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According to top medical doctors, nutritionists, scientists and now even the media, type 2 diabetes is a completely reversible condition. Yet millions of people all over the world are being told that diabetes is “genetic” and that they have to live with it the rest of their life.

But there's good news! Here are the exact steps you need to take to reverse type 2 diabetes naturally and improve type 1 diabetes:

Foods You Must Remove to Reverse Diabetes Naturally

Refined sugar rapidly spikes blood glucose and soda, fruit juice and other sugary beverages are the worst culprits. These forms of sugar enter the blood stream rapidly and can cause extreme elevations in blood glucose. Even though natural sweeteners like raw [honey](#) and maple syrup are better options, they can still affect blood sugar. Your best option is to switch to stevia.

Grains, especially [gluten](#) containing grains like wheat, contain large amounts of carbohydrates which are broken down into sugar within a few minutes of consumption. Gluten can cause intestinal inflammation which affects hormones like cortisol and leptin, and can lead to spikes in blood sugar. I would remove all grains from your diet for your first 90 days on this healing program and after that time you can introduce back in sprouted ancient grains in small amounts.

Conventional cow's milk, should be eliminated especially for type 1 diabetics. Dairy can be a fantastic food for balancing blood sugar if it comes from goat's, sheep, or A2 cows. Stay away from all other forms of dairy because the A1 casein produced by conventional cows will harm the body and trigger an immune response similar to gluten.

When buying dairy, only purchase raw and organic from pasture raised animals.

Alcohol can dangerously increase blood sugar and lead to liver toxicity. Beer and sweet liquors are high in carbohydrates and should be avoided.

GMO corn, soy, and canola have been linked to kidney and liver disease and may promote diabetes. I suggest removing all GMO foods and all **packaged foods** from your diet. **Also, remove hydrogenated oils** from your diet including vegetable oil, soybean oil, cottonseed oil, and canola oil.

Top Foods to Treat Diabetes

If you want to reverse type II diabetes or prevent diabetes, I suggest you add the following foods into your diet.

[High fiber foods](#) help slow down glucose absorption. Aim for at least 30g of fiber per day from vegetables, avocados, berries, nuts, and seeds.

Foods high in chromium can improve GTF glucose tolerance factor in your body and naturally balance out blood glucose levels. [Broccoli](#), raw cheese, green beans and grass-fed beef are all high in chromium, however broccoli has the highest amounts by far.

MCFA's found in coconut and red palm oil can help balance blood sugar levels and be a preferred fuel source for your body rather than sugar.

Wild-caught fish contain omega-3 fats and reduce inflammation which can help counteract some of the negative effects of elevated blood glucose.

Foods with a low glycemic load tend to not spike blood sugar as much as high glycemic foods. Low glycemic foods include vegetables, nuts, seeds, avocados, [coconut](#), organic meat, eggs, wild caught fish and raw pastured dairy.

Sprinkling herbs like cinnamon, turmeric, and parsley on your food may also help balance blood sugar levels.

The 5 Best Supplements for Balancing Blood Sugar

- ▶ Chromium Picolinate (600 mcg daily) Helps improve insulin sensitivity.
- ▶ Cinnamon (2 tsp daily) Add to food, smoothie or tea to help improve blood sugar control.
- ▶ Fish Oil (1,000 mg daily) Omega-3s are necessary for proper insulin function.
- ▶ Alpha-Lipoic Acid (300-1200 mg daily) Improves insulin sensitivity and reduces symptoms of neuropathy.
- ▶ Fiber Powder (10 g) Fiber from vegetables and seeds can control blood glucose. I recommend finding a supplement that contains sprouted chia and flaxseeds.

Other supplements that may support diabetes include: magnesium, rhodiola, green coffee extract, bitter melon, and gymnema sylvestre.

The Eating Plan to Reverse Diabetes

If you want to balance your blood sugar and see results quickly, then follow this plan as closely as possible. I want you to focus on getting plenty of protein, healthy fat, and fiber in every meal.

	Breakfast	Lunch	Snacks	Dinner
Day 1	Coconut Smoothie: 4oz coconut milk, 3 tbsp chia or flaxseeds , 1 scoop organic protein powder, 1 tsp cinnamon, stevia to taste	Large Spinach Chicken Salad, dressing apple cider vinegar and olive oil	1/4 cup raw almonds	Grass-fed beef burger (no bun) with steamed broccoli
Day 2	Vegetable Omelet with Goat Cheese cooked in coconut oil	Chicken Vegetable Soup made with real bone broth	2oz Raw Cheese (A2 only)	Wild-caught salmon grilled with spinach and onions sautéed in coconut oil
Day 3	Peach Probiotic Shake: 4oz goat's milk kefir, 2 tbsp almond butter, 1/2 cup frozen peaches, vanilla protein powder, 1 tsp cinnamon	Turkey Burger with small salad	Raw veggies with guacamole	Chicken vegetable stir-fry

Exercising Balances Your Blood Sugar

Exercise is another crucial part of improving insulin sensitivity. It naturally supports metabolism by burning fat and building lean muscle. To prevent and reverse diabetes I recommend getting outside and walking 20-30 minutes a day. This has been shown to be especially beneficial following meals.

In addition to walking, you also need to do interval training cardio (like burst training) or weight training 3 to 5 days a week for 20-40 minutes.

Burst training can help you burn up to 3x more body fat than traditional cardio and can naturally increase insulin sensitivity. You can do this on a spin bike with intervals or you can try [burst training at home](#). Burstfit has a variety of workouts for all levels of fitness.

Strength training using free weights or machines is also recommended because it helps you build and maintain muscle, which supports balanced blood sugar and sugar metabolism.

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