

# 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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## TESTIMONIALS

### **RE: Permanent Diabetes Control (book)**

[www.mydiabetescontrol.com](http://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](http://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](http://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](http://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



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## Other Publications of Rao Konduru, PhD

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Reversing Sleep Apnea (book) <https://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, OH-44131  
USA

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Reversing Insomnia (book) <https://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

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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. 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. **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.**

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

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 minimized because too much insulin causes hypoglycemia and 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 blood glucose levels. An optimum insulin dose is therefore crucial. 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 diabetes under tight control.

The research conducted by the author revealed the fact that 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 level, even if the diabetes was poorly controlled in the past. Thereafter, continued efforts with a reasonable attention to insulin, food and exercise are necessary to tightly control diabetes.

The author of this book, having been diabetic for over 20 years (when he wrote this book), began to conduct diligent experiments to study the combined influence of insulin dose and after-meal exercise on after-meal blood glucose levels, and successfully lowered after-meal glucose levels continuously on a daily basis. For a selected major meal (supper/dinner), the Humalog insulin dose was cut by 50 to 60% through extensive research and optimization. The hemoglobin A1c level dropped from a very high-risk 12% to a stunning 6.5%, 6.0%, 5.5%, 5.0%, etc., and remained normal thereafter, indicating that the diabetes has been permanently controlled. Please refer to Chapter 3 & Chapter 4 to see the "Trial and Error Procedure: Diabetes Control", developed to determine the optimal insulin dose.

## SOME IMPORTANT INFO

### ARE YOU DIABETIC?

### UNDERSTAND HOW GLUCOSE BUILDS UP IN THE BLOODSTREAM! <sup>[1]</sup>

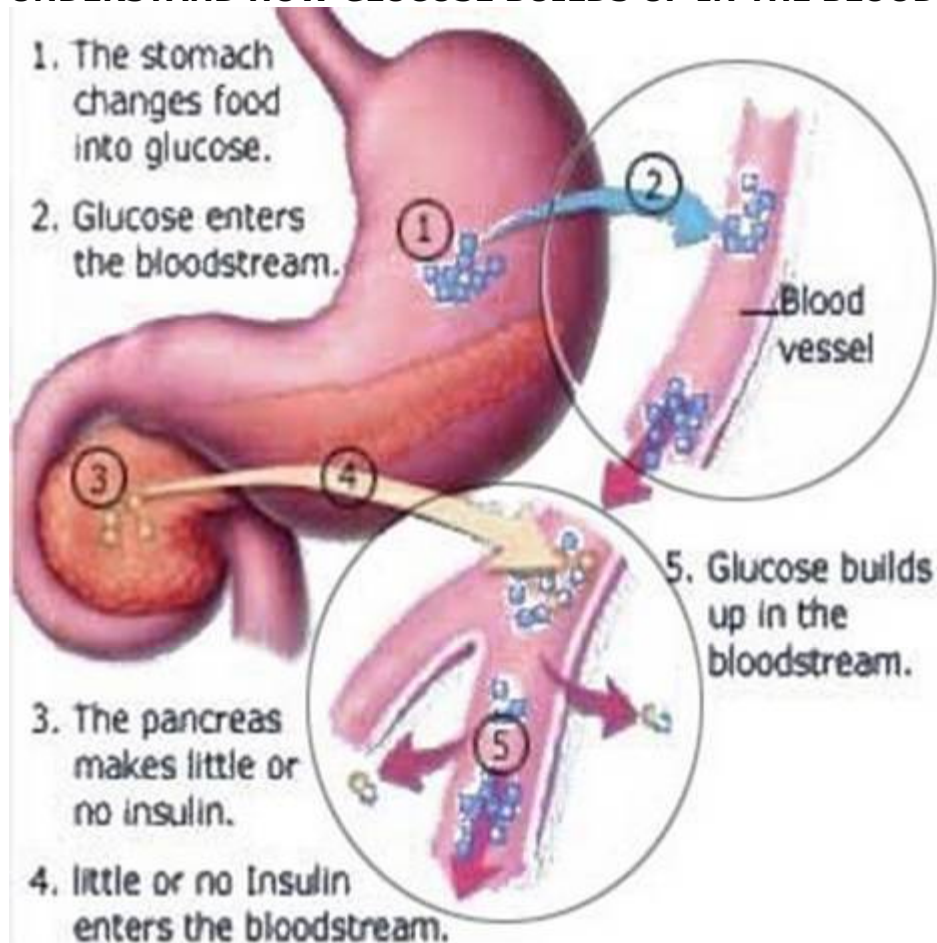


Figure 2.1 Glucose buildup in the blood stream.

