



## The Fasting Reset: Real People, Real Results, Real Renewal

**Healthy Eating:  
It's About More Than  
Just Shedding Pounds**

**6 Simple Ways to Reduce  
High Blood Sugar Stress**

**The Healing Power of Soil:  
How Gardening and  
Microbes Boost Your  
Body, Brain, and Mood**

# LETTER FROM THE EDITOR



This month, we're diving deep into the transformative power of **fasting**, and why it's more than just a trend—it's a tool for healing, clarity, and long-term vitality. In our feature story, you'll meet people who've embraced extended fasts to restore energy, reverse chronic conditions, and even reset their relationship with food. We explore the science behind **autophagy**—your body's cellular clean-up system—and how fasting can trigger deep healing from the inside out. If you've ever wondered how to start fasting safely, or why so many are turning to this ancient practice for modern health problems, this article is a must-read.

But that's just the beginning. If you're feeling overwhelmed by stress—especially while managing something like **type 2 blood sugar**—we have practical, calming strategies to help. From building routines to using tools like prayer or meditation, this piece offers ways to protect both your peace of mind and your blood sugar.

We also dig into the **healing magic of gardening**—yes, even if you only have a small space! Discover how soil microbes can naturally lift your mood and why time with your hands in the dirt might be the mental health boost you didn't know you needed.

Finally, we revisit the foundation of health: **eating well**. Learn how small, nourishing choices support every part of your life—from energy to immunity. Here's to resetting, restoring, and reconnecting with your healthiest self.

*Cheryl Ravey*

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# THE FASTING RESET:

## Real People, Real Results, Real Renewal

BY DR. SCOTT SAUNDERS, M.D.

### HOW STRATEGIC FASTING TRIGGERS HEALING, REVERSES DISEASE, AND RESTORES ENERGY AT ANY AGE

One of my colleagues, a surgeon who runs marathons, pulled me aside to ask about fasting. He said that another physician who is into health and longevity told him that a 72-hour fast was the best way to stay young. He wanted my opinion because he was a little incredulous since doctors are taught that fasting is bad for health.

It just so happened that the day before speaking with the surgeon, I received the following message from a patient:

#### MY 30 DAY FASTING MIRACLE -

General overview of my 30 x 30 fasting miracle. Only drinking water + no eating

In 30 days, I lost 30 lbs, Started at 5'6" 180 Lbs. ended 30 days later 150 Lbs.

I Regained more brain-cognitive function + more energy, felt more alive than I have felt for the last few years.

Overall in general - on the plus side: I have more physical energy, increased life force, and motivation to do things, More mental clarity + sharpness, I have been 2-3 hrs a day more active, more involved with life, doing a lot of activities. + I felt so much more happy, joyful + alive with more mental and inspirational clarity.



I am, at the same time, dealing with another patient who was having issues. Jerome was a man in his 80s who was having a lot of problems with his mind and his body. "My brain just won't work right!" he complained. I asked about exercise, but he had arthritis in both knees and couldn't even take the dog for a walk. "They shoot horses, don't they?" he asked. He was an extremely tough nut to crack because he was not able to change his diet. His wife made the food, and he had no control over what she made. Moreover, she was a good cook, and he said he wasn't going to let any of it go to waste. That's how he got into this mess.

"Well, I guess your only option is to fast until you reach your ideal body weight." He was more than 100 pounds overweight, so that could take a long time. "That's CRAZY!" he gasped. "Can anyone actually do that?" So, I told him a story:

#### THE REMARKABLE YEAR-LONG FAST OF ANGUS BARBIERI

In 1965, Angus Barbieri, a 27-year-old Scottish man from Tayport, Fife, embarked on a remarkable 382-day fast to lose weight.[1] Weighing 456 pounds at the start, Barbieri initially planned a short fast to get started. However, he began to feel better after losing some weight and decided to continue fasting until he reached his goal weight of 180 pounds.

During the fast, from June 14, 1965, to June 30, 1966, Barbieri consumed no solid food, subsisting on zero-calorie beverages like black tea, coffee, and sparkling water, along with vitamins, electrolytes, and yeast for essential nutrients. In the final weeks, he occasionally added small amounts of milk or sugar to his drinks. He lived at home, frequently visiting his doctor for checkups, including blood and urine tests, which showed consistently low blood glucose levels (around 30 mg/dl) but no adverse effects. His body relied on extensive fat reserves for energy, and he reportedly went 37–48 days between bowel movements due to minimal intake.

