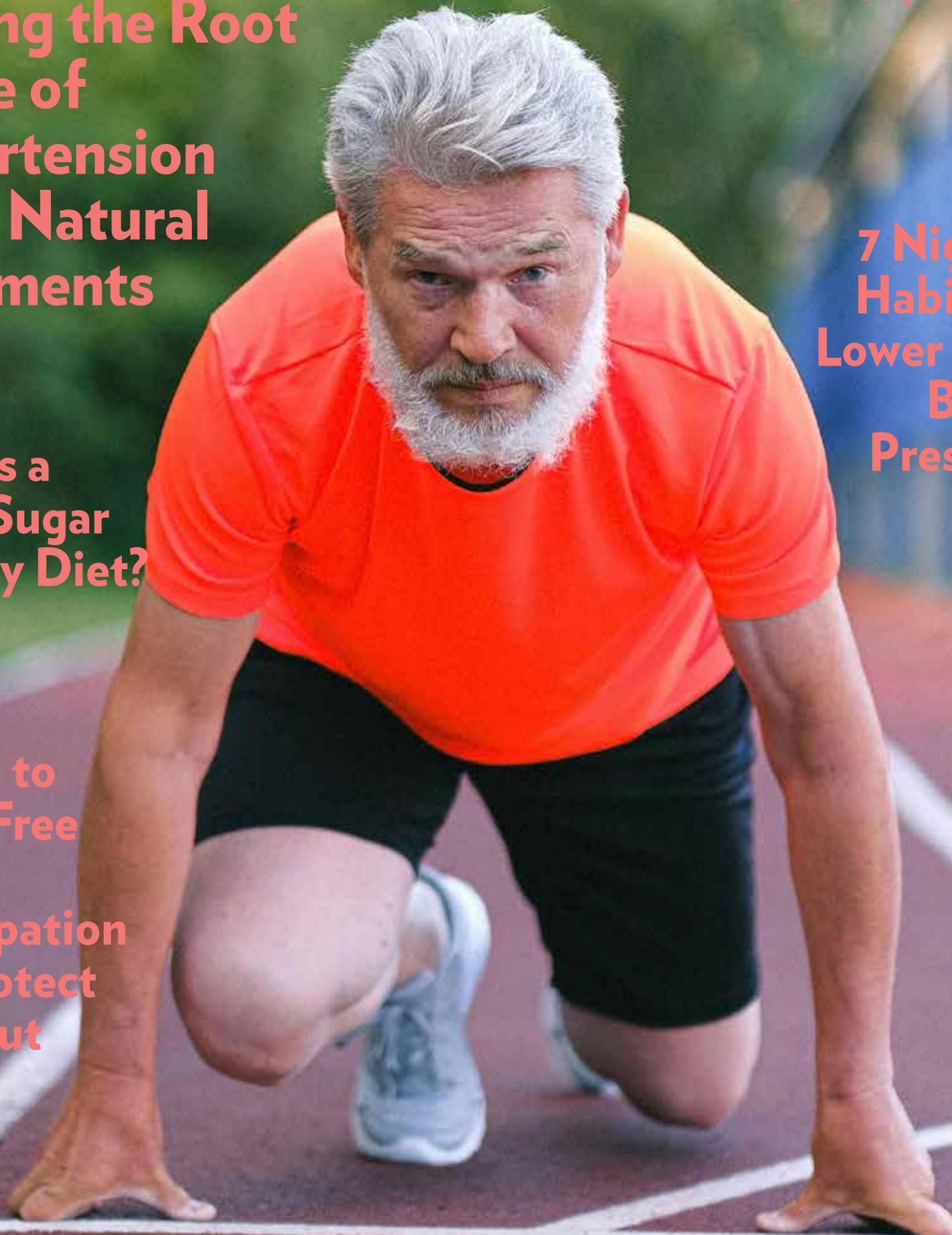


Finding the Root Cause of Hypertension and 4 Natural Treatments

What Is a Blood Sugar Friendly Diet?

4 Ways to Break Free from Constipation and Protect Your Gut

7 Nightly Habits to Lower Your Blood Pressure



Home Cures That Work

High blood pressure patients often receive incorrect treatments due to unrecognized underlying conditions. What is often labeled as “primary hypertension” is actually “secondary hypertension,” caused by four main factors. This argues that finding and treating these root causes is essential, as merely lowering blood pressure without addressing the underlying condition is ineffective and potentially harmful. Dr. Saunders provides various strategies for managing different types of hypertension more effectively.

