



# **10 Secrets to Beat High Blood Sugar and Diabetes**

Julian Whitaker, MD



## About Dr. Julian Whitaker

Julian Whitaker, MD, is the founder of the Whitaker Wellness Institute medical clinic in Newport Beach, CA. Since 1979, more than 45,000 patients—many of whom had not been helped by conventional medicine—have been treated at the clinic.

Motivated by the belief that no patient is too sick to improve their health, Dr. Whitaker has developed a proven approach that combines therapeutic lifestyle changes, targeted nutritional support, and cutting-edge natural therapies to jumpstart the body's innate healing ability.

Dr. Whitaker is widely known for helping people naturally achieve and maintain healthy blood sugar levels. He has developed effective treatment protocols, written popular books, and given countless lectures on the prevention and treatment of diabetes, which is affecting our country in epidemic proportions.

The author of 14 health books, cofounder of the California Orthomolecular Medical Society with Nobel Prize winner Linus Pauling, and editor of the monthly newsletter *Health & Healing*, Dr. Whitaker has been interviewed on many networks including CNN, ABC, and FOX.

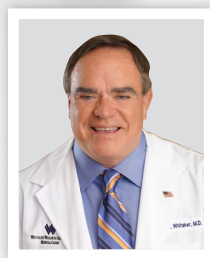
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# INTRODUCTION

Dear Reader,

Ask anyone, including doctors and patients, about the goal of diabetes management and the answer will probably be to lower blood sugar. While lowering blood sugar is good, the primary treatment goal should always be to optimize health and prevent complications.



Unfortunately, many doctors prescribe a “quick fix” diabetes treatment instead of focusing on diet change, exercise and targeted supplements. Combined, these three attainable and effective alternatives not only lower blood sugar but foster long-term optimal health—offering a life-changing difference for many who have suffered with diabetes.

I have been practicing medicine for 40 years, and have helped tens of thousands of people prevent, treat, and even reverse diabetes with a safe, natural approach. This special report can help you do the same by taking control of your own health and well-being.

To your health,

Julian Whitaker, MD

*DISCLAIMER: The content in this report is offered on an informational basis only, and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the guidance of a qualified health provider before making any adjustment to a medication or treatment you are currently using, and/or starting any new medication or treatment. All recommendations are “generally informational” and not specifically applicable to any individual’s medical problems, concerns and/or needs*



### Secret #1:

## Stop High Blood Sugar Before It Starts

What you eat has a profound effect on your blood glucose levels. This is illustrated by rising rates of diabetes throughout the world as emerging nations adopt the Western diet that we've "enjoyed" for years.

Sugars, starches, and other quick-burning carbohydrates wreak havoc on blood sugar levels, and most processed foods are calorie rich and nutrient poor. To promote and maintain healthy blood sugar levels, revert back to a more "primitive" diet of whole foods, such as nutrient-dense vegetables, high-fiber beans and legumes, olive oil and other natural fats, fish, poultry, and lean meat.

**The secret to healthy blood sugar is letting the glycemic index and glycemic load be your guide.** Foods with a high glycemic index (GI), such as refined carbohydrates and sugars, are rapidly broken down into glucose, driving up blood sugar levels and placing an increased burden on normal metabolic processes. High-GI carbs also cause spikes and drops in blood sugar that can leave you feeling tired, hungry, and irritable.

On the other hand, fiber-rich vegetables and legumes produce a slow, sustained release of glucose into the bloodstream, provide a continuous source of energy, and satisfy your hunger over the long haul.

Couple these slow burners with moderate amounts of lean protein and healthy monounsaturated and polyunsaturated fats such as those found in nuts, seeds, and extra-virgin olive oil, and you're on your way to better blood sugar control.

**Another way to determine how a food may affect your blood sugar is by looking at its glycemic load (GL).** GL is based on the same concept as the GI, but is a little more practical. GL is determined by both the GI of any given food, plus the amount of available, or net, carbohydrates in a standard serving.

The GL has revealed a few surprises: Some foods with a high GI actually have minimal effects on blood sugar levels when eaten in normal quantities, while others with a low GI are potentially problematic.

For example, a large carrot and a cup of spaghetti have similar GLs. Yet that carrot contains only 5 grams of available carbs (it's mostly water), while the spaghetti contains 38 grams, giving them GLs of 2 and 16, respectively.

Therefore, they have dramatically different effects on blood sugar. Carrots, watermelon, pineapple, and other fruits with a high GI—once thought to be inappropriate for those minding their glucose levels—turned out to be acceptable. Plus, the GL confirms the need to cut out pasta, bagels, and other starchy, carbohydrate-dense foods.

A meta-analysis of clinical trials involving more than 350 patients revealed that a low GL diet improved both long- and short-term management of blood sugar levels.

To quickly lighten your glycemic load, eat plenty of salads, green vegetables, beans, and legumes. You should also include a modest amount of healthy fats and lean protein with each meal.