Barbieri lost 276 pounds, reaching 180 pounds, and broke his fast with a boiled egg, bread, and butter, stating, “It went down OK. I feel a bit full, but I thoroughly enjoyed it.” His feat was recognized in the 1971 Guinness Book of Records as the longest recorded fast.

One essential note is that seven years later doctors at the University of Dundee found no ill effects from the fast, and Barbieri maintained a weight of 196 pounds. He did not gain back the weight, as dieters often do, since fasting resets the “fat thermostat.”



I explained to Jerome that if Mr. Barbieri could fast for over a year, he could fast for a few weeks. He was interested, but we had to get his wife on board. I asked him to bring her to his next appointment, and we would discuss it with her. When she came in, I explained how fasting initiates the anabolic metabolism, where the body repairs everything on a cellular level. I described the work of Upton Sinclair, a Pulitzer-Prize-winning author who discussed fasting as a cure for many illnesses.

Sinclair suffered from chronic ailments throughout his early life, including digestive issues like dyspepsia, stomach troubles, and neurasthenia (a term used at the time for nervous exhaustion). Frustrated by conventional medical treatments, he began experimenting with alternative health practices in the early 1900s. Sinclair wrote a book in 1910, *The Fasting Cure*,<sup>[i]</sup> which chronicled his own fasts and those of others who were cured by fasting. He claimed to have undertaken several extended fasts, including two of approximately 10–12 days each, followed by shorter fasts of two to three days. He reported that these fasts “completely made over” his health, alleviating his digestive issues, boosting energy, and enhancing mental clarity. He described fasting as a way to “reset” the body, allowing it to heal by resting the digestive system and eliminating toxins. He continued to fast occasionally throughout his life and lived to age 90.

### **FASTING: A NATURAL RESET FOR THE BODY AND MIND**

This “reset” is exactly what Jerome needed. However, his wife was not happy about her husband not eating her food. She wanted to cook for him, because food represented love to her. I explained that he had stored a lot of energy on his body for a long time, and it was creating many problems, such as inflammation, heart disease, sleep apnea, and arthritis. He would likely live longer and be more functional if we took a short vacation from food. He would be able to use the fat he had been saving all these years. I told her the story of someone I knew named John.

John came into the office in some distress. He was sweating just from walking to the office from his car, and it wasn’t hot. He said he had chest pain from severe heart disease and was told by his cardiologist that if he didn’t have a bypass surgery, he wouldn’t survive a month. “I don’t want that surgery, doc, I know that it causes brain damage!” I asked him what he planned to do, and he asked if I would help him fast until he got better. I had already read *The Fasting Cure* so I was ready to help him. He drank only water for thirty days, and at the end was able to play a full game of basketball with no chest pain. Three years later I saw him, and he continued to exercise pain-free.

Jerome's wife agreed to a trial period of a week to see what happened, so he started his fast. We had to keep a close watch on him, so he sent me his numbers every day: weight, blood pressure, heart rate, oxygen level, blood glucose, and ketones. The first few days were hard, as he was getting low blood glucose levels several times a day. The episodes only lasted a few minutes, so we did nothing. He pushed through, and after about five days he was feeling better. He had more clarity of mind and wanted to continue. His wife agreed.

At day 17 there was a celebration in the family and he was given food to eat. Sometimes breaking a fast is unexpected, and he ate. He came in to see me after that and was so surprised that he felt normal. He could walk the dog a mile without any knee pain, he felt very clear-headed. He felt so good, but had lost only twenty pounds, so he wanted to continue.

We discussed a healthy way to fast, including water with electrolytes: 1/8 teaspoon of salt in a cup of water. 2-4 cups per day. He could also break up the fast into shorter segments, just fasting for a few days per month on a regular basis. Now that he could walk, exercise would help as well.

Jerome has continued to improve, although more gradually. There is no rush. This is a process, not an event. His medical options were limited, as I have seen many others with these problems gradually decline, becoming less and less functional. Fasting turned him around from gradual decline to gradual improvement. Medications cannot offer that.

After describing these things to the surgeon, he said he was going to do more research. I directed him to Dr. Valter Longo from USC,<sup>[i]</sup> and Dr. Dale Bredesen from UCLA,<sup>[ii]</sup> who have done a great deal of research on the subject.

