

NAD+ and Vitamin B3: Unlocking Cellular Energy and Promoting Longevity

**10 Must-Eat Fermentable Foods
and Why They're Great for
Your Gut and Immune System**

**The Fitness and Recovery
Power of Infrared Saunas:**

**6 Foods That Can Spike
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LETTER *from the* EDITOR

In this issue of *Home Cures That Work*, we're diving deep into the science of energy, healing, and smart health choices—starting with a groundbreaking article from Dr. Scott Saunders on NAD+ and Vitamin B3. This powerful coenzyme plays a crucial role in how your body creates energy, repairs cells, and ages. If you're feeling more fatigued, forgetful, or sluggish with each passing year, your NAD+ levels may be behind it—and the good news is, there are natural ways to restore them. This is a must-read for anyone looking to feel younger from the inside out.

To build on that theme of vitality, we're also highlighting the benefits of infrared saunas, which offer cellular-level detox and muscle recovery without the intensity of traditional heat. From chronic pain to cardiovascular health, just a few sessions a week can make a difference.

In our fermented foods feature, discover how ancient nutrition is making a modern comeback. These flavorful, probiotic-rich foods not only support your digestion but also strengthen your immune system and mental clarity.

Finally, we help demystify how to eat smarter with high blood sugar, showing how to enjoy your favorite meals with fewer spikes.

Start with Dr. Saunders' NAD+ article and learn seven practical ways to restore your body's cellular power.

Here's to restoring energy, naturally—

With you in wellness,

Cheryl Ravey, Editor
Home Cures That Work

NAD⁺ AND VITAMIN B3:

Unlocking Cellular Energy and Promoting Longevity

An Overview of Niacin, Niacinamide, NR, and NMN.

WHAT IS VITAMIN B3?

Vitamin B3, also known as niacin, is a critical water-soluble vitamin that supports numerous metabolic and cellular functions. In addition to niacin, derivatives such as niacinamide, nicotinamide riboside (NR), and nicotinamide mononucleotide (NMN) have gained significant attention due to their role in maintaining cellular energy and promoting healthy aging. These compounds primarily function by contributing to the synthesis of NAD⁺ (nicotinamide adenine dinucleotide), a coenzyme essential for energy metabolism and cellular repair processes[i].



Vitamin B3 exists in several forms, each with distinct physiological roles:

Niacin (Nicotinic Acid)

Niacin is often recognized for its lipid-modifying properties, including the ability to reduce LDL cholesterol and increase HDL cholesterol, making it a valuable tool in cardiovascular health. One noted side effect is flushing, a temporary reddening of the skin due to vasodilation[ii].

Niacinamide (Nicotinamide)

Unlike niacin, niacinamide does not cause flushing. It is frequently used in dermatology for its anti-inflammatory effects and ability to improve the skin barrier, benefiting conditions such as acne and eczema[iii].

Nicotinamide Riboside (NR)

NR is a direct precursor of NAD⁺ and has been shown to enhance mitochondrial function, support neuroprotection, and combat age-related metabolic decline. Its ability to increase NAD⁺ levels has made it a focus of anti-aging research.[iv]

Nicotinamide Mononucleotide (NMN)

NMN is another NAD⁺ precursor that has gained traction for its potential to mitigate age-related decline in NAD⁺ levels. Preclinical studies suggest that NMN supplementation may improve mitochondrial function and physical performance[v].

THE FUNCTIONS OF VITAMIN B3

Vitamin B3 and its derivatives play a central role in cellular metabolism and repair by contributing to NAD⁺ production. Specifically, NAD⁺ is essential for:

- **Energy Metabolism:** NAD⁺ is pivotal in converting nutrients into cellular energy through the mitochondrial electron transport chain[vi].
- **DNA Repair:** NAD⁺ supports enzymes such as PARPs (poly-ADP-ribose polymerases), which repair damaged DNA[vii].
- **Cellular Signaling:** NAD⁺ regulates stress responses and longevity pathways, including sirtuins, which influence aging and metabolic health[viii].
- **Oxidative Stress Management:** Through its role in cellular redox reactions, NAD⁺ helps neutralize free radicals and reduces oxidative damage[ix].

