



Knowledge is
your secret
weapon to good
health.

Contributing Factors

Obesity, poor diet (high refined foods, sugar, fried foods/trans fats and low fibre), caffeine/alcohol intake (causes rapid fluctuations in blood sugar), dehydration, physical inactivity, heavy metal and toxin exposure (trigger insulin resistance and obesity), inflammation, poor digestion (dysbiosis, food sensitivities), stress/high cortisol (depletes chromium), lack of sleep, nutrient deficiencies (B vitamins, chromium), irregular eating habits, overloaded/fatty liver, PCOS, estrogen dominance

Lifestyle Recommendations

- Limit sugars and sweeteners. This includes honey, syrups, table sugar and artificial sweeteners. Try xylitol, erythritol, monk fruit, stevia, or coconut sugar. Note that xylitol is toxic to dogs.
- Be mindful of your fruit selection. Avoid juices and higher glycemic fruits (bananas, dried fruits). If consuming fruit, go for fresh, lower glycemic options (berries, apples, grapefruit).
- Choose carbs carefully. Choose high-fibre, unrefined, complex carbohydrates in moderation, such as “brown” whole grains (rice, oats, spelt, millet), pseudo grains (quinoa, amaranth, buckwheat), starches (sweet potatoes), beans/legumes, vegetables, flax and chia. Avoid anything processed, instant, artificial or refined.
- Eat balanced meals. Combine foods that are high in fibre with protein, along with healthy fats to slow down digestion and prevent spikes in blood sugar. Protein examples include quality meats and wild seafood, free-run/organic eggs, organic/grass-fed dairy and powders. Fat examples include coconut, nuts, seeds and avocado.

Product Recommendations

- Important nutrients for blood sugar balance: Chromium, Vitamin B, Vitamin D, Vitamin E, Zinc, Magnesium
- Important fatty acids for blood sugar balance- Essential Omega Fatty Acids (Fish Oils, Flax Oil, Evening Primrose Oil, Borage Oil, Hemp Oil), CLA, MCT Oil
- Herbs which help increase insulin activity: Berberine, Gymnema Sylvestre, Chirostol, Bitter Melon, Cinnamon, Garlic, Fenugreek, Mulberry, Apple Cider Vinegar
- Antioxidants to protect cells from damage: Alpha Lipoic Acid, Vitamin C, Quercetin, Pycnogenol, Grapeseed Extract
- Suggestions for neuropathy: B-Complex (esp. B1, B6, B12), Trace Minerals, Acetyl L-Carnitine, Alpha Lipoic Acid, Omega Fatty Acids (Omega 3 EPA, Omega 6 GLA), Topical Nerve Creams
- Consider extra soluble fibre supplementation to help reduce food cravings and reduce the glycemic index of meals

Book a free 15 minute consult with a GNN Product Advisor!

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