## **FASTING FAQ: AUTOPHAGY AND BEYOND**

### **What is AUTOPHAGY?**

A: When you don't eat, your body uses the excess nutrients that are already stored in the body, recycling damaged or unnecessary components, such as proteins, organelles, and pathogens. The benefits of autophagy are wide-ranging and critical for health, particularly in the context of aging, disease prevention, and metabolic balance. It removes dead, dying, and infected cells. It eats cancer cells. It uses up amyloid plaques and misfolded proteins. It cleans out all the cholesterol in arteries. It also helps build mitochondria for energy production.

### **How do I get autophagy?**

A: Fasting for about 48 hours induces autophagy. Exercise during fasting improves the effect. A 3-5 day fast is optimal for thorough cleansing.

### **General Timeline for Autophagy During Fasting**

•12–16 Hours: Minimal Autophagy

•16–24 Hours: Moderate Autophagy

•24–48 Hours: Robust Autophagy

Beyond 48 Hours: Sustained/Deep Autophagy: Prolonged fasting (3-5 days) maintains high autophagy levels, with potential for deeper cellular repair and stress adaptation.

### **Is it safe to fast?**

A: We have a way to store food during times of plenty so that we can remain healthy when there is a lack of food available. Lean times are a natural and normal cycle of life. People have fasted (or starved) safely for millennia.

### **Do I need medical supervision?**

A: For thousands of years people have fasted without medical oversight. Mr. Barbieri went to a doctor regularly and did testing, and even though he had low blood glucose levels, he continued to do well and had no ill effects. He never needed any treatment while fasting for over a year.

### **How much water can I drink?**

A: Drink when you're thirsty. It's not healthy to push too much water as it can lower the electrolytes. I often recommend a pinch of salt in your water to maintain electrolyte balance.

### **Can I have smoothies, juice, broth, or other liquids?**

A: Everything you put in your mouth breaks the fast, because the stomach stops making GHRELIN when anything is in it – even water. However, the stomach empties according to calories so plain water will empty quickly and not disrupt the fast very much. Tea and coffee are like water, except that they can cause dehydration because of caffeine. Other drinks, especially anything with flavor, should be avoided.

### **What about a “dry fast?”[i]**

A: Research indicates that fasting without food or water may be even better than drinking water. When nothing enters the stomach, there is an uninterrupted supply of GHRELIN, which induces autophagy and the anabolic metabolism (cleanse, detox, rebuild, repair). However, this is something that must be practiced gradually. Start with one day for a few times, then go to two, then to three. I wouldn't recommend more than three days in a row.

### **How many days can I fast? [ii]**

A: There is no limit, but it is wise to stay near your ideal body weight. You will burn about one pound of fat per day while fasting. That means if you are twenty pounds overweight, you should not fast more than twenty days. The other way is to have a goal, like Mr. Barbieri, and don't eat until you are at that weight. Anyone who is at, or below, their ideal body weight should probably not fast more than three days.

### **Can I split a long fast into a few short fasts?**

A: In fact, it may be best to break up weight loss fasting. For example, if you need to lose twenty pounds, you can do a four-day fast five separate times.

### **Should women fast?[i]**

A: Women can fast, and have the same benefits as men, but there are some caveats to consider. Women with a menstrual cycle would do better to fast in the first 14 days of their cycle (the first day is the first day of bleeding). They also should not be doing long fasts during pregnancy or when breast-feeding.



### **What do I eat to end a fast?**

A: It seems the best way to begin eating after a few days or more of not having anything is to start with fiber: Beans, lentils, vegetables, salads, mushrooms, nuts, seeds. I like to avoid high sugar foods like fruit: apples, oranges, bananas, pears, and so forth, because the sugar grows “bad” bacteria in the colon.

### **What happens if I get hypoglycemia?**

A: If your metabolism is based on glucose, you will probably get hypoglycemia (low blood sugar) until you start burning fat for energy (which can take about 3 days). You may feel faint, dizzy, fatigued, tired, and may even have a headache. This is normal as your body may take a few days to switch to fat-burning. By the fourth day, you will feel much better. Be sure to sit or lie down for the few minutes it takes to get over the symptoms.

### **Can I take medications while fasting?**

A: Most medications should not be stopped. You must be careful when taking blood pressure or diabetes medications – monitor your blood pressure and blood glucose levels, because they may drop too low. It may be important to work with your doctor to assess medication needs. If you are on medications, you can take them with a small amount of water.

