

Help For Diabetes (Type II), Pre-diabetes, Metabolic Syndrome, Insulin resistance, midriff weight gain

Hemp Hearts

High in healthy fats and proteins, hemp hearts are recommended to be eaten at breakfast time with a bounty of raw vegetables: spinach, celery, carrot, bean sprouts, avocado, lemon juice, and some berries, yogurt, or cottage cheese. This combination provides a consistent blood sugar and energy for six hours, and works as a digestive cleanse as well. Avoiding refined carbohydrates and focusing on vegetables for the rest of the day results in stable blood glucose and weight loss of up to thirty pounds a month.

If this seems too strenuous, doing this for just two days a week, keeping caloric intake under 500 calories, provides a slow steady weight loss with reversal of the symptoms of Metabolic Syndrome: high triglycerides, high LDL cholesterol, high blood pressure, high blood sugar, and weight gain. Give this program three months before having your blood work rechecked.

Sugar Reg by Nature's Sunshine

Combining GTF Chromium, Vanadium, Cinnamon bark extract, Bitter melon fruit, Gymnema leaf extract, Nopal, and Banaba, this formula helps reverse insulin resistance and deliver glucose from the bloodstream to the muscle tissue of the body, thus lowering blood sugar. Chromium is vital in insulin function, and Nopal, a prickly pear cactus, has a well-documented history of lowering and balancing blood sugars.

Take 1-3 capsules with each meal or snack.

GTF Chromium by Nature's Sunshine

The element Chromium provides the central atom of the Glucose Tolerance Factor (GTF) molecule that works with insulin to transport glucose (blood sugar, quick energy) out of the blood and into the cells. GTF also contains two B vitamins and three amino acids (protein molecules), as well as zinc and manganese. One problem with our modern SAD diet is that trace minerals like chromium have been removed from processed foods (white rice, white flour, white sugar), are no longer found in the soil, and are not replaced by the petroleum-derived fertilizers used in agribusinesses today. By adding chromium to the diet, the intestines can create molecules of GTF, and the liver can more effectively control blood fat levels and filter toxins.

Take two at lunch and two at supper.