

## Diabetes Podcast

Welcome to Diabetes Care Podcast Episode 1

### **Title: My Story**

My name is Ernest Quansah, author of *Diabetic's Journey: How Type 2 Diabetes Can Be Reversed and Cured*.

This diabetes podcast has 6 episodes and more will follow. Rather than ramble on and on, I keep the episodes short.

Within the six diabetes podcast episodes, I will be covering my own story, pre-diabetes, obesity, and how to cure it, types of diabetes, diabetes lies, can type 2 diabetes be reversed and cured, and lastly, diabetes and your race.

In this opening episode, I will start with my story, meaning how I became a type 2 diabetic and how I reversed it.

I was working at a resort as a manager. The long hours caught up to me and for energy, I ate cookies, had cola drinks and this went on and on. My staff would tell me that I was eating too much sugar and that it was not good for me. Well, I had been eating sugar since I was a teen growing up in bake shops. While I was working at the resort, I would tell the General Manager that I wanted to become a general manager. I went back to school for that. It was not long before I found myself without job. On my way home, I could feel the pain. I had done everything for that company. I was shocked how quickly I was let go and the way the General Manager accomplished the termination. Overwhelmed with stress, I began to have a very strong craving for something sweet. I stopped by the supermarket and purchased a large jug of lemonade. I stayed up late drinking cup after cup. I couldn't stop myself.

The following day, first thing I did in the morning was drink a cup of the lemonade on an empty stomach. That was a very bad idea, but I didn't know at that time. This behavior continued for several weeks.

One day, while I was visiting a friend, I drank almost all the 2 liter cola drink in her fridge. The friend took notice and suggested that I am becoming a diabetic and should get myself checked. I strongly disagreed with her. Who? Me a diabetic? Never, I thought to myself. At the same time, I was urinating frequently. I was losing weight very rapidly—25 pounds in 1 month. I was so happy. So, so happy. And people took notice and told me. I had dropped from 219 pounds down to 170 pounds.

Then one morning, when I got out of bed to clean up, I noticed a whitish sticky substance on my tongue as well as at the corner of my eyes. What is this? I panicked and rushed to the doctor's office. By this time, I had a boil at the base of my head and the private part of my body. After taking notes like doctors always do, the doctor asked for a blood glucose test.

The following morning, I did the test. That same day, his office called and told me to come in right away so off I went. I still remember like it happened yesterday. The first thing he said to me was, and I quote,

“Do you know the danger you have put yourself in? Your blood glucose level is so high that you are steps away from going into cardiac arrest.”

He continued, “The sticky substance you saw on your tongue and at the corner of your eye is the sugar trying to vacate your body instead of kill you.”

He diagnosed me a diabetic and like most doctors, prescribed Metformin. I was to take 2 in the morning and two in the evening just before meals. The dosage was high, he said, but we need to bring down your blood sugar level immediately.

I was absolutely shocked and went into a denial. I couldn't believe what had happened. I did not want to accept it. Shortly after taking the Metformin, I lost my vision. All images became blurry. I began to panic and thought, *No way. I have become blind. I have become blind.*

I asked a friend to call the doctor's office for me. I demanded to speak with him right away. He came on the phone and when he explained to me that my vision loss was caused by the Metformin pulling the sugar out of my eye, and that it is temporary, and my vision should return in 4 weeks.

Just like he said, in about 4 weeks, I regained my sight. Was I ever happy. It is a difficult feeling to explain. Imagine not being able to see and then one day you can see. I continued to take the Metformin as prescribed for about two years. Realizing what had happened, I had an emotional breakdown and began to cry. I asked him point blank questions. “Dr. Robinson: can type 2 diabetes be cured?”

He replied, “Yes, using different approaches all working together. Diet and exercise.”

It became obvious. I had to figure out the diet and exercise. I left his office excited. I began to research and learn as much as I could about type 2 diabetes. This was followed by creating a menu. Since I use to go to the gym for years but stopped, I put together an exercise program.

I followed the program, but I didn't see any results. For about 2 weeks, I reached and researched. When I went online, I was so surprised how many people were selling all types of diabetes cure. These included: Cinnamon, eating fruits on empty stomach, taking a supplement call Banaba, but interesting enough, people selling these products claim that their product works in 30 days and yet they ask the buyer to make a 6-month purchase. That was when I realized the length people will go just to defraud vulnerable people. Not to imagine the fake testimonials. It is so dangerous out there people, be very careful or you will be taken.

In the process of researching the causes of the diabetes, I learned that type 2 diabetes was caused by sugar. Back in those days, even some doctors did not know that refined sugar caused type 2 diabetes. I put together a diet of healthy-eating and exercise and tested it on myself. But it did not work very well. I proceeded to modify the diet and the exercise program in conjunction with supplements and vitamins and included probiotics.

I began the diet and exercise and the supplements. I took the supplements at a certain time of the day. By day 19. I began to feel a small surge of energy which began to increase and by day 21, I was full of energy. I went to see my doctor again who requested another blood glucose test. A day after the test, I was called back to his office.

He showed me the test results and told me, "Congratulations. You are no longer a diabetic, your blood pressure is normal, and your cholesterol has dropped to normal. That is excellent. I will even give you a hug if you like," he said.

I recall him telling his staff, "Congratulate this man. Remember his blood glucose level when he first came in. He is no longer a diabetic."

I was so happy, so excited. I told him that now that I know that type 2 diabetes can be cured, I am going to write a book to help other diabetics for which he replied, "That is an excellent idea". He issued me a handwritten testimonial for the book.

My experience curing the diabetes was featured by WebMD back in 2016 in their fall 2016 Diabetes magazine as well as on their website. WebMD is where medical doctors and healthcare professionals turn to for information. A powerful testimonial that our program works.

I have a website where my book as well as the diabetes cure program is listed for a small price. To learn about my books and our type 2 diabetes cure program, please visit Centre for Diabetes and Obesity Wellness or go to <https://diabetesselfcure.com>.

Thank you for listening.

**In the next episode, I will be talking about pre-diabetes as well as obesity or weight gain together and how to reverse them.**