

7 Simple Steps to Dominate Diabetes eBook

“I am who I am today because of the choices I made yesterday.”

Eleanor Roosevelt

I don't know about you, but in my world I like everything to be as simple as possible. That's why all of the info I provide below is actionable right now; you don't have to wait any longer to begin dominating your diabetes. What I mean is that you can read each tip, apply it to your life, and begin seeing results immediately.

When you CHOOSE to take action towards making your health a top priority by following these 7 simple steps, you will begin to see changes in your health and energy levels on day 1, and every day moving forward for as long as you CHOOSE to stay consistent on creating the lifestyle you desire.

–Daniele Hargenrader, The Diabetes Dominator

The 3 permanent practice principles are:

● **1. Get Started!**

● **2. Practice Daily**

● **3. Dominate Completely**

Now let's get started on the next page!

For more information check out <http://diabetesdominator.com>

7 Simple Steps to Dominate Diabetes Continued

Let's start off with the 7 steps themselves, then read on for a detailed description of what each step entails, followed by a specific action that you can take to make changes right now.

7 Steps:

1. **WATER, WATER, WATER, WATER, WATER, WATER, WATER!**
2. **Good VS Bad: *Know your Macros - Fats, Carbs, and Protein***
3. **Glycemic index: *A calorie is not a calorie!***
4. **Do not use low blood sugar as an excuse to eat junk: *Don't let your lows make or keep your weight high.***
5. **Exercise: *Move to improve your mood (among many other things!)***
6. **Psychology and Mindset: *The Power of the Dominator Brain***
7. **The Power of Choice, Habit, and Self-Discipline: *The more you choose, the more you win.***

You Really Are What You Eat, Mind, Body, and Soul. The nutrition information I am providing is based on 23+ years of diabetes-specific dietary experiments and more than 80,000 blood sugar checks (on myself) that ultimately formed the Diabetes Dominator I am today. In conjunction with the many diabetic clients I have had the pleasure of working with and seeing their continued success, this way of eating is the answer I rely on day in and day out to keep myself healthy. I consider myself (and all other diabetics) walking science experiments; that's not a bad thing! That means that we have to be more scrupulous than others when choosing what we eat. However, the guidelines I describe if followed by anyone, diabetic or not, will create an optimal healthy dietary lifestyle. What I find to be one of the most satisfying results of living a healthy lifestyle is the way it affects those around me

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like a ripple effect; people see me feeling and looking well and want to take action to obtain those things for themselves. This will happen to you too, I guarantee it. As soon as you start consistently taking action and following through with healthy choices, the people you are closest with in your life will not only begin to take notice, but will ultimately ask you what you're doing differently because they notice a difference. Leading by example is the only real way to influence those you care about, so if you won't do it for you, do it for the ones you love!

****One more important thing to mention before we get started here; I am not a medical doctor. I am a self-proclaimed citizen scientist, and an individual determined not to be a victim of disease. I am someone who chose to take charge of her own life, studied (and continue to study) nutrition, fitness and health for years, and is passionate about sharing what worked for me and my clients with others. All of the things that I recommend come from years of evidence-based research and self-experimentation, as well as receiving feedback from my amazing clients and seeing our positive collective results time and time again. Talk to your doctor before making any health or lifestyle changes.*****

Now on to the Steps Deep Dive!

1. WATER, WATER, WATER, WATER, WATER, WATER, WATER!

Did I mention water?!? Every human being needs ½ of their body weight in ounces of water OR MORE every single day. Other than oxygen there is nothing more important to the functions of your internal systems than water, period. Get a reusable, BPA free bottle (Nalgene brand is the one I use, you can find this and almost every other product I recommend on the Diabetes Dominator Amazon Store page) and start drinking!!!! I cannot stress this enough, I could list 1,000 reasons why but I won't

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because I want to fill this up with more useful info that you might not already know. You probably already know this but just aren't doing it. JUST DO IT, NO EXCUSES!

