shots & Exercise!
- ◆ How to Control Type 1 Diabetes With Diet, Insulin Shots & Exercise!
- ◆ How to Lower Your Hemoglobin A1c to Perfectly Normal!
- ◆ How to Slash After-Meal Glucose Spikes & Achieve Normal A1c!

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FOREWORD

Most people with diabetes focus their attention on fasting glucose levels in order to control diabetes rather than on lowering after-meal glucose spikes. If your blood glucose level from a fingerstick blood test early in the morning is normal, it doesn't mean your diabetes is controlled. Hemoglobin A1c is a parameter that directly reveals "the degree of diabetes control" during the preceding 90 days. Red blood cells live in the bloodstream for 90 days. Every 90 days, new red blood cells are born. Hemoglobin is a protein molecule that is present in red blood cells and carries and supplies oxygen from the lungs to the trillions of body's cells wherever it is needed. Hemoglobin also carries glucose along with it, because glucose can stick to all kinds of proteins in your body. While the blood circulates, depending on how high or how low the blood glucose level is, a certain amount of glucose is attached to the hemoglobin molecules to form glycated hemoglobin. Different doctors and scientists call it with different names: glycated A1c, hemoglobin A1c, HbA1c, or simply A1c. Therefore, by measuring the hemoglobin A1c level in a laboratory from the patient's blood sample, it is possible to know the average blood glucose level and the degree to which it has been controlled over the preceding 90 days. By lowering the hemoglobin A1c level to perfectly normal, and by keeping it normal for the rest of your life, you control your diabetes.

This book "Permanent Diabetes Control" guides you on how to control your diabetes perfectly in 90 days, and live like a normal person for the rest of your life.

"The Secret to Controlling Diabetes in 90 days" is discovered, illustrated and explained in detail in this fully comprehensive guide. All diabetics should read through and benefit from this revolutionary diabetes control treatment. If you understand that "SECRET," as explained in this book, you will be victorious in controlling your diabetes in 90 days, and then live like a normal person for the rest of your life.

Prediabetes or borderline diabetes can be controlled with healthy diet and daily exercise. Mild or moderate Type 2 diabetes can be controlled with healthy diet, oral medication(s) and daily exercise. For severe Type 2 diabetes or Type 1 diabetes, oral medications do not work, and so it should be controlled with healthy diet, insulin shots and daily exercise.

If you are on insulin, be aware that the insulin dose must be optimized. This book teaches everything about finding out the optimal insulin dose. Insulin is synthesized in such a way that it acts more quickly and much more effectively with exercise. After-meal exercise, either treadmill or walking, should be introduced into the diabetes control plan in order to burn fat, lose calories and optimize both the insulin dose and insulin action. After-meal exercise minimizes the insulin dose and maximizes insulin action and prevents after-meal glucose levels from rising too high, thus keeping the diabetes under tight control.

The research conducted by the author revealed the fact that by calculating the "Daily Average Blood Glucose Level" accurately for 90 days consecutive days, and by slashing the after-meal glucose spikes consistently every day for 90 consecutive days, it is possible to control diabetes perfectly and achieve normal hemoglobin A1c in 90 days. It is indeed possible to control diabetes in 90 days as this book convinces us with scientific reasoning (see hemoglobin A1c Chart).

The author of this book, by being a seriously diabetic person himself, is the living example. He published his official blood test results in this book for the past 10 plus years, taken once every 3 months. His hemoglobin A1c test result has been consistently normal for the past 10 plus years, revealing the fact that he accomplished "Permanent Diabetes Control."

SOME IMPORTANT INFO

ARE YOU DIABETIC?

UNDERSTAND HOW GLUCOSE BUILDS UP IN THE BLOODSTREAM! ^[1]

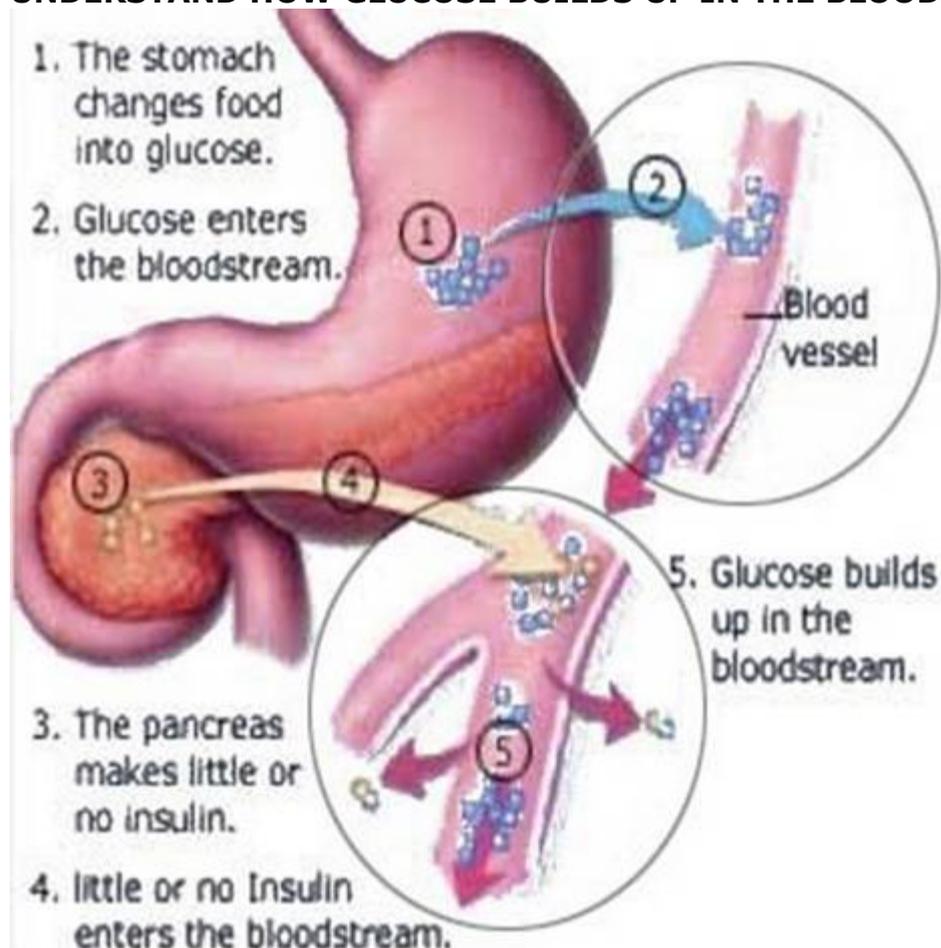


Figure 2.1 Glucose buildup in the blood stream.

1. The stomach changes food into glucose immediately after digestion.
2. Glucose enters the blood stream.
3. The pancreas makes little or no insulin if you are diabetic.
Insulin is essential for aiding glucose transport into the trillions of body's cells.
Insulin drives glucose molecules through the bloodstream.
4. Little or no insulin enters the bloodstream if you are diabetic.
5. Glucose builds up in the bloodstream because of the lack of insulin flow, and so a person with uncontrolled diabetes would be living with high blood glucose levels throughout the day, or his/her body's cells become unable to absorb glucose molecules due a kind of metabolic disorder, and therefore that person will be diagnosed with diabetes.
 - Diabetes over time damages essential components in your body, mostly your blood vessels in all parts of your body, arteries, nerves, and many other parts. The long-term side effects or complications of uncontrolled diabetes can be very serious, and some of them could eventually be fatal. So take action immediately if you have diabetes, and control it with healthy diet, oral medication or insulin and after-meal exercise.

