

Summit #7-Barbaro

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SPEAKERS

Robby Barbaro, Lucia Tiffany

Lucia Tiffany 00:05

Hello, and welcome to Expert secrets two diabetes reversal Summit. I am so glad that you have chosen to join us on this important presentation that we're going to have today with my guest, Robbie barbaro. So happy to have you here, Robbie.

Robby Barbaro 00:22

It's an honor to be here. And thank you so much. Thank you for all the work you're doing. We're gonna have a lot of fun today.

Lucia Tiffany 00:27

Absolutely. In case you have not met Robbie before Robbie has a master's in public health and is the co-founder of mastering diabetes and amla Greene. He's a co-author of The New York Times best seller Mastering Diabetes: the revolutionary method to reverse insulin resistance permanently in type one, type one and a half, type two, pre-diabetes and gestational diabetes. So I think he's got something for everybody today. I am so glad that he's here. And we'll be learning a little bit more about him as we go through our interview today. But Robbie, to start with, I'd like you to share with us a little bit about how you came to the place where you are now as a diabetes coach, educator and international speaker on this topic of mastering diabetes. What got you started?

Robby Barbaro 01:17

Yes. So it all started when I was 12 years old. And I was complaining about going to the bathroom all the time being thirsty all the time. And my mom at the time said, "Don't be silly. You don't have diabetes", because my older brother had type one diabetes. I had seen him go through the circumstances. And I said, "Mom, I think I have type one diabetes just like Steve." She said, "No, don't be silly. You don't have diabetes." I said, "Okay, fine." So then she went out of town. We were living in Minnesota at the time, she traveled to Florida where we eventually moved. She was there looking at homes with my dad. And I call that she called us to check in and she said "how are things going?" I said, "Mom, I couldn't sleep last night, I was cramping." She said, "Okay, go upstairs, use your brother's blood glucose meter and test yourself." And sure enough, my blood glucose was well over 400. And

that's a bad sign. It should never be above I would say, you know, 140 or so for somebody who's non diabetic after a meal. It just was crazy high a big problem. And my brother said right then and there. He said, "You know what? You have type one diabetes, you have your bag, you're going to be in the hospital for a few nights." So we proceeded to go to the general doctor, they ran some tests. I'm not sure exactly which tests they ran at the time. But then I remember the doctor coming into the room. And he said, Yeah, you know, you have type one diabetes. And that was the first time I've seen my older brother cry. He was like, I'm just so sorry, you have to deal with this. And then we proceeded to, we drove to the hospital. And I stayed there for I only had to stay there for one night because my family was quite familiar with the condition. But I remember my parents coming back from Florida, and my dad saying, It's okay, this is just an inconvenience, and you can still do whatever you want in life. And that was the attitude My parents really had, which is that, you know, this is not gonna stop, you know, you or your brother from doing, you know, whatever you want to achieve in life. So I proceeded to get standard medical care. So we lived in Minnesota, and Rochester, where the Mayo Clinic is located, was just a few hours away from where we were living in St. Cloud. And so my brother and I would both go there on a regular basis. And the Mayo Clinic is known as one of the best if not the best medical establishments in the world. And I had an entire team there. I had an endocrinologist, I had a nutritionist, I had a psychologist, and nowhere at no point in these interactions, and I would we would go every six months. And no point in these interactions. Did anybody talk to me about insulin resistance? Nobody talked to me about things I could do nutrition-wise, lifestyle habit-wise to reduce my risk of the long term complications that are associated with type one diabetes, none of this came up. So it was all on my own journey where I learned about this. And for me, it started when my dad was selling supplements. He was sort of on the side. He was selling some Herbalife, he got involved with some other network marketing companies. And you know, part of the pitch was that, hey, you know, our soils are compromised, it's probably a good idea to take these multivitamins and get some extra nutrients. And that was just the beginning of me thinking okay, wait a minute. There's things that we can do outside of just general standard teachings that can impact our health. And that just led me on this mission. I started learning about all kinds of things whether it was additives in food or chemicals and pesticides in food. and all this stuff. And I ended up trying a lot of different approaches and learning a lot of different things. But there was one book in particular, that ended up changing the course of my life. And I'm not recommending this book, because this guy ended up going to jail, there was some fraud involved. But nonetheless, the book actually planted the seeds in my mind that changed my life. And the book was called Kevin Troodo's Natural Cures they don't want you to know about. And you may remember this guy, we had infomercials all over the place, very handsome man, the cover of the book was purple, and he was selling millions of copies. And for me, the book planted the seed that you know what, maybe it's possible to reverse type one diabetes, maybe if, if I make these lifestyle changes, and I try and heal from the inside out, maybe I can regenerate my beta cells. And so that's sent me on this mission. And I can't say that I have reported that I have solved this that I can't ever reverse type one diabetes. And just so people know, that is differences. Type one. That's the type I'm living with my brother and millions of other Americans, or people around the world. And that's where our pancreas is not producing enough insulin. Okay, so my pancreas has been damaged, the beta cells inside the pancreas are no longer secreting sufficient quantities of insulin. In my case, it's secreting an undetectable amount of insulin. So I've run some tests, and we can determine, Okay, how well is your pancreas functioning, and mine is essentially producing zero. And so that's type one diabetes. Now, type two, and pre-diabetes are much more common. About 90 to 95% of people all over the world have

