



# Reverse Type 2 Diabetes With Plants

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# Myth: Aging Means Inevitable Pain

**Truth: Targeted plant foods activate rapid, natural recovery.**

At age 60, “Doc and Chef” Dr. Jim Loomis crossed the finish line of an Ironman competition. The next day? Zero muscle soreness. Not a single twinge.

The secret wasn't a pharmacy; it was his post-race recovery shake.



# The Zero Soreness Equation

Research advises against isolated 'whole food' supplement pills. Real recovery requires the whole plant.



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## 0 Muscle Soreness



**Myth: Type 2 Diabetes is a Lifelong Sentence**

**Truth: Our bodies are wonderfully made to heal.  
Remission is the new standard.**

**REMISSION**

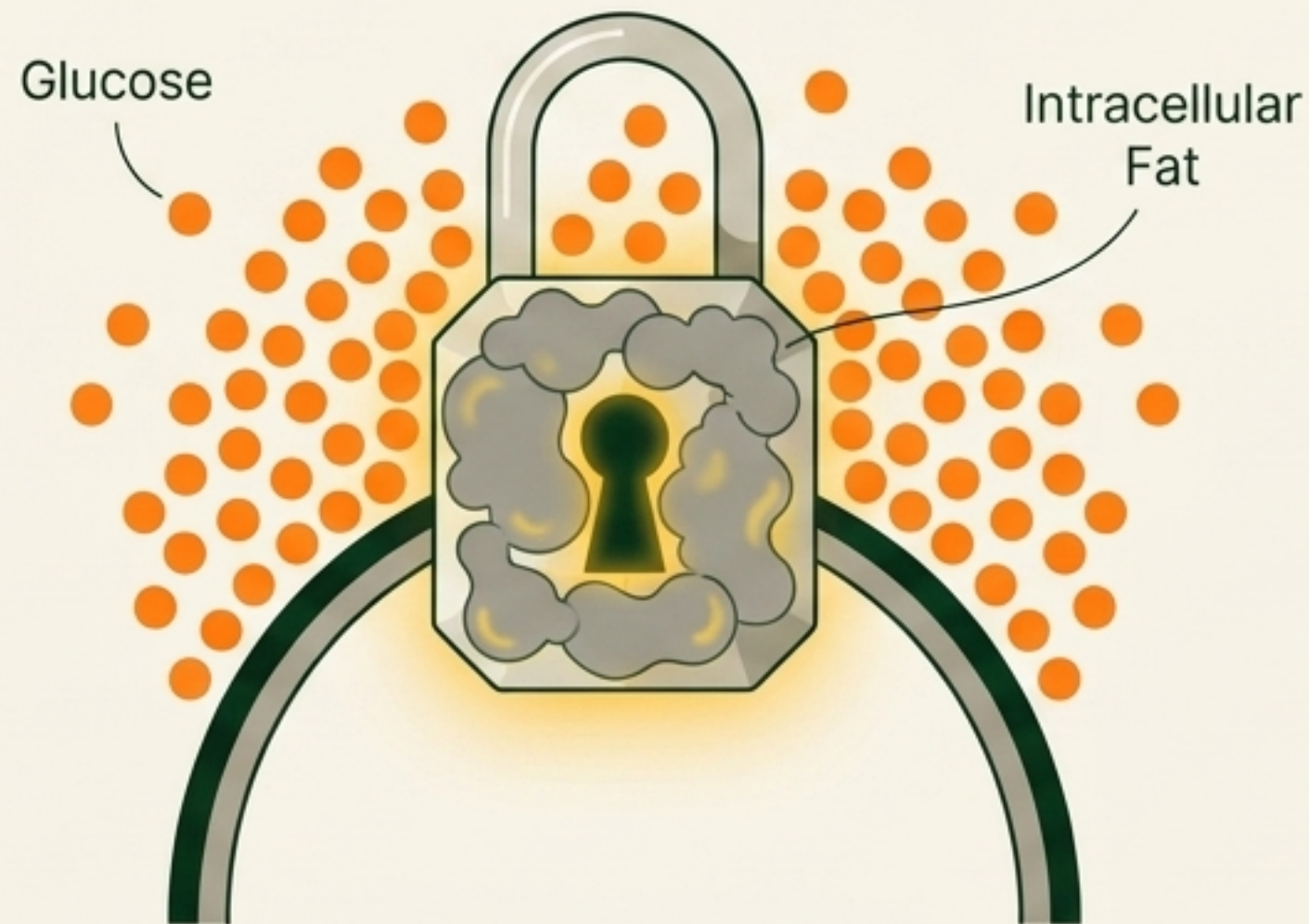
~~MANAGEMENT~~

The American College of Lifestyle Medicine, the American Heart Association, and the Academy of Nutrition and Dietetics have formed a powerful new consensus. The goal is no longer just "managing" T2D—it is driving it into complete remission using a 95% whole food, plant-based diet.