### **Should I continue to take my supplements while fasting?**

A: Supplements are food, and they are not needed during fasting. It's good to take a break from them.

### **Why is fasting better than just eating less?[i]**

A: While just eating less can induce autophagy, where the body removes toxins and waste products, dead and dying cells, and cancer cells. the empty stomach produces a hormone called GHRELIN, which is the “hunger hormone.” Ghrelin is “growth hormone releasing hormone” that initiates the anabolic metabolism to repair the body. People who eat multiple small meals never have an empty stomach, so they don't get into repair mode and don't reset their “fat thermostat.” This is why dieters gain back all the fat they lose.

## What is the optimal amount of time to fast?

A: There are a lot of opinions about how much to fast. After much research and testing on myself, I am convinced that a 72-hour fast once per month is best. This is the “greatest bang for the buck” in fasting. Less time fasting gives much less benefit from ketosis and autophagy. You also get less repair. More than five days is good for weight loss and lowering inflammation, but not for those who are at their ideal weight. I have settled on eating breakfast on Friday morning and then not eating until Monday morning once per month. I still do my 5K run on Friday and Monday. (I don't eat until after the run.) I drink a cup of water when I'm thirsty, usually 3-4 times per day. A 72-hour monthly fast is an excellent strategy for maximizing autophagy, cellular repair, improved insulin sensitivity, and disease prevention. ▲

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# THE HEALING POWER OF SOIL:

## *How* Gardening and Microbes Boost Your Body, Brain, and Mood.

### GARDENING: A NATURAL PATH TO WHOLE-BODY WELLNESS

Gardening is far more than a hobby—it's a full-spectrum health practice that can enrich your body, calm your mind, and lift your spirit. Whether you're cultivating a backyard vegetable patch or tending pots on a balcony, engaging with soil and plants can improve physical strength, mental focus, emotional stability, and even immunity. One of the most fascinating aspects of gardening's therapeutic power is found not just in the plants, but in the soil beneath your feet.

### PHYSICAL HEALTH BENEFITS OF GARDENING

#### **Vitamin D from the Sun**

Outdoor gardening exposes you to sunlight, which boosts your body's natural production of vitamin D. This essential nutrient supports bone health, calcium absorption, muscle function, immune defense, and hormone regulation. It has even been linked to reduced risk of chronic illnesses such as heart disease and diabetes.

#### **Functional Exercise in the Garden**

Gardening involves aerobic and strength-building activities like digging, squatting, and carrying. These movements support cardiovascular fitness, muscle strength, and joint mobility, while also burning calories and increasing flexibility. It's an accessible form of exercise that improves agility and physical resilience at any age.

#### **Fresh Food, Better Nutrition**

Growing your own food means more access to fresh, additive-free produce. Homegrown fruits and vegetables are richer in nutrients and encourage healthier eating habits. Brightly colored plants offer diverse antioxidants and vitamins—spinach for immunity, tomatoes for heart health, and broccoli for cellular protection, for example.

### THE AMAZING IMPACT OF SOIL MICROBES ON THE BRAIN

One of the most exciting discoveries in modern health science is the role of soil microbes—particularly *Mycobacterium vaccae*—in supporting brain health and emotional well-being. Found naturally in soil, these microbes can act as natural antidepressants, significantly influencing your mood, , and stress levels.

#### **1. Stimulates Serotonin Production**

When you dig in soil, inhale airborne particles, or walk barefoot on earth, you are exposed to *M. vaccae*. This bacterium activates immune cells, which in turn stimulate neurons in the brain to release serotonin. Serotonin is the "feel-good" neurotransmitter associated with:

- **Elevated mood**
- **Increased focus and memory**
- **Reduced anxiety and depression**

#### **2. Boosts Immune Function**

Soil microbes regulate the immune system by reducing inflammation—a key factor linked to mood disorders. A balanced immune response not only protects against illness but also supports emotional and mental stability by reducing chronic, low-level inflammation in the brain.

#### **3. Supports Gut-Brain Health**

Exposure to soil microbes also benefits the gut microbiome, which is deeply connected to mental health. A healthy gut helps produce neurotransmitters, reduces inflammation, and communicates with the brain via the gut-brain axis. This relationship plays a crucial role in regulating mood, behavior, and even sleep.