one of these types of diabetes. And that's actually characterized by initially producing excess quantities of insulin. So you're not that your pancreas is being damaged. It's not that there's any sort of auto immune activity going on or anything like that. It's a lifestyle condition that is brought on by lifestyle choices where your pancreas produce more and more and more insulin to overcome poor lifestyle choices. That's what's happening. So kind of just

Lucia Tiffany 07:08

it. I just want to clarify for people, what happens is it kind of wears out after a while. And so yes, can get to work can't produce enough insulin to maintain blood sugars. And you can actually turn into kind of a type one diabetic, if you let that run long enough. Is that correct?

Robby Barbaro 07:24

You're exactly right, that as a huge distinction, one that we were very careful to make in our book, and we make it across all of our work here at mastering diabetes. But you're exactly right. If this lifestyle condition is allowed to progress, and you don't take it seriously, over time, the pancreas gets so exhausted, that it can't produce enough insulin anymore, and serves as sort of like the self destruction to a certain extent that happens, and you have limited limited insulin production. And in some cases, even with that limited insulin production, you could still become insulin sensitive enough to completely get off diabetes medications and reverse it. So again, if caught early enough, right. And if followed, you know, lifestyles followed diligently enough pre-diabetes and type two diabetes can absolutely be reversed for sure. But and we know this we know this is this research is dated back, you know that back to the obviously the 1930s or so we knew that people could completely turn this around. But type one diabetes, to this day, we don't have a solution for completely reversing for so this. This idea that I was going to do this, that this book, planted the seed in my mind and set me on this journey is still still crazy. Like it's still like, ludicrous. Like we can't do that. There's no way there's no science behind that. Like, it's just not gonna happen. So that's like the current understanding around the topic. But nonetheless, I'm like, Look, somebody has to be first. Like in all of science, if you look at history, somebody had to do this person. Example, I think of is Roger Bannister. He was the first person to run a four-minute mile. And prior to that, all the smartest people in the world, the smartest people in the world, the researchers, the athletic directors, whoever, they said, That's not possible. And then once he did it, other people have proceeded to do it. There's many people who have run a four-minute mile now. So I do believe we're gonna figure this out. At some point, we're gonna naturally find a way for people with type one diabetes, to regain their health without the need to inject exogenous insulin. We're not there yet. But we still have, what I learned along that journey is what has you know, we've come to present as mastering diabetes and to help people with all types of diabetes. So as a person living with type one, I and all the other type ones, all my other fellow insulin dependent people living with diabetes, we are incredible test subjects for insulin sensitivity. We have instant feedback, instant data, which tells us Are certain lifestyle choices making us more insulin sensitive, or more insulin resistant? And the reason we have that data is because number one, we inject insulin. So we know we can quantify how much insulin is being used. At any point of the day, we measure our blood glucose consistently, whether it's through a continuous glucose monitor, or pricking ourselves. And we count our carbohydrates, like we count our food in order to know how much insulin to Jack. So these three pieces of data is what's required to tell somebody Are you more insulin sensitive or less insulin sensitive, whereas many other people, you know, vast majority population, they could measure their blood

