

T H E   A N I R U D H   C O D E

# THE QUANTUM DIABETES RESET

*7 Days to Reclaim Your Health*



A doctor-designed reset of body, metabolism & energy —  
fasting, anti-inflammatory food & daily practices.

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W E L C O M E

# You were never the problem.

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For years you may have been told your body is failing you — that diabetes is a life sentence to be *managed*, one pill at a time. I want to offer you a different truth.

Your body is not broken. It has been **compensating** — quietly, faithfully — for an environment of processed food, chronic stress, and disconnection. Remove the load, restore the inputs, and the body remembers how to heal.

These next seven days are a gentle, powerful reset across three layers: your **metabolism** (fasting & real food), your **nervous system** (breath & rest), and your **energy** (reconnection). Do what you can. Consistency, not perfection.

**A note of care.** If you take diabetes or blood-pressure medication, have Type-1 diabetes, kidney, liver or heart conditions, or are pregnant or breastfeeding — please walk this only under direct medical supervision. Fasting changes your physiology; your doses may need adjusting. When in doubt, reach out before you begin.

# How the reset works.

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- 1. We lower the demand.** By fasting and removing processed food, we stop the constant flood of glucose — and let your overworked pancreas finally rest.
- 2. We clear the smoke.** A gut-and-liver-friendly approach reduces the inflammation that blocks insulin from working.
- 3. We restore the signal.** Breath, sunlight, sleep and stillness lower cortisol — the stress hormone that quietly raises your blood sugar.
- 4. We reconnect.** Energy practices and intuitive eating heal the disconnection that drives us to overeat in the first place.

*Science secures the body. Stillness restores the soul.  
Together, they reset the whole human being.*

# Your week, at a glance.

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<b>DAY 1</b>	<b>Prepare &amp; Cleanse</b>	Clear the kitchen of processed food. Hydrate. Two light, low-carb whole-food meals.
<b>DAY 2</b>	<b>Narrow the Window</b>	16:8 eating window. One nourishing meal + gut teas. Begin morning breathwork.
<b>DAY 3</b>	<b>Go Deeper</b>	18:6 or OMAD. Electrolytes (salt, lemon, water). Gentle walk after meals.
<b>DAY 4</b>	<b>Reconnect</b>	Continue the window. Add chakra & sound practice. Journaling begins.
<b>DAY 5</b>	<b>The Rest</b>	Optional 24-hour water fast (only if well & unmedicated) — or continue OMAD.
<b>DAY 6</b>	<b>Nourish</b>	Break gently. Anti-inflammatory meals. Protein, greens, healthy fats.
<b>DAY 7</b>	<b>Integrate</b>	Intuitive eating. Reflect. Choose two habits to carry forward for life.

# Clear & quieten.

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## DAY 1 PREPARE & CLEANSE

- ❖ Remove processed food, sugar, refined flour & seed oils from the house.
- ❖ 3-4 L water across the day; warm lemon water on waking.
- ❖ Two whole-food meals: greens, vegetables, healthy fats, some protein.
- ❖ Last meal by ~7 pm. Lights low, screens off an hour before bed.

## DAY 2 NARROW THE WINDOW

- ❖ 16:8 – eat within an 8-hour window (e.g. 12-8 pm).
- ❖ One nourishing main meal + gut teas (CCF, tulsi, ginger).
- ❖ Morning: 5 minutes alternate-nostril breathing.
- ❖ 10 minutes of morning sunlight on skin & eyes.

## DAY 3 GO DEEPER

- ❖ 18:6 window, or one meal a day (OMAD) if comfortable.
- ❖ Electrolytes: a pinch of salt + lemon in water to stay steady.
- ❖ Gentle 10-minute walk after your meal.
- ❖ Notice hunger as a wave – it rises and passes.

# Reconnect & restore.

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## DAY 4 RECONNECT

- ❖ Continue your eating window.
- ❖ Sound & energy practice: chant **HAM** (throat) & **RAM** (solar plexus), 5 min.
- ❖ Begin journaling — three good things, each night.
- ❖ Magnesium before bed for deeper sleep.

## DAY 5 THE REST

- ❖ **Only if you feel well and are not on medication:** a 24-hour water fast with electrolytes.
- ❖ Otherwise, continue OMAD — equally powerful.
- ❖ Rest more today. Let the body do its repair.
- ❖ Break any fast gently — broth or soaked fruit first.

## DAYS 6-7 NOURISH & INTEGRATE

- ❖ Anti-inflammatory meals (next page). Protein, greens, good fats.
- ❖ Eat slowly, without screens — let satiety return.
- ❖ Choose two practices to keep for life.
- ❖ Reflect: what felt different in your body this week?

# Food as medicine.

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## Golden Gut Tea

**Ingredients:** Turmeric, fresh ginger, a crack of black pepper, ½ tsp ghee, hot water.

**Method:** Steep 5 minutes. Sip warm, morning or evening. Calms inflammation, wakes digestion.

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## Sprouted Moong & Coconut Bowl

**Ingredients:** Sprouted moong, grated coconut, cucumber, coriander, lemon, rock salt, roasted cumin.

**Method:** Toss together raw or lightly steamed. Light, protein-rich, gut-friendly.

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## Healing Moong Dal

**Ingredients:** Yellow moong dal, turmeric, cumin, curry leaves, ghee, ginger.

**Method:** Cook dal soft; temper cumin & curry leaves in ghee; pour over. Easy on digestion.

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## Bottle Gourd Coconut Curry

**Ingredients:** Bottle gourd (lauki), coconut milk, mustard seeds, curry leaves, green chilli, turmeric.

**Method:** Temper, simmer gourd in coconut milk till soft. Nourishing, low-glycemic, satisfying.

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# Reset the inner field.

**Morning:** alternate-nostril breathing (5 min) → sunlight (10 min) → warm water.

**Midday:** a slow, screen-free meal. Bless it. Chew. Arrive in your body.

**Evening:** humming bee-breath (Bhramari) + sound practice → gratitude journaling → magnesium → early sleep.

## DAILY TRACKER

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|--|---|
| <input type="checkbox"/> Water (3-4 L)   | <input type="checkbox"/> Eating window kept         |
| <input type="checkbox"/> Breathwork (AM) | <input type="checkbox"/> Sunlight (10 min)          |
| <input type="checkbox"/> Movement / walk | <input type="checkbox"/> Journaling (3 good things) |
| <input type="checkbox"/> In bed by 10 pm | <input type="checkbox"/> Mood (1-10)                |

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# This is where you begin again.

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Seven days can show you what your body is capable of. A complete reversal is a journey — and you don't have to walk it alone.

When you're ready to go deeper — your blood work read by a doctor, your protocol built around *your* biology — I'm here.

Book a consultation · [theanirudhcode.com](https://theanirudhcode.com)

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MEET THE REAL YOU