

# 7 Foods That Can Halt Diabetes

It's no secret that diabetes is becoming more commonplace in our society. If you've been diagnosed with diabetes, pre-diabetes, or insulin resistance, you may be wondering about the efficacy and side effects of insulin, Metformin / Glucophage and if there are any natural foods or supplements that can help you control blood sugar.

Type 2 diabetes affects the body's ability to regulate blood sugar levels. Every cell in our bodies depends on a constant supply of a sugar called glucose. Your body is very efficient in converting certain foods into glucose. However, if you've been diagnosed with diabetes, your cells may have a hard time absorbing this sugar.

That's where insulin comes in. Insulin shuttles the simple sugars in your blood stream throughout the body, ensuring that each cell is nourished. However, ingesting foods that help your body do this naturally can minimize the number of pinpricks and injections you'll need.

*Keeping your blood sugar on an even keel can prevent the more serious effects of diabetes, such as kidney damage, slow-healing, loss of vision and more.*

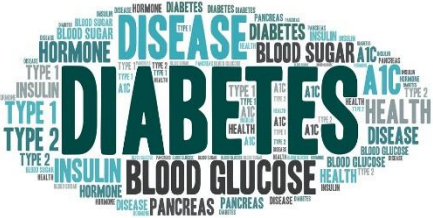
**These natural Supplements and foods can help you control your blood sugar:**

## 1. Gymnema Sylvestre known as the **Sugar Destroyer**

- **Helps Lower Blood Sugar Levels**
- *Gymnema sylvestre* is considered to have **anti-diabetic properties**.
- By blocking sweet receptors on your taste buds, *Gymnema sylvestre* may **cause you to eat fewer sweet foods**
- As a supplement, it has been used in combination with other diabetes medications to **lower blood sugar**.
- appears to contribute to favorable insulin levels by **increasing insulin production** and **regenerating insulin-secreting islet cells**. Both can help **lower blood sugar levels**
- [Click here](#) for more information.



## 2. **Chromium** is a trace mineral known for its blood sugar balancing qualities. It helps to improve insulin's ability to transport glucose into your cells, where energy is produced. In this way,



blood sugar stays level, and therefore so does your energy over the day. No more dips and spikes!

- Chromium is also known to help the body metabolize cholesterol, protein, and fat. This allows you to use their fuel effectively, store energy properly, and get rid of excess. This is helpful for both weight management and cardiovascular health.
- As chromium on its own can be challenging to absorb, Sugar Balance contains chelated chromium, a form that is easier to absorb into the body and one's cells.
- Bitter melon (*Momordica charantia*) is part of the squash and cucumber family and is traditionally grown in Asia, Africa, and the Caribbean for its edible fruit. Traditionally, bitter melon has been used for its blood sugar-lowering effects for centuries.
- **For more information check out this combination in Stop Sugar Crave's SUGAR BALANCE [Click Here](#)**



3. **Cinnamon.** Cinnamon is an aromatic spice that's derived from the bark of trees in the *Cinnamomum* family. Instantly recognizable for its rich, almost sweet flavor, cinnamon is a popular holiday spice.

- In people with diabetes, cinnamon has been found to be a powerful blood sugar regulator.
- According to the American Diabetes Association, *cinnamon lowers overall blood sugar after 40 days of consecutive consumption.* An easy way to incorporate cinnamon into your diet is to add it to coffee. As a bonus, you may find that you rely less on artificial sweeteners.
- Another way to add this spice to your diet is to sprinkle it over oatmeal. If you chew sugar-free gum, reach for the cinnamon variety. Additionally, a study from Wheeling Jesuit University found that cinnamon also strengthens memory.



4. **Broccoli.** Often touted as a "super food," broccoli contains more chromium than any other easily obtainable vegetable.



- Several studies have demonstrated that chromium stabilizes blood sugar. A single serving of broccoli contains 53% of the Dietary Reference Intake for the mineral.

5. **Oatmeal.** Fiber helps to stabilize blood sugar, and oatmeal is fiber.



full of

- A cup of whole oats will provide you with 16 grams of life-sustaining fiber. Additionally, fiber is high in magnesium, which is important for sleep quality and nervous system function.



6. **Peanuts.** The Harvard School of Public Health has demonstrated that a few peanuts or a spoonful of peanut butter in the morning can help control blood sugar.

7. **Ginseng.** According to the eCAM study, "Ginseng on Hyperglycemia: Effects and Mechanisms," *ginseng lowers fasting and post-meal blood sugar levels.*

- Researchers aren't entirely sure how this works, but many experts believe that ginseng protects pancreatic beta-cells.
- You can add ginseng to tea, and it's available in chewing gum and nutritional supplements. Ginseng is also a blood thinner, so be careful if you're on blood-thinning medications.
- There are different kinds of ginseng, American, White, Red and Siberian. Avoid Red ginseng if blood pressure is a concern.
- Peanuts have a glycemic index score of 14. *Peanuts release their sugar content into the body slowly, which keeps you full and may prevent cravings for sugary foods.*



*Incorporating these foods into your diet today could mean relying less on insulin tomorrow.* But remember to consult your doctor before making any major changes in diet. Also, be aware of the potential for allergies to foods you haven't tried before. If you plan to add many new foods to your diet, it's a good idea to do so one at a time.

**Remember that Type 2 diabetes can potentially be reversed with diet and sometimes fat loss, so you owe it to yourself to take steps to take charge of your health. Your new you will thank you!**

**[Click here](#) for more valuable information and videos about diabetes, cutting back on sugar, healthy diet choices and healthy weight loss.**

**[www.StopSugarCrave.com](http://www.StopSugarCrave.com)**



#### **Legal Disclaimer**

Any statements regarding dietary supplements have not been evaluated by the FDA or Health Canada and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult a health care professional prior to supplementation or changing prescription use.