glucose, they could measure their food, but they don't know on a moment by moment basis, how much insulin is their pancreas secreting, you still don't have that test. And that's going to be a brilliant invention and a brilliant discovery. When researchers do find a way to, you know, test insulin as easily as we test blood glucose. We don't have it yet. So nonetheless, long story short here, all right, I start changing my lifestyle, I start making new decisions to do everything I can to heal from the inside out. And I learned a lot and I try out different things. I try the Weston A price foundation diet, I end up trying a Gabriel cousins, plant-based ketogenic diet, where I'm getting my calories from nuts and seeds and oil and having lots of greens, lots of celery, but having to avoid carbohydrate rich foods, even bell peppers have to be limited, because those have too many carbohydrates have to limit carrots to be careful, because you're going to get too many carbohydrates. Obviously, things like fruit on the Phase One aspect of this program were completely out of fruit. So I started experimenting with this. And at that point, I'm a freshman at the University of Florida. And I'm doing this and what happens is, because I stopped eating carbohydrates, my total insulin need, kept on dropping, it was going down and down and down. I was like, wow, I was getting really excited. I think this is working, I'm just gonna keep going. And eventually I won't need any insulin anymore. This is exciting. And in hindsight, what I learned is that I was actually eating myself into a state of insulin resistance. Yeah, but just because I was taking a smaller amounts of insulin doesn't mean I was becoming more insulin sensitive. And as a student, not only did I realize that, in hindsight, but I was struggling with low energy, there were points of when I was on campus, and I essentially blacked out, it was very scary time, I've put in all this effort, feel like things are working, and then I'm just not functioning well. I lost more weight than I should have lost. And I was scared, like I was lost. So at this point, I go back to a natural path that I've worked with, and she's like, okay, you know what, maybe what you need to do now is you should do some correlation therapy. Like maybe I think it's like some heavy metal stuff. But we got to get that on like, Okay, well, this sounds good. Like, I'm willing to try anything. And I consider doing it. So I was hired to drive to Tampa, which is several hours away from Gainesville, where the University of Florida is located. And I was like, oh, man, I have to drive regularly to do this collation therapy, like, I don't know. But before I committed to that, I heard a podcast, you know, it's kind of funny, like doing a presentation like this, hopefully plants a seed of change in somebody's life. But I heard a podcast with this guy, his name is Doug Graham. And he was saying how you could eat a really healthy fruit-based diet. And that can help you eliminate heavy metals and other toxins from your body. And I was like, wow, well, I've been avoiding fruit, I love fruit, like I miss fruit. And this guy's saying, I can get the same result that I'm looking to get from this collation therapy, it's going to cost me a lot less money. Like, this sounds exciting. I'm going to go down this path. And that was September of 2006. So it's been over 15 years now that I've been on this path and doing this, and that is when I started this journey of a new approach okay, I've increasing my carbohydrate from Whole Foods. And then it was in December of 2006, that I started working with Doug Graham as a coach. And I mean, obviously mastering diabetes, we that's our primary focus, we do coaching, and we're sort of like paying it forward, because that's what changed my life. That's what changed Cyrus's life. And I started working with this guy, Doug Graham, and for the first week, I ate nothing but bananas. Literally nothing but bananas.

Lucia Tiffany 14:41

Then that sounds like a death sentence for most diabetic. Okay, yeah.

