



healthcare for the whole family

Defeat Your Diabetes Dilemma!

Q: I have had Type 2 Diabetes for almost 10 years, and no matter what I do, I can't seem to control my blood sugar—any suggestions?

A: Getting your diabetes under control is very important as uncontrolled blood sugar levels can lead to further complications, including blindness, neuropathy and kidney damage. First of all, it is very important that you monitor your blood sugar levels several times throughout the day, keeping a log of what you eat and your blood sugar readings. This will allow you and your doctor to develop a tailored blood sugar control diet to fit your needs. Normally, I recommend a diet high in protein, essential fats, and non-starchy vegetables diet. These foods do not spike blood sugar levels like carbohydrates. Carbohydrates should never be eaten alone and need to be monitored to determine which ones are best for you. Staying away from refined carbohydrates (breads, sugars, white rice, white pasta, etc.) is usually necessary. As for supplements, the mineral chromium is vital as it helps your cells respond to insulin appropriately. Gymnema sylvestre is a herb that can also be helpful in blood sugar control. Alpha Lipoic Acid, NAC, Bilberry Flavonoids, Ginko Biloba, Vitamins B12, and C are also beneficial for treatment and prevention of complications. You can take control of your health! Get your blood sugar under control!