## MENTAL AND EMOTIONAL BENEFITS OF GARDENING

### A Natural Antidepressant in the Dirt

Scientific studies have confirmed that *M. vaccae* enhances learning, reduces anxiety, and improves mood in both animals and humans. Interacting with soil literally delivers microbes that make you happier and more resilient—no prescription required.

### Cognitive Engagement and Focus

Gardening involves decision-making, observation, and problem-solving, which keep the brain active. The multi-sensory experience of gardening—sights, smells, textures—also helps boost memory, focus, and creativity. Fresh air and oxygen-rich environments contribute to increased mental energy and cognitive function.

### Mindfulness and Stress Reduction

The physical act of gardening helps shift attention away from stress and toward the present moment. Simple tasks like watering, weeding, or harvesting allow you to practice mindfulness, which reduces cortisol (the stress hormone), regulates emotions, and encourages a calm, centered mindset.

### Social and Community Well-Being

Gardening isn't only a solitary activity—it can also be deeply social. Community gardens, neighborhood planting groups, or gardening with family and friends can reduce loneliness, foster shared purpose, and promote emotional resilience. These connections are essential for a strong sense of belonging and mental wellness.



## EASY WAYS TO GET MORE SOIL EXPOSURE

You don't need to be a master gardener to enjoy the benefits of soil microbes and outdoor activity. Try these simple ideas:

- Plant a container garden with herbs, flowers, or veggies.
- Compost food scraps and handle the rich, living soil it produces.
- Go barefoot in safe outdoor areas to reconnect with natural terrain.
- Let kids play in the dirt—it's good for their development and immune systems.
- Grow houseplants and handle potting soil regularly.
- Skip the gloves occasionally and let your hands touch the soil directly.

## HOW TO START A CONTAINER GARDEN

You don't need a big backyard to experience the benefits of gardening. Starting a small container garden—even if it's just a pot of herbs on your windowsill—can connect you with nature and the healing microbes in soil. Caring for plants in containers offers the same mood-lifting, immune-boosting benefits as larger gardens. Herbs like basil, mint, or rosemary are easy to grow indoors and can also enhance your meals, encouraging healthier eating habits.

## A CASE FOR GETTING DIRTY

In our modern world of constant sanitizing, we may be missing critical exposure to the microbes that once trained our immune systems and supported our mental health. The “hygiene hypothesis” suggests that a lack of microbial diversity in our environment could be contributing to rising rates of allergies, autoimmune disorders, and depression. Gardening reintroduces this lost microbial contact and helps restore that natural balance.

## CONCLUSION:

### Soil as Medicine for Mind and Body

Gardening connects us to something primal and healing—the earth itself. Soil is more than dirt; it’s a vibrant ecosystem filled with microbial life that supports human health in powerful, surprising ways. From boosting vitamin D and growing healthy food to naturally enhancing mood and brain function, gardening offers benefits that go far beyond the plants we grow.

So next time you feel stressed, tired, or disconnected, head outside and sink your hands into the soil. The therapy you need might be right under your fingertips. ▲



# HEALTHY EATING:

## It's About More Than Just Shedding Pounds

We live in a time where access to nutrition knowledge is at an all-time high. Most people know they should drink more water, eat more fruits and vegetables, and steer clear of heavily processed foods. But healthy eating offers benefits far beyond just helping you stay at a healthy weight.

With over 100 million adults in the U.S. now classified as obese, weight management often becomes the headline. But focusing solely on weight misses the bigger picture. The truth is, nourishing your body well has wide-reaching effects on your overall health, energy, and quality of life. It's not just about what the scale says—it's about how your body functions and feels every day.



### YOUR GENES PLAY A ROLE—AND SO SHOULD YOUR MEALS

Before jumping into new eating habits, consider how your body responds to food on a genetic level. The field of nutrigenomics—how nutrition interacts with your genes—is showing that there's no one-size-fits-all approach to healthy eating.

