**Helpful Strategies for Blood Sugar Regulation**

1. Eat more protein.

Our brain can run on protein, specifically glutamine. It is a building block for making proteins in the body. The simplest thing you can do is get on a glutamine supplement. This alone will create a reduction in sugar cravings.

1. Eat branched chain amino acids. BCAAs for short. These are found in high protein foods and they have been shown to improve the body’s ability to process sugar. High protein foods include beans, legumes, nuts, and fish to name a few.
2. Drink a lot of water. Drinking water will create a feeling a satiety. It will fill you up. Most importantly, drinking water will dilute your blood and thereby dilute the concentration of sugar in your blood-diluting your blood sugar.
3. Eat a lot of fiber. Fiber has a filling effect like protein and water. It also has a sweeping effect. It can help the gut sweep excess sugar out of the body. Make sure you’re eating vegetables, green leafy, broccoli, etc. Ground up flax seeds is an excellent source of fiber.
4. Use sugar metabolizing nutrients.
   1. B complex vitamins. Especially vitamins B1 (thiamine) and B3 (niacin). Thiamine helps the body change carbs into energy and niacin is also associated with maintaining energy levels and works together with the mineral chromium to form the glucose tolerance factor needed to activate insulin and control blood sugar.
   2. Omega 3 fatty acids are helpful in stabilizing blood sugar and are deficient in the standard American diet. Hard to find in foods. Flax seeds will get you some, chia seeds, hemp seeds, fish oil is one of the best sources and of course there are omega 3 and essential fatty acid supplements.
   3. Magnesium. Very beneficial in supporting blood sugar health and insulin sensitivity. You can supplement with magnesium. Magnesium citrate 200 mg tabs is a good choice. Magnesium is always going to be found in all your green foods.
   4. Selenium is very important and necessary for pancreatic function and tissue elasticity. Deficient in the standard American diet and the most efficient anti-oxidant.
   5. Sulfur is an acid forming mineral and is the molecule in the chemical insulin. It’s also deficient in the standard American diet.

Sulfur containing proteins work in indirect ways to maintain life: hemoglobin, hormones (insulin, adrenal), enzymes and antibodies. Brussel sprouts, dried beans, cabbage, garlic, onions, soybeans, wheat germ, eggs, turnips, kale, horsetail (herb) are all good sources. You could also supplement in tablet or powder form.

* 1. Chromium and Vanadium are the two most recognized minerals that are important and most beneficial for stabilizing blood sugar. The clinical diseases of chromium deficiency are aggravated by vanadium deficiency. A deficiency in these two minerals bring about the symptom of the “munchies.” Most helpful to supplement after eating sweet meals.
  2. Cinnamon, as a spice, amplifies the flavor of sugar. You will need less sugar to sweeten foods if you add cinnamon. Plus, cinnamon also has blood sugar stabilizing benefits on its own.
  3. Fenugreek also is helpful in reducing the risk of diabetes.

*\*\* Caloric restriction and intermittent fasting can also be another wonderful strategy for supporting pancreatic health and restoring the body’s for supporting pancreatic health and restoring the body’s sensitivity to insulin. \*\**