DOMINATOR ACTION ITEM – DO THIS NOW: Calculate how much water you need right now and make sure to remember the number. Then purchase a 32oz Nalgene bottle which is extremely durable, lid will never come open, and BPA free, and calculate how many bottles you would have to drink per day to meet your minimum requirements.

2. Good VS Bad: *Know your Macros.*

Every food we ever eat falls under one or more of 3 categories. The fancy name for these categories is macronutrients, but we know them more commonly as carbohydrates, fats, and proteins. There are healthy and unhealthy sources for all of these 3 macros, and knowing the difference can add years to your life. Luckily knowing the difference doesn't require you to be a nutrition expert, just to become more aware and rely on good old common sense, something that most big-name packaged food manufacturers are relying on you not to use to keep them rich and you unhealthy. This means that when you think of the food, can you eat it directly from its natural state or has it been processed into the final product? That will very often give you the right answer on whether the food is healthy or not. Reading labels is non-negotiable on the path of a Dominator, you have to do it to know what's in it!

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Examples of healthy carbohydrates include vegetables, fruits, and beans, while unhealthy carbohydrates include sugar, high fructose corn syrup, ANYTHING with white or wheat flour on the ingredient label, bread, pasta, white rice, milk/dairy, candy, cake, ice-cream, etc. Examples of healthy fats include avocados, coconut (unsweetened coconut milk, coconut oil, unsweetened shredded coconut), all raw and unsalted nuts and seeds, any nut butter that has **only one ingredient on the label** (peanuts, or almonds, no salt, high fructose corn syrup, or palm oil, if you like it sweet/salty, add your own stevia and Celtic sea salt when you get it home), extra virgin olive oil, walnut oil, other unprocessed oils. Unhealthy fats include anything deep fried, cuts of meat with a lot of fat on them, dairy including cheese/milk/cream, butter that is not grass-fed, processed oils and fats including canola, lard. Examples of healthy proteins include fish, eggs (yes, the whole egg unless you have known cholesterol issues), egg whites, all other meats in moderation (no lunchmeat unless low sodium and even then in very small quantities), as well as some protein powders such as Optimum Nutrition Gold Standard Whey (this is derived from cows so not vegetarian) as well as Life's Basics Plant protein mix and Growing Naturals raw yellow pea protein powder.

Lastly, only use stevia to sweeten anything. No artificial sweeteners (that's another discussion entirely), just stevia. It is natural and unprocessed if you buy one that only has stevia leaf extract on the label, which is hard to find. The best option I have found that is readily available is SweetLeaf or Stevita, which does have inulin in it (a naturally occurring polysaccharide/dietary fiber), which is not a red flag. Eat every 3-4 hours, women no less than 1400 calories per day (and that would be the absolute

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lowest,) and unless you are an athlete or train 2 hours a day or more most women don't need more than 1600 calories per day. Men should eat no less than 1600 calories per day, and unless you are an athlete or train 2 hours a day or more, most men don't need more than 1800 calories per day. Again, these are loose guidelines and you must experiment to find what works best for you.

Of course these are general statements and every person's needs are different. Figuring out exactly where you need to be is just one of the many things that I will help you to determine through coaching. You can figure it out yourself too; you just have to do a little math. Of those total calories for the day, no more than 25% of calories should come from carbs, somewhere in the range of 20-40 % protein, and somewhere in the range of 30-50% fat, every single case will be slightly different. **UNLESS YOU ARE AN ATHLETE, NOBODY NEEDS MORE THAN 1500mg OF SODIUM PER DAY, THIS IS INSANELY IMPORTANT TO KNOW AND APPLY!** In the meantime I will be happy to answer questions on individual cases by direct email contact. Go forth and Dominate!

