**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.

We have been talking about some of the signs and symptoms of High Blood sugar we are going to begin talking about some of the things that you can do to help reduce your blood sugar naturally and help those of you that are prediabetes to slow or halt the process.



**Manage your carb intake**

Your body breaks carbs down into sugars (mostly glucose), and then insulin helps your body use and store sugar for energy. When you eat [too many carbs](https://www.healthline.com/nutrition/how-many-carbs-per-day-to-lose-weight) or have problems with the function of insulin the process does not function properly, and blood glucose levels can rise.

However, there are several things you can do about this. The American Diabetes Association (ADA) recommends managing carb intake by counting carbs and being aware of how many you need ([3](https://www.diabetes.org/healthy-living/recipes-nutrition/understanding-carbs/carb-counting-and-diabetes)). 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.

Carbs are broken down into glucose, which raises blood sugar levels.

Reducing carbohydrate intake can help with blood sugar control.

**Increase your fiber intake**

Fiber slows carb digestion and sugar absorption. For these reasons, it promotes a more gradual rise in blood sugar levels. [type of fiber](https://www.healthline.com/nutrition/different-types-of-fiber) you eat may play a role.

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](https://www.healthline.com/nutrition/22-high-fiber-foods) 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](https://www.healthline.com/nutrition/9-benefits-of-whole-grains). The recommended daily intake of fiber is about 25 grams for women and 38 grams for men. That’s about 14 grams for every 1,000 calories ([15](http://ajl.sagepub.com/content/2/3/233.abstract)).

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](https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/what-is-glycemic-index) measures how we absorb or digest foods, which affects the rate at which blood sugar levels rise. The amount as well as the type of carbs digested determine how a food affects blood sugar levels. 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. I will place a more in depth list on the Facebook page.

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

**Eat foods rich in chromium and magnesium**

High blood sugar levels and diabetes have also been linked to [micronutrient deficiencies](https://www.healthline.com/nutrition/7-common-nutrient-deficiencies) ). Examples include deficiencies in the minerals 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](http://healthline.com/nutrition/10-proven-magnesium-benefits) 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 ([57](https://care.diabetesjournals.org/content/37/2/419)).

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 regularly can help prevent deficiencies

and reduce the risk of blood sugar problems.

**Implement portion control**

Portion control helps regulate calorie intake and can help maintain a moderate weight. Weight management promotes healthy blood sugar levels and has been shown to reduce the risk of developing type 2 diabetes. 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.
* When eating out: skip appetizers, avoid feeling up on bread, share a salad/meal at restaurants. They always serve more than 1 serving in their portion size.
* Read [food labels](https://www.healthline.com/nutrition/how-to-read-food-labels) and check the serving sizes.
* As you are looking at and striving to changes your eating habits it is a good idea to keep a food journal.

Focusing on your portion sizes can help you better manage your blood sugar levels.

**Try apple cider vinegar**

[Apple cider vinegar](http://healthline.com/nutrition/6-proven-health-benefits-of-apple-cider-vinegar) has many health benefits. It promotes lower fasting blood sugar levels, possibly decreasing its production by the liver or increasing its use by cells.

Furthermore, studies show that vinegar significantly influences your body’s response to sugars and can help improve insulin sensitivity.

It may be mixed in a few ounces of water that you can drink or be mixed in salad dressing I buy the Apple Cider Vinegar tonic for my husband it comes in several flavors and is available at the health food store as well as some grocers.

**Talk with your doctor before taking apple cider vinegar if you’re already taking medications that lower blood sugar.**

Adding apple cider vinegar to your diet can help your body in many ways,

including reducing blood sugar levels.Top of FormBottom of Form

**Add flavor with cinnamon**

Cinnamon is known to have [many health benefits](https://www.healthline.com/nutrition/10-proven-benefits-of-cinnamon). It’s been shown to improve insulin sensitivity by decreasing insulin resistance at the cellular level. Studies show cinnamon can also lower blood sugar levels 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. meal. I add to Gary’s oatmeal, you can sprinkle on coffee or get cinnamon sticks to put in your coffee cup. However, as with anything too much cinnamon is not good.

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 methods

may help you better regulate blood sugar levels.

**Exercise regularly**

Regular exercise can help you [get to and maintain a moderate weight](https://www.healthline.com/nutrition/how-to-lose-weight-as-fast-as-possible) 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 and helps your muscles use glucose effectively.

This can lead to reduced blood sugar levels.

**Maintain a Moderate Weight**

It’s a no-brainer that maintaining a moderate weight will help improve your health and may help prevent future health problems in all areas of your life. A healthy weight promotes healthy blood sugar levels thus lowering your risk for developing diabetes.

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.

It’s important to monitor [your waistline](http://healthline.com/nutrition/6-proven-ways-to-lose-belly-fat), 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.

Keeping a moderate weight and waistline will help you maintain normal blood sugar levels

and decrease your risk for developing diabetes.

**Monitor your blood sugar levels**

It has been said *“What gets measured gets managed.”* Measuring and monitoring blood glucose levels can also help you better manage your levels.

Keeping track helps you determine whether you need to make adjustments in meals or talk to your doctor about your medications. It will also help you find out how your body reacts to certain foods; this is especially helpful if you are keeping a food journal. Make a note of things that raise your blood sugar as well as time of day eaten. Do not eat past 7:00 pm.

Try measuring your levels every day and keeping track of the numbers in a log.

Checking your blood glucose and maintaining a log every day will help you adjust foods and

medications when necessary to help decrease your blood sugar levels.

**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. Poor sleeping habits and 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. Both of these play an essential role in blood sugar management.

Remember that sleep is about both quantity and quality. It’s best to get a sufficient amount of high quality sleep every night. Turn off lights and electronic devices. Place phones away from bedside.

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

Poor sleep can disrupt critical metabolic hormones.