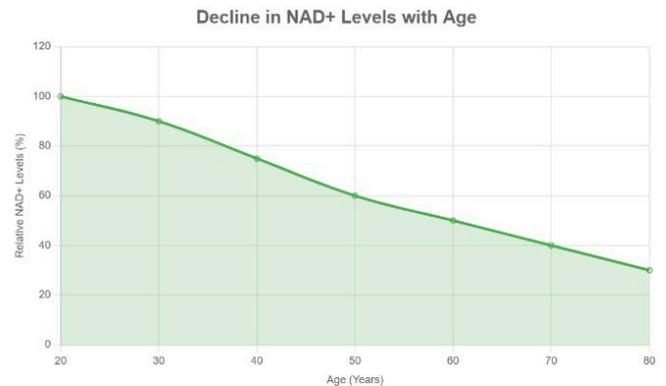
WHY DO NAD⁺ LEVELS DECLINE OVER TIME?

NAD⁺ levels naturally diminish with age, leading to reduced mitochondrial efficiency and impaired cellular function. The primary reasons for this decline include:

- **Increased NAD⁺ Consumption:** Enzymes like PARPs and CD38, which become more active as DNA damage accumulates, deplete NAD⁺ reserves[x].
- **Reduced Synthesis:** With aging, the body's ability to generate NAD⁺ from precursors declines[xi].

Lifestyle Factors: Poor nutrition, chronic stress, and environmental toxins exacerbate NAD⁺ depletion[xii].

The reduction in NAD⁺ levels is associated with age-related conditions such as metabolic disorders, neurodegeneration, and weakened immunity[xiii]. The following graph shows the significant decline in NAD⁺ over time:



Approximate values based on studies using 20-year-olds at 100%. Notice that by age 60, NAD⁺ levels may be ~50% of youthful levels. (e.g., Massudi et al., 2012; Zhou et al., 2016).

HOW TO PREVENT NAD⁺ DECLINE AND SUSTAIN ENERGY

Regular Physical Activity

Exercise stimulates mitochondrial biogenesis and improves NAD⁺ production pathways. High-intensity interval training and endurance exercises have shown particular efficacy[xiv].

A Nutrient-Dense Diet

Because all the precursors for NAD⁺ are found in food, foods rich in tryptophan and Vitamin B3, such as poultry, fish, whole grains, and nuts, support NAD⁺ biosynthesis.

Here's a concise list of foods high in vitamin B3 (niacin) with their approximate content per 100 grams, based on reliable nutritional data:

- Beef Liver (cooked): 16.7 mg
- Chicken Breast (cooked): 14.8 mg
- Peanuts (roasted): 13.5 mg
- Tuna (canned in water): 10.5 mg
- Salmon (cooked): 10.1 mg
- Mushrooms (white): 4.5 mg
- Peas: 2.0 mg
- Avocado: 1.7 mg
- Eggs: 0.9 mg
- Brown Rice (cooked): 0.7 mg

Green vegetables, grains, potatoes, and other vegetables are not a great source vitamin B3. The other source is tryptophan, an amino acid found in meat, poultry and fish.

You can see that you will not get a large amount of vitamin B3 from the diet. Even those meats high in nicotinamide, such as chicken breast, a 4-ounce serving provides about 15 mg. This is very low compared to the dose of a supplement, which is usually 100 – 500mg.

Another dietary way to increase NAD⁺ is a ketogenic diet. It may be essential to prevent aging because the constant carbohydrates lower the ability of the mitochondria to burn fat for energy. We need about 60% of our energy to come from fat, but insulin blocks this. A ketogenic diet has been shown to increase NAD⁺ in the brain, preventing seizures, and neurodegenerative diseases[xv]



Caloric Restriction and Fasting

Intermittent fasting and caloric restriction activate sirtuins and other pathways dependent on NAD⁺, enhancing mitochondrial efficiency[xvi]. Intermittent fasting – 16 hours per day from 5:00 PM to 9:00 AM works well. The optimum long-term fast to maintain mitochondrial energy and prevent the effects of aging is 72-hours once a month. Start in the morning on Friday, for example, and eat again on Monday morning. Drink water when thirsty.