Robby Barbaro 14:46

And then the second week, I ate bananas and lettuce. And then I slowly started to add more and more fruits and I eventually was living on this fruit based diet, lots of fruits and lots of greens. And what happened was extraordinary. My insulin requirements for the carbohydrate that I was consuming, improved by 900%. My insulin sensitivity changed by 900% from a plant-based ketogenic diet to a low fat plant based whole food diet centered on fruit. And so this was eye opening. And what it led me to do was go back and look at research and in the peer-reviewed journals and find out that Oh, wow, actually, this idea of doing a low fat diet, high in whole carbohydrates, demonstrating and improving insulin sensitivity goes back to 1926. Wow, okay. And we have known this, but it's not been it's not been aware, people are not made aware of this. So I dig into the research. And the realization that I come to, is truly life changing, which is that what I experience in my body, on a day by day basis, a meal by meal basis, for now over 15 years, is literally the solution to pre-diabetes, and type two diabetes. For the vast majority people of being able to get off medication says the name of the game is to reverse insulin resistance. Yeah, and I experienced that every day in my body.

Lucia Tiffany 16:18

I love that, Robbie, I'd like you to explain to our listeners a little bit about insulin resistance so they can understand what we're talking about, and like how that works in the body. Okay, so good luck. Don't forget the rest of your story either.

Robby Barbaro 16:29

No, well, no, I mean, that's, that's the gist of the story. So basically, I mean, now, as a person living with type one diabetes, I have I have an A1C, currently, right now it's 5.3%, I eat well over 700 grams of carbohydrate per day, I inject a physiologically normal amount of insulin, so roughly 30 units per day. And when you're living with any form of insulin dependent diabetes, that's your goal, your goal is to inject what your pancreas would have normally secreted when it was healthy and normal. Okay, this idea of lowering and lowering and lowering insulin and try and get to a point where you have like zero insulin is is illogical. Insulin is a necessary required hormone, it's not about less than less than less than less than less, it's about a physiologically normal amount, which allows you to eat healthy diets that are going to nourish your health, short term and long term. So I inject a physiological normal amount of insulin, I wear a continuous glucose monitor. So I have a Dexcom G six. And this gives me data, every five minutes, I get a new reading on my glucose meter. And it allows me to assess my time in range. And this is actually, the future of assessing somebody's diabetes health, this number will become more important than the A1C number, because it gives a complete picture, you could have a really good A1C by having a lot of high blood glucose readings, and a lot of low readings that then average out to healthy A1C. So it doesn't give the full picture. Whereas time and range, it does give you the full picture. You can't hide any truth. Okay, so my time and range is consistently above 90%. And that is extraordinary, where most people living with type one diabetes are in the 60% 70% range. So I'm doing the exact opposite of what people think you should do, which is to eat a lot of carbohydrates. And I'm showing that all my numbers across the board are showing excellent diabetes control. And it's not just me, it's many, many of our clients. So that's the gist of my story. And now, of course, what we do here at mastering diabetes, it's beyond my stories beyond Cyrus's story. We went and took our experiences in WoW. Like, are we anomalies? Or is this like, is this science and fortunately for everybody out there it is science. It's all predictable. It's all been documented again, since the 1920s. And whether you're looking at research, whether it's epidemiological research, whether it's mechanisms, it doesn't matter,

