

Living With or Reversing Diabetes

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SolutionsForDiabetes

Empowering YOU to Reverse Diabetes!

SOLUTIONS focused program customized for YOUR success.

Your one-on-one, step-by-step Reversing Diabetes coaching program... with a difference.

A Passion driven, life-Changing program focused on helping YOU eliminate the root cause of your Type 2 diabetes.

> Learn How You Became Diabetic PDF





Health Care Crisis

Is Sugar Toxic?

Living with or Reversing Diabetes How do YOU Choose?

Program Overview

Attend our FREE Educational Seminars

Meeting with Dr. Dutson



Disclaimer: Content on this website is not considered medical advice. The following information is protected as free speech and is for educational purposes only. The SOLUTIONS for Reversing Diabetes program is not designed to diagnose or treat disease. This is an educational coaching program that can be used in addition to, but not in place of, conventional medical treatment. Your insulin resistance and blood sugar numbers are expected to change as you make the necessary lifestyle changes. Therefore, medical supervision from your physician or Endocrinologist is required in order to participate in this program.

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Living With or Reversing Diabetes – How do YOU Choose?

National diabetic campaigns around the country are currently aimed at encouraging people to "CELEBRATE LIVING " with diabetes. Personally, I am at a loss as to why we should celebrate living with Type II diabetes when it is possible for you to reverse it. Conventional medicine's approach is to manage diabetes as a "chronic condition or disease". Bottom line, what that means to you is:

- Drug therapy for the rest of your life;
- · Living with increasingly severe symptoms and;
- · Experiencing LESS quality of life.

Some are saying it's obvious why the pharmaceutical industry promotes this approach. There is strong financial incentive for advocating managing your insulin resistance. Managing it creates a paying customer for life. However, living with diabetes through current conventional methods all but guarantees --

- · Elevated health insurance premiums;
- Expensive lifetime diabetic care;
- · Complications such as:
 - wounds that refuse to heal
 - kidney dialysis
 - potentially significant
 - side effects from various drugs



- peripheral neuropathy heart attack or stroke
 - amputations

Did you know that diabetics have a shortened life expectancy by an average of 6 to 10 years? If this "Plan A – Managing approach " does not feel like something to celebrate, there is a viable, science-based alternative. There is an approach that works, and yet it is one that many never hear discussed in awareness campaigns sponsored by drug companies. Unfortunately, you may not hear about it from your family physician or endocrinologist either, since many are only trained in the drug therapy model and health insurance does not typically reimburse providers for lifestyle education.

- blindness

Your alternative is a method for reversing Type II Diabetes. It is intended to put you in the driver's seat for your own recovery back to full health. For you to achieve success in a Reversing Diabetes program, you need the following:

Get educated. Find out how normal blood sugar physiology works in your body and how it goes awry in diabetics. Make sure you understand what your lab results mean.

Evaluate your options. Compare and contrast the alternatives. Find out what works.

Determine what it will take for you to succeed in reversing your diabetes: Review things like cost, how much time it will take, what are the goals of your program, what you will need to do, and what is the rate of success.

Make a choice and get started. When you know what you want, can learn and apply the tools for success, and are able to stay motivated and stick with a program that works for you - you are well on your way to reversing your diabetes.

How do we compare? The SOLUTIONS for Reversing Diabetes program teaches you to better understand everything from normal blood sugar / insulin interaction to how you developed insulin resistance (aka pre-diabetes) and then

diabetes. Knowing the relationship between certain food choices and your insulin response, as well as understanding which foods and eating habits drive you deeper into diabetes are vital to your success. You will learn the key components for success, including healthy nutrition and wise lifestyle choices.



Education alone is not enough to cross the finish line. There are more pieces to the puzzle. We will cover all of this in both your SOLUTIONS classes and in your one-on-one sessions with Dr. Dutson. Together, we focus on both WHAT you need to do to start reversing insulin resistance and on HOW to do it. By incorporating the latest in behavioral science, the study of how successful people get motivated and create results, SOLUTIONS offers you the complete package.

You will find your motivation, focus and determination. You can discover how to be responsible for your actions. With the many forms of education and support offered in SOLUTIONS, it will be easier for you to stay on track. You will know precisely what to do, and how to make it work, day after day.

A question many of the people I work with often ask is "How long does it take to reverse diabetes?" Fortunately, diabetes does NOT take as long to reverse as it did to develop. In fact, it can often be reversed much quicker than you may think. What makes your success possible -- the key -- is knowing what to do step-by-step, and then doing it... no matter what.

Most importantly, I want you to know that there is a natural cure approach. You can often completely reverse your Type 2 Diabetes. I am here to help you understand the various steps involved in setting the stage for reversing your diabetes naturally. My mission and passion is to provide you with the tools you need to reverse your diabetes once and for all.

