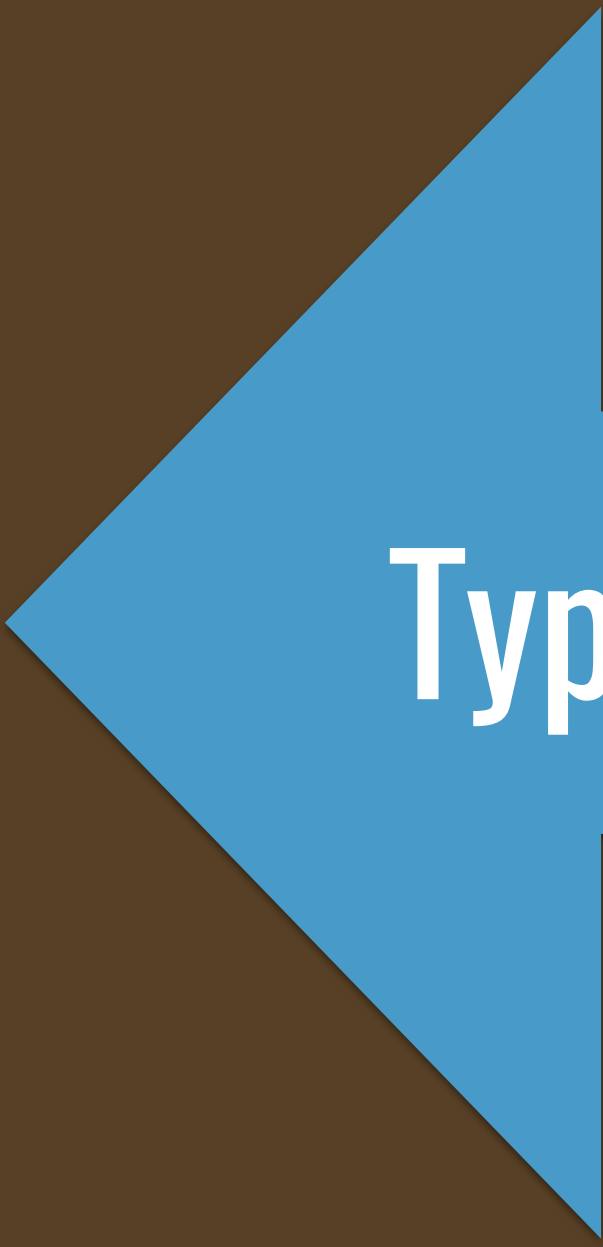




Ten Tips
To Reverse

Type 2 Diabetes

Dr. Brian Mowll

Ten Tips To Reverse Type 2 Diabetes

1. Find and address the root cause

Despite the generalized treatment guidelines of conventional medicine, not everyone with type 2 diabetes is the same. There are many causes and contributing factors involved with blood sugar dys-regulation and diabetes. For one person, it may be mostly about their diet, for another, it might be stress-induced, and for someone else, it might be driven by thyroid or adrenal problems. The first step to reverse type 2 diabetes is to understand what is causing the metabolic dysfunction.

There are several important steps to determining the root cause. First is a comprehensive functional medicine assessment, involving questions regarding signs of hormone imbalance, thyroid and adrenal dysfunction, gut health, and the other body systems. It's also vital to look at lifestyle factors such as physical activity, sleep, stress, and diet. Lastly, specialized functional diagnostic labs can be performed to help determine root cause factors.

Once all this information is gathered, a skilled functional medicine practitioner can help you to put the diabetes and blood sugar puzzle together to understand the root cause, contributing factors, and plan of support to reverse the condition.

2. Get your blood sugar under control first

Many new clients that I consult have a desire to eliminate diabetes medications or get off insulin. They are frustrated with poor results, and feel like what they're doing is not addressing the root cause of diabetes. While that is absolutely true, it's best to be prudent and conservative when handling medications.