REASONS WHY YOU HAVE UNCONTROLLED DIABETES ^[10]

- If your hemoglobin A1c result from a laboratory blood test is found to be over 7% or 0.07, your diabetes is said to be uncontrolled. Most diabetics don't know how to control diabetes, and live with elevated A1c level for decades despite trying hard a variety of oral medications, despite the daily insulin injections, and many trips to diabetes specialists.
- You are not monitoring enough and not researching enough to understand your elevated after-meal glucose spikes, and not supplementing your body with enough artificial insulin as you lack fine tuning skills.
- Did you know a healthy non-diabetic person's pancreas monitors blood glucose level 500 times a day, and automatically adjusts the insulin secretion to keep up the normal blood glucose levels throughout the day? This is called the "fine-tuning" skill of the pancreas. A diabetic person should monitor as many times as possible, and supplement insulin, to keep up the normal blood glucose levels. If you are a beginner in controlling your diabetes, you should monitor 10 times a day (5 fasting glucose levels and 5 after meal glucose levels), and analyse the data to better understand how your blood glucose levels are being fluctuated and how to control them. If you don't do that, your diabetes will remain uncontrolled.
- Even the doctors, endocrinologists and board-certified specialists are not equipped with the appropriate knowledge and training skills to transmit the real concept of controlling diabetes to their patients' minds, except leaving their patients in a dilemma of uncontrolled diabetes.
- The doctors don't teach their patients how to understand the hemoglobin A1c chart with clear concept. As a matter of fact, the secret to controlling diabetes lies in understanding the hemoglobin chart. And nobody ever told you about it, and nobody ever taught you that secret!
- You have been on oral medications for a long time, and did not think about switching to insulin shots because nobody convinced you that insulin is the best medicine to treat diabetes.
- Your hemoglobin A1c is not normal because you are not injecting enough insulin at appropriate times except some scheduled doses recommended by your doctor or nurse, and you are not exercising enough to lower after-meal spikes. And your doctors have been giving you full freedom to live like the way you want with unhealthy lifestyle.
- You are partying too much and eating too much with your family and friends every now and then. Your temptation to eat something delicious would lead to loss of control on dietary guidelines, causing you to overeat delicious foods that are made from processed and refined foods. Your unhealthy eating habits contribute to high blood glucose levels throughout the day, which further contribute to elevated A1c level.
- Most importantly, you lack self-efficacy, self-discipline, motivation, and willpower to fight and control your diabetes and achieve normal hemoglobin A1c level.

LONG-TERM COMPLICATIONS (SIDE-EFFECTS) OF DIABETES UNCONTROLLED DIABETES IS DANGEROUS! ^[1, 5]

Do not simply rely on oral medications, waste year after year, and live with uncontrolled diabetes. Living with uncontrolled diabetes, and neglecting your health by inadequately managing your chronic diabetes means you are living with high glucose levels in the bloodstream, and high levels of hemoglobin A1c. At elevated blood glucose levels over a long time, the glucose sticks to the surface of the cells and it is then converted into a poison called "sorbitol", which damages the body's cells and blood vessels, leading to long-term side effects such as:

- High cholesterols (total cholesterol & LDL cholesterol) and high blood pressure,
- Heart attack, heart failure, coronary heart disease, stroke,
- Hardening of arteries or what is known as atherosclerosis,
- Peripheral artery disease (PAD), narrowing of arteries,
- Painful neuropathy (nerve damage and poor blood flow),
- Burning foot syndrome, numbness in feet and knees, intermittent claudication,
- Amputation (due to nerve damage in the feet),
- Kidney disease, kidney damage, loss of kidney,
- Erectile dysfunction (ED) and/or Impotence,
- Cataracts, blurred vision, retinopathy, blindness,
- Deafness (hearing impairment),
- Diseases of the small blood vessels in the eyes, kidneys, legs and nerves,
- Gum disease and bone loss (dental problems),
- Bladder and prostate problems,
- Skin diseases (bacterial and fungal infections),
- Dementia such as Alzheimer's disease,
- Depression develops over time if diabetes is left untreated,
- and many other strange problems and complications.

If your hemoglobin A1c from a blood test is more than 7%, your diabetes is uncontrolled, so take action immediately! When the after-meal blood glucose spike is too high after eating and remain elevated for more than two hours, this presents a significant mortality risk factor, and the person should switch to insulin shots, and should learn how to slash after meal spikes by incorporating exercise.

Learn how to control your diabetes permanently by reading through this book thoroughly.

TYPES OF DIABETES (Brief Description)

In Short, the Following are the Types of Diabetes: ^[2]

Prediabetes or Borderline Diabetes: Blood glucose levels are higher than what's considered normal, but not high enough to qualify as diabetes disease.

Type 1 diabetes: The pancreas produces no insulin, and so you need to inject insulin.

Type 2 diabetes: The pancreas doesn't make enough insulin or your body can't use it effectively, thereby developing type 2 diabetes.

Gestational Diabetes: Expectant or pregnant women are unable to make and use all of the insulin they need during pregnancy.

CONTROL YOUR DIABETES IN 90 DAYS: Why 90 Days? ^[1]

Most people with diabetes focus their attention on fasting glucose levels in order to control diabetes rather than on lowering after-meal glucose spikes. If your blood glucose level from a fingerstick blood test early in the morning is normal, it doesn't mean your diabetes is controlled. Hemoglobin A1c is a parameter that directly reveals the degree of "diabetes control" during the preceding 90 days. Red blood cells live in the bloodstream for 90 days. Every 90 days, new red blood cells are born. Hemoglobin is a protein molecule that is present in red blood cells and carries and supplies oxygen from the lungs to the trillions of body's cells wherever it is needed. Hemoglobin also carries glucose along with it, because glucose can stick to all kinds of proteins in your body. While the blood circulates, depending on how high or how low the blood glucose level is, a certain amount of glucose is attached to the hemoglobin molecules to form glycated hemoglobin. Different doctors and scientists call it with different names: glycated A1c, hemoglobin A1c, HbA1c, or simply A1c. Therefore, by measuring the hemoglobin A1c level in a laboratory from the patient's blood sample, it is possible to know the average blood glucose level and the degree to which it has been controlled over the preceding 90 days. Which obviously means that it takes at least 90 days to see any significant improvement in the hemoglobin A1c level from a laboratory blood test. By lowering the hemoglobin A1c level to perfectly normal, and by keeping it normal for the rest of your life, you control your diabetes.

The Secret to Controlling Diabetes in 90 Days Is Revealed!

This book "Permanent Diabetes Control" reveals a SECRET while guiding you on how to control your diabetes (either type 2 diabetes or type 1 diabetes) perfectly in 90 days, and how to live like a normal person for the rest of your life. That SECRET lies in understanding the Hemoglobin A1c Chart, and is clearly illustrated and explained in detail with many examples. If you understand that secret with a clear concept, you will be successful in controlling your diabetes in 90 days, achieve normal A1c, and then you will be able to live like a normal person for the rest of your life.

HEMOGLOBIN A1c CHART ^[1]

[A Very Important Table to Keep in Mind if You Are Diabetic]

Table 3.1 Hemoglobin A1c Chart (Hemoglobin A1c Versus Average Blood Glucose).

HbA1c	Average Blood Glucose Level in 90 Days		
[%]	(mg/dL)	(mmol/L)	Assessment
4.0	60	3.3	It is Too Low, Try to Keep It Higher Immediately!
5.0	90	5.0	The Perfect Control! Extremely Difficult to Achieve!
6.0	120	6.7	Normal & Excellent Control (Congrats!)
6.2	126	7.0	Normal & Excellent Control (Reference Level!)
7.0	150	8.3	Fair or Moderately Good Control, Keep It Steady!
8.0	180	10.0	Too High, Take Action to Lower Immediately!
9.0	210	11.7	Poor Control, Take Action to Lower Immediately!
10.0	240	13.3	Poor Control, Take Action to Lower Immediately!
11.0	270	15.0	Very Poor Control, Take Action Immediately!
12.0	300	16.7	Very Poor Control, Take Action Immediately!
13.0	330	18.3	Very Poor Control, It Is Dangerous To Live Like That!
14.0	360	20.0	Very Poor Control, It Is Dangerous To Live Like That!
Courtesy of www.Bayer.com			

From this hemoglobin A1c chart, if you know the value of hemoglobin A1c from a laboratory blood test, you can determine the average blood glucose level in 90 days. Or, if you know the average blood glucose level in 90 days, you can determine the hemoglobin A1c level.

NORMAL BLOOD GLUCOSE LEVELS AND NORMAL A1c LEVELS ^[1, 3, 4]

Table 3.2 Normal blood glucose levels of healthy (non-diabetic) people.

Normal Blood Glucose Levels of Healthy Non-Diabetic People [Courtesy of Joslin Diabetes Center, Adapted from One Touch Meter Manual]		
	Glucose (mmol/L)	Glucose (mg/dL)
Between 2 am and 4 am	> 3.9	> 70
Before breakfast (fasting)	3.9 to 5.8	70 to 105
Before lunch or before dinner	3.9 to 6.1	70 to 110
1 hour after meals	< 8.9	< 160
2 hours after meals	< 6.7	< 120

Table 3.3 Normal level of hemoglobin A1c.

Hemoglobin A1c	Normal Range
(i) Healthy Non-Diabetic People	4.5% - 6.2%
(ii) Diabetic People	< 7%

How to Control Type 2 Diabetes /Type 1 Diabetes, and Achieve Normal A1c?