Stress Management

Minimizing stress and reducing exposure to environmental toxins help preserve NAD⁺ levels. Practices such as mindfulness meditation and ensuring adequate sleep are beneficial[xvii]. Sleep 7-8 hours every night at the same time. Sleep by 10:00 PM and wake up by 6:00 AM to maintain good adrenal function.

Detoxification

Alcohol and sugar deplete NAD⁺ in the cells.[xviii] Many of the drugs people take on a daily basis inhibit NAD precursors or the production of NAD⁺. [xix] For example, statins decrease CoQ10 which lowers NAD⁺. Your medications, along with alcohol and sugar, might be lowering your energy levels.

Supplementation with NAD⁺ Precursors

Research demonstrates that supplementation with NR or NMN can effectively restore NAD⁺ levels, enhancing mitochondrial function and physical endurance[xx]. Nicotinamide Riboside (NR) is the most studied form. The optimal dose is about 1000mg once per week.

IV NAD+ THERAPY VS. ORAL SUPPLEMENTS

What Is IV NAD+ Therapy?

Intravenous (IV) NAD+ therapy entails directly infusing NAD+ into the bloodstream, bypassing the digestive system. This method allows for higher plasma concentrations. Interestingly, the NAD+ is not taken into cells as such, but is converted to other precursors, such as Nicotinamide Riboside (NR) and others that are taken up into cells and then made into NAD+.

Benefits of IV NAD+ Therapy

- **Immediate Absorption:** IV therapy ensures near-instant availability for cellular use, bypassing potential losses during digestion
- **Higher Plasma Levels:** This method can achieve greater NAD+ blood levels compared to oral supplementation[xxi].
- **Potential Therapeutic Benefits:** Anecdotal evidence suggests IV NAD+ therapy may alleviate symptoms of chronic fatigue and support recovery in neurological conditions[xxii].

Limitations of IV NAD+ Therapy

- **Cost:** IV therapy is significantly more expensive than oral supplements.
- **Inconvenience:** Sessions can take several hours and may require specialized facilities.
- **Side effects** such as nausea and flushing and flushing may occur.
- **Infrequent dosing** may not maintain high levels of NAD+

ORAL SUPPLEMENTS: A MORE PRACTICAL APPROACH

While less immediate, oral precursors like NR and NMN provide a steady and sustainable way to maintain NAD+ levels. They are more accessible, cost-effective, and convenient for long-term use.

The choice between IV NAD+ therapy and oral supplements depends on individual health needs and financial considerations. For those seeking rapid results, IV therapy may be more suitable, whereas oral supplementation is ideal for ongoing maintenance and preventative care.

Since Nicotinamide Riboside (NR) is 50-70% bioavailable, meaning it is absorbed and used in the body, there is no need for most people to use IV therapy. You can essentially do the same thing with a weekly oral double dose to raise the levels of NAD+ in your cells[xxiii].

Another advantage of using a NR supplement is that the body won't need to shunt the tryptophan to making more NAD+, taking away from serotonin and melatonin. As people age, not only does the NAD+ decrease, but serotonin also decreases, causing more depression[xxiv]. Taking a vitamin B3 supplement helps to allow your dietary tryptophan to be made into melatonin instead of NAD.

CONCLUSION

Vitamin B3 and its derivatives, including niacin, niacinamide, NR, and NMN, are integral to sustaining cellular energy and longevity. By understanding their roles in NAD+ metabolism and implementing strategies to counteract its decline, individuals can enhance mitochondrial function and overall vitality. Through supplementation, lifestyle changes, or advanced therapies like IV NAD+, maintaining NAD+ levels offers a promising pathway to healthier aging[xxv].