Managing high blood pressure effectively involves more than just medication; integrating specific habits into your nightly routine can play a crucial role. A few of these activities include taking a post-dinner walk and creating a relaxing wind-down routine. These and other practices help reduce stress, regulate blood sugar levels, and ensure consistent sleep, which collectively support cardiovascular well-being.

A blood sugar-friendly diet also focuses on whole, minimally processed foods, including fiber-rich fruits and vegetables, lean proteins, and healthy fats, while limiting added sugars and refined grains. This article provides a sample menu for a few days to help you make sustainable changes without sacrificing the enjoyment of food.

Some medications include side effects or gum imbalances leading to constipation and as a result, an increased risk of cognitive decline. Here are four transformative tips for improved bowel movements. By implementing these proactive measures, individuals can not only alleviate constipation but also promote long-term cognitive vitality and overall well-being.

Even by taking one or more of these steps can lead to significant health improvements over time. Then, you'll feel more confident and motivated to adopt even more natural methods for better health...with Home Cures THAT WORK!

For your health,

Cheryl Ravey,
Editor, Home Cures That Work

AUTHORS



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04 FINDING THE ROOT CAUSE OF HYPERTENSION AND 4 NATURAL TREATMENTS

Many patients are often prescribed inappropriate blood pressure medications due to a failure to identify and address the underlying causes of hypertension, which can range from metabolic and stress-related issues to inflammation and vasoconstriction.



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11 7 NIGHTLY HABITS TO LOWER YOUR BLOOD PRESSURE

Incorporating habits like a post-dinner walk, regular sleep schedule, reduced salt intake, and stress-reducing activities into your evening routine can significantly lower blood pressure and improve heart health.



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13 4 WAYS TO BREAK FREE FROM CONSTIPATION AND PROTECT YOUR GUT

Chronic constipation, while not directly causing cognitive decline, is linked to underlying gut imbalances that impact cognitive function over time; however, strategic interventions guided by a gastroenterologist can alleviate constipation and promote brain-gut health.

13 WHAT IS A BLOOD SUGAR FRIENDLY DIET?

A blood sugar-friendly diet emphasizes whole, minimally processed foods, balanced macronutrients, and portion control, helping manage blood sugar and weight while allowing for enjoyable and varied meals.

FINDING THE ROOT CAUSE OF HYPERTENSION AND 4 NATURAL TREATMENTS

by Dr. Scott Saunders, M.D.



Recently, I have had several patients in my office who have been on inappropriate blood pressure medications for different reasons.

Medication given to Alex didn't seem to be working. Basic testing showed that he was given the wrong medication. We found the underlying cause, so the kidney medication didn't work. His problem was not in the kidneys; it was the adrenals that caused vascular constriction. His blood pressure was consistently around 200/100 morning and evening, except for two nights when it was 120/75 – normal! I asked about that, and he said, "Yeah, I noticed that. I don't know, except that it seems to happen whenever I have wine with dinner." He hadn't told me this, so I asked him to drink wine and check his blood pressure. It was normal. He asked, "What am I supposed to do? Become a wino?" No. Given a different medication, Alex's blood pressure is normal. Ultimately, he would do much better to reduce stress and get off the medication.

In another case, a cardiologist prescribed blood pressure medication to an 87-year-old woman and she started getting dizzy spells. She almost passed out a few times because her blood pressure dropped too low. I recommended she get off the medication and she did, and within three days, it was back to normal. However, when she went back to her cardiologist, he gave her another blood pressure medication – and the same thing happened. After stopping the drugs, I had her monitor her blood pressure for a couple of weeks. The blood pressure in the morning was higher, around 160/78, but the evening blood pressure was in the range of 140/75.

This brings up a very important point. The ideal blood pressure in young men (where all the original studies were done) is around 120/75. But as we age, the blood

vessels are less compliant, and we need more pressure to get adequate circulation. This means that for people over 70, the ideal blood pressure is usually 140/75.[1]. The 87-year-old woman's blood pressure was perfect in the evening when her cortisol was low. However, the blood pressure medications caused her to get hypotension (low blood pressure) which is more dangerous than hypertension (high blood pressure).[2]

Sometimes blood pressure is only high in the office. I make sure all my patients who have a potential problem with blood pressure take their blood pressure morning and evening for at least two weeks before diagnosing hypertension. (That's 28 readings ☐.) If the blood pressure is normal sometimes, then we can ask the question, "Why?" Really, if the blood pressure is normal when you are quiet and relaxed, you don't have a blood pressure problem. You only need to be concerned if your blood pressure is continually elevated.

