

12 NATURAL WAYS TO BALANCE YOUR BLOOD SUGAR



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by

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INTRODUCTION

Keeping your blood sugar balanced is important for a healthy and pain-free life. High sugar and carb intake can cause **glucose intolerance**. When you eat, sugar levels rise, and insulin is released by the pancreas. Insulin is what allows glucose to enter the cells to provide energy. After eating, when the insulin levels are high, the extra glucose is stored in the liver as glycogen.

When you eat too much sugar and too many carbs, it can cause impairment to the glucose metabolism. **When your cells don't get the glucose needed for energy, you end up tired.** This makes you reach for some sugar to get an energy boost, but this just adds more sugar to an already damaged system.



Some of the symptoms of high blood sugar include headaches, blurred vision, hunger, trouble concentrating, frequent urination, and a sense of fatigue.

Damaged blood vessels leads to clots and plaque that can result in a heart attack and stroke. This damage also narrows your blood vessels driving up your BP. Other health problems include heart disease, kidney disease, stroke, nerve damage, and diabetes.



EFFECTS OF DIABETES

Diabetes can lead to nerve damage called **neuropathy**. Those who have high blood sugar levels and high levels of fat in the blood from diabetes could suffer **damage to the nerves**¹.



Different types of nerve damage has different symptoms. If you have diabetic neuropathy, common symptoms include pain and numbness in the feet and other areas of the body. Common sensations include stabbing, burning, or tingling.

In the report, we will examine
**12 METHODS OF BALANCING YOUR BLOOD SUGAR
USING NATURAL METHODS.**

Control blood sugar levels to reduce health issues including symptoms of diabetes.

BALANCING YOUR BLOOD SUGAR NATURALLY

Although there are medicines that some people take to balance their blood sugar, there are also entirely natural methods. Listen to your doctor when determining the best course of action to keep your levels in check.

The natural methods discussed below can help.

#1

Reduce Sugar Intake



It makes sense that those who have high blood sugar and want to keep it balanced take steps to reduce the amount of sugar in their diet. Consider not just the typical sweet foods that you might be eating, but also **the incidental sugar** that you might be getting from sodas, creamer for the coffee, etc.

A study from 2014 found that **increased sugar intake and cardiovascular disease mortality were related²**.

By learning more about the sugars you're consuming from food and beverages, it's easier to spot the troublemakers. It will help you learn where you need to cut back or substitute different foods.

#2

Control Portions

One of the reasons that many people have high blood sugar levels and spikes is because they **overeats at each meal**. By controlling portions, it becomes easier to control the number of calories you are taking in, and it can help lead to weight loss, discussed later in the report. Controlling weight helps with blood sugar levels and monitoring the portions has been found to reduce those blood sugar spikes³. Weight gain is a serious issue that could lead to the development of certain cancers, heart disease, diabetes, and other health issues.



#3

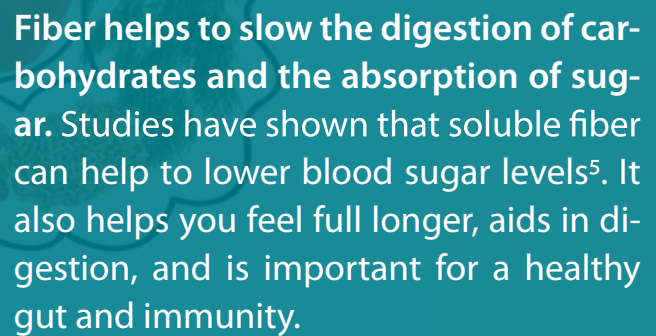
Eat Fewer Simple Carbohydrates

When you eat carbohydrates, the digestive system breaks down digestible carbs into sugar, which then enters your bloodstream. The pancreas then produces insulin, so the blood sugar can be absorbed for storage, converted, and used for energy. **When the levels are too high over a long period, cells stop responding to insulin.** Those levels can stay high long after a person eats in these cases.

Simple carbohydrates are those that are broken down quickly by your body to be used as energy. They can cause a feeling of fatigue, which might make you reach for even more simple carbs to keep up the quick energy. **This leads to weight gain.** Some of the types of foods you need to avoid eating include table sugar, candy, syrup, processed sugars, and soft drinks.

Research has shown that having a **lower glycemic diet**, meaning one with less sugar, can help to reduce the risk of developing type-2 diabetes⁴. Avoiding excess simple carbohydrates can help to keep those sugar levels lower.

Increase Fiber Intake



#5

Eat Foods with Chromium and Magnesium

Chromium is found in coffee, nuts, broccoli, meat, whole grain products, and cereals that have a lot of bran. Magnesium is found in whole grains, fish, bananas, avocados, beans, and dark leafy greens. Go ahead and **add these to your diet to lower blood sugar levels**. They taste good and they're good for you.