7 WAYS TO INCREASE YOUR NAD+ AND PREVENT AGING:

- Exercise Regularly – use HIIT exercises to keep your mitochondria functioning well.
- Keep an 8-hour window of eating. Stop by 6pm.
- Monthly Fast – 72 hours once per month.
- Avoid toxins: Sugar, alcohol, MSG, drugs.
- Lower stress – get good sleep, meditate daily, take walks, forgive everyone, enjoy the ride, be happy.
- Supplement – take NR about 1,000mg per week, either all at once, or divided into multiple doses.
- Eat a ketogenic diet with less than 20g of carbs per day for 30 days once a year to keep mitochondrial fat-burning capacity. ▲



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The Fitness and Recovery Power of

INFRARED SAUNAS:

What You Need to Know

How this high-tech heat therapy can support muscle repair, reduce inflammation, and elevate your wellness routine.

Infrared saunas are gaining popularity among fitness enthusiasts, athletes, and wellness seekers for their potential to boost recovery, reduce inflammation, and improve cardiovascular health. Unlike traditional saunas that heat the air around you, infrared saunas use light waves to heat the body directly, allowing for deeper tissue penetration and a gentler, more targeted experience.

HOW INFRARED LIGHT WORKS

Infrared light is a form of electromagnetic radiation with wavelengths that can reach beneath the surface of the skin and into muscle, joints, and tissues. This deep-penetrating light stimulates blood flow, oxygen delivery, and cellular repair. At the cellular level, it supports mitochondrial function, which plays a key role in energy production and tissue healing.

Infrared saunas typically use three bands of light: near, mid, and far. Each type penetrates the body at different depths and serves different purposes:

- Far infrared targets fat and toxins stored in deeper tissues, helping with detoxification.
- Mid infrared reaches soft tissues, muscles, and joints, aiding in pain relief and reducing inflammation.
- Near infrared supports skin health and may promote a radiant, healthy glow.

INFRARED SAUNAS VS. RED-LIGHT THERAPY

Though both use light-based technology, infrared saunas and red-light therapy are not the same. Infrared saunas involve higher heat and deeper tissue penetration, making them more effective for full-body recovery, detoxification, and cardiovascular stimulation. Red-light therapy, on the other hand, uses low-level wavelengths to energize cells without generating significant heat, making it more suited for localized treatments or skin concerns.

KEY FITNESS AND RECOVERY BENEFITS

1- Muscle Recovery and Repair

Infrared heat promotes circulation and oxygenation, which can flush out waste products like lactic acid and reduce soreness. The deep heat relaxes muscles, speeds cellular regeneration, and can shorten recovery time after intense workouts.

2- Cardiovascular Conditioning

Regular infrared sauna sessions can mimic the effects of light aerobic exercise by increasing heart rate and improving circulation. Over time, this can strengthen the cardiovascular system, improve cholesterol levels, and help lower blood pressure.

Inflammation and Pain Relief

The mid-range wavelengths are especially effective at reducing inflammation and relieving pain in muscles and joints. This is due to increased blood flow, improved oxygenation, and the light's ability to regulate oxidative stress and boost antioxidant defenses. Research also suggests infrared therapy can reduce inflammation in various areas, including the brain and internal organs.

POTENTIAL RISKS TO CONSIDER

As with any new health practice, infrared sauna use comes with considerations. Common side effects may include:

- **Dehydration:** Excessive sweating can lead to electrolyte imbalances if not properly hydrated.
- **Dizziness or Light-headedness:** A drop in blood pressure during sessions may cause temporary discomfort or faintness.

It's best to consult a healthcare provider before starting, especially if you're pregnant, heat-sensitive, or managing conditions such as low blood pressure or kidney issues.



HOW TO INCORPORATE INFRARED SAUNA INTO YOUR FITNESS ROUTINE

Infrared saunas are best used as a post-workout recovery tool or on rest days. Sessions can help flush out toxins, relax tight muscles, and provide passive cardiovascular conditioning. Breathwork or meditation during your session can enhance the relaxation and recovery effects by activating the parasympathetic nervous system.

Start with short sessions (10–15 minutes) to gauge how your body responds, gradually building to longer durations. For best results, aim for 2–3 sessions a week, especially during high-training periods or times of increased stress. Consistency is key—just like with exercise, regular use amplifies the benefits.