There are hundreds of different conditions that can raise blood pressure. For this reason, most doctors will not look for the cause, and they will call it "essential hypertension." Then they will randomly pick a blood pressure medication to give. If that doesn't work, they will add another without stopping the one that didn't work. It's kind of a ridiculous system all the way around – from start to finish. Most people are not aware that they really have "secondary hypertension," so this requires an explanation.

Primary Hypertension

"Essential Hypertension," also called "primary hypertension," is what most doctors diagnose when someone has elevated blood pressure. That means they don't know what is causing it. One of

my professors in medical school used to tell us, "It's idiopathic. That means we're idiots because we don't know what causes it." The fact is, there is no such thing as primary hypertension, which would mean it's just high for no reason. Doctors who use the diagnosis of "primary hypertension" are not doing their work to find the cause. There is ALWAYS a reason, which means all hypertension is secondary.

Secondary Hypertension

"Secondary hypertension" refers to high blood pressure caused by an underlying condition. Some common causes include:

- Nephritis, inflammation of the kidneys
- Sleep problems such as sleep apnea
- Hormone imbalances
- Tumors or cancers
- Medications, including over-the-counter like decongestants
- Thyroid disorders
- Vascular diseases of kidneys, brain, or aorta
- Brain diseases
- Autoimmune disorders
- Genetic conditions
- Metabolic derangements like diabetes
- Lifestyle issues such as diet
- Supplements
- Toxins

- Sensitivities to environmental chemicals

As you can see, there are hundreds of things that might cause hypertension. This is why doctors diagnose “primary hypertension;” it’s too hard to find the cause. However, just scanning the list, it would be important to know if you have hypertension due to cancer, a neuroendocrine tumor, kidney failure, toxicity, or brain disease. Finding the underlying cause is the only way to resolve the issue.

One way to look at high blood pressure is to start with the first level of why the pressure goes up. There are four basic categories:

- Inflammation
- Metabolism
- Stress
- Vasoconstriction
- Inflammation

Inflammation anywhere in the body may cause the blood pressure to go up. People with arthritis, colitis, and even gingivitis may have increased blood pressure. The substances that are produced with inflammation cause the local area to have enlarged blood vessels, which is why the area of inflammation gets hot, red, and tender. However, the rest of the blood vessels are constricted, increasing blood pressure.

The key to reducing inflammation is to find the underlying cause. Once you know why, you can take appropriate action to reduce inflammation and lower blood pressure. Some common causes of inflammation include:

- Chronic infections such as mold, Lyme disease, Epstein-Barr Virus (EBV), or

even gum disease

- Arthritis, Lupus, or other rheumatoid conditions
- Deficiencies of antioxidants, or omega-3 oils
- Toxins such as heavy metals or mycotoxins (mold)
- Chronic allergies

HOW TO LOWER INFLAMMATION:

First, the best thing is to find the source of inflammation and remove it. Sometimes it’s helpful to decrease inflammation with nutrients, at least on a temporary basis.

SUPPLEMENT TO LOWER INFLAMMATION:

- Fish oil 2 grams of [omega-3 oils](#) daily
- Add Selenium 200mcg because it is a common deficiency [3]
- [Turmeric](#) 500mg twice per day (with black pepper)
- Boswellia 500mg twice per day

Metabolism

The primary metabolic problem that causes the blood pressure to go up is insulin resistance, or “pre-diabetes.” We believe that sugar is our primary energy source, but ideally, fat is. Human beings normally produce about sixty percent of their energy from fat. Fat is the perfect fuel for the day-to-day running of the metabolism. It is “low-octane,” meaning it doesn’t create a lot of heat or inflammation. But the ketone bodies that are produced from burning fat can also be used

in the brain as a “low-octane” fuel. Excess insulin suppresses fat-burning metabolism, causing less energy, and requiring the cells to use more glucose. Glucose is a great source of quick energy, but it also causes inflammation – raising the blood pressure.

Also, there are three organs that are very sensitive to energy production: kidneys, heart, and brain. The muscles and other organs are not so picky about their energy source. When these three do not have enough energy because they can’t burn fat due to high insulin, they cause a rise in blood pressure. For example, the brain feels a lack of energy and assumes it is because there isn’t enough oxygen due to a lack of blood flow, so it causes vasoconstriction in the body to increase blood flow to the brain. The only way the brain can get more nutrients (oxygen, glucose, fat, and so forth) is to raise the blood pressure. Kidneys also have this same issue, raising blood pressure to increase blood flow. Thus, people with metabolic syndrome just continue to have hypertension despite medications to lower blood pressure.