With the aid of healthy diet, oral medication or artificial insulin and exercise, it is possible to control diabetes and achieve normal hemoglobin A1c in 90 days. The author of this book Dr. RK is the living proof. He published his official blood test results in this book for the past 10 plus years, taken once every 3 months. His hemoglobin A1c result has been consistently normal for more than 10 years, revealing the fact that he accomplished "Permanent Diabetes Control."

Low-Card Diets and No-Carb Diets Are Dangerous: Very many type-2 diabetic people survive by consuming high-protein meat products without consuming carbohydrate, which is harmful to health. In fact, research showed that long term low-carb diets and no-carb diets are linked to early death, ketosis (a metabolic state characterized by high levels of ketone bodies in the body tissues), cardiovascular disease, and certain types of cancer. A diabetic person must consume a well-balanced meal with sufficient amount of carbohydrate daily, and must learn how to lower after-meal glucose spikes through consuming the healthy diet, oral medication or insulin and exercise exactly as explained in this book.

No such low-card or no-card diets are needed to control diabetes. You can enjoy any high-carbohydrate meal (your favorite meal in any restaurant) once or twice a week as long as you know how to slash your after-meal blood glucose spikes quickly to normal with the aid of a rapid-acting insulin and any type of exercise (treadmill, biking or walking). This book will handhold you and guide you on how to control your diabetes, either type 2 or type 1, in 90 days, achieve normal hemoglobin A1c, and allow you to live like a normal person for the rest your life.

The Secret to Controlling Diabetes

Most diabetics don't know how to control diabetes, and live with uncontrolled diabetes, with elevated A1c level, for decades. Even the doctors and specialists are not equipped with the appropriate knowledge and training tools to transmit the real concept on controlling diabetes to the minds of their patients, except leaving their patients in a dilemma of uncontrolled diabetes. Read this section carefully and grasp the concept. If you understand that "secret", your diabetes control would be more rewarding than ever before, and that "secret" could save your life if you are seriously diabetic!

There is a hidden secret in the hemoglobin A1c chart. Dr. RK discovered it! The SECRET lies in understanding the "Hemoglobin A1c Chart (Table 3.1)" conceptually! By reading through the examples illustrated in this book, you will be able to understand that hidden SECRET. If you understand that SECRET conceptually and practice the diabetes control examples explained in this book, you will be victorious in controlling your diabetes (either type 2 diabetes or type 1 diabetes), and achieve normal A1c in 90 days, and live like a normal person thereafter. Dr. RK is the living proof. He published his official blood test results in this book for the past 10 plus years, taken once every 3 months. His hemoglobin A1c result has been consistently normal for more than 10 years, indicating the fact that he accomplished "Permanent Diabetes Control."

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THE SECRET

This secret is revealed and explained with illustrations in both books:

(i) Permanent Diabetes Control

[This is the complete book, 12 Chapters, 244 pages]

(ii) The Secret to Controlling Type 2 Diabetes

[This is the first 3 Chapters, Chapter 1, Chapter 2 & Chapter 3, 102 pages]

The 2nd book "The Secret to Controlling Type 2 Diabetes (Paperback)" was created for those who cannot afford to purchase the complete book "Permanent Diabetes Control (Paperback)." However both books teach "How to Control Diabetes by Using the Secret."

👉 If you understand that hidden secret with clear concept, you will be able to control your diabetes successfully and confidently, and achieve normal A1c in 90 days.

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MORE INFORMATION ABOUT DIABETES

Type 2 Diabetes | Type 1 Diabetes Treatment With Healthy Diet, Oral Medication Or Insulin & Exercise

PHYSICAL ACTIVITY STIMULATES THE INSULIN PRODUCTION FROM PANCREAS

Physical Activity (Any Kind of Exercise) Boosts Insulin Production from Pancreas

• The function of the islets of Langerhans is to produce two important hormones called insulin and glucagon (long chains of glucose). Beta cells of pancreas produce insulin and alpha cells of pancreas produce glucagon. The amazing counter-action between beta cells and alpha cells situated in the islets of Langerhans is responsible to maintain normal blood glucose levels. Physical activity has a significant positive effect on insulin sensitivity. Any type of physical activity stimulates beta cells in order to release more insulin, and has the potential to make your body's insulin work better by flowing smoothly throughout the blood vessels.

The amazing counter-action between β -Cells and α -Cells situated in the islets of Langerhans is responsible to maintain normal blood glucose levels for healthy non-diabetic people. β -Cells produce insulin while α -Cells produce glucagon.



• Diabetes Care (a monthly peer-reviewed medical journal of American Diabetes Association) published the following information: In a randomized study on type 2 diabetes, researchers asked 1,152 Mexican Americans about their physical activity, and took blood samples to analyze their beta cell function of pancreases, and levels of glucose and insulin. They found that people who said they exercised had better beta cell function, independent of weight, diet, and body fat. The researchers concluded that the physical activity (daily exercise) may boost beta cells function of pancreas, releases more insulin into the bloodstream, thereby lowering blood glucose levels.

PHYSICAL ACTIVITY ALSO STIMULATES THE FLOW OF ARTIFICIAL INSULIN INJECTED

- Artificial insulin is synthesized in such a way that it works much more effectively and flows a lot more quickly throughout the blood vessels with physical activity (exercise). The amount of artificial insulin dosage must be minimized (optimized) because:
 - Too much insulin lowers blood glucose level too fast, causing hypoglycemia (a disorder of low blood glucose levels).
 - Too much insulin also constricts arteries, leading to heart attack and coronary heart disease.
 - Too much insulin also stimulates the brain so that a person feels hungry and eats more and causes the liver to manufacture fat in the belly.
 - Too little insulin on the other hand would not be enough to cover the entire meal and to maintain normal glucose levels.
 - An optimum insulin dose is therefore crucial. After-meal exercise, either treadmill, biking or walking, should be introduced into the diabetes control plan in order to burn fat, lose calories and optimize both the insulin dose and insulin action. After-meal exercise minimizes the insulin dose and maximizes insulin action and prevents after-meal glucose levels from rising too high, thereby keeping the diabetes under tight control.
 - Insulin dose can be cut in half, or even 60%, with the aid of after-meal exercise.
 - By slashing after-meal glucose spike on a daily basis for 90 consecutive days, it is possible to achieve normal hemoglobin A1c level. This fact has been proved with the Real-Life Case Study, and reported in Chapter 4 in the book "Permanent Diabetes Control".



Figure 3.4 A type 2 diabetic is lowering his after-meal blood glucose level with the aid of healthy diet, rapid-acting insulin and exercise (Running On a Treadmill).

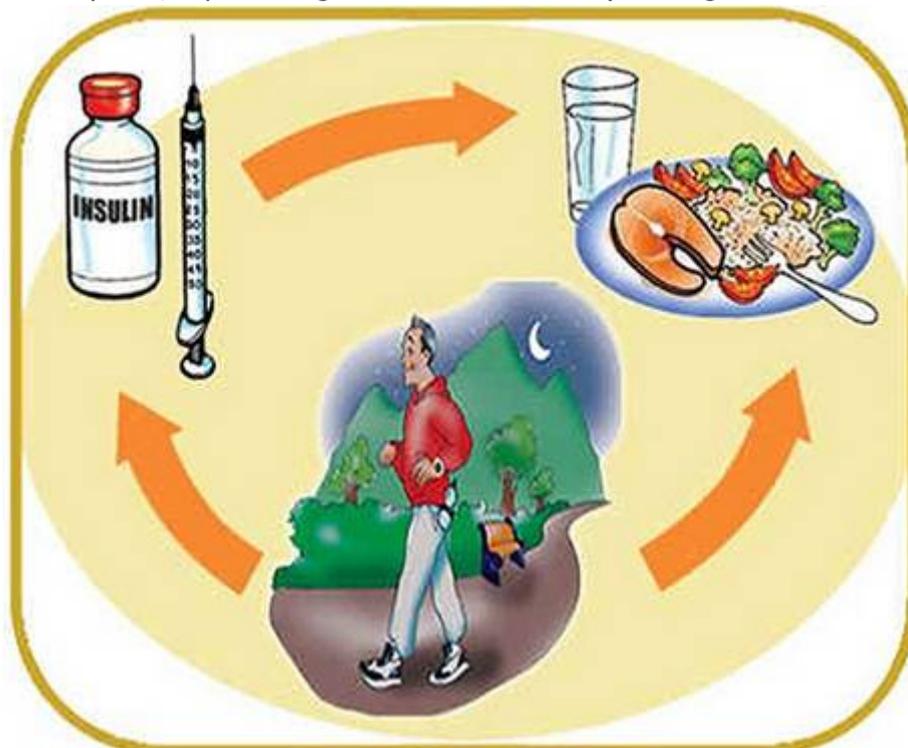


Figure 3.5 A type 2 diabetic is lowering his after-meal blood glucose level with the aid of healthy diet, rapid-acting insulin and exercise (Walking on the Road).