DOMINATOR ACTION ITEM – DO THIS NOW: First things first; Get up right now and throw away everything in your home that you know is junk food. If you are not sure if it's healthy or not then keep it in an "I'm not sure" area and don't touch it until you figure it out. Plan a trip to the supermarket ASAP by making a list of what you will buy and stick to the list only. Fill the list with veggies, fruits, lean proteins, raw nuts and seeds that you know you like. Commit to preparing one healthy meal this week, even if you don't usually cook. Try something new, keep it simple, use a

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slow cooker for the least amount of work. There will be various simple, delicious recipes to try in my upcoming e-book that I use for me and my family every week.

Then go create a free account for yourself right now on www.myfitnesspal.com. Do not follow the website's computerized recommendations for your daily nutritional values and needs as they will always recommend way too few calories and way too many carbs, both which are detrimental to diabetes Domination, as well as to fat loss. Just start tracking what you eat so you have a ballpark idea of how much you are consuming regularly. The awareness alone that you will gain from seeing what you are eating is invaluable and will begin to shape and change your choices.

3. **Glycemic index: A calorie is not a calorie!**

“Stand guard at the door of your MOUTH; be a carb guard.” I’m sure you’ve heard many times before that a calorie is just a calorie, and if you possess even a small amount of common sense you must know that this is just not true. Think about it logically, there are the same amount of calories in ½ piece of white bread (glycemic index of 100) as there are in half of a medium apple (glycemic index between 30-40), about 40 calories. Just based on nutritional value alone, do you think your body can absorb and assimilate (put to use instead of storing as fat) more of those calories if they came from the bread or from the apple? If you guessed apple, you’re obviously a genius. Think about it like this, can you pick a piece of bread off of a tree and eat it right away like you can with an apple? Does bread grow ready-to-eat from

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the Earth? Maybe I live a sheltered life but I have never seen a bread tree. With the difference in water content of the foods along with the ratings on the glycemic index, you know that those 45 calories are certainly not created equal, and that's not even addressing the physiological differences your body goes through with one versus the other.

If you have diabetes of any type, being familiar with the glycemic index is an absolute must. It is a scale from 0 to 100 where 0 means the food has absolutely no effect on a person's blood sugar, and 100 has the maximum effect, spiking of a person's blood sugar up very high very quickly, it's really that simple. All you have to do is use that awesome little box called Google and a great website called Livestrong.com and learn which foods fall where on the glycemic index. Ideally anyone who has diabetes, or just wants to maintain a healthy eating lifestyle, should choose the majority of the carbohydrates they eat from those that fall under 50 on the glycemic index in order to maintain as steady control over blood sugar levels as possible. It will take some effort on your part, but once you learn this you won't forget it and it will continue to serve you endlessly for the rest of your life.

DOMINATOR ACTION ITEM – DO THIS NOW: Check out www.livestrong.com which offers glycemic index information on thousands of foods. If you have access to the internet, there is no excuse to say you don't know the glycemic index value of any food. It's all right there at your fingertips!

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4. Do not use low blood sugar as an excuse to eat junk: *Don't let your lows make your weight high.*

I cannot stress enough how important this tip is since it used to be one of my biggest downfalls and one of the biggest factors keeping me fat! If you allow yourself a “treat” every time your blood sugar drops you are creating a habit that tells your brain that you get a reward for having hypoglycemia. This will in turn cause you to have low blood sugars more often, whether consciously or unconsciously. If you are experiencing more than 2 low blood sugars per week, then you are taking too much insulin and it should be lowered immediately (talk to your doctor) since the more insulin you take, the more fat your body will have the capacity to store. THE ONLY THING THAT YOU SHOULD EVER USE TO TREAT HYPOGLYCEMIA IS A 100% JUICE BOX OR A PACKET OF LEVEL LIFE OR DEX4 GLUCOSE PRODUCTS that are made specifically to treat hypoglycemia. That means no candy, cake, cookies, crackers, cereal, bagels (I'm naming the things I used to “treat” myself with as examples) or whatever else you have chosen to use in the past. Remember, your choices shape your quality of life, don't choose to reward unhealthy behaviors!

