

THE METABOLIC RESET PROTOCOL

Strategies for Reversing Insulin Resistance & Type 2 Diabetes

MEDICAL DISCLAIMER: If you are taking insulin or blood-sugar medication, you MUST perform this reset under the direct supervision of your physician. Rapid dietary changes and fasting can cause dangerous drops in blood sugar (hypoglycemia).

Step 1: Intermittent Fasting (The Cleaning Cycle)

Fasting allows the pancreas to "rest" and forces the body to use stored visceral fat for fuel.

Source: PubMed (PMID: 30327499) - "Therapeutic use of intermittent fasting for type 2 diabetes."

Step 2: Whole-Food Plant-Based Nutrition

Eliminating animal fats and processed sugars clears the "intracellular lipids" (fat inside the cells) that block insulin receptors.

Source: PubMed (PMID: 19339401) - "A plant-based diet for type 2 diabetes."

Step 3: The Mineral Matrix (Potassium & Magnesium)

A vegan diet rich in spinach, avocados, and beans provides the 4,700mg of Potassium required daily to support insulin sensitivity and pancreatic health.

14-Day Reset Tracker

| Metric | Day 1-4 | Day 5-8 | Day 9-12 | Day 13-14 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Fasting Window (16:8) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 100% Whole-Plant Foods | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| No Refined Sugars/Flours | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Daily Salt/Water/K+ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Morning Fasting Glucose | — | — | — | — |

The Healing Garden of Destiny

"Be water like the wind — move with heart and honor your rhythm."