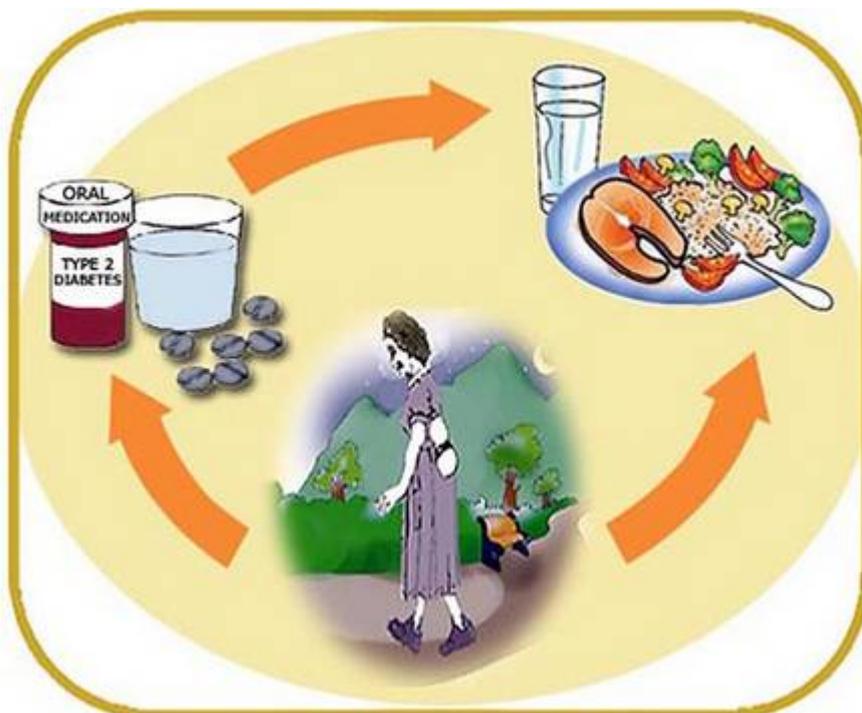


Figure 3.2 A type 2 diabetic is lowering her after-meal blood glucose level with the aid of healthy diet, oral medication and exercise (Walking on the Road).

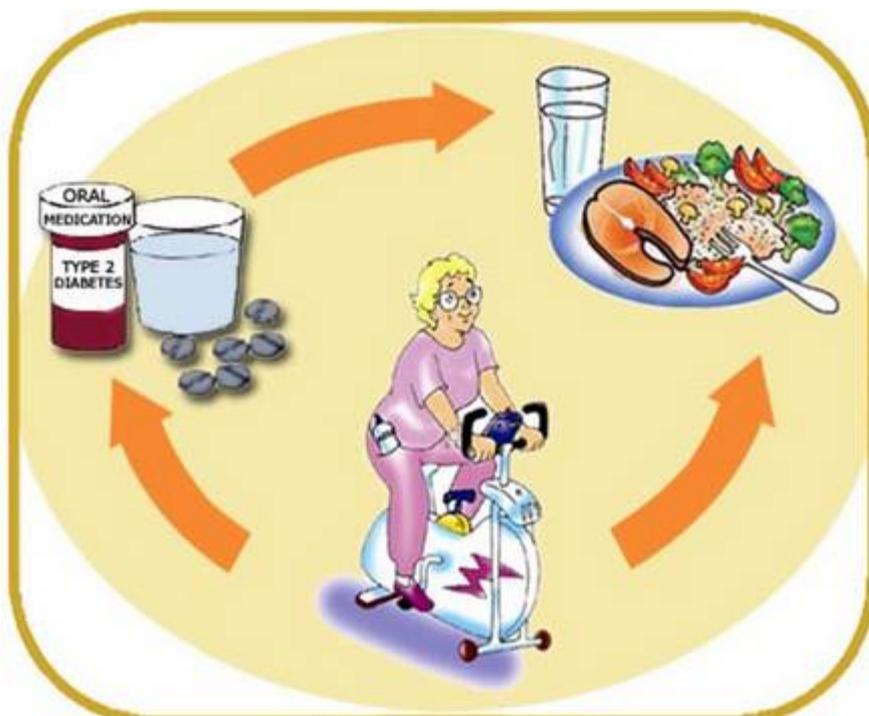


Figure 3.3 A type 2 diabetic is lowering her after-meal blood glucose level with the aid of healthy diet, oral medication and exercise (Biking in a Gym).

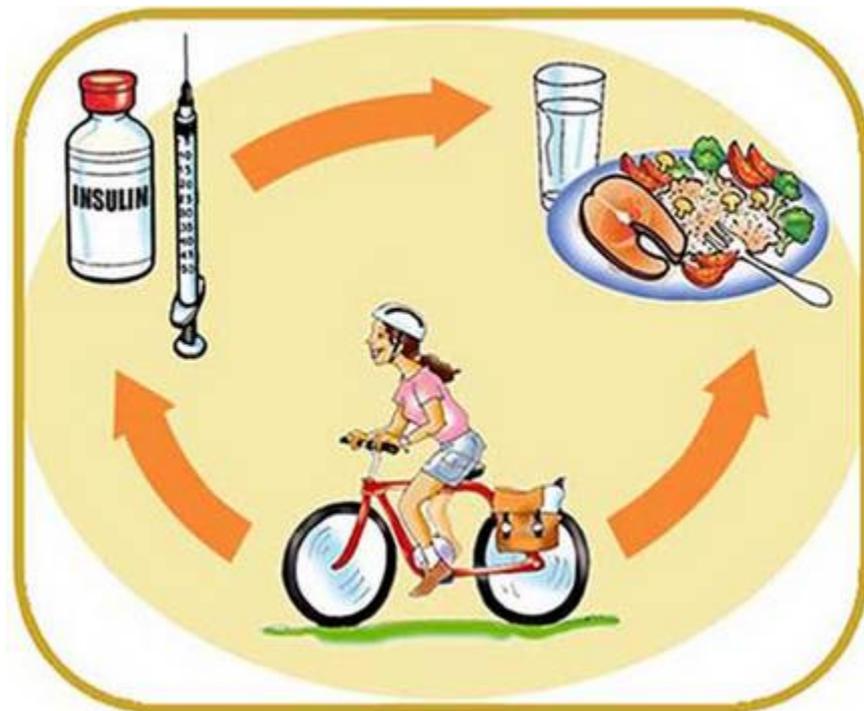


Figure 3.9 A type 1 diabetic is lowering her after-meal blood glucose level with the aid of healthy diet, rapid-acting insulin and exercise (Cycling on the Road).

ADVANTAGES OF EXERCISE

- ◆ Exercise is called “the invisible insulin” for diabetic people.
- ◆ Exercise lowers glucose level by speeding the transport of glucose into cells. Lower glucose level means lower insulin need & lower demand on pancreas.
- ◆ Exercise also improves the flow of artificial insulin injected, and cuts its dosage up to 60%.
- ◆ Exercise improves muscle stimulation, reduces stress, and improves sleep at night.
- ◆ Exercise increases the efficiency of heart and lungs, and keeps the body alert.
- ◆ Exercise improves quality of sleep, gives freshness and improves self-image.
- ◆ Exercise on a regular basis also lowers total cholesterol & LDL cholesterol levels.
- ◆ Exercise helps you lose weight, keeps your body weight normal, and also improves your overall health.

Reference: Permanent Diabetes Control, Page 202.

Type 2 Diabetes | Type 1 Diabetes Treatment Insulin-Dependant Diabetes Control

Control your diabetes permanently with "Insulin, Food and After-Meal Exercise." This is what diabetes care is all about! A trial and error procedure was developed to determine the appropriate insulin dose for a given amount of food consumed followed by an after-meal exercise. The trial and error procedure is described in a flow sheet below.

