**Reversing Insulin Resistance & Pre-Diabetic/Type II Diabetes**



**Foods You Must Remove/Reduce to Reverse Diabetes Naturally**

**Refined sugar**

**Grains**

**Conventional cow’s milk (A1 cow’s milk)**

**Alcohol**

**Top Foods to Cure Diabetes**

**High fiber foods** help slow down glucose absorption. Aim for at least 30g of fiber per day from vegetables, avocados, berries, nuts, and seeds. **Fiber Powder (10 g)** Fiber from vegetables and seeds can control blood glucose. I recommend finding a supplement that contains sprouted chia and flaxseeds.

**Foods high in chromium** Broccoli, raw cheese, green beans and grass-fed beef are all high in chromium, however broccoli has the highest amounts by far.

**Foods with a low glycemic load** Low glycemic foods include vegetables, nuts, seeds, avocados, coconut, organic meat, eggs, wild caught fish and raw pastured dairy

**Supplements for Balancing Blood Sugar**

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| **Common Name** | **Common Use For/MOA** | **Dose** |
| **Cinnamon** | * potent antioxidant
* improves insulin sensitivity by activating insulin receptors
* reduces Cholesterol & Triglycerides
 | ¼ to ½ teaspoon water-soluble cinnamon extract (or the supplement equivalent) twice a day or **2 tsp daily** |
| Vitamin E | * potent antioxidant
* It improves glucose control and protects blood vessels and nerves from free radical damage
 | 400-800 IU/day (take only natural form d-alpha-tocopherol or d-alpha-tocopherylural)  |
| **B-6 & B-12** | * support nerve health, reduce neuropathy
 | B-6 50-100 mg QDB-12 150-1000 mcg QD |
| B7 Biotin | * manufactures and utilization of protein, fats, and carbohydrates
 | Biotin 300mcg/day |
| B1 (benfotiamine) | * prevents the formation “advanced glycation end products” (AGE’s) and helps reverse (AGE) related damage
* improves nerve function, circulation
 | 300 mg/day |
| **Vitamin C (ascorbate)** | * lowers levels of sorbitol reduces damage to cells in the eyes, kidneys, and nerves
 | 1000-5000 mg/day |
| **Vitamin D3** | * boost production of antimicrobial peptides called cathelicidins, which destroy viruses, bacteria, and other germs
* important role in helping your body process glucose
 | 5000 IU/day |
| **Magnesium** | * energy production and protein synthesis, cellular replication, and DNA production
* decreases insulin resistance
 | 500-1000 mg/day (threonate, glycinate & malate) |
| Vanadium | * mimics insulin in the body and helps maintain normal blood sugar levels
* essential in formation of bone and teeth
 | 100 mg/day (vanadyl sulphate) |
| **Chromium** | * improves the action of insulin and helps move glucose and other nutrients into the cells
 | 500-1000 mcg (chromium picolinate)/day |
| **Berberine** (plant alkaloid) | * stimulates the uptake of glucose into the cells, improves insulin sensitivity, and reduces glucose production in the liver
 | 1500 mg/day |
| Gymnema sylvestre (extract from the leaves of a climbing plant)  | * slows the transport of glucose from the intestines to the bloodstream
 | 200-400 mg/day |
| Banaba leaf extract | * contains colosolic acid which promotes glucose transport into cells
 | 3 mg/day |
| **Resveratrol** | * its positive effects on the sirtuin family of enzymes
* facilitate DNA repair
* protects against oxidative stress
* reduce inflammation
* increase insulin sensitivity
 | 100–250 mg/day (standardized extract of trans-resveratrol) |
| **Alpha-lipoic acid (ALA)** | * one of the most powerful antioxidants out there for fending off the harmful free radicals that can attack your blood vessels
* Improves insulin sensitivity and reduces symptoms of neuropathy
 | 600-1200 mg/day |
| Oliginol | * form of lychee fruit that improves microcirculation, stimulating blood flow to extremities
 | 50 mg/day |
| **Exercising Balances Your Blood Sugar** | **Exercising Balances Your Blood Sugar** | **Exercising Balances Your Blood Sugar** |

**Highlighted supplements are my first ones I start out with!!**