

# THE DIABETIC'S FUNGUS FIGHTING HANDBOOK



# ANTI-DIABETIC FOODS THAT BLAST FUNGAL BACTERIA

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The information provided in this book is not intended as a substitute for the advice provided by your own physician or healthcare provider, not necessarily take your individual health situation into account. Or disease, or else the meaning of determining a treatment. You should also not use the information as a substitute for professional medical advice when deciding on any health-related regimen, including diet or exercise. You should always consult your own licensed healthcare provider for these purposes, or for any specific, individual medical advice.



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# THIS BACTERIA IN YOUR GUT IS MAKING YOU FAT

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**A**s you now know after watching out informative presentation bacteria in your gut is one of the overwhelming causes of all unwanted body weight.

And it can also “mute” the hormone in your body that’s responsible for feeling full after a meal...

Forcing those food cravings that seem to come out of nowhere, and that impossible to ignore.

**It is the #1 culprit keeping you from getting the body of your dreams.**

Now pay close attention here...

Because once you understand what this fat bacteria is...

And how to STOP it from making you put on unwanted pounds of body fat...

You’ll be shocked by how quickly it’s possible to transform your body.

**As you know**, your gut is a system of organs in your body that “breaks down” the foods you eat – including fats and carbs...

And turn them into energy and nutrition.

**Inside your gut there are trillions of tiny bacterial organisms...**

Often referred to as “gut flora”...

And your gut flora work together in an incredible ecosystem...

Where they not only break down the food you eat into nutrients...

And protect you from harmful parasites, fungi, viruses, and toxins.

**Now here's the problem...**

And this is the key to why you've been unable to drop those unwanted pounds...

Along with why you've never been able to make a diet or exercise routine work long-term.

Just like with any ecosystem...

If the ecosystem in your gut grows out of balance...

It can lead to massive problems and disruption.

In the case of your gut...

**This disruption is caused by a type of "fat bacteria" called "firmicutes"...**

Now having firmicutes in your gut isn't a bad thing on its own...

These bacteria help to break down fiber and increase the absorption of dietary fat.

**The problem is that in people with extra body fat the amount of firmicutes is much too high...**

Leading you to absorb way more fat than is normal...

**Which is what causes you to gain weight.**

It's also what makes losing weight feel so impossible...

Because even if you diet, or exercise all of the time...

If you have a firmicute-dominant gut...

**An abnormal amount of fat will STILL be absorbed by your body.**

And research has now proven that there are abnormally high levels of these “firmicutes” inside the guts of all overweight individuals.

Now that’s the bad news...

**But don’t worry, there’s good news too.**

You see: since all of your weight issues are caused by “bad bacteria” in your gut...

This means that **FIXING** your weight problems is easy.

**You just need to “flush” this bad bacteria out...**

And clear the path for good, normal, healthy bacteria to once again flourish.

Now there are several ways to do just that...

One of those ways is through a natural healthy diet of foods that balance the bacteria in your gut ... read on to learn more.



# NATURAL FOODS THAT BLAST FAT

**Y**ou don't need to be morbidly obese to know what it's like to feel insecure or ashamed by your body.

Maybe for you it's just the frustration that none of your clothes seem to fit anymore...

Or you're sick of the anxiety you experience every summer...

When you're invited to the beach, to the pool, or other "swimsuit" functions...

But are too self-conscious to take off that big t-shirt that's hiding your body.

Or heck, maybe for you it's not even about physical appearance...

**Maybe it's the fact that your children and grandchildren are embarrassed by the way you look...**

And you HATE not being a good role model for them...

And you know that if you don't get your weight problems under control NOW...

The great news is that losing weight doesn't have to be difficult with the right diet and supplementation you too can have the body of your dreams ...

There are a few powerhouse ingredients that can be found in most supermarkets that can help blast fat and restore a healthy gut ...

## MORINGA

Moringa is one of the most powerful health-enhancing plants and is the best weapon for fighting fact bacteria ...

Often ingredients like this will have one or two benefits ... for Moringa the list is almost endless.

Moringa has been shown to help with more than 350 different conditions, diseases, and health concerns...

**Yet its most powerful benefit is the ability to cleanse your gut and digestive system...**

Destroy toxins and bad bacteria....