DOMINATOR ACTION ITEM – DO THIS NOW: Get up right now and throw away all of your low blood sugar “treats,” which you should have already done from the Dominator Action Item from Tip #1. Save something to hold you over during your trip to the supermarket (which you should take right now) just in case you need it, and buy 100% juice boxes. Also, when you throw away your “treats,” make sure they are out of all packaging and that the food touches the garbage. Yes, I'm serious. This one definitely isn't rocket science, just step up and throw away the junk!

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5. Exercise: *Move to improve your mood (among many other things!)*

Ok folks, there is no way around this one; the more consistently you exercise, the more consistently awesome your blood sugar levels will be, period. On top of that your energy levels and mood will be immensely improved as well, bonus!! Our human bodies were made to move, and these days the majority of people aren't even taking a leisurely walk 2-3 times a week! When I was younger and 60 + pounds heavier, the last thing that appealed to me was exercise, so I understand how some of you feel! But, like everything always does when discomfort is present, that changed dramatically when my desire to take control of my health got more urgent. I found that the more I exercised and learned, the stronger I felt; the stronger I felt, the more confident I felt; the more confident I felt, the more determined to continue upon my path of Domination I became.

This didn't happen overnight people! It took self-discipline and focus, and now if I don't move my body in some way 6 days a week I feel awful and guilty! Just like with nutrition, if you choose to begin Dominating your exercise regimen, you will IMMEDIATELY have to adjust your insulin levels to a lower dose. The effects of exercise on blood sugar levels will be immediate (during exercise, or minutes, hours after exercise, you will feel the effects, it will be different for each person), and if you are taking too much insulin it will increase your lows, therefore forcing you to ingest extra carbs your body doesn't need. First, talk to your doctor. I am not a doctor, although I will confidently state that I

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understand health and nutrition far better than every doctor I have encountered in my day, especially in relation to diabetes. After that, talk to me; I will gladly offer advice on individual cases.

I'm not saying that you need to start squatting 200lbs right now, but I am saying that you need to assume the proper squat position and stand up out of the chair or couch and get moving 5-6 days a week. Commit to finding some type of exercise that you enjoy; the simplest is walking/jogging, and progressing it as you get healthier and stronger. What I mean is if the first week you walk 1 mile 5 days per week, the second week you will walk two miles five days per week, the third week you will walk 3 miles, or walk the 2 at a faster pace than you did the week before, making it more challenging in some way as you get more fit. If there is a class that interests you, take it! If you are nervous about exercising in a group setting, don't be! Seriously, most people taking exercise classes are new as well and don't care about what you are doing because they are too busy worrying about how they look, true story, take it from an experienced class-goer and class instructor. You are the only one standing in your way!

Yoga, Zumba, Bootcamps, Kickboxing, anything that appeals to you and will keep you moving for 30 minutes or more each day will work wonders for your blood sugar levels today. It won't take a week, the benefits will happen almost immediately. The extra added bonus you won't be expecting is the accountability you can build with the other people in the classes. They will see you week to week and ask where you were if you don't come! Built in accountability is awesome. I also highly recommend body-weight resistance training exercises for everyone, male or female no

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matter what age as long as you are not currently injured. Muscle is medicine, and that's the truth. The more muscle you have, the higher your metabolism is, the more calories you burn at rest, and the better your internal systems will function. You do not need to go to a gym to do Resistance Training, you have just about everything you need in your house right now. Check out my DiabetesDomintor YouTube channel for instructional videos of bodyweight exercises to do at home with proper form! 8 to Dominate is a fun way to kick off your healthy journey to Domination!

DOMINATOR ACTION ITEM – DO THIS NOW: Get up and do 20 jumping jacks. Just do it! Now that you're sitting down again, write out your exercise plan for the week and commit to following through. The trick here is not to overshoot so that you set yourself up for failure and disappointment. If you are not exercising regularly now, aim for something realistic like a 30 minute walk 3 times this week. You could do it on your lunch break from work, or right after dinner, whenever fits into your schedule. Now that you've committed, put it in your calendar right now just like you would do if you just scheduled a meeting with a business client or your doctor. Set the calendar's alarm to go off at the time you committed to; make it as visible and audible as possible. When you talk about it it's a dream, when you schedule it, it's real.

