



SARAH TOWNLEY
THE TYPE 2 DIABETES COACH

WHAT IF FOOD IS MEDICINE?

7 DAY JUMP START TO

*Reversing Type 2
Diabetes*



You Have Made a Decision

Something needs to change.

You have reached a point where staying the same is not acceptable.

I've got you.

We are going to figure this out.

This program will equip you with the basic knowledge and skills to create BIG results quickly.

In fact, you will need to monitor your blood sugars closely if you are on medications because you may need to call your doctor for adjustments before the end of this week.

Watch the videos that come into your inbox daily.

On Day 3, you will begin the 5 steps in this workbook.

By the end of this week with me, you will have the confidence and capability to begin feeling in control of your body and future again.

5 Steps to Change

1. First we are going to observe what is not working. We have to know what is not working in order to decide where to intervene.
2. Second, we are going to decide what you want to change. It is going to be specific and measurable.
3. Third, we are going to discover your commitment. Your level of commitment before you start will determine your success. This all happens in your mind.
4. Then we will develop a plan. This creates decisions ahead of time so that you limit decisions in the moment. It also gives you a way to hold yourself accountable.
5. Last, we will manage your mind as you change your behaviors. This is the MOST IMPORTANT skill for long term success. You will need to see when your thinking is moving you forward and when it is keeping you stuck. I show you how to take consistent action and not quit.

Discomfort is the price of achieving your dreams. You are either choosing temporary discomfort now or discomfort in your future. Either way, you're choosing discomfort. Make it matter.

Step 1: Awareness

What are you **not** doing right now that is important for taking care of your body?

Write down at least 5 foods or drinks that you are eating on a regular basis that are making your diabetes worse.

See Appendix A for a list of foods that raise blood sugar.

If you believed your body was your best friend, how would you treat it differently?

Step 2: Identify

Based on Step 1, what are the most important changes you could make right now to move you closer to your goal?

Now, write down the actions you are going to take. It needs to be specific.

Here are some examples:

"I'm going limit coke to only 1 time a week."

"I'm going to trade oatmeal every morning for a hard boiled egg."

I'm going to keep my eating window to 8 hours a day only."

"I'm going to keep a food journal every day."

"I'm going to take my meds every day and never miss."

I'm going to check my blood sugars at least twice a day every day."

Step 3: Commit

This is the most important step. Do NOT skip this step. What fuels your commitment is your compelling reason.

You need to get crystal clear on this reason.

Why do you want to make this change?

What will be different when you are successful?

Tell someone who is important to you that you are committing to this change.

Step 3 continued: Commit

What is the reason you will do it NO
MATTER WHAT?

How do you need to feel to take this action
consistently?

What thoughts can you think to create this
feeling on purpose when you want to give
up?

**Keep this page visible. Take a picture of it.
Hang it where you will see it every day.**

Step 4: Plan

This is the part where you take action. I am going to show you how to create structure and accountability in this step.

Going forward, you are going to plan **ahead of time** exactly what you will do differently than you have been doing.

You will keep a written record of your progress. Either the night before, or the morning of, I want you to write down the plan for each day.

Planning ahead is so important because it requires you to use your prefrontal cortex, the rational brain, to decide what is best for you in the future.

When you make decisions in the moment, your rational thinking brain is not always driving. Oftentimes, it's your primitive brain that wants instant gratification that wins. Do not rely on your primitive brain to call the shots.

At the end of each day, I want you to go back to your journal and report what happened. See Appendix B for an example of a journal.



Step 4 continued: Plan

Now we are going to plan for obstacles. There will be times you won't want to stick to your plan, or even to plan at all. We are going to anticipate this and come up with strategies to overcome them.

List all the obstacles that you can foresee:

Now, list all the strategies to overcome them:

e.g. Mom brings over baked goods

e.g. Eat my planned dessert and take them to work

Step 4 continued: Plan

Sometimes, we do not follow our plan. When we fail to follow our plan, what we do next is the most important piece.

Anytime this happens, I want you to answer these questions:

1. Why did you not follow your plan?
Be VERY specific.

2. What would have worked better? What else could you have done?

3. What did you learn? How will you handle this next time?

Now go back to your written commitment, refocus and recommit to finishing NO MATTER WHAT.

Step 5: Manage Your Mind

What are the common negative emotions you experience when you are changing your lifestyle?

When you feel these feelings, how do you show up?

What kinds of thoughts do you notice make you feel this way and show up like this?

From these thoughts, create alternative thoughts that are equally true that shift you into positive emotion.

Building Momentum

You made it to 7 days!

Take a moment to feel proud of yourself. You are capable of change and so much more.

It's time to do an evaluation of your work.

Evaluation is SO important to do. You will be able to learn and build on your progress SO MUCH FASTER if you do this regularly.

What about this 7 day jump start worked?

Building Momentum cont.

What didn't work?

What will you do differently going forward?

Create Your Future With Purpose

This exercise in changing these things for
7 days focused on ACTION.

Notice how I emphasized finding powerful
THOUGHTS in Step 3: Commit.

This is by design.

THOUGHTS
create our
FEELINGS
which drive our
ACTIONS
that get us our
RESULTS.