And help you to burn pounds of unwanted body fat naturally, safely, and effectively.

The moringa leaf has also been shown to be an excellent source of nutrition and natural energy booster.



## GRAPEFRUIT

While grapefruit doesn't have any magical fat-burning properties it is great at provding you with that "full feeling"

It's high in soluble fiber which takes a long time to digest.

Having half a grapefruit or a glass of grapefruit juice before a meal fills you up, so you eat fewer calories during the meal





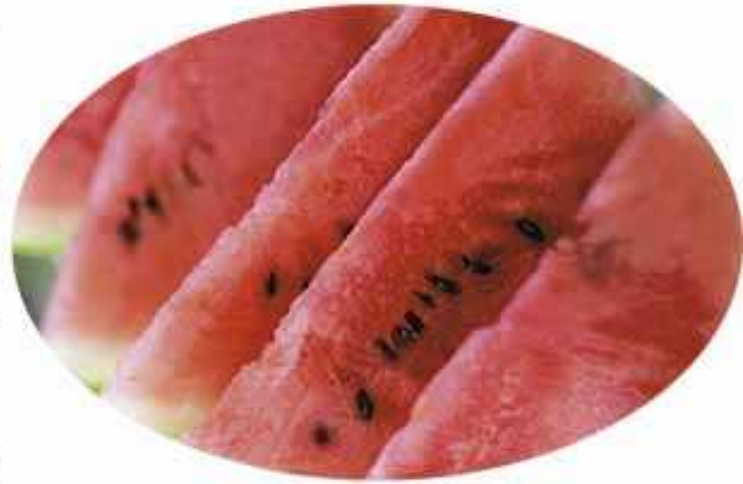
## WATERMELON

Foods that are rich in water take up more room in your gut.

This signals the body that you've had enough to eat and leaves less room for other foods.

Many raw fruits and vegetables are full of water and nutrients and low in calories.

Watermelon is a great example. It's a good source of the antioxidant lycopene and is also a great source of vitamin A and C as well.



## BERRIES

Like other fruits, berries are high in water and fiber, which can keep feeling full for longer.

They're also sweet, satisfying your sweet tooth for a fraction of the calories you would get from cookies or brownies.

Blueberries make a great after dinner treat to satisfy that sweet craving.

They're loaded with antioxidants for general well-being.



## RAW VEGETABLES

Raw vegetables make an outstanding snack.

They satisfy the desire to crunch, they're full of water to help you feel full, and they're low in calories.

Half a cup of diced celery has just 8 calories. Coat celery with a little peanut butter or dunking carrots in salsa for a fun twist.

When you're in the mood for chips and dip, replace the chips with raw veggies



## SWEET POTATOES

Think of the typical toppings on your baked potato -- butter, sour cream, maybe cheese and bacon bits.

If you substitute a sweet potato, you might not need any of that.

You can save on a load of calories and as a bonus sweet potatoes are packed with potassium, beta-carotene, vitamin C, and fiber.





## SOUP

I'm talking broth-based, not creamy.

Soup has a lot going for it. It's full of water, which fills you up with the fewest possible calories.

It's hot, which prevents you from eating too much.

Have it before a meal, and soup can take up space that might have gone to higher-calorie foods.

You can also make a satisfying, low-calorie meal out of soup alone by adding chicken, fish, cut-up vegetables, or beans



## SALAD

Another way to fill up before a meal is by eating salad.

Lettuce has plenty of water content to take up space in the stomach leaving little room for fattier foods that might come later in the meal.

Make your salad interesting by adding a variety of fruits and vegetables or grated cheese. But avoid the dressing – this can be a calorie killer!





## LEAN MEAT

You know that protein can keep you full longer and burn more calories during digestion.

However, choose your protein carefully. Dark meat tends to be high in fat, which could cancel out some of the benefits.

Skinless chicken breast is a great choice. Stick with a 3- to 4-ounce portion



# WHAT CAN CAUSE GUT BACTERIA

## Avoid Processed And Refined Foods.

A diet that's high in highly processed, high-sugar, high-fat, and low-fiber diets significantly alters the bacteria that generally grows in our digestive tracts, and the change has been linked to weight gain and diabetes. These types of food feeds the undesirable gut bacteria to thrive.