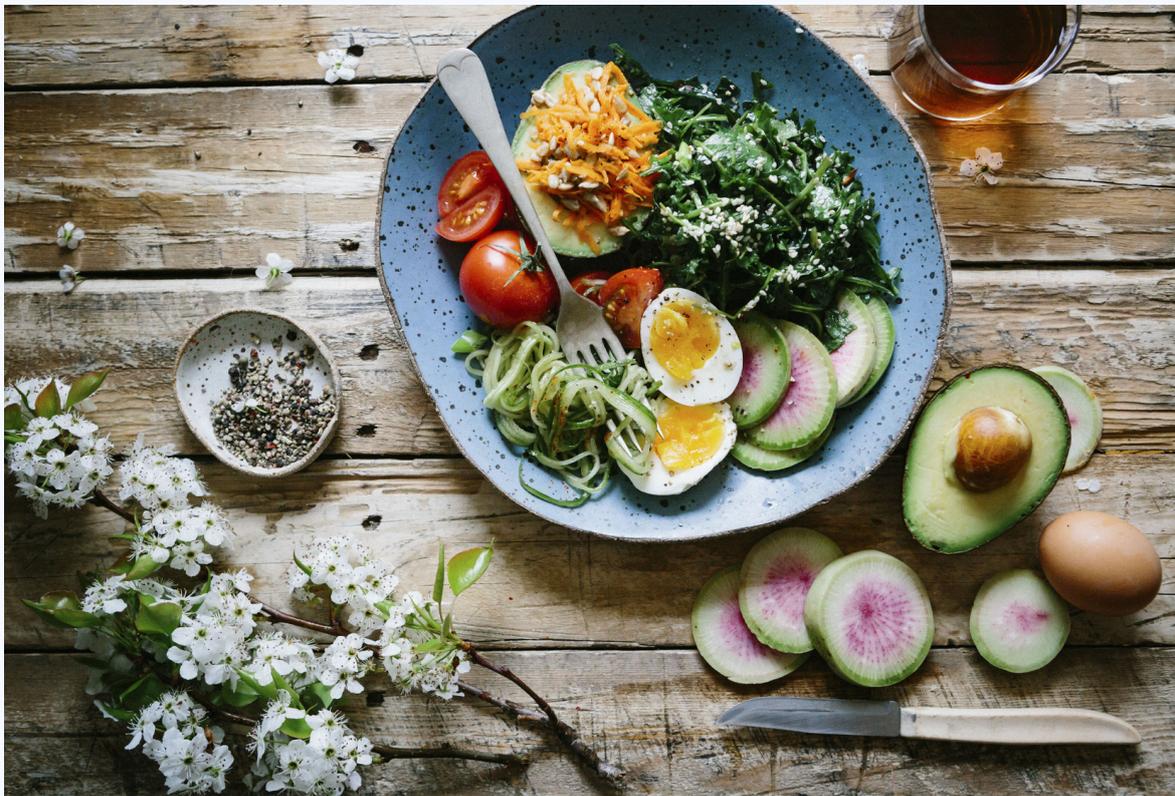
Experts like Dr. Amy Yasko are paving the way for a more personalized approach, emphasizing that your genetic makeup influences how your body processes nutrients. This means the “perfect” meal plan might look different for everyone. What works for one person may not work for another. What matters most is learning what your body thrives on—and what it doesn't.

Personalized nutrition can help you avoid trial and error. If your genes suggest that you process fats differently or that you have trouble metabolizing certain vitamins, your diet can be adjusted accordingly. This approach allows for better results and fewer frustrations when trying to improve your health through food.

### MORE THAN PREVENTION: HEALTHY EATING CAN HELP MANAGE DISEASE

The right foods don't just help prevent disease—they can also support your body in managing existing conditions. For example, a diet rich in fruits, vegetables, and fiber has been linked to a lower risk of several cancers, including colorectal and liver cancers. That's thanks to natural antioxidants in produce, which help protect cells from damage and support overall immune function.

Likewise, cutting back on added sugars and salt can help lower your risk of developing type 2 diabetes—or manage it better if you already have it. The same goes for heart disease, high blood pressure, and stroke. Simply put, eating well is one of the most powerful tools you have for long-term health. It supports your body's natural processes and helps reduce the risk factors that lead to chronic illness.



## MORE ENERGY, BETTER MOOD

Healthy eating isn't just about avoiding illness—it's about feeling your best every day. The right foods fuel your body, boosting your energy so you can enjoy an active lifestyle. Whether it's going for a walk, spending time outdoors, or playing with your kids or grandkids, better nutrition helps you show up fully for life.

And don't underestimate the mental benefits. Nutrients like omega-3s, B vitamins, and magnesium play key roles in brain function. When your body gets what it needs, you're more likely to feel balanced, focused, and emotionally resilient. Healthy eating also boosts self-esteem and confidence, which can help ward off symptoms of depression and anxiety. What you eat can have a powerful influence on how you feel mentally, not just physically.