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 <sup>[10]</sup>

- 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 important of all of the above, 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! <sup>[1, 5]</sup>

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:** <sup>[2]</sup>

**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? <sup>[1]</sup>

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.

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.

## HEMOGLOBIN A1c CHART <sup>[1]</sup>

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

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 <sup>[1, 3, 4]</sup>

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%

## The Secret to Controlling Diabetes Successfully <sup>[1]</sup>

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 this "secret", your diabetes control would be more rewarding than ever before, and this "secret" could save your life if you are seriously diabetic!

The secret lies in understanding the "Hemoglobin A1c Chart (Table 3.1)" conceptually! Think like a mathematician by looking at the hemoglobin A1c chart "Average Blood Glucose Level Versus A1c", and try to understand how the chart was developed.

## THE SECRET

**This secret is revealed with illustrations in both books:**

- (i) Permanent Diabetes Control
- (ii) The Secret to Controlling Type 2 Diabetes

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

## 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  $\beta$ -Cells and  $\alpha$ -Cells situated in the islets of Langerhans is responsible to maintain normal blood glucose levels for healthy non-diabetic people.  $\beta$ -Cells produce insulin while  $\alpha$ -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).

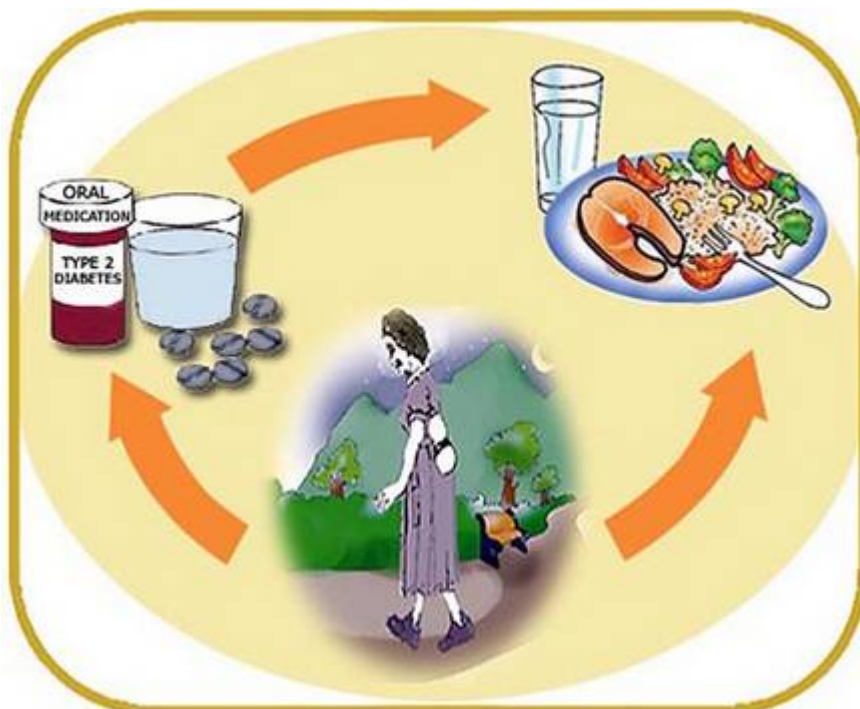


Figure 3.2 A type 2 diabetic is lowering her after-meal blood glucose level with the aid of healthy diet, oral medication and exercise (Walking on the Road).

