

How to reverse Type 2 Diabetes: 5 simple steps you can take today

Ok, you have Type 2 diabetes, and you may feel like giving up. But take heart, there are steps you can take to reverse this disease which can also improve your overall health and quality of life.

Commit to positive lifestyle changes

Lifestyle changes with diet, exercise, sleep, and stress management should be lifelong. Taking on too many changes at once may set you up for failure. Set small goals to achieve little victories. When you reach the goal, celebrate and continue this habit. If you mess up, give yourself grace and just start again.

Eat the right kind and amount of carbs

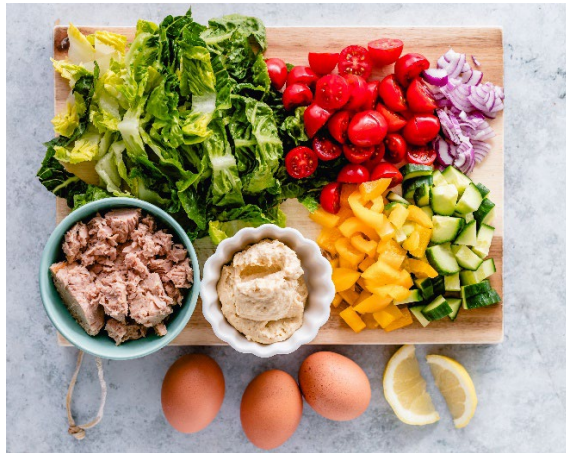


Image Credit: OatmealStories/Room/GettyImages

Low carb is 100-150 carbs per day. This is different than Keto which is less than 50 carbs per day [1]. Eating more nutrient-dense fruits, vegetables, and whole grains is always better, but some are higher in carbs than others. Research supports adopting a low carb lifestyle that is higher in plant-based proteins (beans, lentils, nuts/ seeds, peanut butter, low fat dairy) and lower in animal-based proteins (meats). This can reduce your risk of cancer, cardiovascular disease, and death by any cause [2,3].

Click on the link below to learn more about carbs from the American Diabetes Association (ADA):

<https://diabetes.org/food-nutrition/understanding-carbs>

Start moving

The ADA recommends at least 150 minutes a week (30 minutes/10,000 steps 5 days a week) of moderate intensity aerobic exercise [4]. Moderate intensity is defined as increasing your resting heart rate by 50% [5]. You should still be able to talk while exercising. Start slow by doing 10 minutes a day for a week and increase weekly until doing 30 minutes a day. Traditional examples include walking, bicycling, or swimming, but activities like car washing, gardening, or dancing count too! If just starting and you have other chronic conditions, such as heart disease, talk with your health care provider first.

Sleep

Most adults require 7-9 hours of restorative sleep a night [6]. One simple way to ensure this is to go to bed at the same time every night. If you've been told you snore and/or you feel tired during the day, ask your health care provider about ordering a sleep study to determine if you have sleep apnea [6].

Manage Stress



Image credit: Freepick.com

Increased stress causes your body to release a hormone called cortisol [7]. Excessive cortisol can raise your blood sugar, blood pressure, increase anxiety, and disrupt sleep [7]. When feeling stressed, try deep breathing. You can download the free version of Headspace or Calm onto your phone or search these on YouTube; both have a wealth of evidence-based methods to help with stress management.

Follow the link below to practice the deep breathing box method; I am positive you will experience less stress:

<https://www.youtube.com/watch?v=a7uQXDkxEtM>

I hope today's post has shown you how you can become your own change agent in reversing Type 2 diabetes. Diabetes is a journey, and the first step is committing to lifestyle changes. Which step are you going to take next?

References

1. <https://www.healthline.com/nutrition/5-most-common-low-carb-mistakes#carb-intake>
2. <https://www.heart.org/en/news/2022/11/17/some-reduced-carb-diets-may-decrease-diabetes-risk-but-others-may-raise-it>
3. <https://doi.org/10.1016/j.arr.2023.101997>
4. <https://www.healthline.com/health/type-2-diabetes/top-exercises#walking>
5. <https://health.clevelandclinic.org/what-does-moderate-exercise-mean-anyway>
6. <https://www.everydayhealth.com/hs/type-2-diabetes-care/sleep-better/#:~:text=In%20fact%2C%20sleep%20is%20as,Faiman%20says.>
7. <https://my.clevelandclinic.org/health/articles/22187-cortisol>

About the author:

My name is Melinda Taylor, and I am a nurse practitioner currently employed with ECU Health specializing in diabetes and weight loss management using a holistic approach. I am very passionate about advocating and providing education to empower my patients. My advice and opinions are my own and do not necessarily reflect my employer's position.

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