## SLEEP COMES EASIER, TOO

Sleep is foundational to both physical and mental health—and what you eat has a direct impact on how well you rest. Reducing your intake of caffeine, alcohol, and sugary foods, especially later in the day, can significantly improve the quality of your sleep. When your body isn't busy fighting inflammation or processing disruptive substances, it can focus on what sleep is meant for: healing, recharging, and restoring.

Eating a lighter dinner, rich in whole foods and healthy fats, can also help regulate sleep hormones like melatonin and serotonin, making it easier to fall and stay asleep.

## IT'S A LIFESTYLE, NOT A SHORTCUT

In the end, healthy eating is about so much more than weight. It's a long-term investment in how you feel, move, and live. While getting started can feel daunting, sticking with it—even just for a couple of weeks—can open the door to a stronger, more energized, more vibrant you.

Healthy eating isn't a trend or a temporary fix—it's a lifelong path toward better living. And the good news? Every healthy choice you make today brings you one step closer to the long-term health and vitality you deserve. ▲

# To **6 SIMPLE WAYS** Reduce Stress with Type 2 Diabetes

Managing stress is essential when you have type 2 diabetes—not just for your peace of mind, but also for your blood sugar levels. When you're under stress, your body releases more cortisol, a hormone that can cause your blood sugar to rise. High cortisol levels can also increase fat storage, boost your appetite, and make it harder to manage diabetes symptoms. In short, stress doesn't just affect your mood—it affects your entire metabolic system.

But here's the good news: you have more control than you might think. Simple, intentional steps can help you lower stress naturally while supporting better blood sugar control. You don't have to overhaul your life overnight. Start small with these six easy, effective strategies:

## **1. LEARN MORE ABOUT YOUR CONDITION AND FIND SUPPORT**

Feeling overwhelmed often starts with uncertainty. If you're not sure what's happening in your body or how to respond, anxiety can quickly take over. That's why education is so important. The more you understand type 2 diabetes, the more confident—and less stressed—you'll feel managing it day to day.

Helpful tools like the Diabetes Solution Kit can walk you through the basics of blood sugar control, nutrition, exercise, and more in a step-by-step, natural way. You don't have to go it alone either. Joining a Barton Webinar or another online support group allows you to connect with experts like Dr. Scott and others living with diabetes. Their advice, encouragement, and real-life insights can reduce the emotional burden that often comes with managing a chronic condition.

## **2. GET ORGANIZED WITH MEALS AND MEDICATIONS (OR SUPPLEMENTS)**

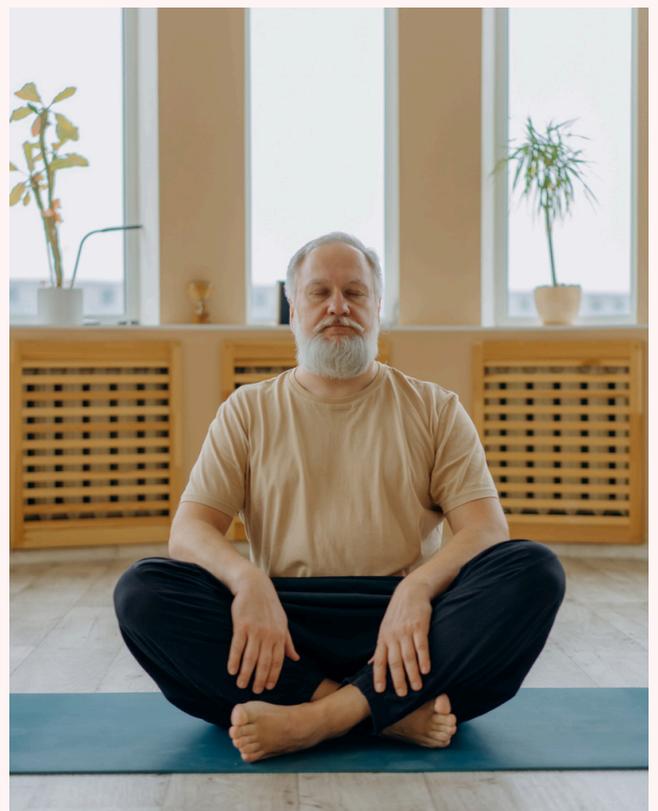
Staying organized can take a lot of the guesswork—and stress—out of your diabetes routine. Whether you're taking prescribed medications or natural supplements like CinnaChroma or Berberine from Barton Nutrition, keeping a daily schedule can make everything feel more manageable.