Ultimately, it is up to you and how committed you are to creating what you want – to making it happen. For many, it boils down to two choices:

Choose to manage or "live with " diabetes, OR Be willing to do whatever it takes to reverse it.

Which will you choose?



SOLUTIONS Program Overview

"Diabetes in many cases can be cured, not simply managed." - William Davis, M.D.

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your SOLUTIONS for Reversing Diabetes program. The proven track record of this unique, personalized program helps people like you, who are motivated to reverse their diabetes.

You can be successful with

What makes this program special? For starters, you get one-on-one coaching with a doctor. For you to begin to reverse a disease process like diabetes, you need to really understand



how it got its foothold in your body. This understanding, combined with a customized recovery plan, will give you all the tools you need to get healthy. You will successfully navigate the diabetic maze with expert guides who use a simple step-by- step approach. Together, we can eliminate the guesswork.

The SOLUTIONS for Reversing Diabetes program is NOT a simple, One Size Fits All or diet-only plan. No counting calories or carbs here. It is a comprehensive, science-based program where you learn both the HOW and the WHY. Armed with your personal health recovery plan, you absolutely can make CHANGES that LAST! Plus, we objectively monitor and chart your progress along with you.

You will learn how to get your mind on board. The changes you will make can happen more on autopilot, as a natural process, and less by struggling or relying only on sheer will power. That's why our approach to helping you reverse your diabetes integrates the science behind behavioral change. You will work with a specialist from our team who can walk you through how to fine tune your new habits quickly. This is yet another key component, unique to this program, that keeps you focusing on your success.

In addition to regular appointments with Dr. Dutson, you can attend a variety of group events -- classes on fundamentals, essential topics and healthy cooking. Another option -- you can choose to meet with Dr. D for fun, brisk walks that merge exercising with getting your questions answered. As we travel this journey of reversing diabetes together, you can enjoy community support, recognizing how good it feels to be there for each other.

With all the unique and effective elements within the SOLUTIONS for Reversing Diabetes program, you are invited to discover how well this program can work for you.

Need more information?

Learn the science behind reversing diabetes and how you can choose this program for yourself.

Meet with Dr. Dutson

Attend Our Seminars

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Attend our FREE Educational Seminars



Need more information to better understand diabetes and your options? Want to know how the SOLUTIONS for Reversing Diabetes program makes a good fit for you? Great, RSVP now for Dr. Greg Dutson's next multimedia educational presentation. In addition to the opportunity to learn the latest scientific information on the cause and effects of diabetes, you will be amazed to learn that reversing diabetes is possible – for you. You are invited to attend this 1 1/2 hr seminar and can bring your spouse or a friend as our guest.

Knowledge is empowering. It can help you to better understand diabetes, as well as recognizing the actions you can take to regain control of your health.

To take your next step, call the office at **210-557-0506** and reserve your seat for the next seminar.

See the schedule for upcoming presentations. RSVP is required. Must be at least 18 to attend.



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Meeting with Dr. Dutson, DC

Now, you've decided to take an active role in your health. It is time. You realize that your new beginning starts with this – find solutions for your diabetes. You know that you are willing to do whatever it takes to succeed.

So, what's the next step? Set up your one-on-one meeting with Dr. Dutson, DC.

If you live in the San Antonio area, schedule your face-to-face meeting with Dr. Dutson. Invest an hour of your life toward your successful recovery.



• For those of you not living in the area, set up a phone consult. You will experience quality, one-on-one time with Dr. Dutson. We will discuss your present situation and exactly how the SOLUTIONS for Reversing Diabetes program can greatly benefit you. You are on the road, taking this journey back to your full health and wellness.

To schedule a time to meet with Dr. Dutson, call the office at **210-557-0506**. We can set an appointment for you from Monday to Thursday. We will set aside an hour for you as we go over your present health status and outline your options. You will leave with a customized health plan so you can move forward to success.





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Have you ever just known, deep in your heart, that something was right for you? For me, my calling was clear -- to help people with health and vitality. I became a doctor to help patients regain and maintain quality of life. I've evolved into coaching, taking people beyond the maze of managing diabetes into successfully reversing it!

Why diabetes ... well, because, like many of you, my family has been directly impacted by this disease. Year after year, I've witnessed firsthand both family members and patients going through the diabetes "treatments" offered by conventional medicine -- how the blood sugar levels creep up from normal to pre-diabetic and into full-blown diabetes. Too often, traditional treatments involve doctors observing and "managing" as the



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Connie - San Antonio TX

I began to meet with Dr. Dutson and through testing discovered that I was pre-diabetic. Dr. Dutson addressed my problem with education, supplements and positive encouragement. I have learned to eat and exercise for health, lost 25 pounds, blood sugar is in the normal range, I have lots of energy and no longer have any brain fog. Thanks to Dr. Dutson and the life-style changes I learned, I feel great and am enjoying life!

