

Tips for managing Diabetes

Myriad benefits on both innate immunity and adaptive immunity

15th Nov 2021



Monitor blood glucose – Perform self-check daily to keep blood glucose within or as close to normal range as possible. This will help you determine whether you are on the right track with regards medication dosage, diet and lifestyle. A high blood glucose reading in the morning may indicate that you had the wrong medication dosage or food the previous night, causing your blood sugar to still be high the next morning.



Maintain healthy weight – Maintaining healthy weight will improve insulin activity. Research suggests that people at high risk diabetes who lose as little as 5% of their body weight can prevent or delay onset of the condition.



Complex carbohydrates – Refined carbohydrates such as white bread, white rice, pasta, etc. has been shown to significantly increase blood sugar levels. We encourage our clients to avoid eating wheat products as well. Only consume complex carbohydrates such as vegetables and mixed grains (look for it in our next post) as these foods can help improve insulin sensitivity and avoid gut inflammation and blood sugar spike.



Eat good fats – Unhealthy fats such as deep fried foods, doughnuts, cookies, etc. are trans fats that have been linked to increased inflammation, insulin resistance and belly fat, contributing to diabetes. Eat more healthy oils such as olive oil, coconut oil, avocado, grapeseed oil, ghee, fatty fish and nuts. (We will be talking more about fats in another post)



Cut off added sugar intake – All forms of sugars are directly and indirectly linked to diabetes. Sugars are broken down in your intestines to be distributed into your bloodstream for energy use and the excess sugar molecules are converted into glucose or fat for storage. Even though fruits and sweet root vegetables contain natural sugars, it is advisable to consume less of these and eat more leafy vegetables instead. However, you should cut out the "bad sugars" such as refined sugar, fruit juice, dried fruits, all types of crystallised sugars, sugar alcohols and artificial sugar. Cutting out these added sugars can help to control your blood glucose levels, reduce inflammation in your body and help keep your body weight down.



More physical activity – Walking for 30 mins per day can reduce the risk of type 2 diabetes by 30-50% even without weight loss. Besides that, exercising the mind and spirit is beneficial to overcome this chronic disease. Aim to exercise to lose weight for an overweight person, whereas yoga, qi gong, brisk walking are recommended for those who are not overweight.



Kiseki Gallant- Kiseki Gallant has ingredients that will help with managing your blood glucose. Our product has high levels of turmeric extract that can decrease the level of glucose and help stabilise blood sugar, making diabetes more manageable. High antioxidant and anti-inflammatory properties of turmeric extract will help to slow down degeneration of other organs and tissues which are side effects of diabetes. Activated insulin-like postbiotics found in moringa leaves extracts in Kiseki Gallant can help lower blood sugar in your body and increase insulin uptake of sugar in your blood.

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