Luckily red blood cells die every 90 days and new red blood cells are born. So the degree of diabetes control during the preceding 90 days can be easily monitored and understood. Due to lack of proper knowledge, most diabetics fail to understand the concept of hemoglobin A1c and as a result, face serious long term side effects of uncontrolled diabetes and die. If a diabetic person understands the lifespan of red blood cells, the purpose of hemoglobin A1c test thoroughly, and how the hemoglobin A1c chart was designed by medical scientists, then he/she can permanently control diabetes and live like a normal person forever thereafter.

Diabetes Breakthrough: A new diabetes control treatment illustrated in this book "Permanent Diabetes Control" lowered blood glucose levels after eating, stabilized the average blood glucose level, caused the hemoglobin A1c level to drop from a high risk 12% to a stunning 6.2%, and then to an amazing 5.0%, and reversed critical heart disease without bypass surgery.

How To Control Type 2 Diabetes Permanently? How To Control Type 1 Diabetes Permanently? By Slashing After-Meal Blood Glucose Spikes

Many people with diabetes focus their attention on fasting glucose levels in order to control diabetes, rather than on lowering after-meal glucose levels. If your blood glucose level from a finger-stick blood test early in the morning is normal, it doesn't mean your diabetes is controlled. Hemoglobin A1c is a parameter that directly reveals the degree of "diabetes control" during the preceding 90 days. Red blood cells live in the bloodstream 60 to 90 days. Every 90 days, new red blood cells are born. Hemoglobin is a protein molecule that carries and supplies oxygen from the lungs to the trillions of body's cells wherever it is needed. While the blood circulates, depending on how high or how low the blood glucose level is, a certain amount of glucose is attached to the hemoglobin molecules to form glycated hemoglobin. Different people call it with different names: glycated A1c, hemoglobin A1c (HbA1c), or simply A1c. Therefore, by measuring the hemoglobin A1c level in a laboratory from the patient's blood sample, it is possible to know the average blood glucose level and the degree to which it has been controlled over the preceding 90 days. Which obviously means that it takes at least 90 days to see any significant improvement in the hemoglobin A1c level from a laboratory blood test.

Blood glucose reaches its highest level immediately after a major meal consumption. The elevated glucose levels dominate and largely contribute to establishing the average glucose level over 90 days. After-meal glucose levels therefore must be slashed immediately after eating, lowered and brought to normal within 1 or 2 hours of the consumption of every major meal consumption in order to control and lower hemoglobin A1c close to its normal value.

At the same time, the insulin dose must be optimized. Too much insulin causes hypoglycemia and constricts arteries, leading to heart attack and coronary heart disease. Too much insulin also stimulates the brain to feel hungry and eat more and causes the liver to manufacture fat in the belly. Too little insulin on the other hand would not be enough to cover the entire meal, suggesting the fact that there must be an optimal insulin dose. Insulin is synthesized in such a way that it acts more quickly and much more effectively with any type of physical activity or exercise.

After-meal exercise, either treadmill, bike or regular walking, should be introduced into the diabetes control plan in order to burn fat, lose calories and optimize both the insulin dose and insulin action. After-meal exercise minimizes the insulin dose and maximizes insulin action and prevents after-meal glucose levels from rising too high, thus keeping diabetes under tight control.

The Good News: Consistent, serious and rigorous efforts towards lowering after-meal glucose levels over a period of 3 to 6 months gradually lowers the hemoglobin A1c level of a diabetic person to its normal value, even if the diabetes was poorly controlled in the past. Thereafter, continued efforts with a reasonable attention to Insulin, Food and After-Meal Exercise are necessary to permanently control diabetes.

The author of this book (Dr. RK), having been a seriously diabetic person (a highly insulin-dependent diabetic person), began conducting diligent experiments to study the combined influence of insulin and after-meal exercise on after-meal blood glucose levels, and successfully lowered his after-meal glucose levels continuously and on a daily basis. For a selected major high-carbohydrate meal (either the lunch or evening meal/supper), the Humalog insulin dose was cut by 50 to 60% through extensive research and optimization. The official blood tests indicated that hemoglobin A1c level dropped quickly in a short period of time from a very high-risk 12% to a stunning 6.2%, and then trended towards 5.0%, and since then has remained steady and normal (under or close to 6.0 %) till now, indicating that the diabetes has been permanently controlled. Shown below is the flowsheet of the trial and error procedure Dr. RK developed and used successfully to control diabetes in order to find out the optimal insulin dose for any given high-carbohydrate meal.

Dr. RK Controlled His Diabetes Permanently, and Reversed His Critical Diabetic Heart Disease Without Any Bypass Surgery

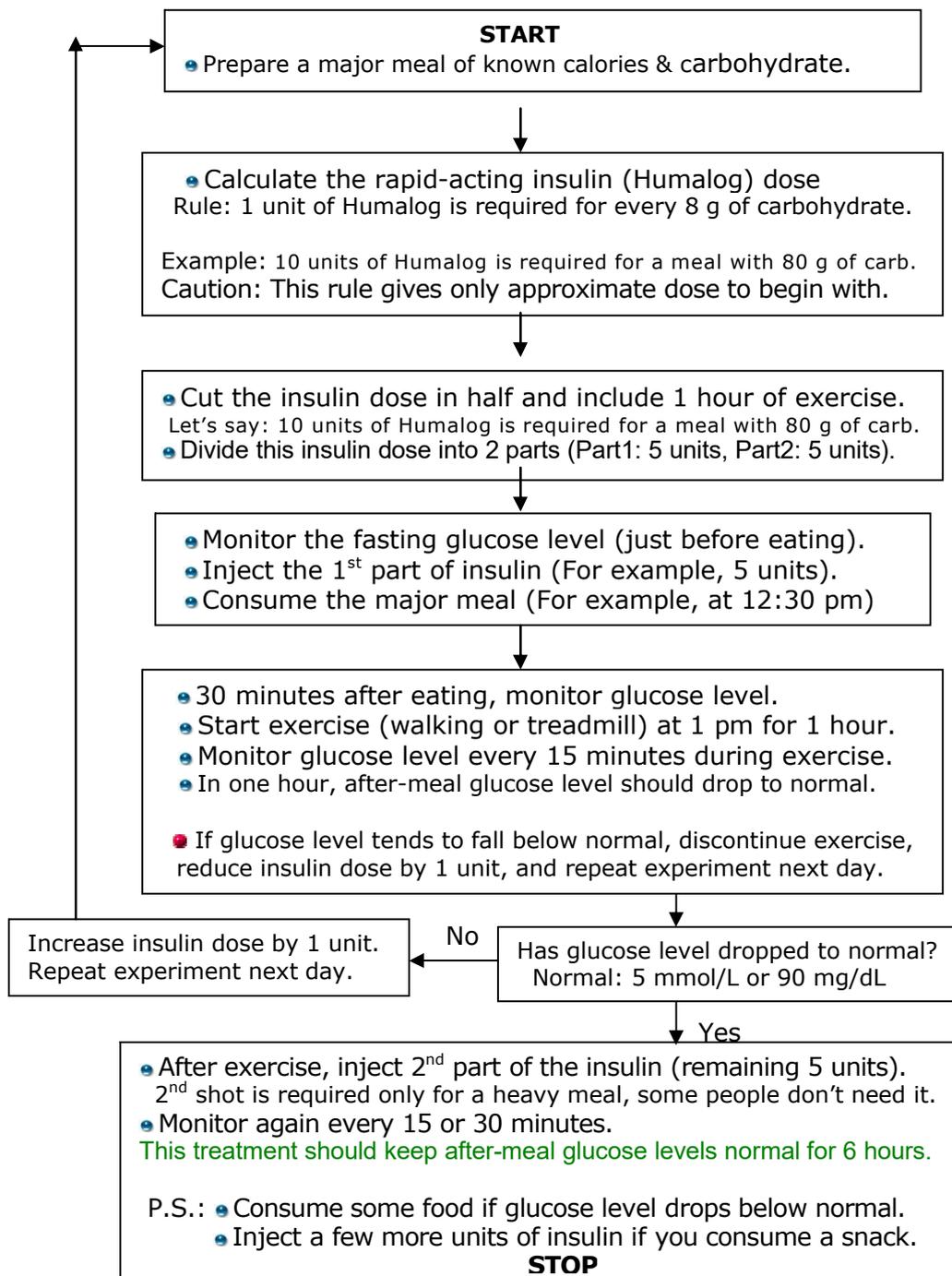
During 1998-99, the participant of this diabetic research (Dr. RK) suffered from severe angina, and could not walk even a block as his heart arteries were clogged. It was clear that he was suffering from a critical heart disease. An Angiogram indicated that his left artery was 75% clogged, and his cardiologist recommended and insisted an immediate bypass surgery. But Dr. RK said "NO" to surgery, and started controlling his diabetes diligently through conducting daily experiments by monitoring and controlling blood glucose levels using a glucometer at home. By conducting daily experiments of diabetes control diligently, with healthy meal, multiple insulin shots and exercise, he was able to successfully lower his hemoglobin A1c levels to perfectly normal, and maintained the normal hemoglobin A1c levels. As a result, he was able to reverse his coronary critical heart diseases without surgery. He has no more angina as his arteries were cleared or unclogged.

