

Type 2 Diabetes Transformation Masterclass

A photograph of a family of three in a kitchen. A man with dark hair and glasses, wearing a light blue button-down shirt, stands on the left, smiling. A young child in a blue and white plaid shirt stands in the middle, also smiling. A woman with long dark hair, wearing a white floral-patterned shirt, stands on the right, smiling. They are in a modern kitchen with white cabinets, a grey tiled backsplash, and wooden shelves holding various items. A white pot is visible on the stove in the foreground.

Beyond Diets,
Drugs, & Daily
Injections

Dr. Emanuel Botelho, DC
drbotelho.com

WELCOME

Your journey to A Diabetes Free Life starts now.

Thank you for being a part of the The 5-Day Type 2 Diabetes Transformation Masterclass. This couldn't be done without your participation and your courage to keep putting one foot in front of the other. I also want to thank my team for all of their help.

In my opinion, out of all of the chronic diseases that continue to plague our communities, type 2 diabetes is the most grossly mismanaged. And it's the patients who carry the burden that is thrust upon them by a severely broken healthcare system. Weight gain, fatigue, radical diets, impossible exercise routines, overflowing medicine cabinets, and daily injections provide sources of ever increasing frustration and despair. Type 2 diabetics never seem to get better with time – only worse – and they live in constant fear of diabetic complications and an early death.

The standard of care approach to dealing with type 2 diabetes is to manage and slow down the inevitable progression of a devastating disease. The prevalent model of care is designed to lower blood sugar, A1C, cholesterol, and blood pressure. Most type 2 diabetics are never given the option to get to the root cause of their condition and REVERSE the disease.

During this masterclass I'm going to share my Type 2 Diabetes Transformation Blueprint, so you can finally get beyond diets, drugs, and daily injections as you carve your own path back to A Diabetes Free Life. The blueprint is all of the information I have used in my private practice to show thousands of type 2 diabetics how to reverse their condition. You will learn all of the information my patients use to reduce & eliminate drugs and daily injections, increase their energy levels, lose weight without radical diets and impossible exercise routines, as well as reduce and eliminate the risk factors for diabetic complications and an early death.

As we set off on this journey today, I want you to keep on fact in mind...

Type 2 Diabetes is REVERSIBLE.



Dr. Emmanuel Botelho, DC

Day
ONE
Workbook

The Path To A Diabetes Free Life

How many pillars are there in Dr. Botelho's Type 2 Diabetes Transformation Masterclass?

What is Pillar #1 of Dr. Botelho's Blueprint?

The #1 reason you are where you are is because _____

Your body is a self-_____ and self-_____ machine.

The fact is type 2 diabetes is _____.

The quickest and most logical way to reverse your type 2 diabetes is to first find the _____.

Insulin is a _____ storing hormone, which is why we gain weight with diabetes and on insulin injections.

One of the causes of type 2 diabetes is insulin _____.

Even though we know insulin resistance is part of the cause of type 2 diabetes it is important to understand all of the _____ of insulin resistance.

Each diabetic has there own _____ causes for their condition.

The Path To A Diabetes Free Life

The most common diabetic complications are:

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

What is Pillar #2 in Dr. Botelho's Type 2 Diabetes Transformation Blueprint?

Many doctors think it's your fault that you have type 2 diabetes, which is not the case. However, just because it's not your fault doesn't mean it's not your

_____.

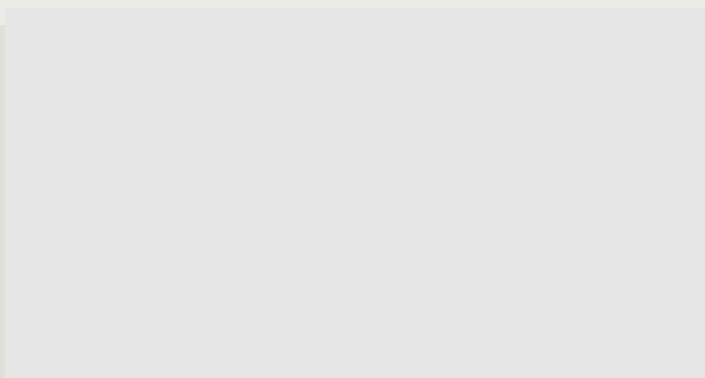
The definition of responsibility is the _____ to _____.