GETTING READY FOR YOUR FIRST SESSION

- **Hydrate Well:** Drink plenty of water beforehand and bring a water bottle with you.
- **Dress Smart:** Lightweight, breathable workout clothes or swimwear work well. Some studios may provide towels or have dress code preferences.
- **Expect to Sweat:** You'll feel a warm, relaxing heat. You may also experience a calming effect due to the release of nitric oxide, which promotes circulation and relaxation.

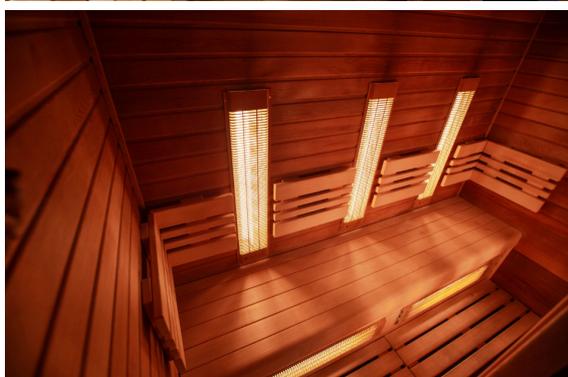
WHO SHOULD AVOID INFRARED SAUNAS?

Infrared saunas are generally safe, but not suitable for everyone. You should avoid them if you:

- Are pregnant
- Have low blood pressure or are prone to fainting
- Struggle to regulate fluids or electrolytes
- Are highly heat-sensitive

FINAL THOUGHTS

Infrared saunas offer a powerful, low-impact way to enhance physical recovery, reduce inflammation, and support overall wellness. With proper use, they can be a valuable addition to your fitness regimen—helping your body heal faster, feel better, and function more efficiently. ▲



10 MUST-EAT FERMENTED FOODS

And Why They're Great for Your Gut, Immune System, and More...

Fermented foods have surged in popularity thanks to their powerful health benefits—but what exactly are they, and why are they so good for you? In this article, we'll break down the basics of fermentation, explore how these foods support your body, and list the top 10 fermented foods to start eating today for better digestion, stronger immunity, and overall wellness.

WHAT ARE FERMENTED FOODS?

Fermented foods are created through a natural preservation process that involves soaking (often in salt or brine) and allowing beneficial bacteria and enzymes to break down the sugars and starches. This process produces lactic acid, which not only preserves the food but also enhances its nutritional profile by creating probiotics, B-vitamins, and beneficial compounds like omega_3s.

Though fermentation has been practiced for centuries in many cultures, modern food processing has led to a decline in naturally fermented foods. Thankfully, they're making a strong comeback.



WHY EAT FERMENTED FOODS?

Fermented foods are more than just flavorful—they offer a wide range of benefits for gut health, immune function, nutrient absorption, and even mental well-being.

1- Better Digestion

Fermented foods are naturally rich in probiotics—beneficial bacteria that help balance your gut microbiome. They can improve digestion, relieve constipation, and reduce symptoms of conditions like irritable bowel syndrome (IBS). The fermentation process also breaks down food compounds, making nutrients easier to digest—even for those with lactose intolerance.

2- Stronger Immune System

Since a large portion of your immune system lives in your gut, a healthy microbiome supports strong immune defenses. Fermented foods also contain immune-boosting nutrients like vitamin C, iron, and zinc.

3- Increased Nutrient Absorption

Probiotics help your body absorb more nutrients—especially B vitamins, iron, and other minerals. They also break down “antinutrients” like phytates and lectins that block absorption, making fermented versions of foods like legumes more nutrient-dense.

4- Enhanced Mental Health

The gut-brain connection is strong, and studies suggest probiotics can reduce inflammation in the brain, support neurotransmitter production, and potentially ease anxiety and depression. Strains like *Lactobacillus helveticus* and *Bifidobacterium longum* have shown particular promise.

5- Support for Healthy Weight

A diverse gut microbiome is linked to healthier weight. Probiotics may help reduce fat absorption, regulate appetite hormones, and improve insulin and leptin sensitivity—key factors in maintaining a healthy metabolism.

