
HEALTH & WELLNESS

Natural Ways To Control Blood Sugar

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Can You Give Me Some Easy Tips To Keep My Blood Sugar Down?

You will make a big difference in your health if you focus where it counts. The food we put into our body should act as our fuel, not our poison. How many times have you heard that you shouldn't eat white bread, white sugar or potatoes? These foods are low on fiber and high on simple sugars, so they spike the blood sugar quickly. Does this make you go into a thought cycle of "Oh, now I can't have my favorite cookie, cake or bread?" If so, a simple health tip is to change your perspective; begin to focus on the foods you like that you can have. Fruit, nuts, high fiber whole grains and certain natural sweeteners can satisfy and nourish.

Another way you can help regulate blood sugar is the use of specific dietary supplements. Chromium, cinnamon and alpha-lipoic acid are some of the supplements you might consider after consulting with your natural health physician.

What Can I Do To Prevent High Blood Sugar?

There are many common components of a busy adult's lifestyle that contribute to a rise in blood sugar levels. One major factor can be high stress levels. When one is stressed,



a hormone called cortisol is released into the bloodstream. Cortisol contributes to higher blood sugar levels. If you are in any situations that cause you chronic stress, it is important to address this to protect your future health. Many find that taking an hour or two for yourself every week (at the very least) to relax and do something you enjoy will improve your overall stress levels.

Can Anything Help To Improve Circulation?

Good circulation to the feet, hands and eyes is an important component of our health to pay attention to. There are several things you can do to increase healthy circulation in the body. Soaking in a warm bath and doing some self-massage on your hands and feet sounds like a pretty good homework assignment, doesn't it? You could even learn a few acupressure points on the legs to increase your kidney function. In addition certain vitamins B and C complexes improve circulation and promote vein health. And if you are dealing with worsened symptoms such high stress levels, numbness, tingling, pain or edema, you might try an acupuncture session. Acupuncture is part of a 3,000-year-old system of Chinese medicine. It works on a deep level to stimulate circulation, relieve pain and remove edema.

For more information or questions, you can contact us at Gina@SeasideAcu.com or call Seaside Acupuncture at (561) 693-4460.