6. Psychology and Mindset: *The Power of the Dominator Mind*

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Your mentality, or mindset, and attitude towards diabetes will make or break your success as a Dominator. Just like anything in life, if you consistently think negatively about something and focus on it, no matter how much positive you are “trying” to accomplish, you will almost always end up with a negative result because you are still focusing on the negative thoughts and feelings. The feelings you have about diabetes and meanings you give for why you have diabetes, whatever you focus on most, whether it is something you want or something you DON'T want, will end up as your outcome.

Trust me when I say that there is nobody who understands your challenges more than me. The constant monitoring and adjusting of food and medications, the forced eating and drinking when blood sugar is low and you don't want to eat, the waking up in the middle of the nights and/or mornings with high or low blood sugars even if you thought you did everything right, the feelings of lethargy/apathy/anger when blood sugar is high, the self-pity/why me party, the need to carry juice around everywhere you go, I could go on but I won't. I just want you to know that I get exactly where you are coming from because I have been there, and am still there on occasion, I'm only human! These highs and lows (pun totally intended) take their toll not only on our bodies but our minds as well, an area that is often ignored completely by “modern medicine” yet is arguably the most important to Dominate.

The most powerful mindset that you can choose to use to change your state immediately is one of gratitude. Everyone has someone and/or something to be deeply grateful for, whether it

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be a spouse, friends, family, career, pets, accomplishments you have made. And if you still think you have nothing to be grateful for, think of the water coming out of your faucets, the roof over your head, the things that 2/3 of the world lives without on a regular basis. We very often get so caught up in what's going on in our heads that we don't even take one second to stop and reflect on all of the things we could choose to be happy and grateful for at any given moment, things that most people in the world don't have that we take for granted. Yes diabetes sucks overall, but in the grand scheme of things it is almost totally controllable if we choose to step up.

DOMINATOR ACTION ITEM – DO THIS NOW: Find a place where you can close your eyes and either sit or lay quietly without distraction for 5 minutes. Do this right now or schedule it for some time today. Go to that place, (if you are in a hurry set a timer for 5 minutes, if you have longer, take as long as you like) sit or lay down, close your eyes, place your hands over your heart, and begin breathing deeply in through your nose and out through your mouth. After you have started the breathing, begin picturing in your mind, or thinking of anything and everything that you are grateful for. Spend a bit of time on each person/thing/event that pops into your mind and reflect on all of the reasons why they/it makes you feel grateful. Stack one thing on top of another until you are overwhelmed with gratitude for the life that you have been given to do with whatever you choose. Do this as often as you can, this is something that you don't need to do in moderation!

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7. The Power of Choice, Habit, and Self-Discipline: *The more you choose, the more you win. "He who conquers others is strong; he who conquers himself is mighty" - Lao-tsu*

Ok so I know that's a loaded title, but all of those things go hand in hand, well, in hand. What you choose to do, eat, think, shapes what become your habits and values. And when these choices and habits no longer serve us as many of them often don't especially when it comes to our health, it is only self-discipline to make new choices and habits that can allow us to change ourselves. Nobody is going to just come up to you one day and begin Dominating your diabetes for you. Only you can choose to activate the self-discipline you need to make the right choices to create the new habits for yourself.

Notice all of these things are within us all of the time, and if you're anything like I was before I became a Dominator, they are often in a state of conflict. You might outwardly choose to create a new habit by saying to yourself "I'm going on a diet this week to lose 5 lbs by Friday," but by Tuesday you decide that your self-discipline is too lacking and you go back down to the mental and physical levels where you have been hanging out comfortably for some time now, the ones that led you to decide to attempt to change in the first place. Until that level you have once again convinced yourself that you are "comfortable" on becomes extremely uncomfortable for you, you will likely continue to lack that elusive self-discipline to propel yourself to that next level. You need to have enough leverage to change (like you know that if you don't you are killing yourself with your current health habits, and if that's not enough, then your child won't have a parent, and worse will follow in your footsteps, etc.)