Blood pressure medications are like putting a bandage over a melanoma skin cancer. Sure, you don’t see it, but it’s still there – and growing! Worse, the blood pressure medications starve the tissues (brain, kidneys, heart) for energy by decreasing blood flow, which may cause more damage.[4]

HOW TO IMPROVE YOUR METABOLISM:

Diet: A change in diet is essential. Change from carb (sugar, or glucose) to fat-burning metabolism by restricting sugars. Avoid the taste of sweets. Eat only 2 meals per day, breakfast and lunch, and skip dinner. (no food after lunch)

Fasting is a great way to cleanse from a

glucose metabolism. When we don't eat we stop making insulin and the body naturally changes to a fat-burning metabolism. Some people prefer to fast for one day a week. Others do three days once a month. Do what works best for your lifestyle to have an empty stomach as much as possible.

SUPPLEMENTS TO IMPROVE METABOLISM

- Take [Chromium](#) 200mcg per day (add Vanadium 50mcg)[5]
- Get enough Vitamin D - about 5,000 to 10,000 IU per day[6]
- [Berberine](#) 800mg twice per day
- Exercise. The best exercise is the one you like. It is good to change, using different methods such as the following:
 - HIIT (High-Intensity Interval Training) 30 minutes 5 x per week. This is a great way to improve your insulin sensitivity.
 - 10,000 steps per day
 - Gym, weights, Pilates, and so forth.
 - Yoga
 - Running

Stress

When people are under stress, the adrenal glands make norepinephrine and epinephrine, causing vasoconstriction. Both affect blood vessels, but they work on different receptors of the body.[7]

Epinephrine mostly affects the heart by dilating blood vessels and the lungs by

dilating the airways

Whereas norepinephrine causes more vasoconstriction, raising the blood pressure.[8]

While the adrenal glands make four times as much epinephrine (adrenaline) as norepinephrine, chronic stress changes this ratio. Over time, high levels of cortisol cause less epinephrine and more norepinephrine to be made.[9]

This has the effect of causing high blood pressure. Unless this cause is addressed, the effects of stress and hypertension will not be resolved, even if blood pressure is controlled with medications.

WHAT TO DO TO LOWER BLOOD PRESSURE:

The primary thing to do is to change distress into eustress. Two people can be in the same stressful situation, but only one is distressed. One way to change distress to eustress is to look at every situation as a learning experience. Another is to be grateful for everything and everyone in your life. Many have found "The Serenity Prayer" helpful: Lord, give me the serenity to accept the things I cannot change, the strength to change the things I can, and the wisdom to know the difference.

SUPPLEMENTS TO LOWER STRESS

The following supplements can replace blood pressure medications for those who are stressed and have excessive adrenal output:

- Ashwagandha lowers stress hormone levels (use according to the label)
- Phosphatidylserine (PS) 100mg twice daily
- Exercise daily in the morning before eating

- Sleep from 10:00 PM to 6:00 AM
- Skip dinner (no food after 3:00 PM)
- Eat breakfast by 8:00 AM

This program rejuvenates your adrenal glands, giving you a good circadian rhythm, which will increase your stress tolerance and change the norepinephrine to epinephrine ratio.

Vasoconstriction

Ultimately, blood pressure elevation and constriction of blood vessels are related. As we discussed, inflammation, metabolic problems, and stress all cause vasoconstriction, but for different reasons. There is also a separate category of vasoconstriction because there are other reasons that constrict blood vessels not listed above.

For example, toxins of various kinds may raise blood pressure. There is evidence that heavy metals [10], dioxins [11], NO₂, SO₂, and other toxins can raise blood pressure. Nutrient deficiencies such as CoQ-10, potassium, and magnesium, are all associated with hypertension [12]. Also, a lack of exercise falls into this category.

Those who do not have specific causes such as pre-diabetes, stress, or inflammation, may want to seek the cause by looking for toxins, nutrient deficiency, or genetic abnormalities. Most of the genes I have found that raise blood pressure cause a toxic build-up of some waste product, such as homocysteine, or nutrient deficiency such as B vitamins.

The treatment for this is: adequate nutrition, detoxification, cleanse, and exercise.

NUTRITION

In these cases, it might not be sufficient just to have good food. Some will need special nutrients like methyl folate instead of folic acid, or P5P instead of pyridoxine (Vitamin B6). This is because genetic abnormalities often require pharmacologic dosing, which may be ten times what a normal person needs.

EXERCISE

The exercises described above will help with this kind of hypertension.