The first two pillars of the blueprint discussed tonight are:

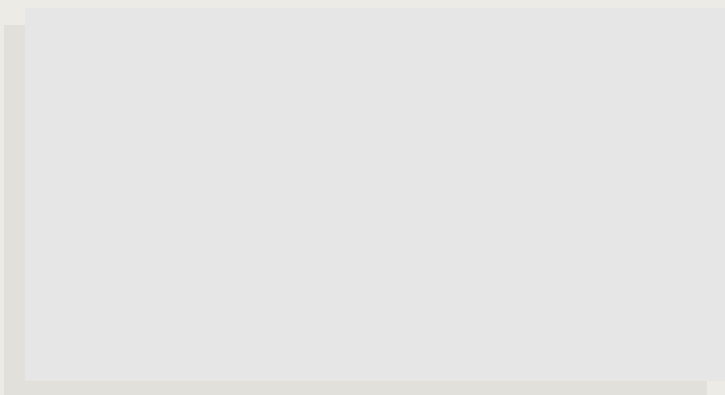
The Path To A Diabetes Free Life

Day One Workbook

Key Takeaways



Now that you have been introduced to the blueprint - what pillars do you think are missing in your care?



The Path To A Diabetes Free Life

Day One Workbook

Notes

Action Item

What do I need to talk to my doctor about?

What traits am I now looking for in a doctor?

**I BELIEVE IN
YOU**

Day

TWO
Workbook

THE PATH TO A DIABETES FREE LIFE

RECAP from Day 1:

The quickest and most logical way to reverse your type 2 diabetes is to first find the _____.

Your symptoms of weight gain, fatigue, high blood sugar, high blood pressure, high cholesterol, etc. are simply _____ that haven't been _____ yet.

The first two pillars of the blueprint discussed tonight are:

Type 2 Diabetes may not be your fault, but it is your _____.

What was your biggest take-away from Session 1?

THE PATH TO A DIABETES FREE LIFE

Day 2: Reversing Type 2 Diabetes Is Possible

There's a difference between trying to _____ the disease and working to _____ the disease.

It is critical to test several different _____ mediums when implementing comprehensive testing.

Your _____ is either working for you or against you in regards to reversing diabetes.

The subconscious mind lives by 3 rules:

1. _____
2. _____
3. _____

The first 3 pillars of Dr. Botelho's Type 2 Diabetes Transformation Blueprint are:

Which of the 3 pillars introduced thus far do you need the most help with?

THE PATH TO A DIABETES FREE LIFE

What were the test panels Dr. Botelho presented that are important pieces of comprehensive testing?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

