

Shake the Sugar from Your Life



Did You Know?

- More than 20 million people in the US suffer from Type 2 Diabetes
- Diabetes is the 7th leading cause of death
- High blood sugar levels can act as slow-acting poison
- Having high blood sugar can cause many complications including
 - Strokes
 - Heart attacks
 - Kidney failure
 - Vision loss
 - Weakened immune system
 - Poor circulation
- Symptoms of high blood sugar include being thirsty, urinating often, feeling hungry, or blurred vision.

What is blood sugar?

Also known as blood glucose, blood sugar is the body's main source of energy. This sugar comes straight from the foods we eat. It's important to keep your levels at a normal range to prevent diabetes. Eating too many carbohydrates and added sugars play a role in our blood sugar levels. When someone has high blood sugar levels, they are not producing enough insulin. This can be controlled by lifestyle changes and medication. When you are managing Type 2 Diabetes, you may experience low blood sugar, which occurs when you are not getting enough to eat, or exercising too much. If this occurs it's best to eat a snack that contains carbohydrates or sugar to get the levels back to normal.

Maintaining a Healthy Blood Sugar

To manage your blood sugar, you need to make changes to your diet, exercise more often, manage your stress, and get on a better sleep routine. To balance out the carbohydrates and sugars you consume, eat more protein, fiber, and healthy fats which will help you maintain a normal blood sugar. Try to cut refined sugars out of your diet and add more natural/unrefined or organic sugar sources. Each day, get about 30-60 minutes of exercise which will make the insulin in your body work better. Too much stress can increase blood sugar levels. To lower this, add more relaxing activities such as yoga or meditation. Even spending time with friends or outdoors will help with this. Get enough sleep each night, as lack of sleep can increase stress and appetite.

FUN FACTS ABOUT INGREDIENTS

Berries contain antioxidants, vitamins, fiber, and anti-inflammatory benefits.

Blackberries are powerful antioxidants and a great source of Vitamin C. They also destroy harmful substances in the body.

Raspberries contain a high amount of fiber that will help keep your blood sugar levels normal.

Mangos should be eaten in moderation because they do contain sugar but they also aid with digestion and contain fiber.

Coconut water helps with hemoglobin levels as well as sugar levels. It is nutrient dense, contains more fiber, improves circulation and metabolism, and can help maintain weight.

Kale is rich in antioxidants and contains Vitamin C, K, and A. Kale also supports eye health and can reduce blood pressure.



HEALTHY RECIPE

Berry Blast Smoothie



Ingredients:

- 1 cup of frozen blueberries
- 1 cup of frozen blackberries
- 1 cup of frozen raspberries
- Small handful of frozen mango chunks
- 2 cups of unsweetened, pure coconut water
- 3 kale leaves
- 2 tablespoons of flax meal

Directions:

- Place all ingredients into a high power blender and blend until smooth
- Serve topped with some fresh berries

Sources: <https://draxe.com>,
<http://www.stepstodiabetesgoals.com>

Promoting Good Health and Quality of Life



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