#6

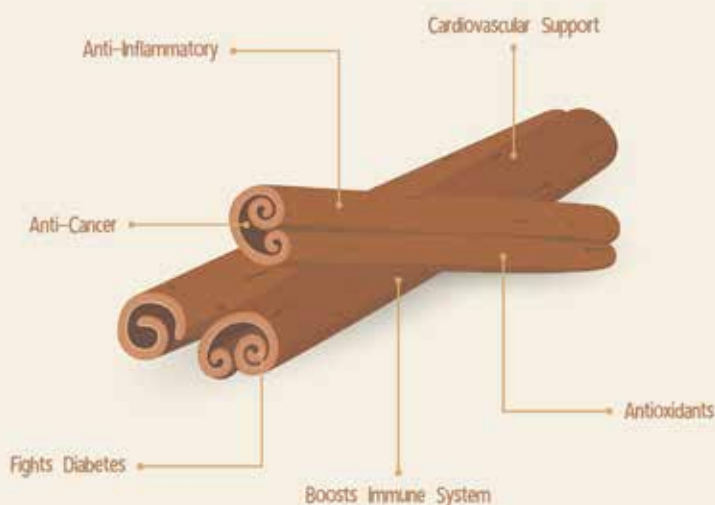
Consider Using Cinnamon Extract

Cinnamon has been valued for centuries and provides various types of health benefits. Studies have shown that **cinnamon can lower the blood sugar levels by up to 29%, and it can moderate the elevation of the levels after eating⁷.**

There are differences in types of cinnamon. Ceylon cinnamon is sweeter than cassia cinnamon, and it works well for desserts. Additionally, it has less coumarin in it than cassia. Coumarin is a plant that acts as a blood thinner and is contraindicated if you are taking blood thinners. **Too much coumarin can be toxic to the liver and kidneys.**



Benefits of Cinnamon



The supplement is readily available online, which makes it easy to take along with any other supplements you might have.

#7

Use Apple Cider Vinegar



Studies have shown that **supplementing with apple cider vinegar** could be helpful for blood sugar, as well. It has been shown to **promote lower fasting levels⁸**, and it has been found that it can improve insulin response and even change the body's response to sugars⁹.

You can add apple cider vinegar to your diet in several ways. You could opt to make salad dressing out of it, which is a popular choice. You could also simply mix two teaspoons into eight ounces of fresh water.

Something important to keep in mind is to **talk with your doctor** when using apple cider vinegar or other supplementation to reduce blood sugar. Make sure that it will not interfere with any medications that you might be taking to lower your blood sugar levels.

#8

Stay Hydrated

There is also evidence that drinking plenty of water and staying well hydrated can help with balancing blood sugar levels¹⁰. **Water helps the kidneys to flush out the extra sugar in the blood via urine.**

Proper hydration requires that you drink fresh water and other beverages that have no calories or that are very in low calories. You will want to stay away from soda, iced coffee with sweeteners, and the like. Cool, fresh water is always the best and healthiest solution.

#9

Control Stress Levels



Even your level of stress can play a role in your blood sugar levels. **The body secretes various hormones when stressed, such as cortisol.** This can cause blood sugar levels to rise¹¹.

A 2014 study found that using various techniques, such as yoga, meditation, and exercise, it was possible to **lower the blood sugar levels by reducing and controlling stress**¹².

#10

Get Quality Sleep

Interestingly, not getting enough quality sleep also has the potential to raise blood sugar levels. **Sleep fragmentation and other sleep issues affect blood glucose levels**¹³.

- Get seven to eight hours of uninterrupted sleep a night.
- Create a nightly routine to get into the mindset for sleep.
- Put away the electronic devices an hour or two before bed.
- Make sure the room is the proper temperature.
- Make the bedroom a haven and a place for sleep.



Those who have sleep apnea should have this issue treated, as it could be a major cause of sleep issues, which could be contributing to increased blood sugar.

#11

Exercise After Eating



Those who are fighting to keep their blood sugar under control will find that exercising regularly, and timing those workouts after meals, can help, according to Betul Hatipoglu, MD¹⁴. **Additionally, it can help to reduce the risk of heart disease.**

Glucose peaks about 90 minutes after a meal, according to a study published in *Frontiers in Endocrinology* in 2017¹⁵. **Exercising reduces the concentration of blood glucose.** Even if it's just taking a walk after your meal, it can make a difference. Many believe that starting to exercise about half an hour after starting a meal is ideal, but this can vary for different people.

The key to getting enough exercise and sticking to exercise plans is finding options that you enjoy. Take the time to find some fun exercises and change things up occasionally to keep it fresh.

#12

Lose Weight

Those who are overweight often find that they are at greater risk when it comes to various types of health issues. This includes diabetes and diabetic neuropathy. **Proper weight management, which can often be achieved with diet and exercise, can be an important and beneficial part of glucose therapy¹⁶.**

Losing weight can be a difficult task, but it is one that is worth working toward. By eating healthy and getting more exercise, as discussed in the report, it can become easier to shed those pounds.

CONCLUSION



Controlling and balancing blood sugar levels does not have to be difficult, and it does not always mean that you have to take medicines to do it. By **using these natural methods** to get your blood sugar in check, you will find that it can also **improve other aspects of your health**.

These natural methods are easy to start using right away, and they **CAN START TO MAKE A DIFFERENCE IN HOW YOU FEEL**. Those who have neuropathy, and those who are just trying to keep their levels in check before there is a problem, can all benefit.



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