# Unclogging the Fuel Line

Reversing diabetes isn't about starving the engine; it's about unclogging the intracellular fat that blocks your body's natural insulin.

## The Blockage



## The Unlocking



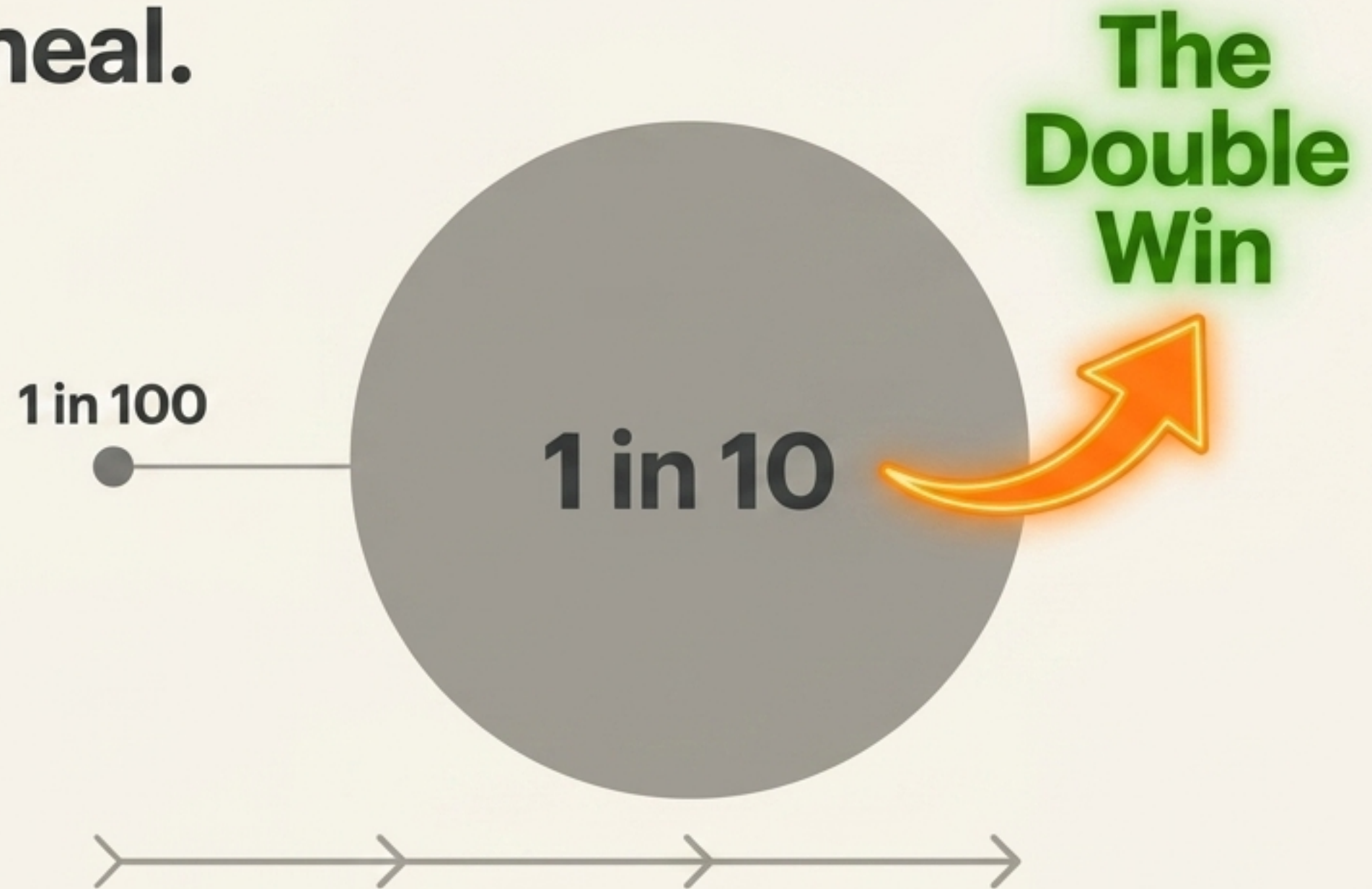
# Standard Care vs. Lifestyle Medicine

The Goal	Managing symptoms & lowering numbers	<b>Driving complete disease remission</b>
The Tool	Polypharmacy (stacking prescriptions)	<b>95% Whole Food Plant-Based Diet</b>
The Mechanism	Forcing insulin into clogged cells	<b>Unclogging intracellular fat so natural insulin works</b>
The Side Effects	Financial burden & fatigue	<b>Deprescribing &amp; enhanced mental well-being</b>