6- Heart Health Benefits

Certain probiotic strains, especially *Lactobacilli*, may help lower “bad” cholesterol (LDL), triglycerides, and inflammation. One study even found they could lower blood pressure in smokers after six weeks of use.

TOP 10 FERMENTED FOODS TO ADD TO YOUR DIET

1- Kombucha

This tangy, fizzy drink is made from black tea and sugar fermented with a symbiotic culture of bacteria and yeast. It’s packed with B vitamins, polyphenols, and detox-supporting compounds. Though it contains trace alcohol, the amount is minimal and won’t cause intoxication.

2- Sauerkraut

Made from fermented cabbage, sauerkraut is high in fiber, vitamin C, iron, and gut-friendly probiotics. It’s been used for centuries in European and Asian cuisines.

3- Pickles

True fermented pickles (not vinegar-based) offer a great dose of probiotics and nutrients like beta-carotene. Look for labels that say “lactic acid fermented” or make your own to get the real benefits.

4- Kimchi

A spicy Korean staple, kimchi combines fermented vegetables like cabbage, radish, and scallions with seasonings like garlic, chili, and ginger. It’s a flavorful way to add probiotics and antioxidants to your plate.



5- Tempeh

This dense, cake-like product is made from fermented soybeans or other legumes. It’s rich in protein, iron, and probiotics, and makes a great plant-based meat substitute that can be steamed, fried, or added to salads and bowls.

6- Kefir

Kefir is a fermented milk drink that’s high in calcium, magnesium, B12, and beneficial bacteria. It originated in the Caucasus Mountains and may be easier to digest than traditional dairy.

7- Yogurt

A classic probiotic powerhouse, yogurt helps support digestion, immunity, and general health. Choose varieties that are organic, full-fat, and include live cultures. Goat or sheep milk options may be easier to tolerate if you're sensitive to cow's milk.

8- Miso

Made by fermenting soybeans (or other legumes) with salt and a starter called koji, miso is a staple in Japanese cooking. It adds umami flavor to soups and sauces and may offer protection against high blood pressure and certain cancers.

9- Raw Cheese

Unpasteurized cheeses made from raw milk—especially from goats, sheep, or A2 cows—are rich in probiotics. Look for cheese labeled “raw” and aged at least six months to ensure microbial benefits.

10- Apple Cider Vinegar (ACV)

Raw ACV with the “mother” contains live probiotics and acetic acid, which can help balance blood sugar, improve digestion, and support gut health. Try mixing a tablespoon into water before meals or using it in salad dressings.



START REAPING THE BENEFITS OF FERMENTED FOODS

From improved digestion and immune support to better nutrient absorption and mental wellness, fermented foods offer powerful advantages for your health. Whether you prefer fermented vegetables, drinks, dairy, or legumes, adding these foods to your daily diet is a simple, natural way to boost your wellness. Try incorporating a few from the list above and see how your body responds—you may be surprised at how much better you feel. ▲



6 FOODS THAT CAN SPIKE HIGH BLOOD SUGAR

And How to Eat Them Smarter

Many foods—even those considered healthy—can raise blood sugar levels in people managing type 2 high blood sugar. But that doesn't mean you have to avoid them completely. Learn how to approach these foods wisely to help maintain more stable blood sugar.

If you're working to manage high blood sugar, you likely already pay close attention to your carbohydrate intake. But it's not just about the number of carbs a food contains—it's also about how the body processes that food.

All carb-rich foods convert to sugar in the body, but other elements—like fiber, protein, and fat—affect how much and how quickly they impact blood sugar. These factors contribute to a food's glycemic index (GI), a scale that measures how drastically a food raises blood sugar compared to pure glucose (which scores 100 on the GI scale). Foods like pasta or sugary drinks tend to have a high GI, while foods like dark chocolate or leafy greens typically have a lower, more stable impact.

Here are six common foods that can spike blood sugar—and tips for including them in your diet more strategically.