After the completion of his research phase, as he was rewarded by his own monitoring and researching experience, the same participant skilfully monitors his diabetes blood glucose level only a few times a day. He eats his favorite high-carbohydrate meal including the dessert in restaurants once or twice a week, and yet his diabetes is perfectly controlled. He is confident and certain that he will be able to keep his diabetes under tight control this way for the rest of his life, indicating that he accomplished "permanent diabetes control."

TRIAL AND ERROR PROCEDURE: DIABETES CONTROL

HOW TO DETERMINE THE INSULIN DOSE TO LOWER AFTER-MEAL GLUCOSE LEVEL TO NORMAL

Developed by Rao Konduru, PhD



Dr. RK'S DIABETES HAS BEEN PERMANENTLY CONTROLLED

After suffering from a sudden heart attack in 1998, even though his left artery was 75% clogged and he could not walk a block due to severe angina pain, Dr. RK said "NO" to bypass surgery. He did what none of us would even think of doing. He simply relied on his natural self-prevention diet and exercise, and with it "reversed his critical diabetic heart disease in a matter of months", and developed a method to accomplish Permanent Diabetes Control. He proved to the medical community that a bypass surgery is unnecessary in most cases. He also came up with a trial and error procedure to determine the optimal insulin dose that would tightly control diabetes in 90 days, and would allow a diabetic person to live like a normal person for the rest of his/her life.

Please see his official blood test results below, and notice that his hemoglobin A1c level dropped from a high-risk 12% to a stunning 6.2%, 5.5%, 5.2%, 5.0%, and has been under 6% consistently for many years. His personal best hemoglobin A1c level of 5% is an extraordinary result any diabetic person would hope to accomplish in a lifetime. In spite of being seriously diabetic person and highly insulin-dependent, Dr. RK accomplished Permanent Diabetes Control with his own diligence and expert knowledge on diabetes. Perhaps he is the only diabetic person living in this world with Permanent Diabetes Control!

Official Blood Test Results of Controlled Diabetes

Listed below are the official blood test results of Dr. RK, performed with a physician's requisition, by BC Biomedical Laboratories (Currently Life Labs), Vancouver, British Columbia, Canada.

<http://www.mydiabetescontrol.com/diabetic-research.html>

Table 3.15

Date	Fasting Glucose	Fasting Glucose	Hemoglobin A1c
Units	mmol/L	mg/dL	g/g Hgb (%)
Normal	(3.6 - 6.1)	(65 - 110)	4.5% - 6.2%
11-Jun-1997			12.0%
18-Mar-1998	Suffered Heart Attack (not controlled until 1998)!		
21-Apr-1998	9.2	165.6	9.6%
26-Oct-1998	5.7	102.6	8.0%
22-Jan-1999	6.0	108.0	8.4%
05-May-1999	5.1	91.8	8.1%
07-Jan-2000	7.0	126.0	10.2%
07-Jun-2000	Started controlling diabetes seriously!		
01-Aug-2000	6.0	108.0	8.2%
19-Sep-2000	5.6	100.8	7.4%
19-Jan-2001	4.9	88.2	6.6%
29-Nov-2001	5.2	93.6	6.5%
05-Mar-2002	5.2	93.6	6.6%
06-May-2002	4.9	88.2	6.5%
26-Jun-2002	4.4	79.2	6.6%
02-Oct-2002	4.0	72.0	6.3%
30-Jan-2003	5.1	91.8	6.2%
08-Apr-2003	4.7	84.6	6.2%

Date	Fasting Glucose	Fasting Glucose	Hemoglobin A1c
Units	mmol/L	mg/dL	g/g Hgb (%)
Normal	(3.6 - 6.1)	(65 - 110)	4.5% - 6.2%
03-Aug-2011	4.9	88.2	6.0%
01-Nov-2011	3.9	70.2	5.8%
01-Feb-2012	3.9	70.2	5.5%
01-May-2012	4.4	79.2	5.5%
01-Aug-2012	3.7	66.7	5.5%
23-Oct-2012	4.1	73.8	5.5%
17-Jan-2013	4.3	77.4	5.3%
01-May-2013	2.9	52.2	5.6%
21-Aug-2013	5.1	91.8	5.5%
02-Jan-2014	4.2	75.8	5.8%
01-Apr-2014	4.0	72.0	5.9%
02-Jul-2014	4.7	84.8	5.7%
01-Oct-2014	3.6	64.8	5.5%
02-Jan-2015	4.9	88.2	5.4%
01-Apr-2015	4.7	84.8	5.4%
03-Jul-2015	5.3	84.8	5.6%
01-Oct-2015	4.1	73.8	5.8%
02-Jan-2016	5.7	102.6	5.8%
01-Apr-2016	4.4	79.2	5.6%
02-Jul-2016	5.5	99.0	5.9%
01-Oct-2016	5.3	95.4	5.0%
			Personal Best
05-Jan-2017	5.1	91.8	5.6%
02-Apr-2017	5.5	99.0	5.4%
02-Jul-2017	4.5	81.0	5.6%
02-Jan-2018	4.2	75.6	5.7%
03-Apr-2018	4.8	86.4	5.9%
02-Jul-2018	4.6	82.8	5.7%
01-Oct-2018	3.4	61.2	5.7%
02-Jan-2019	4.7	84.8	5.5%
01-Apr-2019	3.9	70.2	5.6%
30-Jun-2019	4.2	85.6	5.5%
01-Oct-2019	4.8	86.4	5.6%

MOST COMMONLY ASKED QUESTION

DO I REALLY NEED TO MONITOR 8 TIMES A DAY TO CONTROL DIABETES?

[That is a lot of work and tedious to monitor so many times every day]

Every diabetic person, while reading this book, might be wondering and worried about monitoring so many times every day in order to determine the daily average blood glucose level, and the hemoglobin A1c (from Table 3.1) at home.

HERE IS THE ANSWER: The answer is "Not Really." You don't need to poke your finger and monitor your blood glucose level so many times for the rest of your life. You monitor 6 to 8 times a day "only during the research phase" until you understand your after-meal blood glucose spikes for the first 3 to 6 months. If you are capable to do the research precisely, you can complete the research phase in 90 days, and achieve normal A1c by the end of 90 days. During the research phase, the more times you monitor, the more accurate your "Daily Average Glucose Level" would be, and the better you understand about your diabetes and your after-meal blood glucose spikes throughout the day. After you completed the research phase, you will be rewarded by your own monitoring and researching experience, and you will start monitoring skilfully only a few times a day. From your extensive monitoring experience, you can easily guess your glucose level, if it is too high or too low, and take appropriate action.

For example, Dr. RK used to monitor 10 times a day during the research phase until he understood his body's response with insulin shots and until he understood his after-meal blood glucose spikes. He was then rewarded by his own monitoring and researching experience. After 3 to 6 months of his research phase, he started monitoring only a few time a day. Dr. RK now monitor only 2 times a day, his diabetes is perfectly controlled, and his most recent hemoglobin A1c is 5.5%. He just guesses his blood glucose spike, and inject the exact amount of insulin to offset the spike and exercise. Exercise is required only after consuming every large or heavy meal, and for small meals no exercise is required.

CLOSING REMARKS

- If you master the concept of injecting rapid-acting insulin along with exercise, you can go easy on the dietary guidelines, and enjoy a high-carbohydrate meal including dessert (your favorite meal in a restaurant) once or twice a week. Some diabetic people with expert knowledge go easy on the dietary guidelines, still manage to control diabetes with insulin shots, and keep their hemoglobin A1c perfectly normal. These people with expert knowledge know how to inject the right dosage of rapid-acting insulin and exercise, and lower after-meal blood glucose spike quickly to normal, and know how to achieve normal A1c. Did you know “knowledge is power”?