CLEANSE AND DETOX

The best detox program is long-term fasting. This can take the form of a “cleanse” such as a drink like sixteen ounces twice per day of fresh vegetable juice, or broth, but is ideally just water – and no food. A cleanse such as the “master cleanse” normally goes for about 30 days, but some do shorter times. It may be important to consider low blood sugar, dehydration, and the fact that you will lose about a pound of fat per day (some people don’t want to lose 30 Lbs). This has worked very well for most of my patients who have hypertension due to toxicity.

Remember, that if you are not eating, you may want to avoid medications that

lower blood sugar or blood pressure because they might cause hypoglycemia or hypotension. This would cause dizziness, fatigue, and even headaches.

SUPPLEMENTS TO REDUCE VASOCONSTRICTION

- L-arginine is an amino acid that helps make Nitric Oxide to dilate blood vessels. Citrulline is made into arginine. The best way is to take Citrulline 2 grams twice per day.[13]
- Antioxidants such as fruit and vegetables.
- Bioflavonoids including fruit and vegetables, and horse chestnut seed extract.
- Beetroot contains nitrates that relax blood vessels.[14]

Finding the cause

Once the basic level is known, then detailed tests can discover the actual underlying cause. The long list under

“secondary hypertension” above can be further detailed to specific causes. For example, kidney disease might be from a narrowing of the artery that feeds the kidney, or an autoimmune disease – these have very different treatments. Also, some might be toxic on mercury while others are toxic on fructose. These are also treated very differently. Thus, the treatment should be dictated by the underlying cause.

One way you know you have [the right cause is the treatment will work](#). When people are given treatments that don’t work, they simply have the wrong cause.

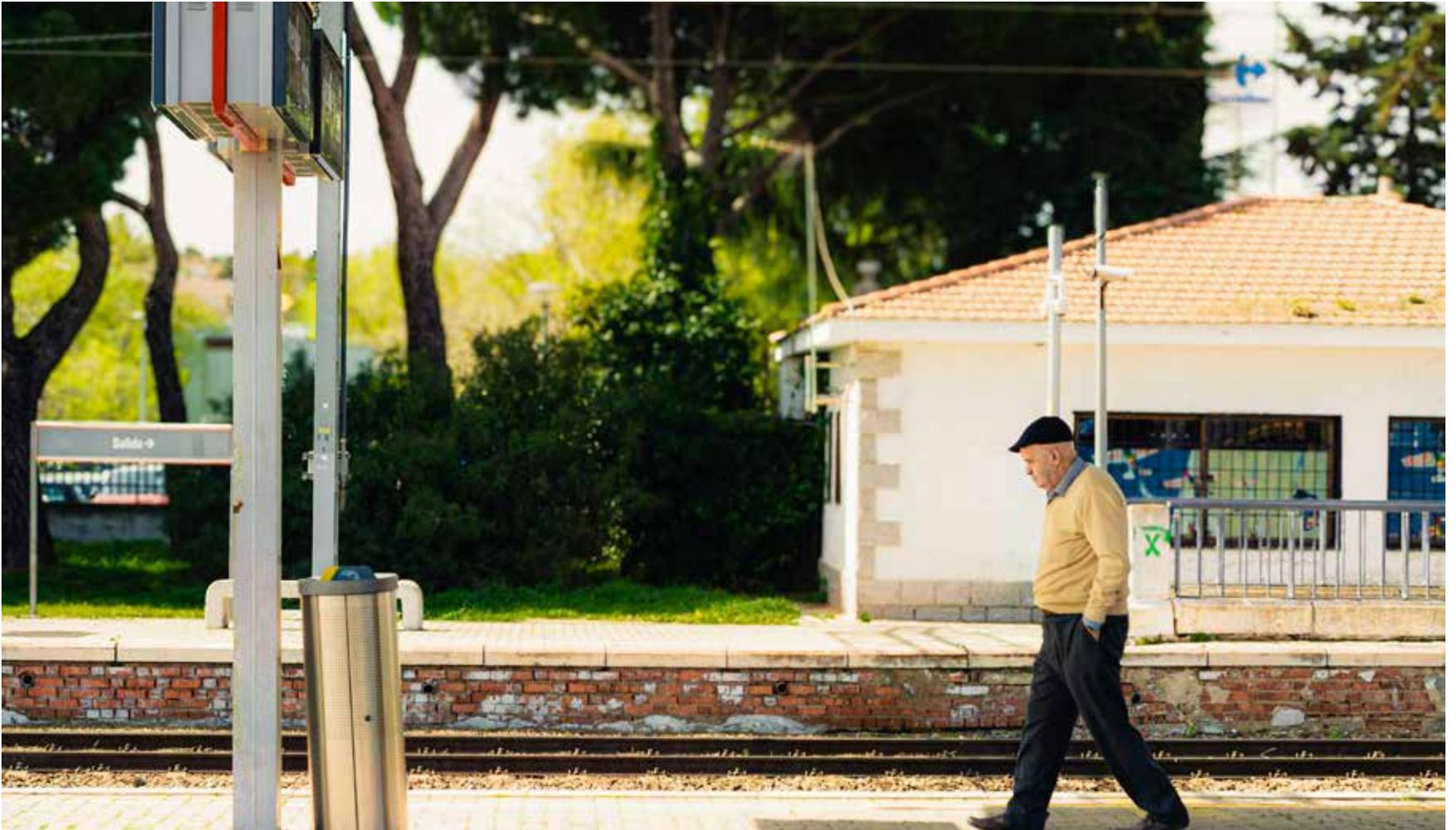
Seeking the underlying reason for hypertension is essential because blood pressure is only a symptom of many different illnesses that could lead to problems. Just lowering blood pressure without dealing with the cause does not fix the problem. However, finding the cause and lowering your blood pressure is not an easy task. It may require the help of a physician who is experienced in finding the root causes. This outline will give you some ideas of where to start, and what to do about it.



