

21.0 PREPARATION FOR 21 DAY PROGRAM:

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21.1 What to expect:

Before we run any marathon, preparation is needed to meet the requirements. Similarly, we will have seven days to channel our energies towards preparation for the program to iron out possible issues that might arise later.

The following program is based on my personal experience, which worked well for me. I have successfully navigated 1000 plus days without any diabetes medication keeping my Type 2 blood sugar between 99-130 in the morning before lunch and 88-120 in the evening, before dinner.

And my March 2023 A1C is 5.9 and glucose 121.

Before that, for 20 years, I have taken 1000 mg of metformin every day plus some other additional medications for brief periods.

%A1C (whole blood) %

High



glucose mg/dL

High



GLUCOSE REFERENCE RANGE LISTED ABOVE IS THE FASTING REFERENCE INTERVAL NON-FASTING REFERENCE INTERVAL: 73 mg/dL - 107 mg/dL

You could be on higher or lower medication dosages than I used to take. Or you could just be diagnosed pre-diabetic by your doctor.

Irrespective of your status, if you are Type2 diabetic or pre-diabetic (not low blood sugar or Type1), you will immensely benefit from this program.

You have suffered with your condition for years; all you need to do is devote 21+7 days of your life, possibly to control your condition without medication or reduced medication. You will enjoy a healthier lifestyle if you stick to the program after its completion.

This 7+21-day program should stabilize your blood sugar. Once you reach the status of no or low medication, you can continue the key parameters to keep the blood sugar under control.

During the last 1000 days, I followed this program strictly only twice. But, for the rest of the period, I followed the key parameters (Bala's Rule – summarized in chapter 25.0) on food, exercise, and yoga to avoid medication.

21.2 Barometer of progress – blood sugar count

Our barometer of progress is our daily blood sugar count. I am assuming you are using blood sugar monitor equipment. If not, you can find them on amazon and order one you like.

During the first seven days, with medication, if you can do a 100-130 sugar meter reading before your lunch and dinner, **you can pat** your back.

However, during the program or close to the end of the program, if you are consistently doing less than 100 **with medication**, it might be time to think

WITH YOUR CURRENT MEDICATION	
TOTAL 28 DAYS	Blood sugar levels Before 1st and last meal
Day 1 to 7 - preparation period	<130
Day 8-25	100-130
Day 25- 28	<100
With Reduced medication	<90
With no medication	100-130

about reducing the medication. **Please consult your doctor before reducing or making changes to your prescription or if you have any health issues during the program.**

22.0 Type 2 Diabetes 21-day program (Please print next four pages)

22.1 You schedule for next 28 days (7+21 days)

My daily schedule during the 21-day program looked like this. As the order of events listed below worked for me, I would suggest following this routine. You can adopt the schedule below or make your own schedule incorporating the listed tasks if the starting time 6.00 am is not good for you.

Daily Routine for next 28 days	
	AM
Wake up	6.00
Stretch your body- still on bed	6.00 - 6.10
Warm Water	6.10 - 6.20
Coffee/Tea(sugar free) -if you can avoid that would be great	
Bath room actiity (without shower)+ other morning acitivities	6.20 - 7.00
Jogging, Brisk walk, cycling, any thing to bring your heart rate up	7.00 - 7.30
Shower, and yoga	7.30 to 8.15
No breakfast.	
Drink as much warm water as possible	
If very hungry eat (overnight soaked) almonds, peanut, sprouts 2 tea spoon full Or take one orange/ avacado or few berries. Be on your feet as much as possible - chair/sofa is not your friend.	
First meal (we want you to be very hungry. And you will be if you skipped breakfast) Stop eating at 75% full stomach Slow walk for 10-15 minutes after food No snacking - except warm water. Avoid coffee or tea. If hungry try one or two spoon full of sprouted food/ avacado	11.00 to 12.00
Drink as much warm water as possible	
	PM
Jogging, Brisk walk, cycling, any thing to bring your heart rate up	6.00-6.30 pm
Form day 8th onwards -24 mintues yoga / meditation	6.30-7.00 pm
You dinner time-you should feel hungry (slow walk for 15 mintues after food)	7.00 pm