- With experience, over time, it becomes very easy to control diabetes with insulin! You cannot do that with oral medications. If you are type 2 diabetic, and currently on pills, and living with uncontrolled diabetes, you need to evaluate your situation. It is strongly recommended to switch to insulin shots. An insulin-dependent type 2 diabetic can control his/her diabetes easily and achieve the perfect normal A1c level in a short period of time, and can keep it controlled forever!

What is “Permanent Diabetes Control”?

- When a highly knowledgeable diabetic person is living with tightly controlled diabetes for an extended period of time, and is determined to control diabetes forever, his/her diabetes is said to be permanently controlled.

- The author of this book (Dr. RK) accomplished “Permanent Diabetes Control” after conducting very many diligent experiments related to diabetic research. He has researched on his own body with chronic diabetes, and studied extensively the combined influence of healthy diet, rapid-acting insulin (Humalog) and after-meal exercise on after-meal blood glucose levels. All that diabetic research information of “Real-Life Case Study” is explained in the next chapter titled “Permanent Diabetes Control”.

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TESTIMONIALS

RE: Permanent Diabetes Control (book)

www.mydiabetescontrol.com

Dr. Konduru is an intelligent and committed scientist who has learned to manage his diabetes and cardiovascular risk factors. This book represents a comprehensive and readable review that could help many people with diabetes.

Dr. Marshall Dahl
BSc, MD, PhD, FRCPC, Certified Endocrinologist
Faculty of Medicine
University of British Columbia
Vancouver, British Columbia, Canada

RE: Dr. Rao Konduru's Publications

www.mydiabetescontrol.com

1. Permanent Diabetes Control
2. The Secret to Controlling Type 2 Diabetes
3. Reversing Obesity
4. Reversing Sleep Apnea
5. Reversing Insomnia
6. Drinking Water Guide (www.DrinkingWaterGuide.com)

TO WHOM IT MAY CONCERN

Dr. Rao Konduru, PhD is a patient of mine who has suffered from chronic diabetes for most of his life; He also suffered from uncontrollable obesity, sleep apnea and chronic insomnia for the past 3 to 4 years. He has managed to reverse all of these conditions by taking non-pharmacological and science-based natural measures with great success. He has created 6 how-to user guides/books with regard to how he achieved this, and I recommend these books for anyone suffering from these conditions.

Sincerely,
Dr. Ali Ghahary, MD
Brentwood Medical Clinic
4567 Lougheed Hwy
Burnaby, British Columbia, Canada

RE: Permanent Diabetes Control (book)

www.mydiabetescontrol.com

Headline: Excellent Guide Regarding Diabetes

Dr. Rao Konduru's book, Permanent Diabetes Control, is a very useful guide and roadmap for anyone wishing to manage their diabetes well. It is an easy read and will be of great benefit. I intend to recommend this book to my diabetic patients.

Dr. Gary Almas, DPM-Podiatrist
4170 Fraser Street
Vancouver, British Columbia, Canada

RE: Permanent Diabetes Control (book) www.mydiabetescontrol.com

We all know that food raises blood sugars, especially those big meals. We also know that exercise may reduce blood sugars. But Dr. Konduru teaches us how to put one and one together.

This book provides us with a method to accomplish a healthy lifestyle. Dr. Konduru learned it the hard way. After experiencing complications he decided to find the way his body likes to be treated. We, on the other hand, should learn from his experience and start implementing perfect blood sugar controls right now! Thank you, Dr. Rao Konduru, for providing the diabetic community with such a comprehensive book, on everything related to blood sugar control, including all up-to-date technology. I would recommend this book to every newly diagnosed and veteran diabetic!

Rabbi Hirsch Meisels
Moderator, FriendsWithDiabetes.Org
Spring Valley, New York, USA

RE: Permanent Diabetes Control (book) www.mydiabetescontrol.com

Dr. Rao Konduru, in his book Permanent Diabetes Control, has made an outstanding contribution to the field of diabetes management. This is a book that will inspire its readers, whether diabetic or not, to make changes that will improve the quality of their lives forever. Through his own innovative experiments, Dr. Konduru has succeeded in developing a method of diabetes control that has allowed him, incredibly, to reduce his insulin dose by 60%, to reverse critical heart disease, thus avoiding bypass surgery, and to stabilize his blood glucose levels. In Permanent Diabetes Control, Dr. Konduru has carefully explained this method so that others may benefit from his revolutionary discovery. Join him in controlling your diabetes!

Ms. Ricki Ewings, BA, TT
Professional Freelance Writer and Editor
Member, Editors' Association of Canada
Hotline Co-Chair, EAC-BC
Vancouver, British Columbia, Canada

RE: Reversing Sleep Apnea (book) www.reversingsleepapnea.com

Dear Rao,
I read your book this weekend and it is an impressively comprehensive and extremely well-documented review of the broad spectrum of therapies available to treat and help relieve sleep apnea. You are to be heartily congratulated on a finely-researched and very practical work that will be accessible and useful to a wide audience of readers. I wish you every success.

Best regards,
Mr. Martin R. Hoke
President
RhinoSystems, Inc.
Brooklyn Heights, OHIO-44131, USA

Author's Other Publications

RE: Reversing Obesity (book) <http://www.reversingsleepapnea.com/ebook2.html>

This book "Reversing Obesity" will make you THIN in a matter of days by simply following the easy-to-understand rapid weight-loss instructions and the do-it-yourself recipes illustrated by Dr. RK. When the stubborn fat around his belly refused to melt away, Dr. RK took a wise decision. He very carefully jotted down all kinds of junk foods he had been eating here and there, every now and then. By exercising self-discipline and high willpower, he completely eliminated all those junk foods from his whole foods diet. Voila, the results were astounding! He started losing weight quickly as the stubborn fat melted away day-by-day right in front of his eyes. He explains how healthy whole foods are, and at the same time how harmful processed foods and refined foods are, and how to avoid them in order to achieve successful weight-loss results.

If you are obese or overweight, this book is a must-read to achieve rapid weight-loss results and to reverse many health disorders and diseases, including type 2 diabetes, sleep apnea and chronic insomnia.

- Prime Publishing Co.
New Westminster, British Columbia, Canada

RE: Reversing Obesity (book) <http://www.reversingsleepapnea.com/ebook2.html>

This book "Reversing Obesity" isn't just any guide to miraculous weight loss. It is a compilation of hard-hitting facts, meticulous details and extraordinary results. It is the true and inspiring story of Dr. RK who succeeded in reversing his obesity permanently.

Healthy eating habits are necessary if one wants to lose weight and live well. In his book, Dr. RK teaches us simple, healthy and easy-to-make recipes using whole foods only. In addition, his weight-loss tips are extremely useful to implement the plan.

Dr. RK is a living example of a successful weight loss plan; a plan that helped him accomplish an absolute reversal of obstructive sleep apnea and chronic insomnia. After losing over 40 pounds of excess body weight more than a year back, he has maintained normal body weight until today, which is yet another achievement. This book has all the clues to not just rapid weight loss, but also on how to maintain normal weight after shedding off those extra pounds.

In my opinion, this book is the best thing that could ever happen to obese and overweight people. Only reading it could tell you why.

- Ms. Muriel D'Souza, Advertising Copywriter, Vancouver, British Columbia, Canada

Author's Other Publications

RE: Reversing Insomnia (book)

www.ReversingInsomnia.com

This book "Reversing Insomnia" is the simplest, and perhaps the safest way to cure chronic insomnia. Dr. RK has done all the spadework and leaves the rest of us to reap the benefits. All one has to do is read and follow the simple do-it-yourself instructions.

Hats off to Dr. RK and his impressive research. He figured how the master biological clock embedded in the brain works, and came up with an effortless and natural method to permanently cure chronic insomnia. He applied and tested his discovery on himself. It took him just 3 days to reverse his chronic insomnia after suffering from it for over 3 years.

After reading the entire book, I wholeheartedly believe it is the best cure for the sleep disorder. One, because it hardly takes time to cure the insomnia; two, because it has no side effects; and three, because sleeping pills are a complete waste of money.

It really works. So, just give it a try!

- Ms. Muriel D'Souza, Advertising Copywriter, Vancouver, British Columbia, Canada

RE: Reversing Insomnia (book)

www.ReversingInsomnia.com

At first we read "Reversing Obesity" another book by Dr. RK, and we found it better than the best books in the weight-loss industry. His recipe for the pre-workout meal "Egg White Omelet" is a major highlight. Anyone can lose weight by eating whole foods and by following the simple instructions for rapid weight loss method illustrated by Dr. RK.

