



About **Debra Redalia**

Debra's purpose in life seems to be to change the world by improving her own health and then helping the world heal too.

For more than forty years—as Debra Lynn Dadd—she helped others create toxic-free homes by sharing information about her own. As a result of her pioneering work in this field, today toxic-free products are in the mass market.

Now Debra brings to the world the diet that saved her life after losing her left eye to diabetes. Her **Rice Diet Revival** program could just be the end of diabetes and obesity—and their complications—around the world.

INTRODUCTION

If there is one thing I have learned about Life, it is this: there are laws that govern the function of everything.

As our bodies are part of the whole of Life, there are laws for each and every function of our bodies.

When we learn those laws and can use them, causing our bodies to lose weight or lower blood sugar becomes no more difficult than turning a water faucet on or off, or moving the handle to adjust the temperature to hot or cold.

After three years working with the information in this book, both Larry and I can make the weight of our bodies go up or down and our blood sugar go up or down. Reliably and predictably. At will. Simply by eating the foods that produce those results.

And now, you can learn to do this too.

My Success with the Rice Diet

Each and every body is unique and there is no one perfect diet for everyone.

That said, I have had such amazing results from the principles of eating I am about to document in this book, that I had to make it available to others.

And I believe that the basic principles of this diet could apply to anyone, when applied correctly to address individual conditions and needs.

I was especially convinced to write this book after every single person I told my results to wanted the diet—right now!

The version of the Rice Diet I write about in this book has improved my body, my weight, my blood sugar, my blood pressure, my cholesterol, my health, and my life, and changed my viewpoint about food.

I've been on the Rice Diet off and on since mid-October 2016. Here's what happened in the first month:

- **I lost 20 pounds and kept it off.** This may not sound like much, but these were new pounds. I hadn't weighed this little for at least 25 years. I started losing weight right away, after a lifetime of struggling with weight. I now know what eating patterns make my body gain weight and what eating patterns result in my body losing weight and **I can control my weight at will.** This allows me to eat whatever I want, knowing that if I make a weight-gain choice, I can follow up with a weight-loss choice.

- * **My elevated blood sugar fell 133 points in the first month and I had to lower my insulin** from 25 units per day to 20 units per day. At the six-month mark my insulin was down to 16 units, my blood sugar was regularly in the 140s, down from the 280s on 25 units of insulin. It even got down to 124 one morning (125 or higher is called "diabetic"). It was clear **my body's insulin sensitivity was getting restored.**

- * **My blood pressure went to normal.** It used to be high enough that doctors wanted to put me on prescription drugs to lower it, but I refused.

- * **My appetat—the part of my brain that controls appetite for food—suddenly kicked in** after about five months. Whereas before I would eat and eat and eat until my stomach was stuffed (I remember clearly once as a child eating so much food at a Sunday brunch buffet that my stomach hurt), now at a certain point when I'm eating I just don't want any more (I really *cannot* eat any more) and **I stop eating without any willpower involved.** My body just says "that's enough now." I had never had a working appetat in my life.

I know this sounds incredible. It sounded impossible to me at first. After years of avoiding carbs in an attempt to lose weight and lower my escalating blood sugar, **I couldn't believe my eyes when I looked at my blood sugar meter and watched my blood sugar go down day after day. And I could finally take my bathroom scale out of the closet because the weight numbers were going down instead of up.**

The Rice Diet gave me results that I hadn't been able to achieve before on any other diet. All while eating carbs.

This diet is working fabulously for me, and it just may work for you too.

The best part—and really, tears are coming to my eyes as I write this—the best part **is I actually get to EAT**. There is no deprivation on this diet. I am fully satisfied with the amount and type of food after years of avoiding everything I wanted to eat. This doesn't mean I get to eat chocolate cake at every meal. But I love the food and I love being able to eat. Instead of having to minimize the industrial food that causes weight gain and elevated blood sugar, I now eat whole, natural foods that actually nourish my body and are necessary for good health. The portions for lunch and dinner are so huge, I actually cannot eat all the food and save part of it for snacks.

How the Rice Diet Found Me

In this book, I will be giving you my revival of an old diet called “The Rice Diet.”

I didn't go looking for this diet, it found me—just when I needed it most.

In June 2016 my life changed in an instant. All of a sudden, my left eye went blind. My vision had been gradually worsening as my body aged (I had just turned 61 at the time), but this was different. My left eye just went black.

At first, I just didn't know what to do. But a few weeks later I received a notice from my Affordable Care Act health insurance that I, as a diabetic, should go get an eye exam.

So I went to get the eye exam and was told that a blood vessel had burst in my eye. I needed to have eye surgery or risk losing my eyesight altogether.

I had the eye surgery. They cleaned out the blood that was blocking my vision and found that my retina had become detached. They re-attached it with lasers and inserted a bubble of gas that would wear off over the course of about a month, and then I was supposed to be able to see.

I was terrified. It seemed that surgery could repair my eye, but if blood vessels continued to break, I would need repeated surgeries, or maybe that was just not practical and I would lose the sight in my left eye altogether. And if blood vessels were breaking in my left eye, how long would it be before my right eye went blind from breaking blood vessels? And if blood vessels were breaking in my eyes, where else in my body were they breaking?

Within a few weeks, another blood vessel burst in the same eye and they had to do the surgery all over again.

What was causing blood vessels to burst in my eye? And what could I do to stop this from recurring?

Clearly blood vessels were bursting in my eye because of diabetic retinopathy, caused by prolonged uncontrolled high blood sugar. But I had tried everything I knew of and that had been recommended by doctors to control this, and now I was going blind. I didn't know what to do next or where to turn.