## Avoid Sugar.

Sugar feeds the undesirable gut bacteria as well. Studies have shown that a diet high in sugar can lead to overgrowth of yeast species and other pathogenic bacteria. For the good bacteria to thrive, they require complex carbohydrates like vegetables, beans, and whole grains – not sugar. When you get too many calories from sugar – the average person eats more than 22 teaspoons a day – the good bacteria will go hungry and eventually die off allowing for an overgrowth of the bad bacteria. Stick with whole foods as much as possible and skip sugary, highly processed junk food.





## Eat More Fiber.

Eating fibrous plant foods is an important strategy for improving the robustness of gut bacteria. These plants provide the raw material to feed the bacteria through a process called fermentation. The diversity and number of plants you eat will be reflected in the diversity and number of bacteria in your gut; the more the better. Aim for at least 25 to 35 grams of fiber a day; two to three servings of fruit, four to six servings of veggies, two to three servings of whole grains, nuts and beans several times a week.



## Eat More Fermented Foods.

Fermented foods provide probiotics. Greek yogurt and kefir, a tangy dairy drink that's packed with healthy bugs, are a good start. Look for products that say "live and active cultures" on the label, and avoid those with added sugar that can feed undesirable bacteria. Other probiotic powerhouses include naturally fermented sauerkraut, kimchi, and pickles; they contain both live bacteria and prebiotics that nourish gut bacteria.





## Eat More Prebiotic Foods.

Prebiotics are a type of soluble fiber found in certain plant foods that act as “food” for probiotics. They are like fertilizer helping probiotics grow and flourish in your gut. Prebiotic-containing foods include Jerusalem artichoke, garlic, leek, asparagus, and banana. Eat some type of prebiotic food every day.



## Select Your Meat.

A diet heavy in factory farmed animal protein feeds a type of bacteria called Bilophila that has been linked to inflammation in animal studies; and chronic inflammation is a major contributor to obesity. If you are a meat-lover choose grass-fed beef because they are a good choice of omega-3 fats which helps lower inflammation levels and promotes healthier gut bacteria.



## Avoid Certain Fats.

The type of fats we eat matters. Studies have shown omega-6 fats actually promote the growth of bad bacteria in the gut like canola oil, soybean oils and seed oils. Replace these oils that are high in healthy omega-3 fats like coconut oil, avocados, grass-fed butter, fish rich in omega-3's and extra virgin olive oil giving healthy gut bacteria a chance to flourish.



# GET FASTER RESULTS TODAY

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The above recommendations are not miracle cures.

They are the actions that lead to normalized gut function and flora through improved diet and increased fiber intake ...

However, there is a faster way to start seeing the results that you want ...

My team and I at Direct Naturals know what it's like to experience the stress and disappointment that comes from a flabby body.

Of feeling like you're letting down your children, your grandchildren, your spouse, your loved ones because you can't get a handle on your weight...

And of worrying about heart disease, type 2 diabetes, and stroke.

Plus we also know how good you're going to feel when you DO start seeing real, rapid changes to your physique...

**So we set out to develop a product that would fight bad gut bacteria and produce the maximum amount of fat burning in the least amount of time ...**

So we combined Moringa (the super plant you heard about earlier ...) with 4 other powerful fat burning ingredients...

And we gave this mixture to a select group of overweight individuals, to see if it would help.

**The results were simply incredible...**

It's what you have in your hands today ... the Direct Naturals 5-in-1 Weight Loss Formula...

We are thrilled to be sharing this special formula you and as more and more people take it we are thrilled to see that the results have remained steady ...



**Plus this special mix of fat-burning ingredients worked for people of all ages and body types too...**

Which makes sense since it doesn't matter whether you're 30 years old and want to lose 15 pounds...

Or you're 60 years old and want to lose 100 pounds...

It all comes back to reducing the "fat bacteria" in your gut.

We can't wait to hear how incredible you feel when you look in the mirror and break out the widest smile ...

Because the lumpy fat that used to stick to your midsection is disappearing before your eyes.

The relief, the confidence, the excitement...

**These are the best feelings in the world...**

And we want you to experience them for yourself today.

**We're confident you'll be THRILLED with the results ...**

To health and happiness,

Best

*Alan Lister*