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Here's the secret; self-discipline is not just some elusive thing that comes and goes, it is also a HABIT that is created by CHOICES, your CHOICES! Boom! Epiphany! Just like you brush your teeth every day and would feel badly if you didn't (hopefully), self-discipline is also a daily habit that needs to be practiced CONSISTENTLY (like brushing your teeth) in order to make it a habit, not just on the weekdays. The more consistently you do something like drinking enough water, eating healthy, and exercising, the more used to it your brain and body become, and the closer they become to being habits. This would mean that the way you used to eat would be a step down from your new norm, and that is the goal. Bottom line, the more you want it, the more important and urgent it is for you to achieve, the more likely you will choose to use the habit of self-discipline to achieve it.

DOMINATOR ACTION ITEM – DO THIS NOW: Get a pen and paper (not a pencil, and sticky notes work well here), consciously choose ONE action item that you want to focus on most for the next 7 days during the beginning of your journey to Domination, write it down, and hang it on your bedroom mirror, your bathroom mirror, your refrigerator door, your computer screen, your dashboard in your car, and anywhere else you are going to be often. It could be choosing to commit to forming the habit of drinking half your body weight in ounces per day, or choosing to form the habit of moving your body through some kind of exercise 5 times a week, but make sure you write down very SPECIFICALLY what you are choosing to do and HOW you are going to do it. If it's the water, your first step would be getting up and drinking 12 ounces of water right now, then getting the Nalgene bottle and

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committing to your number of ounces for the next 7 days straight, no excuses. If it's the exercise, choose what exercise you will do SPECIFICALLY and EXACTLY when you will be doing it, meaning put it in your calendar as a scheduled appointment, again, no excuses if you really want to make this a habit in your life. If you do this one at a time, you could have 4 new, endlessly beneficial habits in 4 short weeks! It's your choice!

Bonus Step!!

8. Pulling it all together: *You can only manage what you measure!*

Check your blood sugar more often than you think is necessary. I know you might see it as an annoyance as I used to, but try to shift that thought process to the fact that it's your only way to really know what's going on in your body at any given time as a diabetic, which is how I think of it now. I'm currently in the process of getting a Continuous Glucose Monitor, and if you already have and wear one you are in a great position, but until I get it its business as usual for me. Ten times a day is a good place to start, and if you have a doctor or endocrinologist who thinks that is excessive, find a new doctor who actually understands what it is like to live with and manage diabetes on a daily basis. On average I check my blood sugar from 12-16 times per day. One time per hour is a good frequency in order to truly understand what is going on with your body and whether your blood sugar is rising, falling, or staying consistent based on your diet, exercise, and general schedule that day. You can't track what you don't measure!

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DOMINATOR ACTION ITEM – DO THIS NOW: Check your blood sugar right now! Set an alarm on your phone to go off once an hour to remind you to check. If you are not currently checking regularly, you will have to do this to keep yourself aware of the time that has passed since you last checked. Many meters have USB ports that come with them which allow you to plug right into your computer and have computerized read-outs of your blood sugar patterns with charts and graphs. If yours does, set this up if you already haven't. If yours doesn't, that's OK because all meters have a memory and you can always go back and chart your own blood sugars using a program like Excel or just writing them down in a Word document so you have them to look at for reference. You could enter your sugars in the document once a day at the end of the day, the whole thing won't take more than 5 minutes to do daily once you set it up. And if your health isn't worth 5 minutes of your day each day, then you're probably not ready to begin your Dominator transformation just yet, but when you are, we will be here!