## Myth: Doctors Only Add Pills

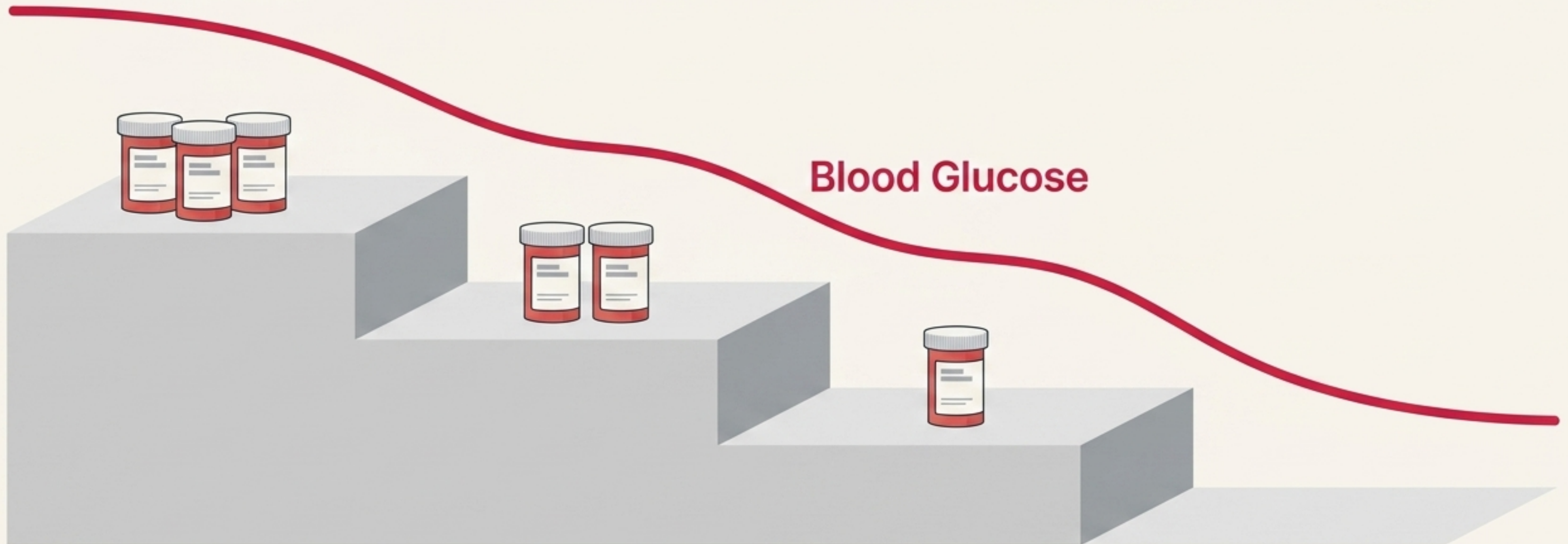
**Truth: Lifestyle medicine uses “deprescribing” as you heal.**

Fifty years ago, 1 in 100 adults were diagnosed with T2D. Today, it’s 1 in 10. But a recent randomized controlled trial revealed a double win: over half of patients on a plant-based diet successfully reduced their diabetes and heart medications. No extreme weight loss required.



# The Deprescribing Staircase

When you honor your body with lifestyle changes, your blood glucose drops so effectively that your doctor must actively eliminate medications to keep you safe.