Sources:

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7 Nightly Habits to Lower Your Blood Pressure



Managing high blood pressure often involves monitoring your numbers and consulting with your doctor for medication. However, your lifestyle, especially your evening routine, is crucial in maintaining healthy blood pressure. Here are seven habits to incorporate into your nightly routine [to help lower your blood pressure and protect your heart.](#)

1. Take a Post-Dinner Walk

Taking a walk after dinner can significantly benefit your blood pressure. Walking for just 15 to 30 minutes after your evening meal can reduce systolic blood pressure by up to 4 mmHg and diastolic by up to 2 mmHg. Additionally, a post-dinner walk helps regulate blood sugar levels, which peak about an hour after eating. Ensure you wait about 40 minutes after eating to allow for digestion before walking for maximum comfort.

2. Take Your Blood Pressure Meds Before Bed

Timing your blood pressure medication can greatly impact its effectiveness. Taking your medication at bedtime may prevent high blood pressure during sleep, a significant risk factor for cardiovascular disease. A large study found that people who took their medication at night had nearly half the risk of heart-related issues compared to those who took it in

the morning. Always consult your doctor before changing your medication routine.

3. Stick to a Regular Sleep Schedule

Consistent sleep patterns are essential for maintaining healthy blood pressure. Irregular sleep, sleep deprivation, or sleep disorders like obstructive sleep apnea are linked to high blood pressure. Aim for seven to nine hours of sleep each night and try to maintain a consistent sleep schedule, even on weekends. Creating a quiet, dark, and comfortable sleep environment, avoiding large meals, caffeine, and alcohol close to bedtime, and removing electronic devices from your bedroom can also help.

4. Reduce Salt Intake at Dinner

High sodium intake causes your heart to pump more blood, raising your blood pressure. A high salt meal can increase systolic blood pressure by up to 40 mmHg within hours. Cutting your daily salt intake by just 1 teaspoon can lower blood pressure similarly to anti-hypertensive medication.

The DASH (Dietary Approaches to Stop Hypertension) diet, which emphasizes fruits, vegetables, whole grains, and low-sodium foods, can further help manage blood pressure.

5. Snack on Fruit for Dessert

If you crave something sweet after dinner, opt for a fruit salad. Fruits like berries, bananas, and kiwis are excellent for maintaining healthy blood pressure. Berries contain anthocyanins, bananas are rich in potassium, and kiwis have lutein, all of which contribute to lower blood pressure.

6. Skip Alcohol Before Bed

While it may be tempting to have a glass of wine or a cocktail before bed, alcohol can increase blood pressure and disrupt sleep. Excessive alcohol intake can lead to heart damage and failure. Drinking within four hours of bedtime can cause restless sleep and nighttime wakefulness. Moderation is key, with no more than two drinks per day recommended.

Despite the potential benefits of red wine's resveratrol, the evidence is not strong enough to outweigh the risks of alcohol consumption.

7. Create a Relaxing Nightly Routine

Stress management is vital for controlling blood pressure. A relaxing bedtime routine can help reduce stress and lower blood pressure. Try progressive muscle relaxation, which involves deep breathing while tensing and relaxing muscle groups from your feet to your head. Keeping a gratitude journal can also reduce stress and inflammation. Avoiding stressful activities like checking emails or watching upsetting content before bed is beneficial. A warm bath or shower, especially with calming scents like lavender, can further promote relaxation.

