

## **TYPE 2 DIABETES**

Type 2 diabetes is a condition in which your blood sugar levels are too high. Sugar is transferred from your bloodstream to your cells (where it is used for energy) with the help of a hormone called insulin. When your body doesn't make or use insulin properly, the sugar stays in your blood. **Over time, too much blood sugar can damage your kidneys, eyes, and nerves, and place you at greater risk for heart disease and stroke.**

Type 2 Diabetes often results from unhealthy diets and physical inactivity. People who are at greatest risk for developing diabetes: have too much fat and too little muscle, eat a high sugar or high carbohydrate diet, lead a sedentary lifestyle, have high blood pressure or high cholesterol. The good news is, type 2 diabetes can be managed and even avoided by making healthy changes to your lifestyle.

### **Natural Methods for Managing or Preventing Type 2 Diabetes:**

- A low-glycemic-load diet rich in vegetables, fruits, legumes, nuts, and moderate amounts of whole grains and good fats such as olive oil
- Dietary supplements, medical foods and herbs may have a positive effect on people with pre-diabetes or full-blown diabetes. For instance, alpha-lipoic acid may improve cellular response to insulin and promote glucose uptake in muscle. Magnesium affects the way the body uses sugar and is often deficient in diabetics. Omega-3 fatty acids improve insulin sensitivity, decrease risk of heart disease and reduce inflammation.
- Regular, moderate exercise of just 30 minutes a day has been shown to have a beneficial effect blood sugar, blood pressure, and cholesterol levels.

Together with your Naturopathic doctor, you can develop a natural treatment plan to help you get on the road to good health.

SOURCE: **DR. AMANDA GUTHRIE**, BSc, ND, Naturopathic Doctor  
28 Park Road (Yonge & Bloor), Toronto, ON M4W 1M1  
416.944.9186 [WholeHealthToronto.com](http://WholeHealthToronto.com)