After that we read his second book "Reversing Sleep Apnea" and we were blown away by its extremely impressive contents. Dr. RK convinces you beyond a shadow of a doubt that obstructive sleep apnea can be reversed simply and easily by losing weight. He has covered all the important therapies that a sleep apnea patient would ever need.

Then we read his third book "Reversing Insomnia" and his writing keeps getting more and more interesting. Dr. RK describes exactly where the planet Earth is located in our universe, and how it creates the daytime and nighttime by rotating on its own axis and by revolving around the sun. He divides the 24-hour master biological clock into two parts, one for the daytime and the other for the nighttime, and instructs the insomniacs what to do exactly as the day progresses and as the night progresses. By simply following his instructions, naturally, and without ever using sleeping pills, anyone can reset his/her master biological clock, and sleep like a baby within a few days. What a wonderful book!

- Prime Publishing Co.
New Westminster, British Columbia, Canada

RE: Drinking Water Guide (book)

www.DrinkingWaterGuide.com

REVIEW: I was indeed thrilled to read through and learn the amazing descriptions about the formation of our Universe after the Big Bang, formation of stars, planets, galaxies, formation of our solar system, including our Sun and our planet Earth. Chapter 1, Chapter 13, Chapter 17, Chapter 18 & Chapter 19 contain the most valuable information. In a nutshell, this book teaches that we should avoid tap water, well water & bottled water, and drink only purified water that is either neutralized or slightly alkalized, and remineralized up to a TSD (Total Dissolved Solids) level of 200 ppm. The book teaches how to neutralize, slightly alkalize, fully alkalize and remineralize the purified water with sample experiments conducted at home. The book teaches healthy water-drinking habits, and gives recommendations at the end of each chapter. I greatly admire and recommend this highly researched, well-documented, and fully comprehensive guide on drinking water to every adult living on our planet Earth. -- Prime Publishing Co., New Westminster, British Columbia, Canada.



Deanna Maio

5.0 out of 5 stars [Comprehensive Drinking Water Guide](#)

Reviewed in the United States on February 17, 2020

Verified Purchase

NIKOLA TESLA said it all: "only a lunatic will drink unsterilized water". Very many people are still drinking unsterilized tap water and contaminated bottled water, jeopardizing their health, and developing strange diseases, and making many trips to hospitals and board-certified doctors. The tap water disaster incident that occurred in Flint, Michigan, USA in 2014 is a typical example of lead contamination that affected more than 100,000 residents.

This book describes about all kinds of drinking water available for human consumption, their defects, and appropriate "recommendations" in order to rectify those defects, and how to drink clean and healthy water in order to protect your health in the current day circumstances. This book Drinking Water Guide teaches many drinking water strategies:

- (i) I must be wise and cautious all the time and should not take chances. I must not drink tap water, well water or bottled water of any kind, and make my own distilled water by purchasing and using a home distiller. Or, I must purchase RO water from a nearby supermarket, and I must always drink only purified water.
- (ii) I would add very little Himalayan pink salt, Celtic sea salt or a few drops of ConcenTrace mineral drops to remineralize the purified water before drinking.
- (iii) I would add a tiny bit of baking soda or a few drops of ConcenTrace mineral drops in order to improve the alkalinity and the presence of minerals in the purified water.
- (iv) I would use pH strips or digital pH meter, monitor my drinking water pH, every now and then, and make sure that the purified water I drink is either neutralized (pH=7) or slightly alkalized (pH=7 to 7.5).
- (v) I would use a TSD meter, and monitor the TDS level of my drinking water, and make sure that TDS level is always below 200 ppm. I will also research and find out the ideal TDS level that suits my body. I can do that by adjusting the tiny amount of Himalayan pink salt.

I am very grateful that I learned all the above-mentioned valuable information from this book "Drinking Water Guide". What an impressive book! I urge you to get this book without any hesitation.

Helpful

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About the Author



Rao Konduru, PhD (also called Dr. RK) published a book in the past titled "Permanent Diabetes Control", which earned immense respect and appreciation. Many people said it was a wonderful book. After suffering from a sudden heart attack, even though his left artery was 75% clogged and he could not walk a block due to severe angina pain, Dr. RK said "NO" to bypass surgery. He did what none of us would even think of doing. He simply relied on his natural self-prevention diet and exercise, and with it he "reversed his critical diabetic heart disease in a matter of months", and developed a method to accomplish Permanent Diabetes Control. He proved to the medical community that a bypass surgery is unnecessary in most cases. He also came up with a trial and error procedure to determine the optimal insulin dose that would tightly control diabetes in 90 days, and would allow a diabetic person to live like a normal person for the rest of his/her life.

Please visit www.mydiabetescontrol.com, and read through the testimonials. Click on "Diabetic Research" button to see the Official Blood Test Results of Dr. RK. Notice the fact that he maintained his hemoglobin A1c level under 6.0% consistently. His personal best hemoglobin A1c level of 5.0% is an extraordinary result any diabetic person would hope to accomplish in a lifetime. Perhaps he is the only diabetic person living in this world now with "Permanent Diabetes Control".

Once again, quite recently health demons, such as uncontrollable weight gain, sleep apnea and chronic insomnia, came his way. Dr. RK did not give up, but persisted on discovering new, natural and effortless treatments of his own in reversing these most difficult disorders, through extensive reading, research, commitment, self-discipline and the strong desire to succeed. His extensive scientific research experience and his powerful knowledge helped him battle and combat these life challenges. He figured out their root causes, and developed natural yet powerful techniques to cure these health disorders. After losing 40 pounds of weight and 12 inches around the waist, Dr. RK successfully reversed his obesity, obstructive sleep apnea and chronic insomnia. He has carefully outlined and illustrated the methods he developed in three excellent books "Reversing Obesity, Reversing Sleep Apnea and Reversing Insomnia", so that others can benefit and be inspired to achieve similar results. His most recent book "Drinking Water Guide" is a 522-page wealth of information on drinking water for the rest of us.

- Prime Publishing Co.

www.mydiabetescontrol.com

www.reversinginsomnia.com

www.reversingsleepapnea.com

www.reversingsleepapnea.com/ebook2.html

(Reversing Obesity Book)

www.drinkingwaterguide.com

(The Most Important Book)

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ATTENTION READERS: There Are 2 Books!

Both books are revised and rewritten in 2021.

1. Permanent Diabetes Control:

This is the complete book with all 12 Chapters, 244 Pages, 53 Figures and 76 Tables.

2. The Secret to Controlling Type 2 Diabetes:

This book is only a part of the complete book "Permanent Diabetes Control.

It contains the first 3 chapters (Chapter 1, Chapter 2 & Chapter 3), 102 Pages, 16 Figures and 18 Tables, making it a short course for people with type 2 diabetes and type 1 diabetes.

"The Secret to Controlling Type 2 Diabetes (Paperback \$14.99)" is created for those people who cannot afford to purchase the complete book "Permanent Diabetes Control (Paperback \$24.99)."

HOWEVER BOTH BOOKS TEACH THE FOLLOWING IN Chapter 1, Chapter 2 & Chapter 3:

- ◆ How to Control Diabetes (Do-It-Yourself)!
- ◆ The Hidden Secret in The Hemoglobin A1c Chart!
- ◆ How to Find Out Your Daily Average Blood Glucose Level!
- ◆ How to Control Type 2 Diabetes With Diet & Exercise!
- ◆ How to Control Type 2 Diabetes With Diet, Oral Medication & Exercise!
- ◆ How to Control Type 2 Diabetes With Diet, Insulin Shots & Exercise!
- ◆ How to Control Type 1 Diabetes With Diet, Insulin Shots & Exercise!
- ◆ How to Lower Your Hemoglobin A1c to Perfectly Normal!
- ◆ How to Slash After-Meal Glucose Spikes & Achieve Normal A1c!

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THE SECRET

This secret is revealed and explained with illustrations in both books:

(i) Permanent Diabetes Control

[This is the complete book, 12 Chapters, 244 pages]

(ii) The Secret to Controlling Type 2 Diabetes

[This is the first 3 Chapters, Chapter 1, Chapter 2 & Chapter 3, 102 pages]

The 2nd book "The Secret to Controlling Type 2 Diabetes (Paperback)" was created for those who cannot afford to purchase the complete book "Permanent Diabetes Control (Paperback)." However both books teach "How to Control Diabetes by Using the Secret."

🧠 If you understand that hidden secret with clear concept, you will be able to control your diabetes successfully and confidently, and achieve normal A1c in 90 days.

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The End of Free Info!

You Have Just Read 34 Pages of Free Info!