-Connie Hicks - November 2013

Lila - The Netherlands

Dear Dr. Dutson,

I want to thank you once again for your kindness in accepting me into the program to teach me how I can reverse my diabetes. I had reached the point where I was becoming so frustrated with the numbers which did not seem to be getting any lower. Plus, because of the side effects of the diabetes medication I was willing to do anything to feel better than I was feeling at that point. I was lucky enough to stumble onto the website March 2013 where I met you, pure luck!

It has not all been easy. Especially since I work at the train station where I am surrounded for eight hours a day by "Fast Food." I stuck to the eating advice you gave me, took the supplements and saw my health improve, slowly but surely.

I did not start out with the idea that I wanted to lose some weight, but I lost eleven kilos in three months and my weight is a stable fifty five kilos since then. I did not even have to starve myself. I could enjoy almost any food, in moderation. My last labs put my feet in the clouds HbA1c 5.5. I can proudly announce that I beat the Diabetes monster.

So Dr. Dutson, I thank you from the bottom of my heart and I promise to remember and follow all you taught me, so that I don't fall back to the place I was before I met you.

With friendly greetings, Lila Joseph - 10-8-13

Virginia - San Antonio TX

I have been a patient of Dr. Dutson's since October 2011. I've always been impressed with his knowledge of the latest research. He always takes time with me. Since Dr. Dutson has been working with me, I can honestly say I feel like a new person. Under his care I have been educated on nutrition and exercise habits to further improve my health.

Dr. Dutson is a kind and caring physician. He always takes time to listen to all of my complaints and allows me the opportunity to ask questions. I always felt he had my best interest in mind. He is everything you could want or need in a physician and more. Please don't pass up the opportunity to be under his care, especially if you've been dismissed by Dr's in the past.

His beside manner deserves an award, he treats his patients like human beings with real feelings and intelligence. I would highly recommend Dr. Dutson to anyone seeking to improve their health and quality of life.

Respectfully, Virginia Thompson

Kenneth - San Antonio TX

My wife and I were part of the wellness program when we first met Dr. Dutson. Under his care I have eliminated aches and pains arising from sports and daily activities and improved my overall health. Dr. Dutson listens to us and answers questions thoroughly without rushing. He is very interested in what we have to say. He is supportive of our choice of a science-based, whole food (unprocessed) vegan diet.

When I fell and twisted my neck, Dr. Dutson made special arrangements to work me into his schedule and to get an x-ray to determine if further treatment was necessary. Fortunately, he was able to confirm that I did not have a chipped bone. Prompt resolution of this situation was extremely important to me as I am fairly active, but would not have wanted to engage in activities that would cause further injuries. The expeditious way in which Dr. Dutson treated me for this one situation would alone cause me to highly recommend him.

In closing, I can say that the quality of life both for me and my wife has benefited greatly as a result of Dr. Dutson's consults.

Sincerely, Kenneth Kanagaki

Carroll - San Antonio TX

Dr. Dutson has an enormous knowledge in Functional Medicine that addresses the underlying causes of disease and uses this knowledge to address the whole person, not just an isolated set of symptoms. Dr. Dutson spent time educating me on how my body works. He has put me on the right path to wellness. I recommend that you take advantage of his sincere approach to wellness and you will be rewarded with good health also.

You may contact me if you have questions regarding his care & services.

Carroll Fultz crfultz80@gmail.com

Mary - San Antonio TX

The best part about working with Dr. Dutson is his wealth of knowledge and passion for helping others. He is always on the up and up with the newest research and always ensures that my questions are fully answered. He truly takes time to listen and has helped me overcome the barriers that were keeping me from living a truly healthy life. Once you experience this type of care, your eyes will be opened to how a doctor really should help their patients.

-Mary Guirovich

Becky - San Antonio TX

Dr. Dutson is one of the best kept secrets of San Antonio! I have never worked with another doctor more knowledgeable, personable, and caring than Dr. D. This is clearly is his passion and it shines through in his work. Not only did he answer all of my questions, but he did so in such a manner I could clearly understand. He is always reading the latest research studies and attending conferences to further his knowledge and education. He truly cares about his patients and that is evident when you sit face to face with him. I feel fortunate to find a doctor with his clinical skills and compassion to assist me with my health.

-Becky Peavy

Disclaimer: The above comments are from past program members relating their personal experiences. The Solutions for Diabetes program is an educational program and does NOT claim to diagnose, treat, cure or reverse diabetes. No doctor can make that claim. The human body, with its amazing ability to adapt, does have the ability to reverse this condition. Because each person is unique, individual results may vary.