the picture is still the same low fat plant-based off of diets will help you reverse insulin resistance. So let's understand what is insulin resistance. So the dictionary definition, it's the diminished ability of cells to respond to the action of insulin in transporting glucose from the bloodstream into Muscle and other tissues. So what does this mean? It means that when you're living with insulin resistance, your body is struggling to take glucose from your bloodstream into your cells. It's insulin's primary function, to open up the door. That's what insulin does, it opens up the door so glucose can slide into the cells gracefully, and you have the glucose you need to power yourself and to live a happy, healthy active life. Insulin, it's a spectrum. Okay? It's not like an on off, okay? There are certain levels of insulin sensitivity or insulin resistance, however you want to look at it. And so, we live in a world right now, where the vast majority of people are insulin resistant and they just don't even know it, because insulin resistance occurs before pre diabetes. And then pre diabetes leads to type two diabetes if you don't reverse that insulin resistance. Now, the CDC has already established, there are over 85 million people living with pre-diabetes, but they don't know it. Yeah. Okay. So that means there is a whole host of many, many more millions who are living with insulin resistance. And don't know it hasn't even gotten pre diabetes yet. Okay, hasn't haven't gotten to that point where they're a A1C in that range. So once your A1C it's 5.7%, you are now living a pre-diabetes all the way through to 6.4%. That's a pre diabetes range. Once you hit 6.5, you're now on the Type Two Diabetes range. So the goal here is we want people to catch this early to reverse insulin resistance to get anyone see a 5.6% or below and not need any diabetes medications. That's what we want to happen. Yes. So. So we understand that the definition now, but let's figure out okay, what causes insulin resistance. And before I get there, I want to establish why this is so important. So insulin resistance is what we'd like to say here at mastering diabetes. It's the central node of a laundry list of conditions. Okay, so think in the center, you see like a big circle, it says insulin resistance, and then around that you see one arrow that points up to cancer, another arrow that points up to Alzheimer's disease. Another one that points up to fatty liver disease. Okay, then high blood pressure, high cholesterol, high triglycerides, PCOS, okay, neuropathy, retinopathy, the list goes on. And on insulin resistance is at the center of all these conditions, when you are living with insulin resistance, you have an increased risk of developing all of them. Right? It's, it's universally accepted. There's really no, there's no disagreement about how, how many people living in tents are resistant. So it's a habit, this is a big deal, and that it's a big problem. Wherever the disagreements come in, is okay, what are we going to do to reverse it? What's the cause of it? So yes, and it's fun for us to talk about this. Because again, number one, like I have, I have this like, every single day, every meal personal experience, which then correlates with the research. So what we know, based on over 100 years of evidence-based research, is that insulin resistance is caused by the consumption of excess dietary fat, this is the primary cause you consume too much fat in your diet, it comes with food, too much fat comes in your mouth, and ends up getting stored in muscle in liver tissue, in excessive quantities. So muscle liver cells, they're supposed to have some fat in there, that's normal, that's great, every cell is gonna have a little bit of fat. But when you have too much, that is when the excess dietary fat starts to impair the insulin functioning, the mechanisms, there's a lot of a lot of science, okay, a lot of stuff you don't need to know that's going on inside yourself in order to allow insulin to open the door. And so it's the excess dietary fat. Now, the primary the biggest problem of trans fat, we all agree that's a problem. Okay, then you move into saturated fat. That's a problem. And also, we have to understand and accept that too much plant fats as well. Okay, too much polyunsaturated fats can lead to insulin resistance, they're certainly better and not as problematic as saturated fats. But it's still a problem. And one thing I love to do here is I want to share my screen just for a moment here. Let's see your share screen. Do

you see my screen in full here? Yes. Okay. So I just want to share a little bit of the history. This is just a snippet of researchers who explored this topic in human beings in the world's top journals. This is the British British Medical Journal here, Dr. Hemsworth. And they did a lot of sophisticated experiments, but their conclusions of their papers are very telling. He says in 1934 it is evidence that on the high fat diet, insulin takes longer to act and then acts more slowly on the blood sugar than when the subject is given a high carbohydrate diet. Okay, so here's another Patriot paper. This is a 1935 Dr. Hemsworth says, It is demonstrated that the efficiency with which a standard dose of crystal and insulin acts on the blood sugar is determined by the carbohydrate content of the diet so that the greater the amount of carbohydrate in the diet, the greater the sensitivity of the organism to insulin. Okay, it continues 1935 This is the Lancet again one of the most respected, peer reviewed journals in the world. Back there interesting conducted the study, he concluded, there is no indication that healthy people taking a diet high in carbohydrates are especially liable to diabetes. In fact, numerous observations show improvement of carbohydrate tolerance following its greater intake. Okay. 1971, Dr. Burns published a study, he basically fed people sugar water compared to a standard diet and wanted to see what happened to their insulin sensitivity. And he saw says this data suggests that the high carbohydrate diet increased the sensitivity of peripheral tissues to insulin. Okay, so we I guess, there's a lot of research we could talk about. But I just want to paint a quick picture of a snippet of research that we have known for a long time that when you increase carbohydrate content, while simultaneously reducing fat content, insulin works more efficiently. And I get to experience this every single day. Like it's so repeatable, it's so it's like, it's this is as common as we know, objects fall at 9.8 meters per second, like, we know that when, when you increase your fat intake, your ability to absorb to to uptake glucose gets impaired. And so what we teach people to do is how to adjust their lifestyle in a way, where they begin to melt away that excess fat, melt away that excess fat that's stored in muscle and liver tissue, and become more insulin sensitive through a list of lifestyle changes, primarily dietary changes.

