

Top 7

Diabetes

Mistakes

**1 Weird Trick That
REVERSES High
Blood Sugar**



[CLICK HERE \(TRY THIS TONIGHT\)](#)

1. A Sedentary Lifestyle

A sedentary lifestyle is linked with several health issues including weight gain and high blood sugar levels.

An active lifestyle is not just good for your blood sugar levels but can help ensure optimal health.

Develop an exercise routine gradually.



2. Do You Choose the Wrong Drinks?

It's easier to get dehydrated when you have diabetes.

On top of that, your blood sugar can go up if you don't have enough fluid in your body.

But certain beverages can spike your glucose levels. And the thing is people with diabetes are told to hydrate.

So they go ahead and hydrate with 100% juice.

Unfortunately, that's loaded with sugar.



Limit these liquids:

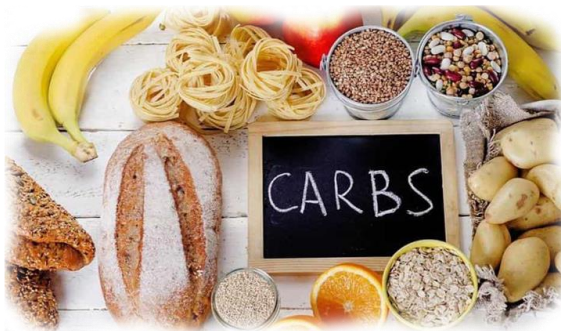
- Fruit and vegetable juices
- Sports drinks
- Alcohol
- Soda

Drink water when you're thirsty. If that's too boring, try:

- Sparkling or seltzer water
- Water flavored with lemon, mint, or cucumber
- Sugar-free flavored waters

Ask your medical professional if artificially sweetened drinks are OK. But diet or "zero" drinks can be an option if you really don't like water.

3. Do You Think Some Carbs Don't Count?



Your body breaks down carbohydrates into simple sugars, also called glucose. It doesn't matter where these carbs came from. You need to look at total grams of carbs in your food, not just the sugar content.

Pasta, rice, tortillas, they have a lot of glucose. They will increase your sugar levels, sometimes even more than candy.

Natural sugars also count. It's true that you should swap cookies for fruits. But that doesn't mean you can have loads of them. Moderation is key.

It's recommended eating no more than two servings of fruit a day. And try to add more non-starchy vegetables to your meals. The green leafy ones are better.

There's a handy measurement to give you a better idea of which foods, including fruits and veggies, are best for your diabetes. It's called the glycemic index (GI). The ratings tell you how likely a food is to boost your blood sugar. For example, berries are lower on the GI scale -- and lower in natural sugars -- than bananas, raisins, or grapes.

Labels on most packaged foods in the U.S. don't list glycemic index ratings. But you can easily find GI calculators online.

4. Low Fat Diet

Fats should be an essential part of your daily diet just like other nutrients. Many completely eliminate fats from their diet including the healthy ones. Stop demonizing fats. The wrong kind of fat and too much of it is the culprit. Good fats from nuts, seeds, and pure oils contribute to better heart and diabetic health.



5. Long Gap Between Meals

If you are a diabetic, try to minimise the gap between meals.



Large gap between the meals can make you eat more at your next meal, leading to fluctuations in blood sugars.

It's advised keeping meals small and frequent.

Choose healthy snacks to fill the gaps between meals.

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6. Uncontrolled Stress



Stress is more harmful than you think.

It can affect your hormones, mental health as well as physical health.

Chronic stress is also harmful to people with diabetes. It can increase blood sugar levels and affect your heart health.

7. Do You Skimp on Sleep?

Too little sleep, less than 7 to 9 hours a night, raises your odds of certain medical issues.

For starters, it makes it harder to control your blood sugar and blood pressure.

You want a good night's sleep.

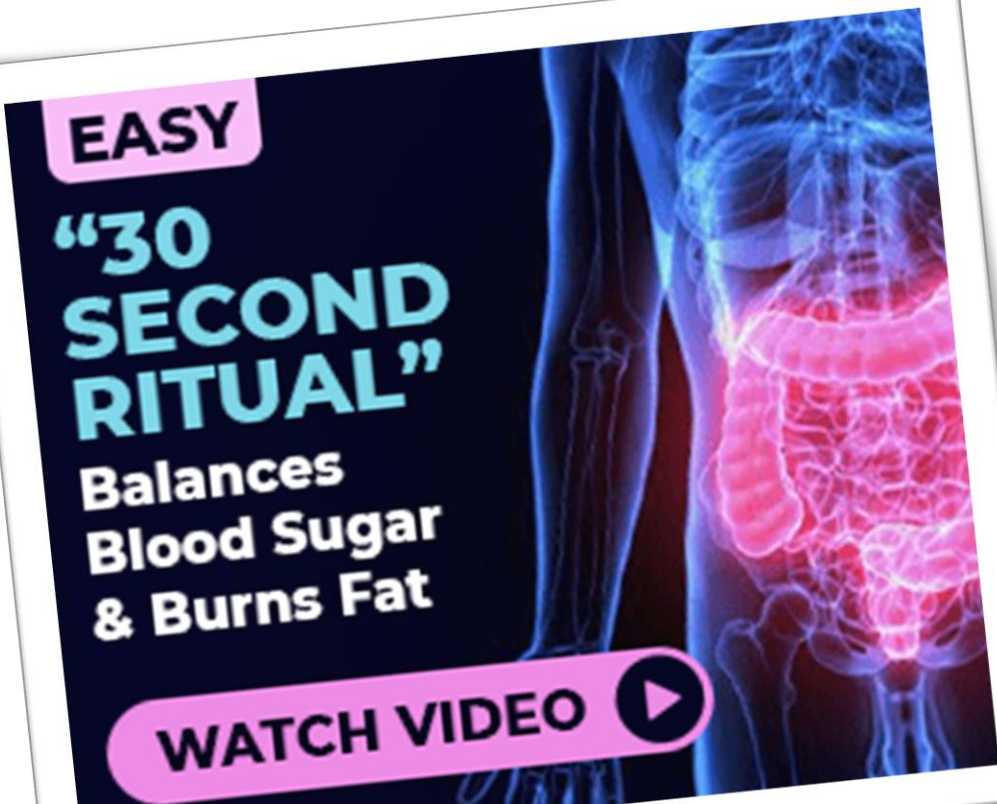
It can affect multiple things.

As sleep regulates different body functions other than providing rest to the body.

Most of your hormonal balance occurs while you sleep. And insulin is nothing but a hormone!

Therefore, it is crucial to ensure a healthy sleep cycle.



An anatomical illustration of a human torso, showing the skeletal structure in blue and the internal organs in a glowing red/pink color. The organs visible include the lungs, liver, stomach, and intestines. The background is dark blue.

EASY

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Blood Sugar
& Burns Fat**

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