



## Prediabetic Diet & Health Tips

The good news is, you're prediabetic!

While that still might be a hard pill to swallow, the fact is, a person can be prediabetic for up to 10 years before getting a type 2 diabetes diagnosis.

That means this is a *great* opportunity for you to make positive changes and turn things around *before* you cross that line.

Generally speaking, the same diet and lifestyle principles apply to you, as if you were already type 2 diabetic. Except, compared to someone who does already have diabetes, you have the advantage of being able to correct your metabolic issues *much* easier.

Read through all the information in this guide and use it to begin transforming your health.

[Start by reading Cheryl's amazing story](#) - she has reversed her prediabetes!

Cheryl's blood sugar, A1c, cholesterol and blood pressure are *all* back to normal. And she's now off all her meds and feeling the best she's felt in years!

## The 5 Pillars of Health Transformation

To overcome prediabetes and live a healthier life, it basically comes down to these 5 pillars:

1. Diet
2. Exercise
3. Sleep
4. Stress
5. Lifestyle

### #1: Diet

The fastest way to lowering blood sugar and A1C is to lower your carbohydrate intake.

The type of carbs you eat is important but the **amount** of carbs has the greatest influence on your results.

Here's a simple explanation why: Blood sugar (aka blood glucose) is exactly that, sugar (glucose) in the bloodstream. A1C is a percentage measurement of the average amount of glucose in your bloodstream over a 3 month period.

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We help you enjoy life more while regulating blood sugar and A1c at the same time!

All carbohydrates break down to glucose. Glucose enters your bloodstream (aka: blood sugar level). Different types of carbohydrates do enter the bloodstream at different rates. For instance, a simple carb like sugar digests faster, causing a quicker rise in blood sugar. While a complex low glycemic index carb like broccoli will digest slower and cause a *much* slower, steadier rise in blood sugar.

However, **ALL** carbohydrates break down to glucose, therefore, the amount of carbs you eat has the most direct influence on your numbers.

**Tip:** Choose one thing you can change starting today and find options and alternatives to make the transition easier.

### Diet resources to get your started

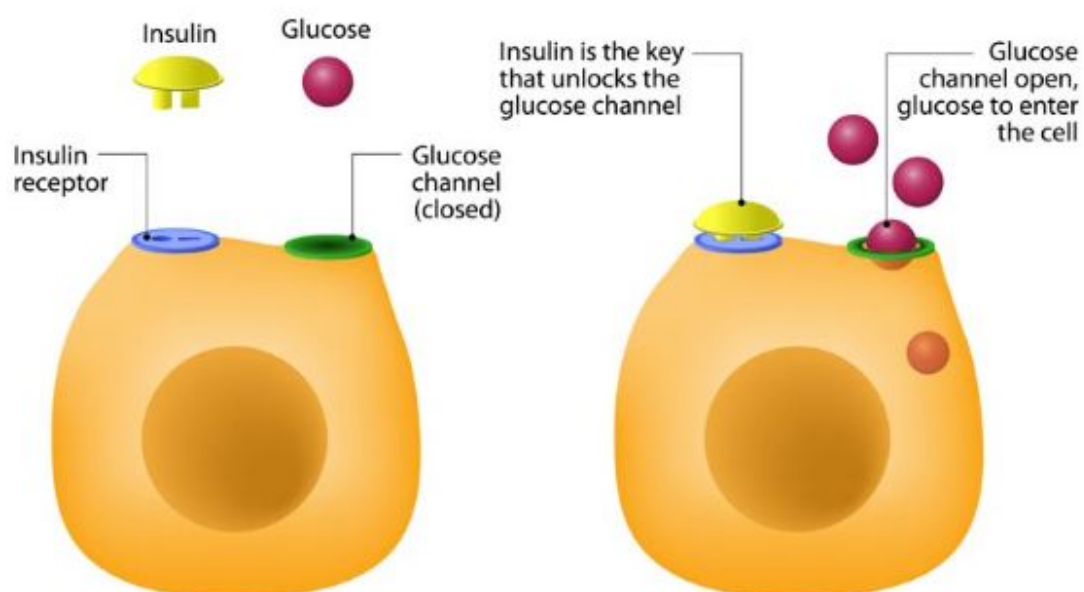
- [Guide to healthy carbohydrates](#)
- [What are simple and complex carbs](#)
- [Where to start with your diet plan](#)

## #2: Exercise

Since being diagnosed with prediabetes, you've probably become familiar with the term insulin resistance.

Insulin is the hormone that facilitates uptake of glucose from the bloodstream into the bodies cells – such as cells in your muscles, liver, and so forth. When cells in the body need energy they rely on insulin to help 'unlock' the cell so glucose can be transported into the cell.

