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of glucose in the  
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BUSTER**

7 Tips To Control Diabetes Naturally Without Medication Nowadays, diabetes has become a major problem. But do you know that it is preventable as well as reversible? If you or your dear one is having type 2 diabetes, so here are very useful 7 Tips to Control Diabetes Naturally Without Medication. It is very important for all of us to keep the blood sugar level healthy and balanced as it helps to maintain energy levels as well as control diabetes.

This is very easy and very important. You just have to make some dietary changes, including certain foods and concentrating on others, also lifestyle changes, containing exercise and stress avoidance. Some people are genetically at a risk of the type 2 diabetes but largely it's due to lifestyle disorder today. So we have these 7 Tips To Control Diabetes Naturally Without Medication. You have to just make slight changes in your lifestyle for getting rid of diabetes.

As we know that most of the medications are just a temporary fix. These medications do not prevent the reason behind increased level of sugar in blood, which is driven by the environment. Proper lifestyle and diet can reverse diabetes, while medications only treat the symptoms. 7 Tips To Control Diabetes Naturally Without Medication The key to a healthy body is to make positive changes in your eating habits. Have a proper sleep, stay active, and manage stress. So, let's learn how to control diabetes through 7 natural ways. Step# 1: Start Regular Exercise There is no alternative for regular exercising.

It keeps your body healthy and fit. Exercising is not just a great way to lose weight but also improves insulin sensitivity. It is revealed in studies that

aerobics training increases disposal of glucose in the second type of diabetics. Improvement in the insulin sensitivity also helps in loss of visceral, abdominal and subcutaneous fat. 7 Tips To Control Diabetes Naturally Without Medication

Step# 2: Include More Good Fats in Your Diet Yeah, I know you are afraid how will you survive when reducing the belly-filling carbs? This is where good fats help you.

Include healthy fats which provide Omega 3 fatty acids. They will keep you full for a long time as well as improve your heart health. They form a slow-burning source of fuel which your body can use in place of sugars. Think ghee, grass-fed butter, coconut oil, avocado, nuts, olive oil and oily fish, for example. 7 Tips To Control Diabetes Naturally Without

Medication

Step#3: Restrict The Large Portion Sizes If you eat a large meal, it will put a sugar load on your already struggling body. Overeating will cause further harm to diabetics. An easy and natural way to control diabetes is to eat smaller portions. Hey, don't worry; am not telling you to starve yourself! In fact, portion control comes naturally when you choose the right grains, proteins, and fats.

Strive to eat in moderation. For satisfaction, you should eat slowly and chew your food, so that your brain has a chance to let you know when you're full. If you will reduce your food mindlessly, you will eat a lot more than you need which stresses out the body.

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Step#4: Reduce Some Weight Studies revealed that losing 5-10% of body weight can improve fitness levels in the diabetic people. Further, the weight loss is also helpful in

lowering HbA1c levels and improves cardiovascular health. It also decreases the use of diabetes, hypertension, and lipid-lowering medications. This is more important if you are having excess weight around the abdomen. So, including fewer carbs and healthier fats along with portion control in your diet will help you lose weight.

7 Tips To Control Diabetes Naturally Without Medication Step#5: Include More Fibers in Your Diet A fiber-rich diet is known to slow down sugar absorption. When your body digests the fiber slowly, it will raise the blood sugar level gradually. So, a high fiber diet is helpful for you to control the blood sugar level easily. It also aids in digestion. Get your daily dose of fiber from foods like fruits and vegetables eaten with the skin, beans, legumes, and whole grains like barley, quinoa, and oats.

7 Tips To Control Diabetes Naturally Without Medication Step#6: Intermittent Fasting Is a Good Idea The best way to control diabetes or improve insulin sensitivity is intermittent fasting. Also, it scientifically proved that it is not just what we eat that matters. But how and when we eat is also very important. Intermittent fasting is a very simple strategy to follow. You have to eat during first 12 hours and fast during the next 12 hours of the day. For example, eat between 8 AM to 8 PM only. This is exactly the eating habits of our ancestors who lead a hunter-gatherer lifestyle.

This way of eating follows the natural body rhythms. It gives the digestive system rest for 12 hours which is very important for our digestive system. Also, it helps our cells get more sensitized to insulin during the 'eating window'. 7 Tips To Control Diabetes Naturally Without

MedicationStep#7: Reduce Intake Of CarbohydrateA diet with the highly processed carbs increases sugar load in your diet.

The reason behind this is that all the carbs break down into sugar during digestion. Further, this leads to the increase in blood sugar and weight gain. So, you have to avoid carbs with a high glycemic index. To reverse diabetes, we recommend Low Carb-High Fat or LCHF.

Ideally, your daily caloric intake should contain only 10% of carbs. The right carbs for any diabetic are fresh vegetables, fruits, and whole grains. Brown rice, quinoa, buckwheat, amaranth, and millets are some whole grains that work.