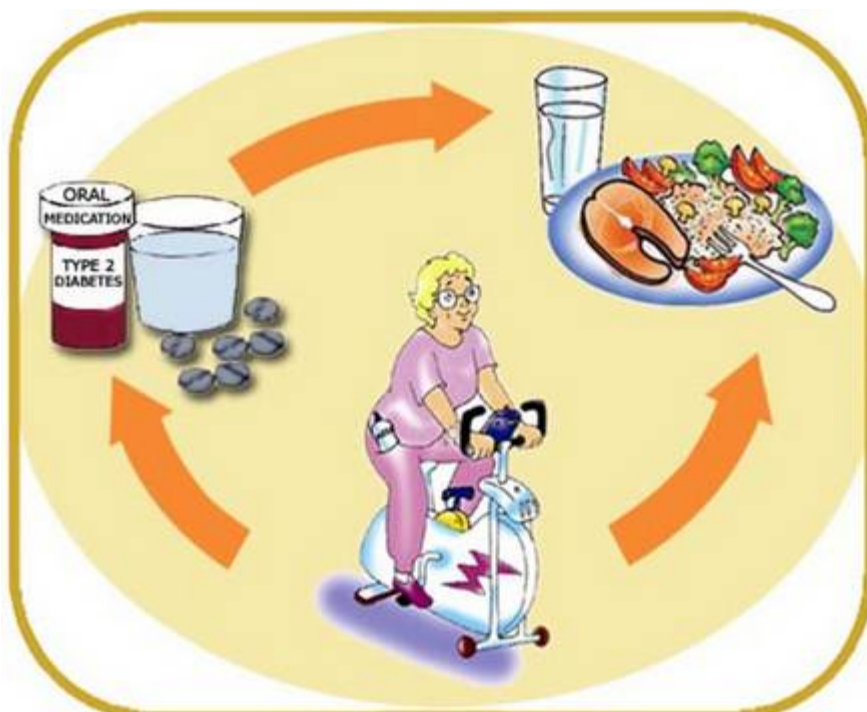


Figure 3.3 A type 2 diabetic is lowering her after-meal blood glucose level with the aid of healthy diet, oral medication and exercise (Biking in a Gym).

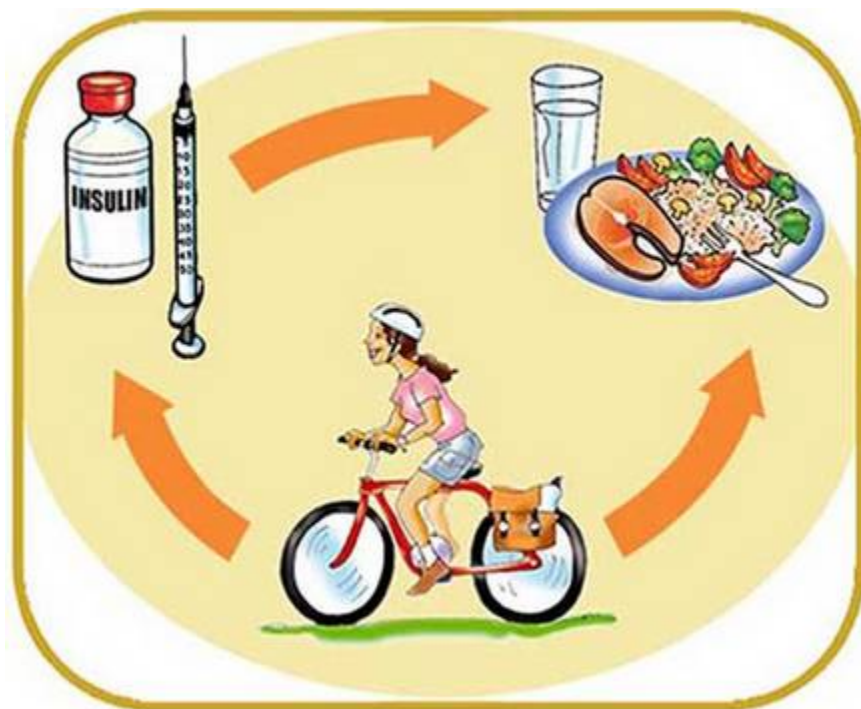


Figure 3.9 A type 1 diabetic is lowering her after-meal blood glucose level with the aid of healthy diet, rapid-acting insulin and exercise (Cycling on the Road).