THE PATH TO A DIABETES FREE LIFE

Day Two Workbook

Action Item

Create a dream or vision board

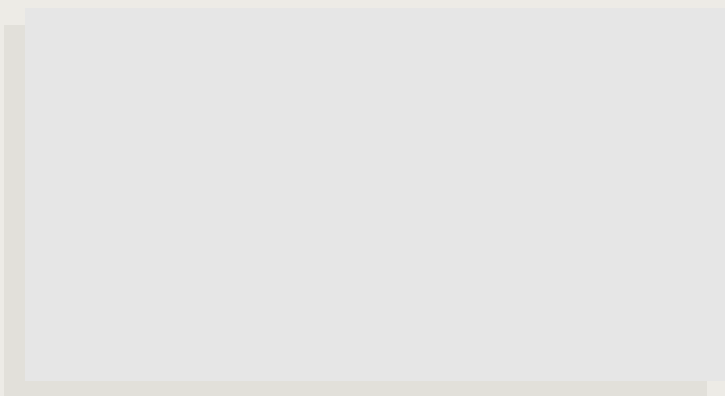
Share your vision in the group

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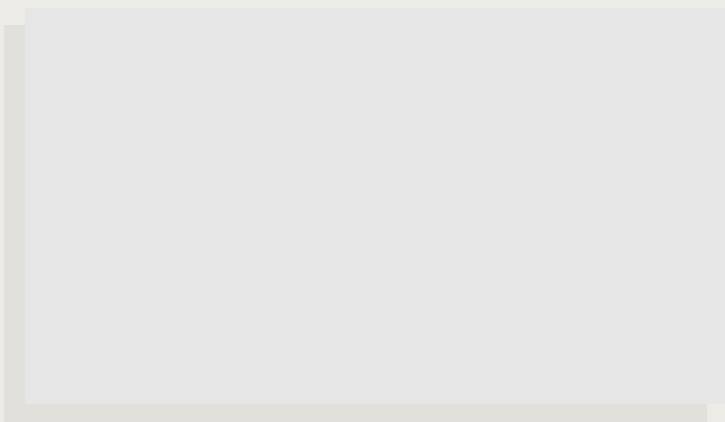
THE PATH TO A DIABETES FREE LIFE

Day Two Workbook

Key takeaways:



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**IF YOU DO WHAT
YOU'VE ALWAYS DONE,
YOU'LL GET WHAT
YOU'VE ALWAYS GOT**

”

Day
THREE
Workbook

THE PATH TO A DIABETES FREE LIFE

RECAP from Day 2:

List the first 3 Pillars of Dr. Botelho's Type 2 Diabetes Transformation Blueprint:

1. _____
2. _____
3. _____

It is possible to go from _____ to _____.

Day 3:

List the 5 types of toxins that can contribute to or cause type 2 diabetes:

1. _____
2. _____
3. _____
4. _____
5. _____

THE PATH TO A DIABETES FREE LIFE

Name the 6 fallacies of the diabetic-weight loss industry:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Name 5 of the 8 root causes of weight gain:

1. _____
2. _____
3. _____
4. _____
5. _____

Weight gain and high blood sugar is just a _____
_____.

A _____ is your body's way of communicating that
something is out of _____.

When we eat sugar we release the fat storing hormone _____.

THE PATH TO A DIABETES FREE LIFE

Day Three Workbook

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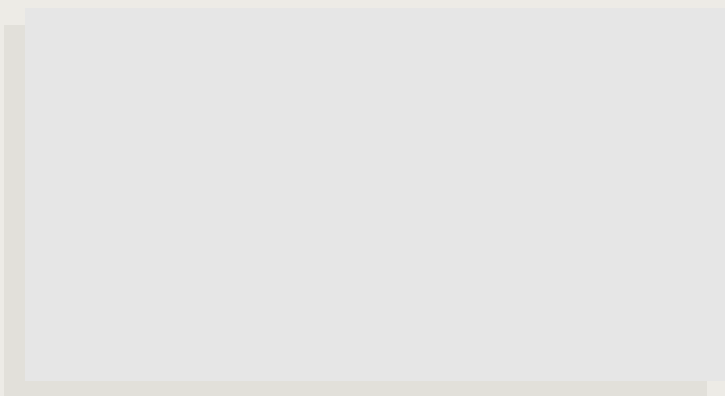
Action Item

What is different about this model of care relative to what you've tried before?

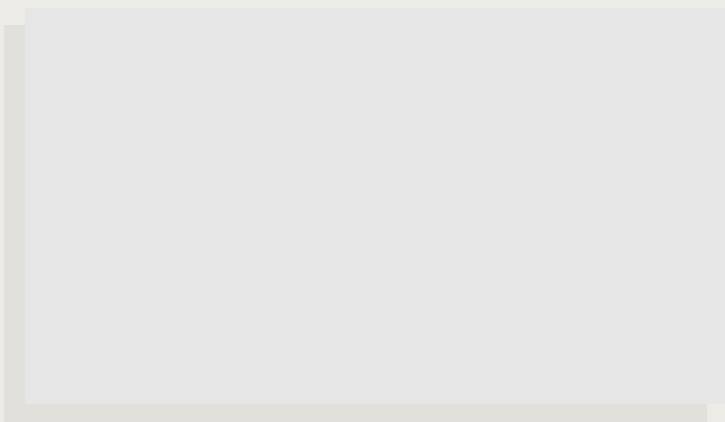
THE PATH TO A DIABETES FREE LIFE

Day Three Workbook

Key takeaways:



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**THE ONLY
WAY TO GET STARTED IS TO
STOP TALKING
AND START DOING**

”

Day
FOUR
Workbook

THE PATH TO A DIABETES FREE LIFE

Day 3 recap:

List the 5-Pillars from Dr. Botelho's Type 2 Diabetes Transformation Blueprint

1. _____
2. _____
3. _____
4. _____
5. _____

What are pillar 6 and 7 of Dr. Botelho's blueprint?

