

10 PROVEN WAYS TO CONTROL YOUR BLOOD SUGAR AND AVOID COMPLICATIONS

Controlling your blood sugar and helping your body find balance is key to preventing, reversing, or better controlling your Diabetes.

Unfortunately, with so many tips and recommendations out there, most diabetics find it rather difficult to distinguish the quality information from all the noise out there. And they're not to blame.

It's easy to suffer from information overload.

With this guide, however, you're going to receive 10 proven ways to control your blood sugar and avoid complications.

Give it a read and put what you learn into practice and you'll begin to see results.

Here are the top 10 proven ways for managing your blood sugar:

1. STAY HYDRATED

The first step in controlling your blood sugar and avoiding major complications is to stay hydrated.

It sounds simple, but a large percentage of us are suffering from severe cases of dehydration. And we don't even know it.

The reality is: As diabetics, it's important more than ever to make sure you're hydrated. Not only does this prevent dehydration, but it supplies your kidneys with the water it needs to flush out excess inflammation creating toxins via your urine. Therefore, the more water you consume, the lower your blood sugar will be due to less inflammation.

2. MONITOR YOUR STRESS

Various studies have indicated a strong correlation between high stress levels and blood sugar levels. The more stress you have in life, the higher your odds of experiencing high blood sugar levels.

This relationship exists because the hormones of stress are glucagon and cortisol, which are also the hormones responsible for increasing blood sugar levels.

As a result, it's important to stay on top of your stress levels and make sure you're taking care of both your mind and body. Yoga, meditation, and regular walks in nature are a great way to keep control over your stress levels.

3. REGULARLY MONITOR YOUR BLOOD SUGAR LEVEL

This point sounds obvious, but you'd be surprised to see how many diabetics neglect the process of regularly monitoring their blood sugar levels.

If you're not monitoring your sugar levels on a consistent basis, you won't be able to successfully control it and avoid complications.

After all, only that which you measure will get managed.

The quicker you realize you're experiencing increased blood sugar levels, the better chances you have of decreasing it and lowering your risk of experiencing additional complications.

Tip: If you're looking for the best blood glucose monitor on the market, give this article a read: [**Top 10 Popular Blood Glucose Monitors Put To The Test**](#)

4. GET 8 HOURS OF SLEEP

Getting at least 8 hours of sleep is not only great for productivity, but it also helps keep your blood sugar levels in check.

Now, this of course makes sense because if you're suffering from a lack of sleep, you're likely to experience more hunger which will promote weight gain and increase your blood sugar levels and decrease insulin sensitivity.

In addition, sleep deprivation also increases your bodies cortisol levels, which further enhances blood sugar levels.

With that said, prioritizing sleep and getting at least 8 hours no matter how busy you are is extremely important in exercising control over your sugar levels.

5. LOSE WEIGHT

The greater control you have over your weight, the greater your control over your blood sugar levels. As a result, one of the best long-term changes you can make is to establish a healthy, optimal weight.

If you're currently overweight, make it a habit to partake in regular experience.

It's very important you do because studies have shown that a mere 7% reduction in body weight has the potential to offset the complications of diabetes by as much as 58%.

Tip: Want to learn how you can prevent, reverse, or treat your diabetes symptoms altogether? **Check this out.**

6. EXERCISE

Not only is exercise critical for those who are overweight, but it's critical for every diabetic.

The reason why is because regular exercise boosts insulin sensitivity.

Increasing your insulin sensitivity is important because it helps your cells and muscles better use the available sugar in your bloodstream, which results in reduced blood sugar levels.

7. AVOID REFINED CARBOHYDRATES

One of the quickest and most effective ways to control your blood sugar levels is by avoiding refined carbohydrates like table sugar, white breads, bagels, pastries, white pastas, etc.

The more refined carbohydrates you consume the quicker your blood sugar will rise requiring large amounts of insulin in the body. These refined sugars will also cause gut microbes to be imbalanced, leading to more cravings and weight gain.

When you consistently reduce your refined carbohydrate intake, you will not only decrease your blood sugar levels, but will also prevent blood sugar spikes.

Tip: Read the ingredients of all food products and avoid refined sugars like: High Fructose Corn Syrup, Corn Syrup, Dextrose, Cane Sugar, etc.

8. CONSUME FOODS THAT HELP CONTROL BLOOD SUGAR

It's a known fact that refined foods such as processed breads, sugary cereals, white rice, white pasta, cheese, milk and processed meat cause spikes in blood sugar. So with that said, what foods should you be consuming to control your sugar levels? Below is a good starter list.

- ◆ Raw, cooked, or roasted vegetables
- ◆ Lots of greens
- ◆ Water with lemon or cucumbers
- ◆ High-fiber foods

9. GET SUPPORT

Living with diabetes doesn't and shouldn't be a lonely journey. You should get as much support as possible. Not only will this help decrease your blood sugar levels, but you'll also come to enjoy a higher quality of life.

10. PRACTICE MINDFUL EATING

A lot of us overeat because we are not eating mindfully. When we eat mindfully we practice listening to our body and knowing when we are truly satisfied with our food and drink.

Eating mindfully starts with choosing foods that will give your body the most nutrition possible. Choosing foods like: vegetables, fruits, nuts, seeds, legumes and whole grains will help your body know when it is full. This helps you to eat mindfully.

Now that you're aware of the top ways to control your blood sugar levels and avoid complications, it's important you put this information into action...

A lot of us learn for the sake of learning, and never do put what we learn into action.

Take these 10 tips and begin implementing them into your life at once.

Once you do, you'll notice you have a lot more energy, joy, and an increased quality of life.

After all, I've helped hundreds of diabetics lead healthier and happier lives (and I've seen the difference these tips make first hand).

Not only have they learned to reduce their sugar levels, but many of them have prevented, reversed, or treated their diabetes symptoms altogether.

If you're curious to see how they did it (and how hundreds of people just like you are doing it every day), you should check out **Ultimate Diabetes System**. It includes the exact methods my patients and students use to reverse their symptoms and prevent further damage to their body. Enjoy.