22. 2 Before starting:

Check your weight _____

Check your BMI _____

You can check your BMI by inputting your height and weight on this website.
https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

If your BMI is anything other than normal weight, you need to start getting serious about losing weight. This program will help, but being conscious of losing weight is a great motivation to seriously work on intermittent fasting, food choices, gut health, exercise, yoga/meditation, and good sleep. (Similarly, gaining weight if you are underweight).

DO NOT STOP YOUR MEDICATION DURING THE PROGRAM. AFTER THE PROGRAM, IF YOU FIND THAT YOUR BLOOD SUGAR READING IS LOW (below 100), WORK WITH YOUR DOCTOR IF REQUIRED TO REDUCE MEDICATION.

23.00 21-day program -10 steps– for the next 28 days

When I observe something I feel correct I say to myself 'I should do this.' But when it is time to 'do this', I like most of you come up with solid genuine reason to postpone it to some other better day. One of the key factors required to do the program is motivation and the willingness to help ourselves. I had the trigger of my family doctor doubling my prescriptions medication, which motivated me to go through this program. But the greatest trigger of all is our health and wellbeing. Think about it and start on the program. It is just 7+21 days which is nothing compared to the years you have spent suffering with diabetes.

Step 1: Morning on wake up – stretching

On wakeup still in bed – do the following simple stretching – seven minutes. If you have the habit clearing your bowels immediately on waking up please do so first.

- 1.1 Extend your hands backward as much as possible, stiffen your body, stretch your ankle, and extend your feet forward. Do this seven times.
- 1.2 Bend your right knee and pull it towards your stomach, as much as you can, using both hands and release it back slowly. Now bend your left knee and pull it towards your stomach, as much as you can, using both hands, and release it back slowly– it is one cycle. Repeat seven times.
- 1.4 Lift your right leg (with palms facing the bed), bring it towards your face as much as possible, and slowly bring it back. Then lift your left leg, bring it towards your face as much as possible, and slowly bring it back- one cycle. Repeat seven times.
- 1.5 With your palms on the bed, bring both your legs up and cycle- for twenty cycles.
- 1.6 With palms on the bed, bring both legs up, move towards your face as much as possible, and bring it slowly back – seven times.

Step 2: Drink warm water – Drink one cup or more of warm water- sit on a chair and drink slowly.

Step 3: Coffee/Tea: If drinking coffee/Tea try it without sugar and sugar free milk powder or milk. If you can avoid coffee/tea, please do so. I drink coffee after drinking water to get my bowel system working.

Step 4: Bathroom: Finish your both room activities (excluding shower)

Step 5: Exercise: Next 30 minutes, brisk walk, jog, or combine walk and jog, ride a bicycle (strongly recommended), or do anything that brings up the heartbeat. Objective sweat and increased heartbeat.

Step 6: Shower

Step 7: Yoga/meditation – 24 minutes - link video for each exercise is attached.

7.1 Butterfly / Titli – 2 min

7.2 Sisupala – right leg 2 min

7.3 Sisupala – left leg 2 min.

https://www.youtube.com/watch?v=A7YQ_bkdUgo&t=263s

7.4 Cat stretch/ nadi Vibha Jana – 3 min (3 cycles)

<https://www.youtube.com/watch?v=hbe0820DFaA&t=218s>

7.5 Kapalbhati – 3 min

7.6 Bhastrika – 3 min

7.7 Alternate breathing – 3 min

7.8 Bramhamari – 3 min

7.9 Relax – 3 min

<https://www.youtube.com/watch?v=ZT-HDh7pjC4&t=115s>

After yoga/ meditation, go about your daily work life. We want to follow 16:8 intermittent fasting. During work, try to stay on as much as possible on your

feet (if you can get a standing desk, great). Your chair is not your best friend. If you have to sit and work every 30 minutes, get up and walk for a minimum of 5 minutes. We want you to get tired and hungry by lunchtime. If you are starving before lunch and need to eat, take two teaspoonfuls of overnight-soaked almonds, peanuts, beans, avocado, sprouted green gram, etc.