Using a simple pill organizer or reminder app helps ensure consistency. The same goes for meal planning. Eating well-balanced meals regularly is crucial for keeping blood sugar stable. Consider using a weekly meal planner or even a healthy meal delivery service to make things easier. Knowing what's for dinner (and that it supports your health) can be a big relief during busy weeks.

## **3. TRY MEDITATION—OR EVEN BETTER, TAKE TIME TO PRAY**

Even just 5–10 minutes of meditation per day can help lower cortisol levels, reduce anxiety, and improve your sense of well-being. Meditation isn't complicated—it can be as simple as focusing on your breath or repeating a calming word or phrase.

If meditation doesn't resonate with you, try prayer. For many people, taking a quiet moment to talk to God or reflect spiritually brings comfort and strength, especially during uncertain times. Whether you meditate or pray, these quiet moments help calm your nervous system and create space for mental clarity and peace.



#### 4. USE PROGRESSIVE MUSCLE RELAXATION

Progressive muscle relaxation (PMR) is a powerful, yet simple technique. You tense and then slowly release muscle groups throughout your body—from your toes to your forehead. It's effective in releasing physical tension caused by stress and has even been shown to support lower blood sugar levels when practiced regularly.

You can find guided PMR sessions online or through relaxation apps. Try adding this to your bedtime routine or during moments when you feel particularly anxious or overwhelmed.

#### 5. DO WHAT BRINGS YOU JOY

Joy isn't just a luxury—it's essential to good health. What activities make you smile or feel centered? For some, it's a walk in nature; for others, it might be listening to music, drawing, journaling, reading, or spending quality time with loved ones. Even small moments of happiness throughout your day can make a big difference in reducing stress and improving your overall outlook.

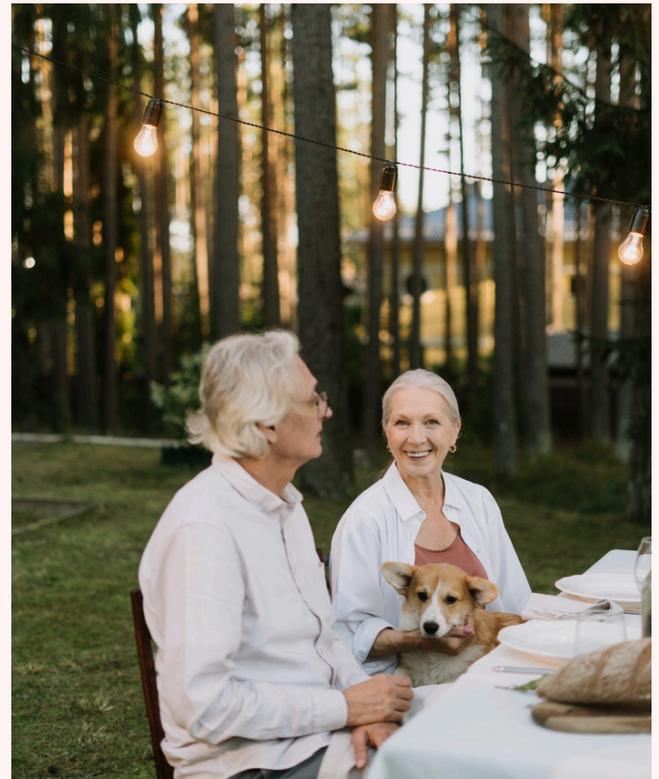
By prioritizing activities that nourish your soul, you'll naturally reduce stress and support better emotional balance.

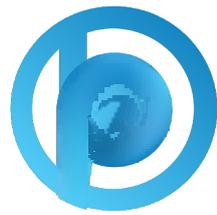


#### 6. BUILD A ROUTINE THAT WORKS FOR YOU

Consistency is key when it comes to managing both stress and type 2 diabetes. A simple, repeatable daily routine that includes movement, nutritious meals, quiet time, and quality sleep provides a sense of stability. And stability helps calm your nervous system.

Start with one or two small changes. Maybe you go for a walk after lunch, prepare meals on Sundays, or set a regular bedtime. Over time, these little habits create a lifestyle that supports both your emotional and physical well-being.▲





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