Finally, staying hydrated by drinking water before bed can prevent blood vessel constriction and high blood pressure.

Incorporating these habits into your evening routine can help manage your blood pressure and improve your overall heart health.



4 WAYS TO BREAK FREE FROM CONSTIPATION AND PROTECT YOUR GUT



ARE YOU STRUGGLING with irregular bowel movements? You're not alone. Constipation isn't just uncomfortable; it's also associated with long-term cognitive decline. Recent research indicates that chronic constipation significantly increases the risk of subjective cognitive decline. To explore this link and provide effective solutions, we consulted Kenneth Brown, MD, a prominent gastroenterologist based in Texas.

Constipation, while not directly causing cognitive impairment, often indicates underlying issues such as medication side effects, dehydration, or health conditions like hypothyroidism. Dr. Brown emphasizes that gut imbalances play a crucial role in the connection between constipation and cognitive health. Inflammation in the gut can lead to decreased neurotransmitter production and increased oxidative stress, impacting cognitive function over

time. Additionally, constipation can trigger mood disturbances, exacerbating stress and anxiety levels and indirectly affecting mental health.

To combat chronic constipation and support brain-gut health, Dr. Brown offers four transformative tips:

1. Identify the Underlying Cause

Working with a healthcare professional to identify the root cause of constipation is essential. It may involve ruling out medication side effects or thyroid imbalances. If these are not the culprits, dysbiosis or intestinal inflammation could be contributing factors, guiding dietary and lifestyle adjustments

2. Strategic Fiber Intake

While fiber is beneficial for many, it can exacerbate constipation in some individuals. Dr. Brown advises focusing on soluble fiber like psyllium husk, which dissolves in water and reduces digestive discomfort. Gradually integrating [psyllium husk](#) into the diet while staying hydrated can ease constipation without causing bloating

3. Nourish the Microbiome with Polyphenols

Polyphenol-rich foods play a vital role in maintaining gut health and may offer cognitive benefits. Dr. Brown recommends incorporating fruits, vegetables, spices, tea, and coffee into the diet, as these foods contain large complex polyphenols that [support gut microbiome balance](#) and promote anti-inflammatory effects.

4. Leverage the Gastrocolic Reflex:

Recognizing and responding to the body's natural urges for bowel movements is crucial for maintaining digestive regularity. Dr. Brown explains the importance of the gastrocolic reflex, where the stomach signals the colon to make room

for food. By not ignoring these signals and planning activities around them, individuals can prevent chronic constipation. For example, drinking coffee during a commute can stimulate bowel movements, but it's essential to ensure access to a bathroom to avoid training the colon to resist urges.

Dr. Brown also suggests investing in a footstool for optimized bowel movements at home. By following these proactive measures, individuals can alleviate constipation and support long-term cognitive vitality and overall well-being.





WHAT IS A BLOOD SUGAR FRIENDLY DIET?

IF YOU'VE RECENTLY been diagnosed with type 2, or you're ready to make dietary changes after a long time since your diagnosis, you might find the idea of giving up your favorite foods daunting. Fortunately, a healthy blood sugar-friendly diet isn't as difficult as it seems, and you can still enjoy delicious meals while managing your condition. Alongside a healthy diet, effective blood sugar management includes managing stress, exercising regularly, and taking prescribed medications.

How a Healthy Diet Can Help Manage Type 2

Type 2 involves insulin resistance, where the body struggles to use insulin effectively to transport glucose to cells for energy. This leads to elevated blood sugar levels, posing various health risks. A nutritious diet is crucial for everyone, but especially for those with high blood sugar. It offers two main benefits:

* Reduced Blood Sugar: Lowering high

blood sugar can alleviate high blood sugar symptoms and reduce health complications.

* Healthier Weight: Weight loss is linked to improved A1C levels, which reflect average blood sugar over two to three months.

What Is a Good Diet for Healthy Blood Sugar?

A smart low-blood sugar diet resembles a general healthy eating plan, emphasizing whole, minimally processed foods. This includes fiber-rich fruits and vegetables, moderate complex carbohydrates, lean protein, and healthy fats while limiting added sugars and refined grains.

“There is no ‘diabetic diet,’” says Erin Palinski-Wade, RD, CDCES, author of *2 Day Diabetes Diet* and *Belly Fat Diet for Dummies*. “The guidelines are basically the same for healthy eating for everyone, with or without high blood sugar.”