To create *permanent* change, we must address our
THOUGHTS. They are the cause.
ACTIONS are the effect.

Anytime you are taking or not taking an ACTION you want to
take, it comes down to what you are thinking.

What did you come up against in your 7 day jump start?
What step did you breeze through and what step did you
stumble on? I guarantee you that the reason comes directly
from your thinking.

**And this is the best news ever because your
THOUGHTS ARE IN YOUR CONTROL.**



Sarah Townley

TYPE 2 DIABETES

Personal Health Coach

How To Keep Working With Me

Working with me helps you do 2 major things:

1. Reach your goals so much faster, and
2. Suffer so much less in the process

In our culture, we believe that you have to suffer in order to ask for help. I want to offer you the idea that this isn't required. You don't have to struggle on your own and stay lost before you get a map and a flashlight.

Give yourself permission to hire a guide, an expert, and a friend on this journey.

You are capable of controlling your type 2 diabetes and getting off your medications.

I will show you how.

There are 2 ways to work with me:



1:1 Coaching



Group Coaching

To learn more, go to
www.SarahTownley.com

Appendix A:

Food Categories

A calorie of 1 thing is NOT the same as a calorie of another thing!

Vegetables

Non-starchy vegetables have little to no effect on blood sugar and insulin. You can eat as much of these as you want. Starchy vegetables (like potatoes, corn and carrots) will raise your blood sugar and require an insulin response. You will want to limit starchy vegetables.

Fat

Let's get something clear: FAT IS YOUR FRIEND. The demonization of fat by our nutrition guidelines is in large part responsible for our current public health crisis of obesity and disease. Animal and plant fats are what make us feel full and satisfied. The only fats I want you to avoid are industrialized oils (canola, vegetable, soybean) because these cause inflammation.

For crying out loud: COOK WITH BUTTER!!!

Protein

Protein helps us feel full and satisfied. But don't overdo protein. When you eat more protein than your body needs, you will make sugar with it and this will require an insulin response. It isn't important to be exact, and it doesn't need to be complicated. If you pay attention to when you feel full, you are probably consuming the right amount. For those of you that like math: here is a formula you can use to calculate an approximate daily protein goal:

$$1.5 \text{ gm protein} \times \text{weight in kilograms} \\ (\text{KG} = \text{LBS} / 2.2)$$

Carbohydrates

Grains

Grains include bread, cereal, granola, oatmeal, rice, pasta, popcorn, quinoa, anything that comes from wheat. These foods cause a rise in blood sugar and subsequent insulin response. Remember, when you raise insulin, you promote insulin resistance and stop burning fat. The more refined the grain (flour), the bigger and faster the rise in blood sugar.

Fruit

Fruit is a category of food you also want to limit. Natural sugars in fruit raise blood sugar and require insulin to clear. There are some fruits that have very little sugar, such as strawberries, raspberries, and blackberries. Low sugar fruits include: blueberries, cantaloupe, honey dew melon, and peaches.

Refined Sources

These kinds of carbohydrates cause the fastest and greatest rise in blood sugar. They are the foods that probably led to the onset of your Type 2 Diabetes. If you continue to eat them regularly, they will sabotage your ability to reverse Type 2 Diabetes.

They include:

Anything with **flour (all types including nut & corn starch)**

Anything with **sugar (including honey & maple syrup)**

Most processed, concentrated and refined foods contain these kinds of carbohydrates (including all juices, smoothies, and alcohol)

Appendix B

DAY: Saturday

DATE: 5/15/2021

We Can Do Hard Things

SCHEDULE

- ☐ _____
- ☐ Whatever I want! _____
- ☐ It's Saturday! _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PLAN FOR SELF CARE

- ☐ Wt: 172 lb
- ☐ Fasting blood sugar: 128
- BF: Coffee w heavy whip
- Lunch: 3 slices bacon, 1/2 c pistacios, raw veggies with ranch
- Dinner: Pulled pork w coleslaw
- Dessert: 1 Peach w heavy whip

GOALS FOR THE DAY

For 7 days, I am not eating any flour.
That means no pasta, no bread, no baked goods, nothing that is made with flour.

HOW DID I DO?

Bedtime blood sugar: 152
BF: Coffee w heavy whip + stevia
Lunch: 3 slices bacon, 3/4 c pistacios, raw veggies with ranch, coffee w HW
Dinner: Pulled pork w coleslaw, few potato chips
Dessert: 1.5 Peaches w heavy whip

Appendix C

How to Interpret Nutrition Facts to Reverse Type 2 Diabetes

Serving size is important to note. It tells you **how much** food or drink the facts are for. Pay attention to how many serving sizes are in one container.

Fat is satisfying and is **not** something to avoid. Please consider allowing fat into your diet.

I generally do not recommend you restrict your **sodium** if you are eating a low carb diet, even if you have high blood pressure. It is very important to stay hydrated and consume sodium when fasting especially.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories are not what you need to focus on. I do not recommend counting calories.

Carbohydrates are the most important thing to pay attention to. Total carbs minus fiber = net carbs. Sugar is separated out as well, but is part of the total carbs. **CARBS RAISE BLOOD SUGAR AND REQUIRE INSULIN TO PROCESS.**