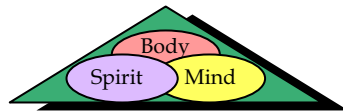


## Chapter 16. Next Steps



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### Now What?

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According to Dr. Phil McGraw there are two factors that will prevent you moving from a condition that you claim you do not want (poor health), to a condition that you claim you do want (good health):

- The first is the advantages you get from the unwanted condition of poor health. Dr. Phil refers to this as “your payoff.” For example, you may miss the doctor visits your family who feels sorry for you because of your illness. You may miss the convenience of taking a drug instead of making all the lifestyle changes.
- The second is the disadvantages you avoid by not moving to the desired condition of good health. For example, you may not want to take on the responsibility of your own health and the decisions you have to make because you can no longer blame the doctor or someone else for your poor health.



The underlying mechanism that drives these two factors is **behavior modification**. Trying to change your behavior after 20-30 years of eating and living a certain way is very difficult and challenging to say the least – but, not impossible. Consequently, if you do not face and address these two factors, then, the first time that you have to deal with a change that affects your daily life or the activities of your family members and friends, you will be tempted to revert to your old habits. In addition, when the journey starts to get a little rough, you will be tempted to fall back into your old habits. Instead of waiting for that to happen, develop a proactive plan that will address those problem areas *before* they occur.

*Note:* If you need help in developing a proactive plan that is customized to your lifestyle and your health needs, contact our wellness center (800-813-1927, 800-954-0366) or visit our website [www.deathtodiabetes.com](http://www.deathtodiabetes.com).



**Lifestyle:**

- Many people enjoy their lifestyle and lack the motivation to give up any of their freedoms.
- Many people just don't like to exercise. Reasons include time, boredom, pain, sweat, cost, and community involvement.
- Many families do not sit down and eat together anymore.

**Countermeasures:**

- If you have any disease, then, your current *lifestyle* is really your *deathstyle* – give it up before it gives you up.
- Become a community advocate for change, e.g. support getting bicycle and walking lanes added in your neighborhood.
- Learn ways to enjoy exercise. If you make exercise fun, the time will fly by. Exercise with a friend or the family. Make it a social event. Keep track of your exercise progress to provide motivation. Make exercise a fun activity, e.g. participate in a walk-a-thon.
- Set aside at least two days a week to eat together as a family.
- *Benefit:* You will enjoy a higher quality of life and slow down the biological clock.

**Food Addiction, Enjoyment:**

- Some people are addicted to chemicals in the “dead” foods, which cause the toxic effects of the biochemical and hormonal imbalances. Unfortunately, some people don't realize that they have a chemical addiction to the “dead” food.
- Some people are “addicted” to the freedom and lifestyle that the convenience of prepared/fast foods brings to their lives.
- The foods that are unhealthy include many of the good-tasting foods, which are easy to acquire and easy to prepare.

**Countermeasures:**

- Change your definition of food. Many of your favorite foods are poison to your body. Would you consume arsenic if it taste good? Start eating more of the healthy foods and gradually convert each unhealthy (favorite) food to a healthier version.
- Reduce the number of times that you eat out. Also, reduce your time spent watching TV, especially the food commercials and the news.
- *Benefit:* You will enjoy food without sacrificing your health.

**Finances:**

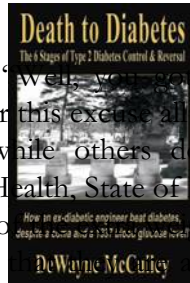
- Potatoes, rice, macaroni, pasta are inexpensive foods, and easy to prepare, especially for a large family.
- Some people feel that it costs more to eat healthy.
- Many people can't afford to buy exercise equipment or join a gym.

## Countermeasures:

- Spend the same amount of money on meat, but buy a smaller amount of a higher quality meat, e.g. lean, no antibiotics. Buy foods that will heal your body so that you can reduce the money you're spending on doctors, drugs and hospitals.
- Reduce eating out at fast food restaurants.
- *Benefit:* You will eventually begin to save money because eating healthy requires less food (fuel), less drugs, less doctor visits, less medical bills, etc.

**Denial/Spirit:**

- Some people rationalize: "I will eventually die of something some time!" (*Author's Note:* I hear this excuse all the time).
- Some people feel fine while others don't believe that they are seriously sick (Illusion of Health, State of Denial).
- Some people are unaware of the weight they're carrying.
- Most people don't realize that they are addicted to food as drug addicts are addicted to drugs.
- Some people have a negative outlook on life.
- Some people are stubborn, and refuse to make the necessary changes to their nutrition, exercise, and lifestyle.
- There is a defense mechanism that tries to "protect" us when, after years of being told one thing ("there's no cure for diabetes") that the opposite might be true. Some people will actually spend energy trying to convince themselves and others that "It can't be true – it can't be that simple."; or "That's impossible – I've been living with this disease a long time, I should know."



## Countermeasures:

- Improve your spiritual health, emotional health, and family health.
- Believe that God will help you, but don't sit around waiting for God – take action, listen to your surroundings.

- Increase your knowledge about nutrition and disease.
- Accept the fact that you will make mistakes. We all make mistakes, but how you respond will determine your level of success.
- Don't waste energy trying to convince yourself and others that you can't get your disease under control. It would be more fruitful using that energy to attempt to improve your health.
- *Benefit:* Spiritual health allows you to focus on your faith and ability to help others, with a de-emphasis on drugs. This supports Apostle Paul's requirement to glorify God in our body, as well as our spirit: "Know ye not that your body is the temple of the Holy Ghost . . . therefore glorify God in your body, and in your spirit, which are God's." (1 Corinthians 6:19-20)
- *Benefit:* Emotional health allows you to be happier, with no anxiety or frustration; and, your energy is no longer spent on being unhealthy, overweight, tired, or living in pain.
- *Benefit:* Family health benefits your legacy. Your children will not follow today's trend of more and more children and more children becoming Type 2 diabetics. Keep in mind that obesity in childhood carries into adulthood more than 75% of the time.



### Knowledge:

- Many people are brainwashed by the food industry and TV advertising about processed foods, fast foods, snack foods, and soda beverages – most are chemicals disguised as “food”.
- Some people don't really believe that eating properly can make that much of a difference; and, even if it did, it takes too long to reap the benefits. It's easier to just take a drug.
- Some people are not aware that some of their family members or friends may not want them to succeed.
- Because drugs are so effective at lowering blood glucose, blood pressure, and cholesterol, many people believe that the drugs are really working to improve their health.
- Most people have developed an acceptance of over-the-counter and prescription drugs as a way-of-life and a belief that they actually work to heal the body.