The American Diabetes Association (ADA) suggests several healthy eating patterns for managing high blood sugar including Mediterranean, low-carb, DASH, paleo, and vegetarian diets. Work with your healthcare team to find the right balance of macronutrients and the best eating plan for your health goals.

Top Blood Sugar-Friendly Foods to Eat

While each blood sugar diet varies, certain foods are beneficial for maintaining a healthy weight and blood sugar level:

- * Nonstarchy vegetables: Broccoli, spinach, and other high-fiber vegetables.
- * Lean proteins: Skinless chicken, turkey, and fatty fish like salmon.
- * Healthy fats: Nuts, nut butter, and avocado (in moderation).
- * Whole grains: Quinoa, barley, and other whole grains.
- * Nonfat or low-fat dairy: Milk, plain yogurt.

Foods to Limit or Avoid with Type 2

Certain foods can destabilize blood sugar levels and contribute to unhealthy weight gain. These should be limited or avoided:

- * Chips
- * Cookies
- * Cake
- * White bread and pasta
- * Canned soups (high in sodium)
- * Microwaveable meals (high in sodium)
- * Candy
- * Saturated fats (e.g., bacon, fatty cuts of meat)

A Healthy Blood Sugar Diet Sample Menu

Starting with a clear picture of what your plate should look like can be helpful. The ADA’s Create Your Plate tool is a useful resource. Here’s a three-day sample menu to get you started:

DAY 1

- * Breakfast: Veggie omelet (1 whole egg plus 2 egg whites with spinach, onions, peppers, mushrooms), topped with reduced-fat cheese, and fruit.
- * Snack: Plain nonfat or low-fat Greek yogurt with berries.
- * Lunch: Salad with dark leafy greens,

chicken breast, and chickpeas, with olive oil and vinegar dressing.

* Snack: Celery and carrot sticks with nut butter.

* Dinner: Grilled salmon, steamed broccoli, and quinoa.

DAY 2

* Breakfast: Smoothie with low-fat milk, plain Greek yogurt, and optional chia seeds.

* Snack: Unsalted almonds and a piece of fruit.

* Lunch: Turkey chili with reduced-fat cheese.

* Snack: Sliced vegetables with hummus.

* Dinner: Tofu and vegetable stir-fry over brown rice.

DAY 3

* Breakfast: Savory veggie oatmeal or oatmeal with low-fat milk, topped with fruit and nuts.

* Snack: Roasted chickpeas.

* Lunch: Turkey sandwich on whole wheat with sliced vegetables.

* Snack: Fat-free or low-fat cottage cheese with a sliced peach.

* Dinner: Tray bake with shrimp and roasted vegetables.

Tips for Starting a Healthy Blood Sugar Diet

Instead of overhauling your diet all

at once, focus on small, manageable changes to create lasting habits. Here are some tips:

* Increase vegetables: Add an extra serving of nonstarchy vegetables at dinner and consider incorporating them into snacks.

* Opt for fruit: - or NOT. Better to avoid any taste of sweet, but if necessary choose fiber-rich fruits like berries, apples, and pears to satisfy your sweet tooth.

* Watch sauces and dressings: Many condiments hide sugar. Choose lower-sugar options.

* Don't skip breakfast: Opt for low blood sugar-friendly breakfasts like plain yogurt with fruit, nuts, and fruit, or scrambled eggs with whole-grain toast.

* Simplify beverages: Choose water, unsweetened tea, and coffee over sweetened drinks.

* Include whole grains: After completing phase 1 of the [Fix Blood Sugar Solution Kit](#) make at least half your grain intake whole grains, such as brown rice, quinoa, whole-wheat bread, whole-grain pasta, barley, and farro.

* [Add fiber](#): Fiber-rich foods help control blood sugar and promote satiety, aiding weight loss.

* Mind your dairy: Choose nonfat or low-fat dairy options and factor them into your carb allowance. Unsweetened non-dairy alternatives like soy and almond milk are also good choices.

By following these guidelines and making thoughtful food choices, you can manage your type 2 effectively while still enjoying a variety of delicious and satisfying meals. Remember, the key is to find a balance that works for you and supports your health goals.





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Anti-Inflammation	Gout	Prostate Secrets
Arthritis	Graves Disease	Scabies
Back Pain	Hair Loss	Sinus Infection
Bad Breath	Herpes	Sore Throat
Cholesterol Secrets	High Blood Pressure	Ulcers
Depression	Hypothyroidism	Urinary Tract Infection
Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
Erectile Dysfunction	Joint Pain	Music
Fat Loss	Kidney Stones	Yeast Infection
Fibromyalgia		

OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.