## HOW DOES INSULIN WORK?



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When you are insulin resistant, insulin does not unlock the cells effectively so glucose builds up in the bloodstream. This is a catch 22 because your pancreas releases more insulin to try and help, then you have both high insulin and high glucose, making your cells even more resistant.

Exercise helps reduce insulin resistance by making the cells more insulin sensitive. It also has a direct effect on getting glucose out of the bloodstream and into the cells. Exercise also helps with weight loss.

Weight loss has no direct connection to blood sugar but weight loss decreases inflammation, increases insulin sensitivity and improves other biomarkers, which tends to have a snowball effect that influences glucose and A1C results.

**Tip:** Aim for at least 30 minutes per day but if just getting started, try for at least 10 minutes.

### Exercise resources to get you started

- [Exercise: Your need to know basics](#) - this is written for type 2 diabetics but also applies to people with prediabetes.
- [Walking](#)
- [Squat exercises](#)
- [Chair leg lifts](#)
- [Bridge exercises](#)

## #3: Sleep

Quality of sleep is an often overlooked and underappreciated factor in overall health *and* blood glucose regulation.

But, prediabetes/ type 2 diabetes is a condition rooted in a **disruption of hormones** and lack of sleep affects hormones. Therefore, sleep quality can directly influence blood sugar levels.

Sleep is absolutely essential to healthy bodily function – for brain function, mental alertness and focus, mood stability, healing and repair of blood vessels, immune function, and of course, hormonal regulation.

Lack of sleep decreases insulin and pancreatic beta cell function, increases appetite, and carb/sugar cravings and increases inflammation and pain.

**Tip:** Make sure you get adequate sleep - an average of 8 hours per day is what's needed.

**READ:** [The importance of sleep on blood sugar regulation and how to get more sleep](#)

## #4: Stress

In the modern world, there is so much to do and there seems like so much less time to do it all. We are a fast-paced, high strung, convenience-driven society, and it's a recipe for disaster!

Chronic low grade stress can be of great detriment to our health.

Prediabetes/ type 2 diabetes is a condition where glucose levels are higher than normal. Since we've already been talking about the hormone insulin, you'll be interested to know that cortisol - our key stress hormone - **raises insulin *and* blood sugar levels.**

Stress management is critical because too much stress *can* contribute to elevated glucose levels, or lack of ability to gain good control.

This is one of the additional benefits of exercise – it helps mitigate the effects of cortisol. As you engage your body in physical activity, cortisol is reduced and thereby reduces sugar levels.

Stress also affects our emotions of course, and can lead to anxiety, depression, emotional eating and other things.

**Tip:** Exercise regularly and implement stress management tactics and quiet "me" time.

#### **READ:**

- [Stress and hormones: How it influences your body](#)
- [Food psychology and mindful eating](#)
- [Depression and prediabetes/ diabetes](#)

## **#5: Lifestyle**

Intensive lifestyle changes can reduce your risk of getting diabetes by at least 58% - which is a lot!

These results can occur regardless of your age or situation.

**The key tip:** If you make **permanent** lifestyle changes you can likely avoid diabetes.

Permanent changes are the key. Don't just think going on a "diet" for a while is going to fix things. Be prepared to change things for the rest of your life!

Start keeping a journal of your dietary intake and your everyday habits so you can take a closer look at various aspects of your life and start making improvements every day.

- Make some dietary changes, starting with focusing on your carb intake
- Exercise at least 30 minutes per day
- Lose some weight if you need to
- Sleep more
- Stress less

Most importantly, see your prediabetes as a blessing and opportunity to make positive changes and create a better you!

#### **READ:**

- [How to reduce your risk by 58-71%](#)
- [21 days: 17 habits](#) - a simple, effective habit change method

## Blood Sugar

Your goal is to get blood sugar levels back within the normal range, and keep them there.

Category	Fasting value		Postprandial / aka post meal
	Minimum	Maximum	2 hours after meals
Normal	70 mg/dl	99 mg/dl	Less than 140 mg/dl
	4 mmol/l	5.6 mmol/l, or 6 mmol/l by some organizations	Less than 7.8 mmol/l
Pre-diabetes	100 mg/dl	125 mg/dl	140 - 199 mg/dl
	6.1 mmol/l	6.9 mmol/l	7.8 - 11.0 mmol/l

## Final Remarks

So you've got prediabetes. This is good news because you don't have diabetes (yet), so it's just the beginning.

The beginning of listening to your body, learning more about yourself and what your body needs to experience good health.

The body is amazing like that. No matter how young or old, every single step you take in the right direction will make a HUGE difference.

Embrace your new health journey and see it as a wonderful adventure to creating a new you!

We're here to help make that journey easier for you so you can enjoy life more while regulating blood sugar and A1c at the same time.



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