Step 8: Lunch between 11am to 12 noon

If 11-12 is not comfortable for your schedule, you can choose your time, but maintain 16:8 intermittent fasting and keep it consistent during the program.

Check your blood sugar reading before lunch and record it on the sheet attached.

The key is to eat freshly cooked food. Any food with low or zero carb, zero sugar, and high protein and fiber is preferred, like multi-grain bread, millet, and many freshly cooked vegetables, greens curry, DAL, GREEN GRAM, and other legumes (preferably organic). And foods that will not convert to glucose (sugar) immediately or food that delay the conversion. **Fill your stomach 75% only. Immediately after food, don't sit, slow walk for 10 minutes.** Drink lots of WARM water, 10-15 cups daily – two to three liters. Cook what you can eat that day. Fresh cooked is always the best. Avoid any pre-packed or processed food or drink.

No food till dinner time. If you need to snack, take one or two spoons of soaked almond, peanut, beans, avocado, sprouted green, or other grams, or try a fruit – apple, avocado, berries, pear, all in moderation.

Step 9: Before dinner:

- Brisk walk, jog, run, or any exercise which increases your heart rate- 30 minutes
- Yoga/ Meditation – 24 minutes (required for 21-day program)

Step 10: Ready for dinner?

Check your blood sugar reading before dinner and record it on the sheet attached.

Dinner before 7 pm. Try as much uncooked food as possible for dinner, like salad (zero dressings), soaked nuts, and steamed vegetables. If cooked, try

steamed vegetables, gram/protein-based pancakes, chutneys, etc. Eat as light as you possibly can. Recommended to keep a 50% full stomach.

Try to sleep any time after two to three hours after dinner.

If you feel hungry before sleep and feel like snacking, try one or two spoons of soaked almond, peanut, beans, avocado, sprouted green, or other grams. Try to avoid fruits at night. If you have to eat fruits try a small quantity of – apple, avocado, berries, pear, all in moderation.

24.0 Blood sugar chart for the next 28 days

This is your progress barometer for the next 28 days. Please keep these records to monitor your progress. Closer to the end of the program your blood sugar reading should get closer to 100 with medication. Consult your doctor before making any changes to your medication.

Check your blood sugar - TWICE - before lunch and dinner

	Day	Date	Before lunch		Before Dinner	
			Time	Blood sugar	Time	Blood Sugar
Example	0	1/1/2023	11.30 am	125	6.30 pm	120
	1					
	2					
	3					
	4					
	5					
	6					
	7					
	8					
	9					
	10					
	11					
	12					
	13					
	14					
	15					
	16					
	17					
	18					
	19					
	20					
	21					
	22					
	23					
	24					
	25					
	26					
	27					
	28					

24.1 By the end of 28 days, you can expect the following:

1. You will feel more energetic and will lose some weight.
2. Your blood sugar reading will look much better.
3. Keep your current medication. Monitor after the first 15 days. If your blood sugar goes below 100, you can reduce your medication after consulting your doctor.

25.0 Bala's Rules - summarized.

On Water:

1. Consume 10-12 cups, around 2-3 liters every day.
2. Consume only simple plain water.
3. Always drink warm water unless medically advised.
4. Instead of fruit juices, eat fresh fruits high in fiber – passion fruit, avocado, guava, raspberry, pears, and apple (with cover). Avoid fully ripened fruits; they could have more sugar.
5. If your urine is colorless, you are drinking enough water; otherwise, you need to increase your water intake.