One of the most important and hidden causes to type 2 diabetes is _____.

My top 3-5 specific and measurable goals are:

1. _____
2. _____
3. _____
4. _____
5. _____

THE PATH TO A DIABETES FREE LIFE

My ultimate motivating factors that will keep me going are:

- _____
- _____
- _____
- _____
- _____

What are the top 3 takeaways from the case studies presented:

1. _____
2. _____
3. _____

What does life look like once you reverse your diabetes?

THE PATH TO A DIABETES FREE LIFE

Day Four Workbook

Action Item

Write down ALL of your current roadblocks and challenges.

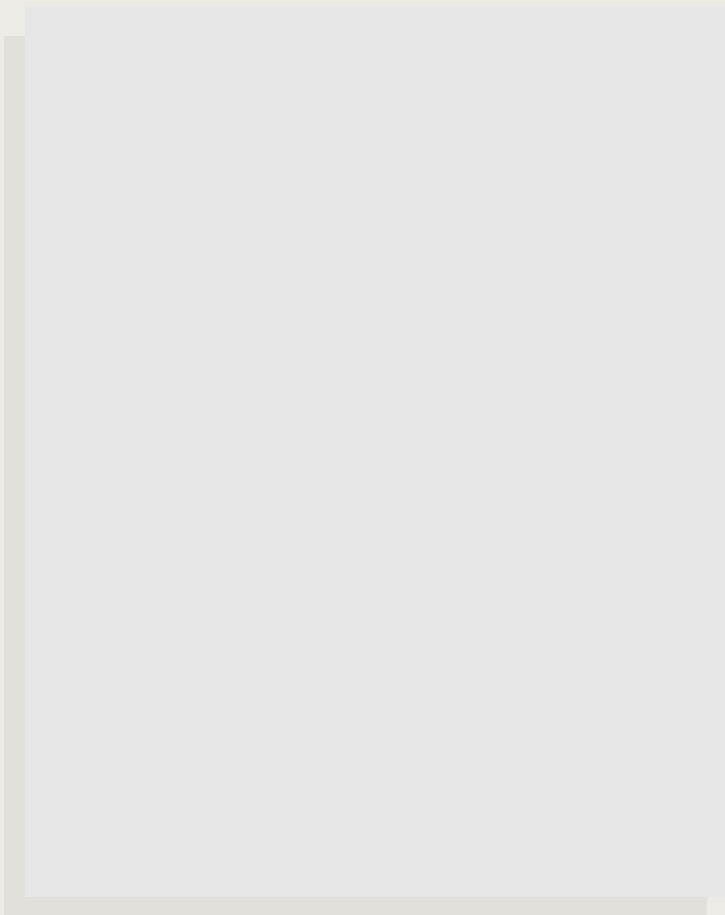
Direct message your roadblocks and challenges to your concierge or put them in the comment section of Day 5.

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THE PATH TO A DIABETES FREE LIFE

Day Four Workbook

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**TODAY
IS A NEW CHANCE
TO BE BETTER**

”

Day

FIVE
Workbook

REAL TALK WITH DR. B

Recap from Day 4:

List the 7 Pillars of Dr. Botelho's Type 2 Diabetes Transformation Masterclass:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Name some of the underlying and hidden root causes of type 2 diabetes.

1. _____
2. _____
3. _____
4. _____
5. _____

Name the pillar of the blueprint that everything else depends on:

REAL TALK WITH DR. B

What additional things do you takeaway from the case studies?