# Myth: Diets Are a Miserable Sacrifice

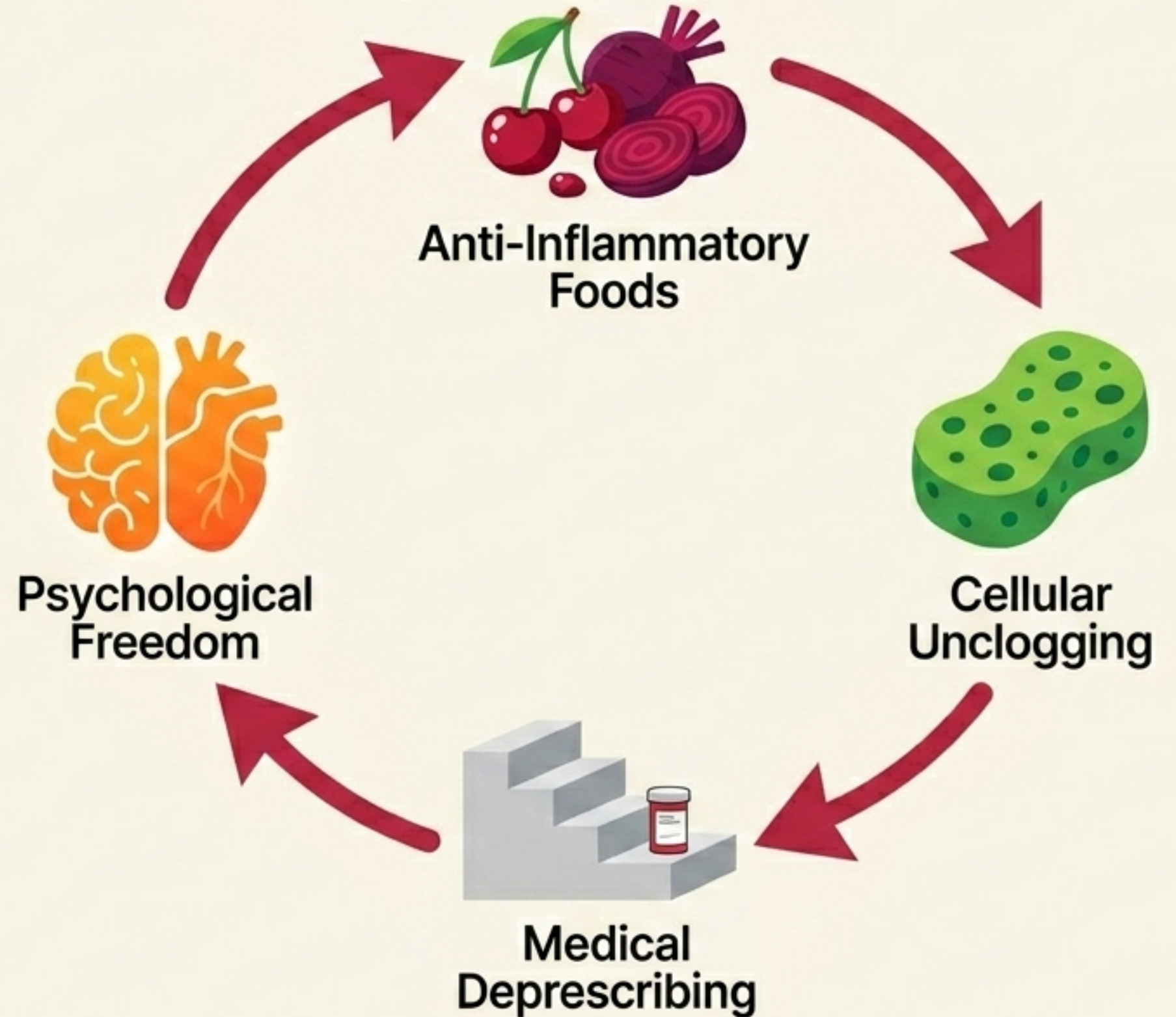
**Truth: Whole plant foods actually improve emotional well-being and joy.**

Type 2 diabetes is psychologically demanding—endless appointments, constant monitoring, and fear. But a systematic review found a beautiful truth: whole plant foods are associated with significant improvements in depression and quality of life. As Ecclesiastes 7:17 asks, “Why die before your time?”



# The 'Double Win' Ecosystem

One single intervention yields compound holistic interest.



# Blueprint for a Plantified Plate

Upgrading your plate doesn't mean sacrificing flavor.

## The Foundation

Dr. Michael Greger's Daily Dozen app (Eat the Rainbow).



## The Swap

Ditch liquid fat traps for the 7 Oil-Free Salad Dressings. (Even England requires salads for school children now!)



## The Main Course

Swap heavy taco meat for Spiced Tempeh Soft Tacos or try the Spinach Artichoke Flatbread with Roasted Tomatoes.