Final Thoughts on the Next Page→

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Thanks again for making the effort to step up and start (or continue) to dominate your diabetes, I honor and respect your determination. Please check out the diabetesdominator.com

blog for more info tips, videos, and more. I have also written a blog specifically for each one of these tips, so if you have any questions or comments on a tip, please go the blog and let me know in the comments sections. diabetesdominator.com also has great resources and will continue providing you with more value you can add right into your daily life. We will send you email updates on the latest and greatest in Dominator news.

Finally, I love to hear about all of your individual successes and challenges of living with diabetes. Feel free to email me at daniele@diabetesdominator.com with any questions or anything you would like to share, especially if I was able to help you or a loved one. Its why I do what I do!

Remember, whether it's dealing with Diabetes, or any other challenge in life, don't just live with it, Dominate It!

-Daniele Hargenrader

About the Author:

I developed type 1 diabetes at the age of 8, but it wasn't until I was 9 that I was formally diagnosed (September 16, 1991 to be exact, I will never forget that date). The internet was just a blossoming idea at the time and my parents were scared out of their minds! They didn't have this invaluable, endless network of

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information at their fingertips (hooray for technological advances!). Diabetes Dominator is much more than a web URL. Diabetes Dominator is an identity that I have created and embodied over the course of the past 23 years. Through many trials and tribulations, great successes and horrible scares, after years of frustration, as well as mental and physical struggles, the Diabetes Dominator was forged. Diabetes Dominator is an identity and mentality that can be (and is encouraged to be) adopted by anyone who so CHOOSES to step up and be accountable, any person who takes responsibility for their actions and does not place blame for current situations or circumstances on another person, thing, or event.

I am an expert on the subject of type 1, type 2, gestational, and pre-diabetes, and all aspects regarding their management. I have had type 1 diabetes for over 23 years, and have gone through 3 stages of life with the disease thus far including childhood, adolescence, and adulthood. In my opinion learning, growing, and contributing never stop if you desire a fulfilling life, and because of this I have done (and will always continue to do) extensive research on many topics including diabetes, nutrition and cooking, exercise science, and anatomy & physiology. I do extensive volunteer work with the American Diabetes Association and CHOP (Children's Hospital of Philadelphia) teaching children and parents how to live a healthy lifestyle through nutrition and exercise choices. Because of my never-ending quest for knowledge and desire to conquer my own body and mind, I became personal trainer, personal chef, and nutritionist so as to understand how to dominate diabetes both nutritionally and with physical fitness. I am also extensively trained in the psychology of why we think,

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act, and feel the way we do as human beings on a day to day basis, and how it relates to living with diabetes.

Diabetes Dominator is a homepage, not just in the sense of the internet, but the “home” I wish was available to me and my parents when I was first diagnosed and in the sensitive and trying first few years with the disease. It is a safe-haven of knowledgeable and helpful experts on the subjects of diabetes, diabetes management, nutrition coaching, cooking, fitness coaching, and any other topic that is important to you, the reader, because it is your input and feedback that make this a symbiotic community where all of us can share our experiences and collectively come together to help one another. I truly hope that through reading my stories and blogs, watching my videos or interacting with other members that The Diabetes Dominator site has the ability to impact your life in a positive way and assist you in implementing some changes that will vastly improve your day-to-day life. It is my vision that the countless people that continue to be transformed through choosing to live as Diabetes Dominators will pass on that excitement, information, and overall value to others through their energetic, healthy lifestyles so that together we can create an impact on the overall health of future generations by using a concept as simple as leading by example!

Testimonials on the next page →

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Testimonials

“Before meeting Daniele, I would say I knew the basics of diabetes: test, eat, insulin. My A1Cs were in the 9s and i just didnt really know how to manage my diabetes at this point. Then Daniele showed me how to eat healthier and actually like it! She also gave me realistic goals about how to become healthier. I went from hardly taking care of myself to being conscious of every decision i make and thinking of how it will affect my health. And not only was she there to teach me, she supported me and helped me along the way. Daniele has become one of my role models who truly practices what she preaches. She has continuously shown me that you can accomplish what you set your mind to.” - Shay L., age 19, T1D, Horsham, PA