But then something unexpected happened.

As an established writer on the subject of health, I had a large website and following. I needed to take time off for my eye surgery, so I told my readers what had happened.

In late September, one of my readers responded. Ira L. Goodman MD FACS ABIHM, Triple Board Certified in Ophthalmology, Holistic Medicine, and Anti-Aging Medicine told me he was a retired ophthalmologist and asked me for my medical records. It took a few weeks for my records to get to him. After looking at my records, in early October he sent me a link to **an exact diet to reverse retinopathy!**

The doctor said, **“You must do this diet to save your life!”**

My Introduction to the Rice Diet

Here is the link to the diet that Dr. Goodman sent to me:

[How Not to Die From Diabetes](#)

And on that page, there was a link to another page:

[Can Diabetic Retinopathy Be Reversed?](#)

These videos show bits of scientific papers that tell that retinopathy can be reversed. Patients who could not discern objects improved their eyesight to the degree that they could read fine print.

Diabetic retinopathy is the number one cause of blindness.

And on that page there was another link to:

[Diabetes as a Disease of Fat Toxicity](#)

This video explains how **excess fat in the diet creates insulin resistance**. Since then I have seen many other scientific references that state a high-fat diet is the cause of diabetes.

This is exactly the opposite of the low-carb diets doctors had been putting me on since 2000, which were low in carbohydrates but high in fat.

None of this was making sense to me, after fifteen years of being told not to eat carbs. But because I had spent fifteen years struggling with my blood sugar and couldn't control it, and my father had died of diabetic complications after having his leg amputated due to diabetic gangrene after a simple wound, **out of desperation I tried the Rice Diet. My blood sugar fell 133 points in the first month.** At the six-month mark, my blood sugar was 140, which is only 15 points away from the 125 mark, which is when modern medicine considers you are diabetic.

I had just spent years on low-carb, paleo, gluten-free diets that allowed fat. Not only that, **for the three months prior to the blood vessel bursting I had been trying a “ketogenic” diet that pushes your body to burn more fat by eating a very high percentage of fat in the diet. This did nothing to lower my blood sugar, but instead made it even more difficult to control.** All this low carb dieting ended up with being forced to take insulin because my blood sugar just went higher and higher as I ate fewer and fewer carbs. [And then a blood test showed high liver enzymes, a sign of fatty liver. This high fat diet just wasn't working for me.]

There Were No Instructions for the Rice Diet, So I Had to Research

If you follow the links I've given above and watch these videos, you'll see that they talk a lot about the Rice Diet and its miraculous benefits, but **there are no instructions on how to do the diet.** So, I spent most of October researching.

I found a few out-of-print books and pieced information together. The foods they were suggesting I wouldn't be able to eat for even a day. So, I took the basic idea and reworked the food choices to come up with a Rice Diet I could actually do.

Finally, on 24 October 2016 I started the diet. And right away I started losing weight. By the end of November, I had lost 13 pounds and my blood sugar was down 133 points. I had to reduce my insulin dose twice, I felt great, and loved the food.

And I accomplished this by eating carbohydrates all day long.

Yes, carbs.

If you've been struggling with weight or diabetes and have been told you *must* do a low-carb diet, I know you're not believing this, but it's true.

I am losing weight, keeping it off, losing more weight and keeping my blood sugar down by eating carbs.

But not just any carbs. Very specific carbs in very specific amounts.

The food on the Rice Diet is delicious and easy to prepare. We love it. Larry and I love food and plan to eat some version of the Rice Diet for the rest of our lives (which will now be longer and happier and healthier).

The second month was December, so it was more difficult to stay on the diet. Of course I wanted to eat when I went to parties. So, I stayed on the diet at home and then ate whatever I wanted when I went out, as an experiment. And by the end of the month my blood sugar was exactly the same and I had gained only two pounds, which I lost in two days when I went back on the diet in January.

I now feel I have a diet that will serve my body and taste buds well, now and for the rest of my life.

Because there are no current books or websites with instructions for the Rice Diet, I had to put together this book. **Because it really is the end of diabetes and the end of obesity.** For me and Larry, at least. And maybe the world.

The diet works. All you need to do is do it.

A Diet for Life

As I started working on writing this book, I began to look at other diets that are being promoted in the world today.

One thing I noticed is that people tend to eat in a certain way that makes their bodies fat and elevates their blood sugar. And then they “go on a diet” to lose weight, and then go back to their former way of eating, as if that were “normal.” I’ve done that myself, many times. Because it’s difficult to stay on a “diet.”

For me, the Rice Diet (in the way I present it in this book) is something different.

It’s a way of eating that gives my body life. It’s a way of eating that I will continue for the rest of my life. Not because “I have to,” but *because I love it.*

I feel like I’ve finally found a way of eating that makes me happy and is my friend.

As I was working on this book, Larry and I decided to do the Rice Diet that I was writing, as I wrote it. We started on 1 June 2020. We're posting what we eat and our progress at RiceDietRevival.com.

I started the week with my fasting blood sugar at 164 and before that it was higher: last week before I started the diet it was 189—240—163—203—201—254. My weight was 233.

Today, 9 June 2020, my blood sugar is 124—one point below the number that gives the diagnosis “diabetic.” This is on insulin, so the next challenge is keeping it here and lower while I reduce the insulin and get off it.

And my weight is 227. I've lost 6 pounds.

Larry lost 5 pounds and is now working on lowering his insulin dose because his blood sugar is below 100.

I still have a ways to go but I know I'm on the right path now.