One of the most important steps in reversing type 2 diabetes and preventing diabetes complications is to normalize blood sugar. Based on almost 20 years of experience, I've found that it's much easier to improve blood sugar with the help of short-term medications.

Once blood sugar is normalized, the cells can start to heal (in the absence of the assault by elevated glucose), and begin to regain proper function. Once the liver, pancreas, gut, thyroid, adrenal glands, kidneys, cardiovascular, and hormonal systems are able to function normally, type 2 diabetes can be reversed with proper focus.

3. Cut the carbs

Carbohydrate, including foods high in starch and sugar, have the greatest impact on blood sugar and insulin. Eating foods with moderate or high easily digestible (non-fiber) carbohydrates, causes a surge of insulin to release from the pancreas, and elevates blood sugar, if insulin resistant.

There is no way to achieve good blood sugar control while eating foods with moderate or high carbohydrates. These foods include grains and processed grain products, beans, legumes, starchy vegetables, sweetened foods and beverages, and many fruits.

In order to achieve optimal blood sugar control, and normalize blood glucose and insulin levels, one of the most crucial steps is to consistently follow a “real food”, low carbohydrate, moderate protein, diet, high in non-starchy vegetables, fiber, and healthy fats.

4. Get moving

The body is designed to move, frequently and consistently, through the day. One of the most devastating impacts of modern life is a lack of movement and the effect that it has on our health.

We store sugar in the form of glycogen in our muscles and liver. There's about 1 tsp (4g) of glucose in the blood stream, while the liver stores about 100 grams and the muscles hold another 500 grams. That's a total of about 2400 calories worth of readily available sugar.

When blood sugar and insulin levels rise, the body stores glucose in the liver and muscles. Once the “sugar warehouse” is full, the body starts covering that extra glucose to fat. If you're not burning the sugar stored in the liver and muscles, the body never empties those reserves, and you continually store more fat.

Exercise is the best way to utilize the glycogen stored in the liver and muscles. When you start burning the sugar stored in your body's warehouse, your body will replace that sugar from the blood stream and your blood glucose levels will fall. This dynamic is a natural part of the blood sugar regulation system and imperative for glycemic control.

5. Balance your stress

Stress is a major factor in blood sugar regulation and, unfortunately, is largely ignored. We know that high stress life events, such as loss of a loved one, job change, moving, or divorce, can trigger a damaging cortisol-induced blood sugar spike. Likewise, long-term chronic stress can lead to high blood sugar and insulin resistance.

In addition to mental and emotional stress, there are numerous physiological stressors, such as allergies, food sensitivities, gut problems, chronic pain, infection, and inflammation, which can trigger the stress response and raise blood sugar.

Finding empowering ways to balance this stress response and diffuse the hormone and blood sugar cascade is essential to controlling glucose levels and reversing type 2 diabetes. Strategies such as meditation, prayer, yoga, peaceful walks, tai chi, visualization, and breath work can be effective ways to balance the stress response.

6. Get restful sleep

Sleep problems have become a major contributor to metabolic dysfunction and disease in today's world. Multiple studies have shown a direct correlation between poor sleep quality and insulin resistance, leading to diabetes.

When you're not getting good quality sleep, the hormonal system goes haywire leading to imbalances in hormones like leptin, ghrelin, thyroid hormone, cortisol, and insulin. When these metabolic chemicals are out of balance, it leads to fat storage, insatiable hunger, and blood sugar problems.

Improving sleep quality can be difficult, but is highly important for health and metabolic function. It's best to start with basic and advanced sleep hygiene principles, such as optimizing daily routine, room temperature, lighting, and other important factors. Supplements and essential oils, such as lavender, chamomile, 5-HTP, theanine, and melatonin can also be helpful for many people.

7. Become a fat burner

Your metabolism burns both fat and sugar, through the mitochondrial energy system, for fuel. While exercising we burn a certain percentage of fat versus sugar, based on the type and intensity of exercise. When we're resting, each of us has a tendency to burn either fat or sugar preferentially.

