

# Healthy Blood Sugar Habits

*Incorporate these valuable habits into your daily routine to improve metabolic function.*

## ✔ Eat nutrient dense food!

Replace refined carbs with healthy fats and fiber rich foods. Eating nutrient dense foods will reduce hunger and sugar cravings.

## ✔ Focus on Intermittent Fasting!

has been shown to lower blood sugar and cholesterol, which may help reduce your risk for insulin resistance and metabolic dysfunction. It also enhances beneficial gut bacteria populations and improved gut-related metabolites that can contribute to a healthy metabolism.

## ✔ Incorporate Bitters into your life!

Including bitter foods in your diet can help regulate glucose levels by triggering insulin release and slowing down the digestive movement of carbs into the small intestine, which in turn can help reduce post-meal blood sugar spikes. Try taking bitters 15-30 minutes prior to meals.

### Bitters

*make life sweeter!*

- Burdock root
- licorice root
- dandelion
- milk thistle
- ginger

These can be found in capsule form, herbal tea and tinctures.

### Microbiome

The microbiome is a key player in metabolic health! Changes in the gut microbiome are associated with metabolic disorders such as obesity, insulin resistance and diabetes, conditions that involve an impaired ability to maintain proper glucose levels in the blood. Improve your microbiome by eating a variety of fermented foods such as sauerkraut & kimchi.

### Polyphenols

can be found in coffee, tea, berries, buckwheat, alfalfa, oats, apples, extra virgin olive oil, fermented soy, beets, and many herbs.

## ✔ Increase Polyphenol Intake!

studies provide evidence that polyphenols may be beneficial for addressing metabolic syndrome and improving glucose management.

## ✔ Prioritize Sleep!

Sleep deprivation can lead to increased production of stress hormones like cortisol, which can raise blood sugar levels. Additionally, lack of sleep can affect the body's ability to regulate glucose metabolism, making it more challenging to maintain stable blood sugar levels throughout the day.

## ✔ Move!

Being active helps lower blood sugar and makes the body more sensitive to the effects of insulin, meaning that more glucose is moved out of the blood and into the cells.





# Power to the Pancreas

*Incorporating these valuable nutrients and herbs into your daily routine may improve metabolic function.*

## HERBS

### **Berberine**

improves how cells respond to insulin promoting better movement of glucose into cells. It also impacts how glucose gets used. Once your cells have their glucose, you feel less hungry, so you eat less.

Berberine can be found in **Berberine Active** by Mediherb®

### **Black Cumin Seed**

may help stabilize blood sugar levels, including fasting blood glucose and blood glucose levels after a meal. It also helped increase insulin production while decreasing insulin resistance.

Black Cumin seed can be found in **Black Cumin Seed Forte & Metabol Complex** by Mediherb®

### **Gymnema**

has been used to lower blood sugar, may reduce the amount of sugar absorbed by the intestines and stimulate insulin release. It reduces sugar cravings by making sweet foods taste less appealing.

**Gymnema** by Mediherb® is the preferred source.

### **Fenugreek**

seems to slow sugar absorption in the stomach and may improve how the body uses sugar as well as stimulating insulin production. These effects lower blood sugar in people with metabolic dysfunction.

Fenugreek can be found in **Metabol Complex** by Mediherb®

## VITAMINS

### **Inositol**

Inositol can be used to produce molecules that are involved in insulin's action in your cells. Explored for its potential to improve the body's sensitivity to insulin, inositol may be beneficial in reducing insulin resistance.

### **B9 (Folate)**

A PubMed meta-analysis of placebo-controlled randomized trials suggest that folate supplementation with or without other B vitamins lowers HOMA-IR, IR, and possibly fasting glucose, suggesting a potential benefit of folate for IR and glycemic control.

## MINERAL

### **Trivalent Chromium**

- Encourages healthy blood sugar utilization at the cellular level
- Supports healthy blood sugar levels when already within a normal range
- Supports healthy cholesterol levels that are already within a normal range
- Excellent source of niacin and chromium
- Good source of antioxidant vitamin A

**Chromium Complex** by Standard Process® is an excellent source of Trivalent Chromium

## SPECIALTY

### **Pancreatrophin PMG®**

A proprietary blend by Standard Process® that provides a unique profile of minerals, nucleotides, and peptides that supports the pancreas and metabolic function.