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The connection between the GI tract & Diabetes "It all starts in the gut.... come learn how & why!" 6:30-

8pm at The Center For Life. This class is only open to people in the SOLUTIONS program. Go to www.THECENTERFORLIFE.com for directions.

September

Understanding the connection between STRESS and elevated blood sugar. You will leave this class with effective stress management tools that prevent blood sugar spikes! 6:30-8pm at The Center For Life. This class is only open to people in the SOLUTIONS program. Go to www.THECENTERFORLIFE.com for directions.

July

The REAL Food Pyramid...

Uncovering the truth behind our government's food pyramid. Let's learn the proper way to eat to reverse diabetes & cut food cravings. **6:30-8pm** at The Center For Life. This class is only open to people in the SOLUTIONS program. Go to www.THECENTERFORLIFE.com for directions.

June

In Depth Discussion of Diabetic Blood Labs. Come learn what the various lab tests are actually testing for & why they are important. Understand the difference between lab range and functional range. Come see how the numbers on your labwork can make sense to you in a whole new way. **6:30-8pm at The Center For Life.** This class is only open to people in the SOLUTIONS program. Go to www.THECENTERFORLIFE.com for directions.

How Can I Reverse My Type 2 Diabetes? AND Eliminate that Stubborn Body Fat too!

Find out for yourself at this FREE Diabetes Seminar. Learn what works during this relaxed, educational seminar with Dr. Dutson. **6:30-8pm a**t the Omni Hotel at the Colonnade. Seating is limited & RSVP is required. Call **210-557-0506** to reserve your seat. How Can I Reverse My Type 2 Diabetes? AND Eliminate that Stubborn Body Fat too! Find out for yourself at this FREE Diabetes Seminar. Learn what works during this relaxed, educational seminar with Dr. Dutson. 2:00-3:30pm at the Omni Hotel at the Colonnade. Seating is limited & RSVP is required. Call 210-557-0506 to reserve your seat.

May

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How Can I Reverse My Type 2 Diabetes? AND Eliminate that Stubborn Body Fat too!

Find out for yourself at this FREE Diabetes Seminar. Learn what works during this relaxed, educational seminar with Dr. Dutson. **10:30am -12pm** at the Omni Hotel at the Colonnade. Seating is limited & RSVP is required. Call **210-557-0506** to reserve your seat.

April

Understanding the Role of Exercise in Reversing Diabetes & Obesity,

Come learn: What type of exercises to do, how much, how often, etc. to achieve your goal. The importance exercise plays in continuing to live a healthy lifestyle after the goals are met. **6:30-8pm** at The Center For Life. This class is only open to people in the SOLUTIONS program. Go to www.THECENTERFORLIFE.com for directions.

March

Secrets to Losing Fat and its Connection to Reversing Diabetes.

Come learn: What triggers your body to store fat, Why fat loves the stomach, butt and hips, Fats connection to diabetes, and most importantly, How to get fat to melt away and stay away without having to count calories or live at the gym! **6:30-8pm** at The Center For Life. This class is only open to people in the SOLUTIONS program.

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February

Solutions for Reversing Diabetes

WellMed has invited Dr. Dutson once again to give a 1 hr presentation on "Solutions for Reversing Diabetes" at the Healthy Lifestyle Event at the Lopez Sr Center **10:30-11:30am** 8353 Culebra Rd. RSVP not necessary open to all!

How Can I Reverse My TYPE 2 Diabetes?

Find out for yourself at a FREE Diabetes Seminar. Learn what works in this relaxed, educational morning with Dr. Greg Dutson. **10am**, located at Drury Plaza Hotel North, 823 N. Loop 1604 E. San Antonio,TX 78232. CALL now to reserve your space **210-557-0506**. Seating is limited.

SOLUTIONS For Diabetes Education Class.

Topic: "Understanding the Role of Blood Sugar & Insulin in the Body." 6:30 - 7:30 pm. Seating is limited. RSVP required. Call Gina at **210-557-0506** to RSVP.

Key Steps to Rebalancing your Blood Sugar by Understanding Internal Physiology 12 Noon, located at Drury Plaza Hotel North, 823 N. Loop 1604 E. San Antonio, TX 78232. This class is only

open to people in the SOLUTIONS program.

January

FREE Diabetes Dinner Seminar: "SOLUTIONS For Reversing Diabetes."

Check-In 6 - 6:20 pm. Presentation starts promptly at 6:30pm. River City Seafood & Grill. 115 N. Loop 1604 E. Seating is limited. RSVP required. Call Gina at 210-557-0506 to RSVP.

FREE Diabetes Dinner Seminar: "SOLUTIONS For Reversing Diabetes." Check-In 6-6:20 pm. Presentation starts promptly at 6:30 pm. River City Seafood & Grill. 115 N. Loop 1604 E. Seating is limited. RSVP required. Call Gina at 210-557-0506 to RSVP.



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