Lucia Tiffany 26:48

That is so so amazing, Robbie, and I think that it gives so much hope to people that are struggling with advanced type two diabetes, maybe they're taking insulin already, or they're type ones. You know, we don't hear enough about this aspect of insulin sensitivity. And I'm so so appreciative of the work that you and Cyrus have done in this area. I know that it was a real eye opener to me when I first read Mastering Diabetes, the book. And I just love how science based it is how you have the research pulled together that shows definitively that this whole food, carbohydrate rich, plant-based diet is such an important key to blood sugar control across the board. And for insulin sensitivity for everyone, no matter whether they have a diagnosis of anything or not. And it is a root cause of so many of our other chronic lifestyle diseases. And this is just a real key point. And I think that for all of you listening, this is one of the most important secrets that you can take away with you today is that there's hope for increasing insulin sensitivity. And why is this important, Robbie? Like if we don't increase insulin sensitivity, and we're already a type one diabetic, so we're having to take insulin. What difference does it make long term for us?

Robby Barbaro 28:16

I'm glad you asked that question. So the difference it makes is number one, I'll talk about type one diabetes, insulin dependent for sure, but really applies to everybody. So but in this case, type one insulin dependent. Any type of insulin-dependent diabetes, Yeah, when you are insulin resistant, it is

more challenging to control your blood glucose on a day by day basis. It is more erratic your predictability of how to know how much insulin to inject and how your body is going to respond becomes much more challenging, the whole process becomes challenging. In addition, when you're living with insulin resistance, you oftentimes have brain fog, low energy, and this is going to impact your ability to move your body consistently. And so consistent movement is huge for overall health, for mental health and for improved insulin sensitivity. So it's kind of like this one, that one thing impacts everything which impacts the other thing and you have this domino effect of unfortunate, you know, effects. So, people living with type one diabetes are also struggling with their weight. And so that is again, a root cause here insulin resistance being a core problem. And then we have the long term consequences, so people living with any form of diabetes, we don't die because we have high blood glucose readings, we don't die because they're a one sees high. We die of the complications of diabetes, number one being heart disease. So if you can follow a lifestyle that improves your insulin sensitivity and reduces your risk of heart disease, you're automatically addressing you know, the number one complication of your condition right then and there. So, the long term consequences the the improvement of your kidney function by Improving your insulin sensitivity is essential like, again, chronic kidney disease, big issue with people living with all types of diabetes. Same thing when it comes to fatty liver disease, high blood pressure, high cholesterol, high triglycerides, all these things can be addressed by focusing on insulin sensitivity. And you can really turn it around very quickly.

Lucia Tiffany 30:18

I think one thing you said I'd like us to talk just a little bit more about is that choice of foods for increasing insulin sensitivity, we've used the term whole foods plant-based, we've talked about 700 grams of carbs a day, let's talk a little bit about where those come from, and what what it might look like on your plate, portions, that sort of thing. If people are really wanting to try to start moving in this direction, what should they be thinking about? Okay,