On Food:

1. Follow 16:8 intermittent fasting
2. Do not eat unless you are hungry
3. Do not overeat – stop eating when you feel 75% full.
4. Start food with greens and consume vegetables, pulses, grams, and legumes for protein.
5. Avoid any food with sugar, sugar substitute, or naturally high sugar (fully ripe fruit).
6. Eat food that can easily digest in a few hours to keep your gut healthy and clean bowels.
7. Consume food high in protein and fiber, whole grains.
8. Avoid all processed food – tinned, boxed, or wrapped.
9. Eat farm fresh food, vegetables, and fruits as much as possible.
10. Eat freshly cooked or made food. Avoid storing cooked food for later consumption.
11. Avoid eating in restaurants during the 21-day program. If I had no choice, I would look for salad centers like subway, chipotle, etc.

On physical activity:

1. Stretch your body while still in bed – for 5 minutes.
2. Remember to be on your feet as much as possible throughout the day. Your sofa/chair is not your best friend. Think of ways to avoid sitting on the chair/sofa. Sit when being tired on your feet.
3. If you have a desk job, use a standing desk or get up every 30 minutes and walk/be on your legs for at least 5 minutes.
4. Stroll/slow walk after lunch and dinner – minimum 10 minutes
5. A daily minimum of 30-60 minutes of activity to increase your heart rate – recommend cycling, swimming, brisk walking, jogging, skipping, etc.
6. Pick up a sport or two –tennis, basketball - practice 2/3 hours a week. Join a club or a team.
7. Most importantly, find an exercise buddy, friend, or family member to support each other and not miss the daily quota of 60 minutes.

On Yoga/Meditation

1. During 21-day program – 24 minutes yoga in the morning and evening
2. Yoga/Meditation after exercise and shower in the morning and after exercise in the evening, before dinner.
3. Keep your stomach empty before yoga/meditation.
4. Select bright and air room, a little private and less cluttered place
5. After the 21-day program if you can stick to morning meditation at least 2 times a week, it will help your body and mind.

26.0 My tips and my routine

1. Plan to start on Saturday, so you also have Sunday to work out and adjust your daily routine.
2. It is suggested to discuss with someone in the family or friend who can be of assistance to keep your schedule or be a moral support for the next 28 days. I took my wife's help throughout.
3. Plan to be up by 6.00 am. To ensure persistence, I would set two alarms, 5.55 am and 6.00 am.
4. Wake up on the alarm and start on a 7-minute body stretch. If you have the habit of emptying your bowels immediately upon waking up, please do so. I usually take a leak immediately upon waking up and go back to bed to do the stretching.
5. I have the habit of drinking coffee after one cup of warm water. I spend time playing pool, which helps me bend my knees and put pressure on my stomach and thighs. Plus, you also exercise your upper body. The good thing with a pool table is you can play alone, at home, and at any time, irrespective of outdoor weather conditions. If you can, investing in a pool table is suggested. Sometimes, with 30 minutes on the pool table in the evening, I can knock off 20 points on the blood sugar meter.
6. Once my bowels are done, I spend 30 minutes playing tennis with a partner or the ball machine in the club most days of the week. If the weather is bad, spend 15-20 minutes on the treadmill.
7. Shower and then yoga/meditation. During the 21 days program, I did yoga meditation both morning and evening. But after the program, I usually do it in the morning and sometimes skip it too.
8. I always keep overnight-soaked nuts. If hungry, I take one or two tablespoons full. I mostly avoid eating anything till lunchtime.
9. If I am eating fruit, I eat it 2 hours before or 2 hours after lunch. In the evening, I avoid fruits.
10. I will check my blood sugar before lunch and dinner.
11. I mainly go with millet and low GI rice and lots of cooked/steamed fresh vegetables for lunch. Also, use clarified butter along with food. After lunch and dinner, I stroll for 15 minutes.
12. After lunch, no food till dinner. If super hungry, I try one or two tablespoons of soaked nuts or fruit.
13. For dinner, it is salad – cucumber, carrot, tomato, some onion, soaked nuts or steamed vegetables, or grams/pulses pancake with fresh chutneys.
14. Sleep by 10 pm.