1- WHITE GRAINS: REFINED CARBS THAT ACT FAST

White bread, pasta, and rice are refined grains with much of their fiber removed during processing. Fiber plays a key role in gut health, slows digestion, and can help regulate blood sugar. It also helps you feel full longer, which can prevent overeating—a factor that also affects blood sugar.

When possible, opt for whole grains like brown rice, whole-wheat pasta, and whole-grain bread. Other excellent options include quinoa, amaranth, buckwheat, and hulled barley.

That said, you don't have to eliminate white grains completely. You can reduce their impact by pairing them with lean protein, healthy fats, and high-fiber foods such as nonstarchy vegetables.

2- SUGAR-SWEETENED BEVERAGES: EMPTY CALORIES AND FAST SUGAR

Drinks like soda, sweetened teas, and even fruit juices often contain high amounts of sugar but little to no protein, fat, or fiber—components that help slow sugar absorption. These beverages also don't provide lasting fullness, making them a poor choice for blood sugar management.

It's best to avoid sugary drinks when possible, unless you're using a small amount to address low blood sugar. If you're simply craving something sweet, try sugar-free seltzer or add fresh fruit slices to your water for flavor.



3- FAST FOOD: HIDDEN SUGARS IN UNEXPECTED PLACES

Fast food is often high in fat and sodium, but it can also pack in a surprising amount of sugar and refined carbs. For example, some fast-food burgers can contain as much sugar and as many carbs as a candy bar.

If fast food is your only option, watch for high-sugar ingredients like buns, breading, condiments, fries, and soft drinks. Choosing grilled items, skipping the soda (even diet versions), and adding a simple side salad can make your meal more balanced.

4- DRIED FRUIT: NUTRIENT-DENSE BUT CONCENTRATED IN SUGAR

Fruits are full of vitamins, antioxidants, and fiber—but when dried, they become more concentrated in natural sugars. Even unsweetened dried fruit can lead to blood sugar spikes due to its compact sugar content.

Aim for fresh or frozen fruit when possible. If you enjoy dried fruit, keep portions small—just a few pieces may equal a whole fruit's worth of sugar. And be sure to count it as part of your carb intake for the day.

5- STARCHY VEGETABLES: HEALTHY IN MODERATION

Vegetables like potatoes, peas, and corn contain more carbs than nonstarchy options like spinach or cauliflower. But that doesn't mean you need to avoid them—they still offer beneficial nutrients, and some are even high in fiber.

To keep blood sugar more stable, consider starchy vegetables as part of your carbohydrate intake. Balance them with healthy fats, lean protein, and fiber-rich foods to reduce their impact on your levels.

6- SOME NONDAIRY MILKS: SURPRISINGLY SUGARY CHOICES

While dairy milk has a relatively low glycemic index, many plant-based alternatives—especially oat and rice milk—are higher in sugar. Some versions can have a GI as high as 86.

Unsweetened soy milk tends to be a lower-GI alternative, with less sugar and more protein. Be sure to check nutrition labels, and when in doubt, choose unsweetened versions of any nondairy milk.



THE TAKEAWAY

- Limit high-GI foods like white bread, sugary drinks, and fast food.
- Choose whole grains, nonstarchy vegetables, and water or seltzer for more stable blood sugar.
- If you eat a high-GI food, balance it with protein, healthy fats, and fiber to reduce spikes.
- Read labels carefully—especially for drinks and packaged foods like nondairy milk.
- Managing high blood sugar doesn't mean giving up your favorite foods—it just means eating them with more awareness and balance.▲

RESOURCES WE TRUST

- **Mayo Clinic:** [Low-Glycemic Index Diet: What's Behind the Claims?](#)
- **Harvard Health Publishing:** [A Good Guide to Good Carbs: The Glycemic Index](#)
- **Centers for Disease Control and Prevention:** [10 Surprising Things That Can Spike Your Blood Sugar](#)
- **Cleveland Clinic:** [Hyperglycemia \(High Blood Sugar\)](#)
- **American Diabetes Association:** [Non-Starchy Vegetables for Blood Glucose Control](#)