Robby Barbaro 30:49

this is very important, because the devil is in the details in this situation, okay. And I want to be very clear. And one thing we have received a lot of very positive feedback about is how our book is very clear, like there is a plan to follow. There's no ambiguity, you know exactly what to do. The book actually has also like a meal plan. And we have a very clear list, which I'm going to go over the bullet points of our list. But inside the book has literally a list of every single green light food that we recommend. So first and foremost, when transitioning, we have to understand that slow and steady wins the race. So I'm not expecting that people hear this interview, I'm like, Okay, I'm gonna do this, like, let's go, and all sudden, overnight boom, they've completely become a low fat plant-based food eater, and they've just figured everything out. That's not realistic. So our program is all about slow, steady, step by step, make one change at a time. So we start with changing breakfast, just to be clear. But what I'm gonna do is I'm gonna help paint the picture of like, where you're headed, where's the where's the goal of Okay, once you get to a place, okay, once you know, okay, I'm, I'm now following the mastering diabetes method. I'm doing a property and I'm gonna do this consistently. What's that look like? Well, number one, to truly follow a low fat diet, we're suggesting you should not consume more than 30 grams of total fat per day. And most people are consuming way more than that 70, 80, 100 grams of fat per day, oftentimes more, and most people don't even know what does it look like to actually consume a diet that's less than 30 grams of fat, I just don't know. So it's a learning process.

And we have a whole chart in our book, which I wish I had in front of me, but where we illustrate how much fat is in a small amount of common foods, you know, so like, a third of an avocado or like just a handful of nuts or like a little bit of oil, like it's a little bit goes a long way with with these high fat foods, and same things with animal products and other processed foods that include oil. So the point is no more than 30 grams of total fat per day. Now, how do you do this? First off your focus on green light foods, we've created a traffic light system green light, yellow light, red light makes it easy to follow. Green light foods are foods that we suggest you eat in unlimited quantities. It is very, very difficult to overeat on green light foods. It's possible but very difficult. And the reason is because green light foods are characterized by being high in water content, high in fiber, and completely unprocessed. There's no processing in these foods. So the first category is fruits. That's going to be papaya, bananas, mangoes, peaches, pears, you name it whole fruits and refined then the next category would be starchy vegetables, that's potatoes, yams, butternut squash, okay. Acorn Squash, kabocha squash, lots of great squash in that category. The third category is going to be beans, legumes, and we also have peas in there. Okay, so these foods are very, very nutritious, and they're again full of water full of fiber. Eat them as much as you want, again, very hard to overeat on them. fourth category, intact, whole grains intact being the keyword. So we're gonna have quinoa, we're gonna have brown rice in here, we're gonna have Ferro, millets unprocessed. Those are the first four categories. Then we have leafy greens, so that's gonna be lettuce. That's gonna be arugula, spinach, okay, all your leafy greens then we go into non starchy vegetables. That's going to be things like bell peppers. You could put carrots in that category, cucumber zucchini, all right. Then we move into herbs and spices and mushrooms. So these are all foods that we recommend you just use as much as you see fit. And I want to emphasize those first four categories are listed in a particular order, and they're listed first. Because in order to succeed on this program, you have to learn how to eat calorie dense green light foods. If you just eat a lot of lettuce, a lot of cucumbers, a lot of bell peppers, you're in, it's not gonna work, you will become hungry. And you will say, "Oh, this diet doesn't have enough protein, I have to go get a cheeseburger," then you can eat a cheeseburger, you're gonna feel better, because you got calories. So you have to learn how to not fear the carbohydrate-rich foods, which I know is a big deal for people living with diabetes, and they're very scared, like, look, the piece of potato, I'm going to test myself my meters gonna say I'm 300. So you had to overcome that through education and knowledge and understanding what to do. So you got green light foods, when you eat these foods. You they all have fat in them. They all whole foods have not just fat a whole foods have essential fatty acids. Okay, so you're getting your fat. And these foods are not you can eat them in unlimited quantities, you will not exceed 30 grams of fat by just focusing on green light foods. Okay, so that's the I'm trying to sort of like help paint the picture of like what you're going to do in order to keep this fat intake low. Now, the yellow light category. These are foods that are they're known to be healthy. Research has acknowledged that we know this. But they're either a little bit high in fat, or they're a little bit more processed. And so what we're suggesting within this category is that you just be cognizant of how much you're consuming. By no means are we saying these are bad foods? By no means are we saying never have them. We're just saying the distinction between green and yellow is you got to be much more careful about how much you're consuming, particularly to keep your fat intake low. So yellow light foods, our nuts and seeds, avocado, coconut meat, olives, there's a specific fruit called durian, which is a high fat fruit. Okay. And then we have some more processed foods. So like brown rice, pasta, things like Ezekiel bread, good options, great foods, but it's still more ideal to simply eat whatever those foods were originally made up. So Brown Rice said brown rice pasta, okay. So we also throw fermented foods in the yellow light