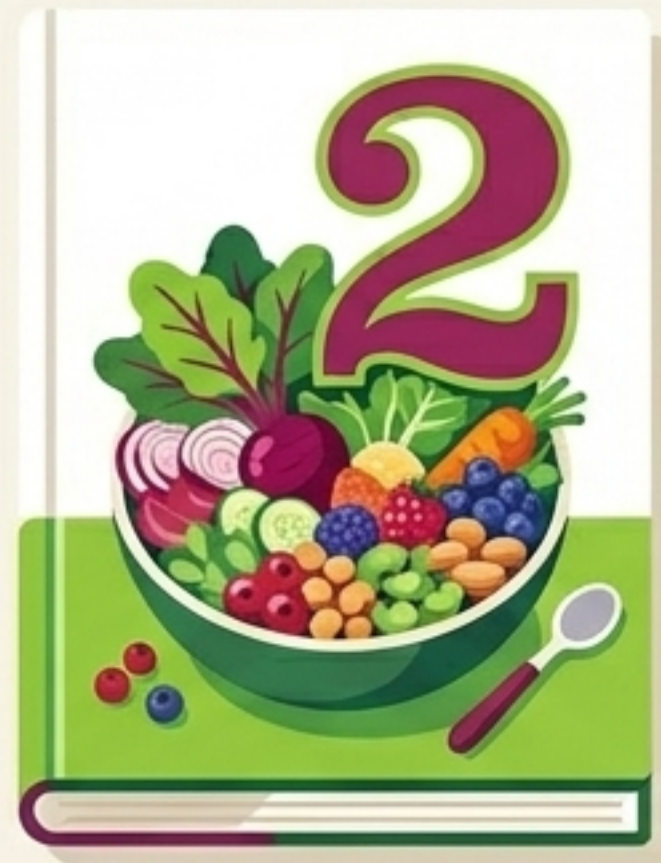
# You Don't Have to Reinvent the Wheel

Making unrefined swaps becomes second nature when you have the right community and practical kitchen guides.



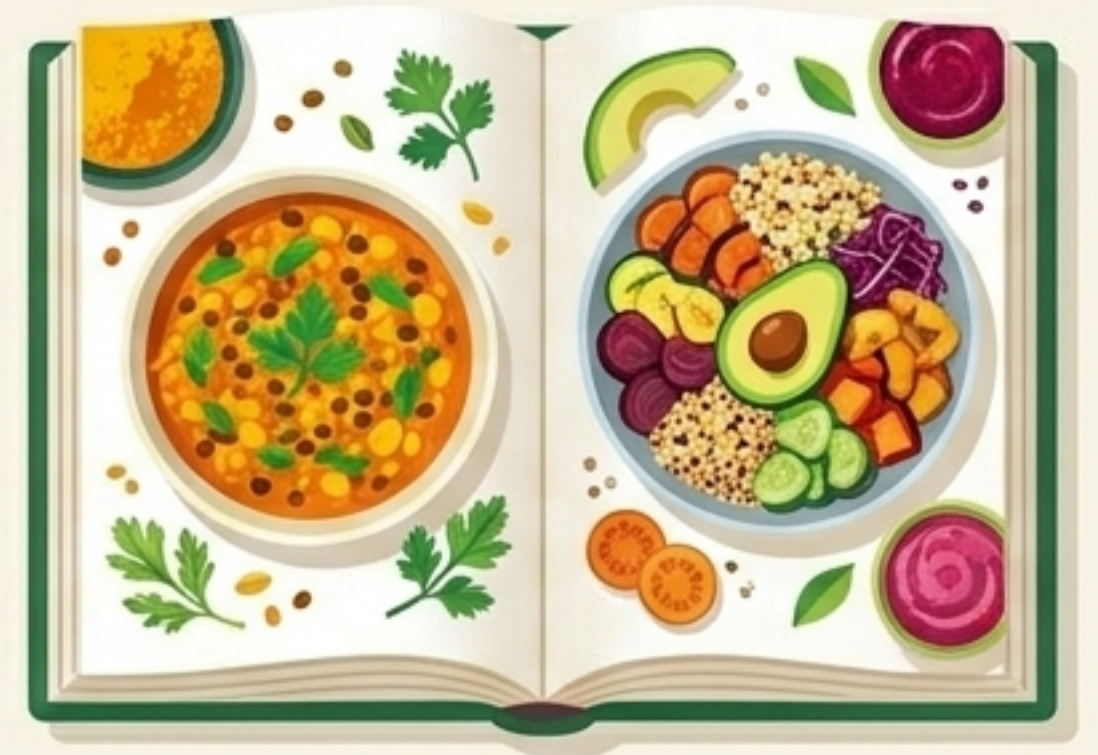
## The Food Revolution Summit

(Hosted by Ocean Robbins)



## The Engine 2 Cookbook

(by Rip Esselstyn)



## The Complete Plant-Based Cookbook for Beginners

(by Richard D. Cruz)

**What is one  
life-giving,  
plant-based swap  
you can make for  
your very next meal?**