1. _____
2. _____
3. _____
4. _____
5. _____

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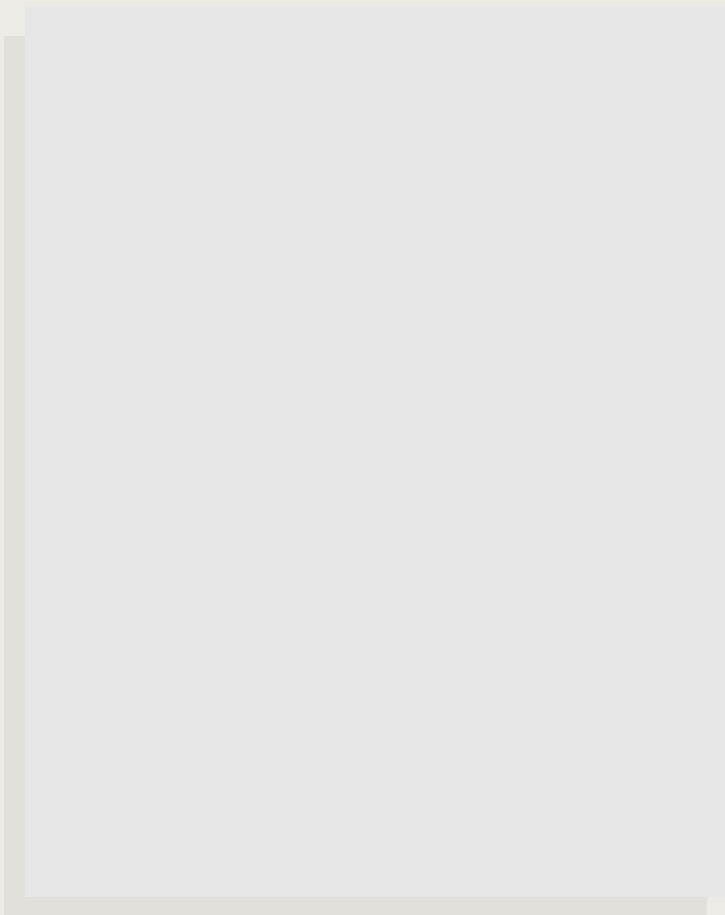
**SOMETIMES LATER
BECOMES NEVER.
DO IT NOW!**

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REAL TALK WITH DR. B

Day Five Workbook

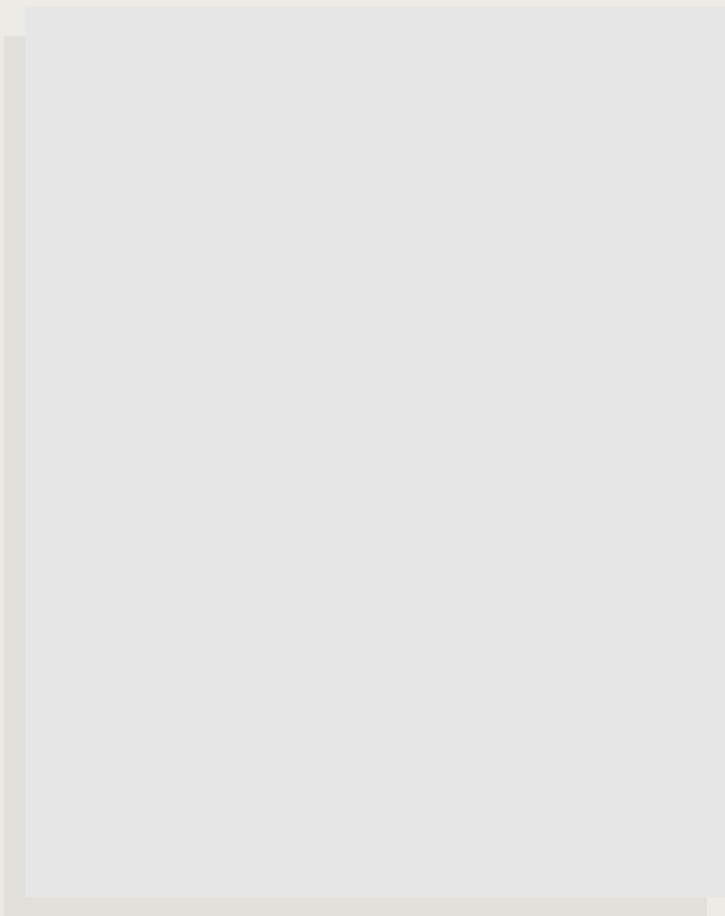
Notes



REAL TALK WITH DR. B

Day Five Workbook

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**DON'T WAIT
LIFE GOES FASTER
THAN YOU THINK &
PEOPLE ARE
DEPENDING ON YOU.**