category because of the sodium content. not because there's anything wrong with fermented foods, it's just like, it's the sodium content that if you get if you if you if you went to went crazy need a ton, you would definitely consume excess sodium and that's not going to be good for your blood pressure. So that's the yellow light category, then the red light category. These are foods we suggest you either completely avoid or minimize. And this is going to be animal products. That's going to be you know, chicken, we have fish, you have steak. Those are all in the red light category. Then we also include all oils, oils are put in the red light category. It doesn't matter if it's extra virgin olive oil, coconut oil, we are teaching that it's better to consume the whole food, have some olives, don't need olive oil, eat some some coconut flakes and coconut media on top of your smoothie bowl. That's great. But you don't need coconut oil. You don't need something that's been refined and it's so high in fat. Same thing when it comes to processed foods, all the processed food you can think of Oreos, Twinkies, you know, we're going to put that stuff in the red category. But we're also putting things like these new processed plant based foods. Whether it's a process burger, whether it's a processed, hot dog, whatever it is, this stuff is made in factories, this stuff is high in fat. This stuff is full of additives, preservatives, food coloring, it's a disaster, it's not great for your health, the green light category is a place to focus. He's our whole natural foods stray from nature unprocess, incredibly delicious. So you want to eat the green light foods. That's how it works.

Lucia Tiffany 39:02

Oh, I love that Robbie, you have given us so many great golden nuggets today that I know that you we can take away something that we can start practicing today and can actually work on improving our insulin sensitivity. And I want to put in just a word of caution. And we've done this on most of our presentations. And that is if you decide to make these changes, and you already are on medications for blood sugar, it is so important that you'll be monitoring your blood sugar's closely and work with your healthcare provider. Because the things we are talking about can drop your blood sugar like a rock. And we don't want anybody getting into an emergency situation of low blood sugar, which can absolutely happen if you're not monitoring yourself carefully. And that's why we suggest you work with your healthcare provider to adjust your medications because you're going to need to drop those quickly if you actually start implementing the things that we're talking about in this whole series. So I just... thank you so much, Robbie, for being with us here today. This has been amazing. And I'd love to have you back because I know there's so many things we didn't have time to talk about today. There's so

Robby Barbaro 40:12

much to talk about. And we'd love to do that. And I appreciate your warning there. Because it's absolutely true. It's absolutely true. You got to be in touch with your doctor, you got to be careful because this stuff is powerful. This is food as medicine, and you will not need as many medications when you maximize your insulin sensitivity.

Lucia Tiffany 40:31

Absolutely. So thank you so much, Robbie. This has been a real blessing to have you here with us today. And I want to thank all of our listeners, do not forget to check on this page with the video, you're going to find a link to a giveaway that Robbie has made available to us and it is a real gem. Do you want to say just a couple words about that, Robbie, it's

Robby Barbaro 40:56

Well, I appreciate what you're doing. And we wanted to give you and your audience the best gift we could which is our ultimate nutrition and recipe guide. So it has a ton of recipes, but also a lot of scientific information a little bit further explaining some of the stuff we talked about today to help you take action and just loaded with recipes that are all low and fat, super high nutrient density and absolutely super delicious. So I hope everybody enjoys it.

Lucia Tiffany 41:21

Thank you so much, Robbie. Really, really appreciate that. And I just want to say thank you to all of our listeners for being with us here today. And remember that health is wealth. And with every healthy choice, you are getting richer.