



Diabetes



What is Diabetes?

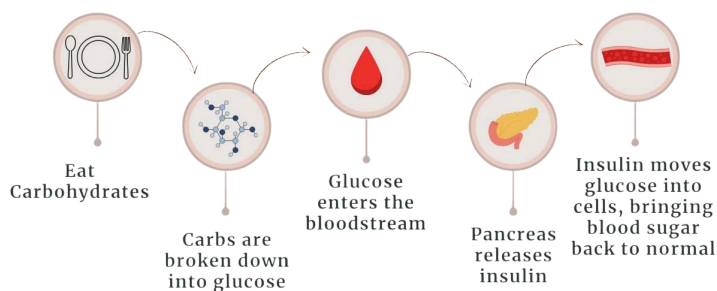
By definition, Diabetes, is a long-term (chronic) health condition that affects how your body turns food into energy, specifically how it processes blood sugar (glucose).

Approximately 38 million people (15%) in the U.S have *diagnosed* Diabetes and the number is rising every year. The incidence of Diabetes increases with age in the U.S and approximately 30% of adults over the age of 65 have diabetes.

When you eat, your body breaks down carbohydrates into glucose which enters your bloodstream. Your pancreas then creates and releases a hormone called insulin which helps to move the glucose into your cells to be used for energy.

When you have diabetes, either your body doesn't make enough insulin to aid in this process or your body can't use it effectively.

How Blood Sugar Works in the Body



Supplements of the Month

The following supplements are **15% off** for the month of November:

Berberine: Works very similar to the medication metformin in helping your body to increase insulin sensitivity and to regulate your sugars and A1C. *Discuss with your physician prior to starting.*

Core Nutrients: Support from Core Nutrients replenishes depleted nutrient reserves and promotes whole-body health and balance by establishing a cellular foundation of optimal energy production, detoxification, and cellular resilience. **This is a great Multivitamin.**

Hydration IV: Great overall support (must be an active patient with a eGFR on file within the last 6 months)

Types of Diabetes:

- **Type 1:** An autoimmune condition: the body attacks the insulin-producing cells in the pancreas. People with Type 1 Diabetes traditionally have to take insulin lifelong.
- **Type 2:** The body becomes resistant to insulin or doesn't produce enough. This type is largely due to poor lifestyle factors (like being overweight, inactive, or poor diet) though genetics can play a role. **This is a condition that is 90% preventable and within your control through lifestyle choices.**
- **Gestational:** Develops during pregnancy and usually goes away after birth. This increases your risk of developing Type 2 diabetes later in life.

Long-Term Risks of Diabetes:

- Heart disease - number risk factor for heart disease is diabetes.
- Kidney failure
- Nerve damage (neuropathy)
- Eye problems (can lead to blindness)
- Slow healing wounds, sores and chronic illness
- Limb amputation
- Alzheimers and Dementia
- Cancer

Naturopathic Approach to Diabetes:

1. **Diet and Nutrition focused on:**

- a. **Low-glycemic foods:** These release sugar slowly into the bloodstream. (Examples: leafy greens, legumes, berries, whole grains (e.g. quinoa), nuts, seeds.)
- b. **High-fiber diet:** Helps stabilize blood sugar (Sources: chia seeds, flaxseeds, oats, vegetables.)
- c. **Healthy fats:** Reduce insulin resistance (Sources: avocado, olive oil, nuts, seeds.)
- d. **Balanced protein:** Plant-based or lean animal sources.
- e. **Supplements :** Help with insulin sensitivity
- f. **Avoid:** Refined sugar and carbs (white bread, sweets, soda), Trans fats, Artificial sweeteners (some may impact insulin) and excess alcohol

Naturopathic Approach to Diabetes (cont.):

2. Lifestyle & Mind-Body Practices

- **Regular exercise (60 mins/day):**
 - Improves insulin sensitivity and weight management.
 - Walking, swimming, yoga, resistance training all to prevent, manage and reverse diabetes.
- **Stress reduction:** Chronic stress raises blood sugar via cortisol.
 - Techniques: meditation, deep breathing, tai chi, journaling.
- **Sleep hygiene:** Poor sleep impacts insulin function.
 - Aim for 7–9 hours of quality sleep every night.
 - Address Sleep Apnea if you have it or get checked for it if you are not sure if you have it or not.
- **Maintain Ideal Body Weight:** The more muscle you have the better your insulin sensitivity and the better you metabolize and process sugars.

3. Supplementation

- Berberine: is a great supplement that can help with insulin sensitivity - *consult your physician prior to starting.*

4. Regular Monitoring

- Blood sugar levels (fasting, post-meal, A1C)
- Blood pressure, weight, cholesterol
- Lab tests
- Continuous Glucose Monitoring (CGM), these are a great way for you to better understand how your food choices are impacting your blood sugars in real time
- Vision Exams

5. Detoxification:

- Several environmental toxins have been shown to either directly or indirectly contribute to insulin resistance and diabetes. These include:
 - Heavy metals (Mercury, Lead, Cadmium Arsenic, Aluminum)
 - Mycotoxins (mold exposure)
 - Chemical toxins such as herbicides, pesticides, VOCs organocides, auto exhaust and glyphosate

OFFICE UPDATES

- **Holiday Office Closures:**
 - **Veteran's Day on 11/11/25. We will be open normal business hours 11/10/25 & 11/12/25.**
 - **Thanksgiving, 11/27 and 11/28. We will resume normal business hours 12/1/25.**
- **In honor of Veteran's Day, all patients that are Veteran's will be given a 20% discount on any services or supplements that they receive from our office for the month of November.**
- **11/29/2025, Happy Birthday, Sam! We appreciate you. Thank you for everything that you do for the office and patients!**

Hear from our Doctors



Dr. Huynh provides simple tips you can incorporate into your daily life to help manage your blood sugar.



Berberine improves insulin sensitivity, helps reduce glucose production, and supports how cells use energy resulting in better overall blood sugar management. Studies have shown that berberine's effects may be similar to the prescription medication, metformin.