“After speaking with Daniele on the phone I began following her instructions to the tee, I just had enough of being out of control and feeling so tired all the time. My A1C went from 9.8 to 7.0 in 3 months, I stopped taking insulin injections COMPLETELY, and my blood sugars are consistently between 90-100mg/dl every time I check. My only regret is not starting sooner!” - Judy P, age 76, T2D, Las Vegas, NV

“It’s hard to put into words let alone a few sentences the impact that Daniele has had on our lives. My daughter was diagnosed at the age of 10 with type 1 diabetes. Until she hit puberty, her diabetes was manageable. When she turned 14, her diabetes spiraled out of control. A1C’s that previously were in the low 7’s now were in the high 9’s. She gained weight and her attitude was miserable. Daniele entered her life when she was 16 and within a few months of working with Daniele every week, I felt like I had

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my daughter back. Daniele not only worked out with her, she counseled her on eating habits and making the right food choices. Daniele helped her plan out meals and created a realistic diet plan for a teenager. Having diabetes herself, Daniele could relate to the issues my daughter was having with being different from her friends. Daniele provided support and guidance. Daniele was always available for phone calls from me whenever I had questions or needed advice on how to handle an issue that arose from having a teenager with diabetes. Even though my daughter is now in college, she continues to meet with Daniele on a regular basis. Her A1C is back in the low 7's and she maintains a healthy weight all thanks to Daniele's efforts!" - Kathy L, Mother of teenage T1D client, Hatboro, PA

"Working with Daniele after having bypass surgery has really helped me to improve my strength and blood sugar levels. I have reduced my insulin by 4 units so far and continue to need less as time goes on. The best part is that my golf game has improved dramatically! I'm giving the younger guys a run for their money now!" - Rich L, 66, T2D, Plymouth Meeting, PA

Select Blog Post Excerpts: See more on diabetesdominator.com

The big D and the big E: Diet and Exercise!

How Diet and Exercise work so well together, and how learning to love both make life so much more enjoyable for me.

Diabetes and exercise go hand in hand whether you have T1, T2 or are pre-diabetic. And let me tell you right off the bat that I was NOT always athletic, in fact I was far from it for most of my life. I spent my childhood and teenage years too intimidated,

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embarrassed, and anxious to exercise both because of being overweight and having T1D. On top of that, I had no idea where to start, so doing nothing at all was the easier option for me for a long, unhealthy time. Then something changed...I met and started dating a guy who played roller hockey when I was 19, and still more than 40 pounds overweight. I had been losing weight slowly up to that point through nutritional changes alone. One day he suggested that he teach me how to rollerblade... See the rest at: <http://diabetesdominator.com/2013/10/big-d-big-e-diet-exercise/>

Your body hears everything your brain is thinking...

It matters intensely what language you choose to use and what questions you choose to ask.

We are all our own worst critic, I'm not telling you anything you don't already know with that statement. However, over the years I have learned an incredibly important, helpful, and life-changing lesson that I would have thought was a bunch of crap when I was younger and so much more closed-minded. The words we use when thinking/talking to ourselves, the tone and level of intensity of the way we are saying whatever it is we are saying all actually play a gigantic role in determining the quality of the outcomes we reach in life, and the quality of our thoughts in general. Now mind you I say this from a place of TONS of personal experience on this topic...

When I was younger, 60+ pounds heavier, and had barely any control over T1D (I wasn't a Dominator back then!), you might

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have thought I was an insane person the way I talked to myself. The mean, unproductive things I said to myself and the questions I would ask only helped to keep me down in the depressed state I was in, and worse, only helped me generate... See the rest at: <http://diabetesdominator.com/2013/10/body-hears-everything-brain-thinking/>

Thanks and congratulations for reading and stepping up to take action in your life!

Let me know what your favorite or most helpful parts of the eBook are, or any suggestions you think I should add to future editions by sending me a quick email at: daniele@diabetesdominator.com