**Ways to Lower Blood Sugar Levels Naturally**

High blood sugar occurs when your body doesn’t make enough or effectively use insulin, a hormone that regulates blood glucose and helps it enter your cells for energy. The Centers for Disease Control and Prevention (CDC) reports that 13% of U.S. adults live with High blood sugar (hyperglycemia) is associated with diabetes and 34.5% have prediabetes.

This means close to 50% of all U.S. adults have diabetes or prediabetes.

**Drink Water and Stay Hydrated**

Drinking enough water will keep your blood sugar levels within healthy limits. In addition to preventing dehydration, water helps to flush out the excess sugar through urine.

Drinking water regularly helps to rehydrate the blood, lowers blood sugar levels, and reduce the risk of diabetes.

Water is the best beverage that you can drink, it is important to drink half your weight in ounces daily.

**Manage your carb intake**

Your body breaks carbs down into sugars, when you eat too many carbs or have problems with the function of insulin the process does not function properly, and blood glucose levels can rise.

Plan your snacks and meals in advance paying attention to labels. Many studies also show that a low carb diet helps reduce blood sugar levels and prevent blood sugar.

Reducing carbohydrate intake can help with blood sugar control.

**Increase your fiber intake**

Fiber slows carb digestion and sugar absorption, it promotes a more gradual rise in blood sugar levels.

There are two kinds of fiber: insoluble and soluble. While both are important, soluble fiber has been shown to improve blood sugar management. Additionally, a high fiber diet can also better manage type 1 diabetes by improving the body’s ability to regulate blood sugar and reducing blood sugar lows. Foods that are high in fiber include: vegetables, fruits, legumes (beans) and whole grains.

Eating plenty of fiber can help with blood sugar management. Soluble dietary fiber is the most effective.

**Choose foods with a low glycemic index**

The glycemic index measures how we absorb or digest foods, which affects the rate at which blood sugar levels rise.. Eating low-glycemic-index foods has been shown to reduce blood sugar levels in those with diabetes

Foods with a low to moderate glycemic index include:

Yogurt, non-starchy vegetables, wheat pasta, oats, barley, bulger, beans, lentils, Black-eyed peas and other legumes.

It’s essential to choose foods with a low glycemic index and monitor your overall carb intake.

**Eat foods rich in chromium and magnesium**

**Chromium** is involved in carb and fat metabolism. It also helps regulate blood sugar levels. A lack of chromium may lead to carb intolerance.

Chromium-rich foods include: meats, whole grain products, fruit, vegetables & nuts

**Magnesium** has also been shown to benefit blood sugar levels, while magnesium deficiency has been linked to a higher risk of developing diabetes. Studies have linked individuals with the highest magnesium intake with up to a 47% lower risk for developing type 2 diabetes .

Magnesium-rich foods include: dark leafy greens, squash and pumpkin seeds, tuna, whole grains, dark chocolate, bananas, avocados and beans.

Eating foods rich in chromium and magnesium can help prevent deficiencies and reduce blood sugar problems.

**Implement portion control**

Portion control helps regulate calorie intake and can help maintain a moderate weight. Monitoring your serving sizes also helps reduce calorie intake and subsequent blood sugar spikes.

Here are some helpful tips for managing portion sizes:

Measure and weigh portions, Use smaller plates, Eat slowly, Read food labels and check the serving sizes.

When eating out: skip appetizers, avoid feeling up on bread, share a salad/meal at restaurants.

As you are looking at and striving to changes your eating habits it is a good idea to keep a food journal.

**Try apple cider vinegar**

It promotes lower fasting blood sugar levels, possibly decreasing its production by the liver or increasing its use by cells and can help improve insulin sensitivity.

Apple cider vinegar can help your body in many ways, including reducing blood sugar levels.Top of FormBottom of Form

**Add flavor with cinnamon**

It’s been shown to improve insulin sensitivity by decreasing insulin resistance at the cellular level. Studies show cinnamon can a lower blood sugar level by up to 29%. Cinnamon slows the breakdown of carbs in the digestive tract, which moderates the rise in blood sugar after a Chai and Vedic tea are good they have cinnamon, cardamon and cloves (also helpful with blood sugar) as well as several other herbs.

Cinnamon has been shown to help reduce fasting blood sugar levels and may help improve insulin sensitivity.

**Manage Stress levels**

Stress can affect your blood sugar levels. Hormones such as glucagon and cortisol are secreted during stress. These hormones cause blood sugar levels to go up. One study showed that exercise, relaxation, and meditation significantly reduced stress and lowered blood sugar levels for students

Breathing exercises, relaxation methods, and mindfulness-based stress reduction may also help correct insulin secretion problems. I enjoy listening to music, studying and reading my Bible.

Managing stress levels through exercise or relaxation may help you better regulate blood sugar levels.

**Exercise regularly**

Regular exercise can help you get to and maintain a moderate weight and increase insulin sensitivity so that your cells are better able to use sugar in your bloodstream. Exercise also helps your muscles sugar for energy and muscle contraction. Exercise also helps to reduce stress.

Useful forms of exercise include weightlifting, brisk walking, running, biking, dancing, hiking, swimming, and more.

Exercise increases insulin sensitivity, helps your muscles use glucose effectively to reduce blood sugar levels.

**Maintain a Moderate Weight**

It’s important to monitor your waistline, as it’s perhaps the most crucial weight-related factor for estimating your diabetes risk and the easiest to see. A measurement of more than 35 inches for women and more than 40 inches for men is associated with an increased risk of developing insulin resistance, high blood sugar levels, and type 2 diabetes as well as many other diseases and puts you at higher risk of stroke.

Having a healthy waist measurement may even be more important than your overall weight. If you carry most of your weight in your mid-section that is a problem.

Even a 7% reduction in body weight can decrease your risk for developing diabetes by up to 58 and

these decreased risks can be sustained long term.

**Get enough quality sleep**

Getting enough sleep is necessary for good health and you will feel much better, have more energy and increase your overall well-being. A lack of rest can also affect blood sugar levels, insulin sensitivity, increase appetite and promote weight gain. Sleep deprivation decreases the release of growth hormones and increases cortisol levels.

Turn off lights and electronic devices. Place phones away from bedside.

Good sleep helps maintain your blood sugar levels and promote a healthy weight.

For More information or to schedule an appointment:

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