In order to have optimal metabolic health and function, as well as good blood sugar control, we want to encourage the body to burn fat preferentially over sugar. People who burn more sugar ("sugar-burners"), tend to get hungry between meals, can feel "hangry" or irritable when skipping meals, and tend to have higher levels of triglycerides and cholesterol in the blood. "Fat-burners" can go long periods without eating, have steady, sustained energy, and tend to have lower triglycerides in the blood (under 70 mg/dL).

There are strategies that can help you burn more fat, and become a "fat-burner" instead of a "sugar-burner". The metabolism doesn't change quickly, but over time, with consistent action, you can shift your metabolic fuel preference. Once you become a "fat-burner", you'll normalize insulin and leptin levels, super-charge your metabolism, and optimize blood sugar control.

8. Heal your gut

Evidence is mounting for the importance of the gut and digestive health in the regulation of blood sugar hormones and the connection to diabetes. The gut is certainly an important area of health.

The micro biome contains over 100 trillion organisms which have an influence on how we digest and assimilate food, the production and utilization of certain neurotransmitters and hormones, and how our metabolism functions. In addition to the gut flora, the integrity of the gut lining, one of the body's three main barrier systems, is vital to immune health.

Various studies have made a strong connection between gut function, the micro biome, and metabolic health and disease. Dysbiosis in the gut has been shown to contribute to insulin resistance and weight gain. Likewise, influencing gut health, and improving the diet by increasing fiber has led to lower blood sugar and better glycemic control.

9. Break food addictions

Many people with type 2 diabetes, or who experience blood sugar problems, also struggle with powerful food cravings and addiction. Brain research has demonstrated that certain chemical components of food can activate the opioid receptors of the brain and trigger a reward cascade, similar to cocaine, morphine, and heroin.

Addiction to certain foods can be widespread, tenacious, and incredible difficult to break. Unlike most drugs, these foods, like candy, soda, bread, pizza, pastries, snack foods, and other high carbohydrate foods ("carbage"), is largely accepted and readily available. Despite it's destructive and addictive nature, most people still don't take it's effects seriously. Therefore, eating these foods is not only socially acceptable, but the social norm. Considering the chemical and social factors involved with food addiction, it's no wonder why these habits are hard to break.

Regardless of the difficulty, it's essential to break these food cravings and addictions in order to obtain optimal blood sugar control and reverse type 2 diabetes. There are solutions, such as one-on-one coaching, support groups, Facebook groups, accountability partners, and detoxification programs. You will likely need some combination of these strategies to overcome addiction and ensure long-term change.

10. Be patient

There's no way to rush healing. The body is capable of incredible recovery if you give it the fuel, support, and time that it needs. Many people want to rush the healing process. Regaining control of blood sugar and reversing type 2 diabetes doesn't happen quickly. It's a volatile and irregular process that can take many months.

The most important behavioral action that you can take is consistent right action. You can't control every single variable in the blood sugar equation. On the other hand, there are things that you can control, such as the food that you put in your mouth, your physical activity routine, how you handle stress, sleep habits, supplementation, and your mental outlook and attitude.

Focus on the things that are in your control, be consistent, and give your body time to heal itself. Type 2 diabetes is a dysfunctional state of insulin resistance and glucose intolerance. Keep working on improving the health and function of your body to give it the best opportunity to heal and recover optimal blood sugar.

For more information about SweetLife™ Metabolic Health Centers and Dr. Brian Mowll, visit our website at <http://www.drmmowll.com>.



Dr. Brian Mowll **Master Diabetes Educator**

Dr. Brian Mowll is the founder and medical director of SweetLife® Diabetes Health Centers and serves clients worldwide as The Diabetes Coach™. He is a master licensed diabetes educator (MLDE), CDE, and was one of the first doctors to be certified to practice functional medicine by the prestigious Institute for Functional Medicine.

Since 1998, Dr. Mowll has been helping people across North America to optimize their health and metabolism, control blood sugar, and reverse type 2 diabetes using a natural, personalized lifestyle approach.