



# **Therapeutic Strategies to Lower Fasting Blood Sugar**

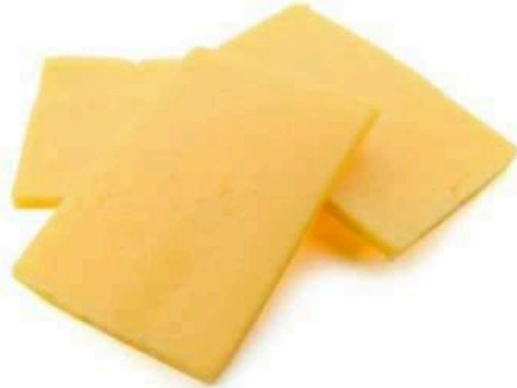
**Scientifically proven methods  
to get better results!**



**DIABETES  
MEAL PLANS**

## SCIENTIFICALLY PROVEN: Apple Cider Vinegar & Cheese Before Bed

Add 2 tablespoons of apple cider vinegar to water and have with 1 oz (28 g) cheese (which is just 1 slice cheese) before bed. Shown to reduce morning glucose by 4% to 6%. Cheese on its own may reduce it by 2%.



**TRY IT YOURSELF:**

Diabetes Meal Plans.com

*2 TBSP apple cider vinegar (in water)*

*& 1 slice cheddar cheese before bed*

We recommend [Braggs Raw Apple Cider Vinegar](#); or if you can't stomach the vinegar, you can also [purchase capsules](#).

### Lifestyle Strategies To Lower Morning Blood Sugar Levels

**Diet/Nutrition:** Are absolutely essential and [your #1 primary treatment strategy!](#)

**Limit carbs at dinner:** Have a balanced meal that includes a mix of protein, healthy fats, and non-starchy vegetables but no heavy carbs.

**Eat before 8 PM:** Late-night snacking, especially on high-carbohydrate foods, can significantly impact your morning blood sugar levels.

**Restrict your eating window:** Eating in a timeframe of 10 hours a day. Eg: Between 8am to 6pm has been shown to help lower morning levels.

**Sleep and stress:** Focus on getting regular quality sleep and keeping a cap on stress levels.

**Exercise regularly:** Aim for a minimum of 30 minutes on at least 5 days a week. Any type of exercise is beneficial.

## Supplements to Improve Fasting Blood Sugar

\*Listed in order of effect on lowering fasting blood sugar levels.

Supplement	Effect on fasting blood sugar	Dosage
Berberine	After 13 weeks, lowered fasting BSL by 68 mg/dL (3.78 mmol/l)	500mg, 3 times per day
Aloe vera	Lowered fasting BSL by 46.6 mg/dL (2.6 mmol/l)	50-300 mg per day, or juice 15 – 30 mL (0.5 - 1 oz)
Garlic	After 8-24 weeks, lowered fasting BSL by 35.8 mg/dl (2 mmol/l)	300 mg of garlic powder per day
Chromium	After at least 12 weeks, lowered fasting BSL by 9 mg/dl (0.5 mmol/l) to 31 (1.72 mmol/l)	250 µg per day
L-carnosine	After 12 weeks, lowered fasting BSL by 13.1 mg/dL (0.7 mmol/l)	1000mg/day
Cinnamon	After 2 months of supplementation, lowered fasting BSL by 11.8 mg/dl (0.66 mmol/l)	3g/day

BSL = blood sugar levels

[CLICK HERE to see our recommended supplements for fasting levels](#)

NOTE: Always be aware that any blood sugar lowering supplements can potentially cause low blood sugar (hypoglycemia). Always seek medical advice before supplementing, especially if taking medications.

### Postprandial (after-meal) blood sugar

How are your after-meal blood sugar levels tracking? Are they within the healthy range 2-hours after meals (ideally under 140 mg/dL or 7.8 mmol/L) or still a bit high, as this can influence morning levels. If they are higher than 140 mg/dL or 7.8 mmol/L after meals, focus on reducing them, which will help improve fasting levels.

### Fasting levels goals

- Between 70-100 mg/dL or 4-5.6 mmol/l (**normal/optimal**)
- 70-110 mg/dL or 4-6 mmol/l (considered good control)
- 70-130 mg/dL or 4-7.2 mmol/l (more liberal, but realistic for many with T2D and still okay)

Use the tips and strategies above to lower fasting levels!

## TRUSTED SUPPORT TO LOWER BLOOD SUGAR, A1C, WEIGHT AND MEDICATIONS

Following the food list above will help you get started toward achieving optimal results. For the best help and support to reach your goals, [JOIN US AS A MEMBER](#). It will be the best decision you ever make!

### DR JEDHA & THE DMP TEAM SUPPORT YOU TO EAT TO TREAT DIABETES



"I have to say thank goodness for DMP. When I found you my husband's A1C was 8.5, a few months later, his A1C is 5.8. I have found your service to be a lifesaver." ~**Vicki**



"My weight dropped 6 pounds (2.7kg), and my A1C dropped to 5.8! This was an all-time low for me. Best of all, my doctor reduced my daily amounts of metformin and glipizide by half. Four years on: at 70 years old, my HbA1C continues to be under control. I maintain lower medication." ~**Sheryl**



"I lowered HbA1c by 1.3% in 16 weeks, and my last three readings have been in the normal range, 5.6, 5.7 and 5.8. I'm off all medications now." ~**Dean**

### COMPREHENSIVE EDUCATION AND SUPPORT FOR LIFE-CHANGING RESULTS!



"Last week I went in for my yearly physical and my A1c was 5.5! The doctor had told me that if I could keep my A1c under 5.7 for a year he would take me off metformin. So... I'm off metformin and you could say that I'm not prediabetic anymore!" ~**Cheryl**



"My blood glucose was running between 275 and 325 (15-18)! Now my blood glucose ranges are between 96 (5.3) pre-meal and 145 (8.1) post meal! My weight has gone from 240 pounds (108kg) to 205.4 pounds (93kg)!!! My advice is just DO IT!!! If I can, anyone can." ~**Leisa**



"My HbA1c is 6.7, down from 8.9 and I have also lost 19.8 lbs (9kg). I am extremely happy with these results as I've tried and failed so many times to achieve these types of results. This, to me is not just a diet, it's going to be a way of life for me in the future." ~**Lyn**

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