## **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**

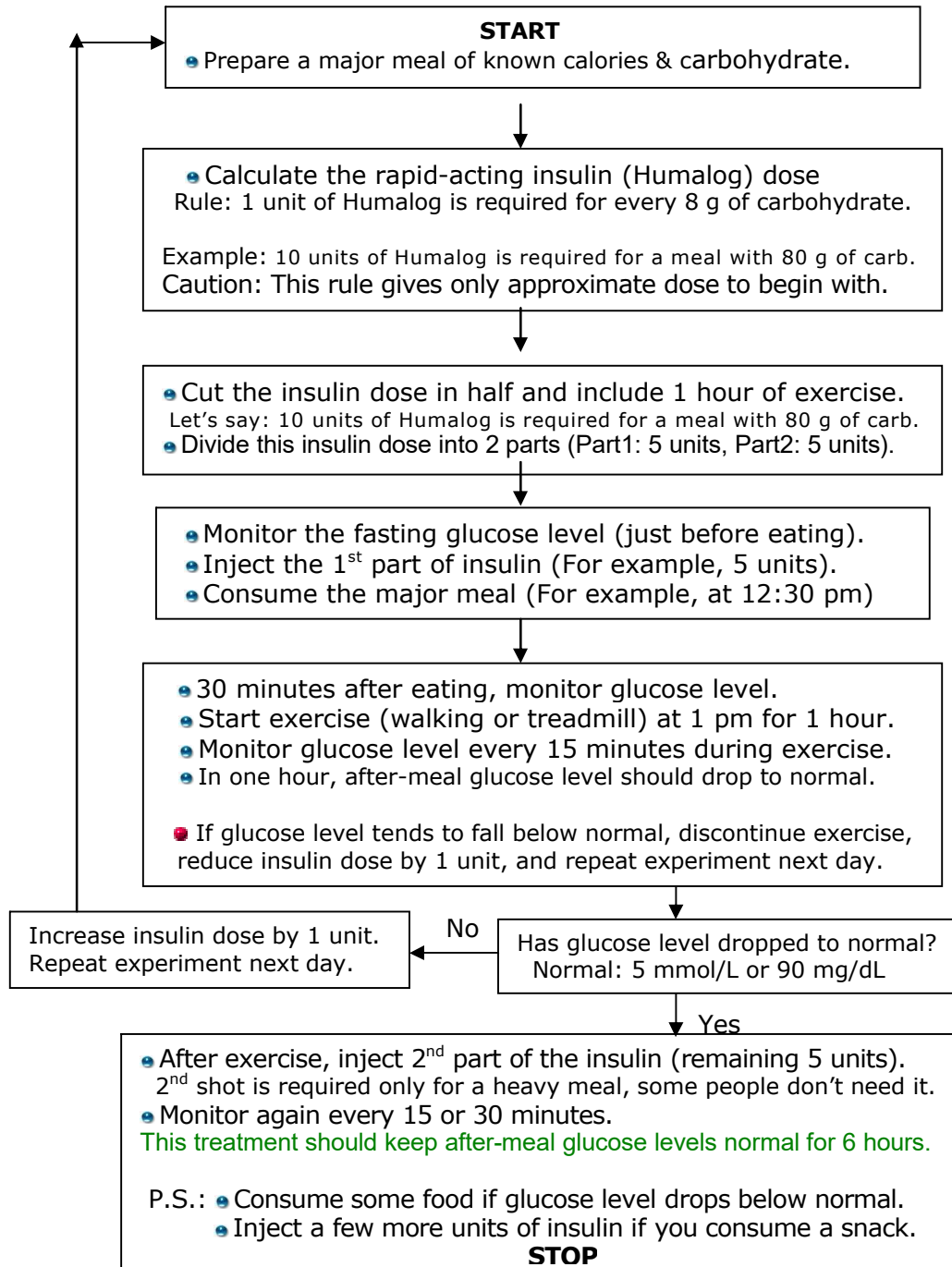
During 1998-99, the participant of this diabetic research (Dr. RK) suffered from severe angina, and could not walk even a block as his heart arteries were clogged. It was clear that he was suffering from a critical heart disease. An Angiogram indicated that his left artery was 75% clogged, and his cardiologist 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			<b>12.0%</b>
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%





## 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”.

## 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](http://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](http://www.mydiabetescontrol.com)

[www.reversinginsomnia.com](http://www.reversinginsomnia.com)

[www.reversingsleepapnea.com](http://www.reversingsleepapnea.com)

[www.reversingsleepapnea.com/ebook2.html](http://www.reversingsleepapnea.com/ebook2.html)

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(Reversing Obesity Book)

(The Most Important Book)