*Secret #2:*

## **Avoid the Sugary Slope**

According to US Department of Agriculture statistics, Americans consume an average of 149 pounds of sweeteners a year—and that's not counting artificial sweeteners.

Much of the sugar we eat is high-fructose corn syrup. The human body can certainly handle a little fructose—but not the massive amounts we get in sodas, juices, and other sweetened beverages, desserts, and processed foods.

Extra calories from any source put on the pounds, but fructose has a special talent for packing them on in the abdominal area—the fat distribution that is linked with metabolic syndrome, diabetes, and cardiovascular disease. Fructose may also interfere with the satiety-signaling hormones that tell you when you're full.

So, they contribute to overeating and greater weight gain.

To sweeten your foods, I recommend natural sugar substitutes like stevia and xylitol.





*Secret #3:*

## **Include Protein with Every Meal and Snack**

Make sure you include a protein-rich item with every meal and snack. Protein is highly satiating over the longer term, several hours after you eat. In other words, it not only fills you up but tides you over.

Ensuring that you get adequate amounts of the right type of protein is very important for effective blood sugar control. I recommend eating modest amounts (20–25 grams per meal and about 10 grams per snack) of protein from poultry, fish (especially salmon), eggs, beans, legumes, cottage cheese, Greek yogurt, and lean meat.

*Note: One serving is equal to four ounces of animal protein or four to six egg whites.*







*Secret #4:*  
**Eat More Cinnamon**

Cinnamon has a number of medicinal benefits, and one of them is a profound effect on blood sugar.

German researchers enrolled patients with type 2 diabetes who were taking oral drugs and gave them cinnamon extract or a placebo.

After four months, the group taking cinnamon experienced a 10.3 percent reduction in blood sugar, while the placebo group's reduction averaged 3.4 percent.





*Secret #5:*  
**Try a Little Vinegar**

Vinegar is another winner. Researchers studying the effects of vinegar on people with diabetes found that two tablespoons of apple cider vinegar (mixed with water and a non-caloric sweetener) reduced glucose and insulin response when taken just before a high-carbohydrate meal (bagel and orange juice).

Vinegar worked just as well as diabetes drugs, cutting the usual blood sugar surge by 25 percent in participants with type 2 diabetes and 50 percent in those with metabolic syndrome and improving insulin sensitivity by 19 and 34 percent, respectively. Aside from its pungent taste, vinegar has no adverse effects and costs considerably less than conventional treatments.





## Secret #6: **Eat Chocolate**

You may be thinking that chocolate is the last thing people with diabetes should be eating. While it's true chocolate has fat and calories—and it tastes way too good to be good for you—the health benefits of dark chocolate cannot be denied.

Italian researchers discovered that dark chocolate significantly improved markers of insulin sensitivity, decreasing fasting insulin and glucose levels, as well as insulin and glucose responses to the glucose tolerance test.

Don't go overboard. Just a couple of squares of high-quality dark chocolate (70 percent cocoa or more) will satisfy your sweet tooth and enhance your health. A couple of bars? Not so much.





*Secret #7:*

## **Rev Up Weight Loss with the “Mini-Fast with Exercise”**

Excess weight is the single greatest risk factor for type 2 diabetes, and weight loss often results in significant improvements in blood sugar control. The program we use at Whitaker Wellness to help patients with diabetes lose weight is called the mini-fast with exercise.

Here's how it works:

- 1. Get up in the morning and drink a glass of water or a cup of coffee or tea.** You can use a little creamer or low-caloric sweetener like xylitol or stevia, and you can take your supplements if you want. But do not eat breakfast or drink juice.
- 2. Then do some aerobic exercise.** You can walk briskly, jog, or cycle; use a treadmill, stair stepper, mini-trampoline, or stationary bike; or take an aerobics class or work out with an exercise video at home. Exercise for 20–45 minutes with moderate effort; don't burn yourself out before you get started.
- 3. After you exercise, continue fasting until lunch.** But continue to drink water, or even coffee or tea. Don't worry about being too hungry to make it through the morning; the fasting/exercise combo seriously dampens your appetite, and the caffeine in coffee and tea helps blunt hunger as well.
- 4. At lunchtime, break your fast and eat normally for the rest of the day:** plenty of lean protein, a little fruit, and lots of vegetables, beans, and other fiber rich, low-glycemic carbohydrates. You don't have to count calories, but you don't want to pig out either. Eating sensibly for two meals a day is easier than trying to cut calories at three meals.

**The mini-fast helps you burn fat and lose weight.** It works by expanding on the 10–12 hours you normally fast during the night. When you awaken in the morning, your body is beginning to deplete the glycogen in your liver (from the carbohydrates you ate at your evening meal) and is starting to rely more on fat for energy.

As your glycogen stores are progressively exhausted, your liver starts to turn fat into ketones, which the brain and other tissues use as fuel. This fat-burning state is called ketosis.

Aerobic exercise is a crucial part of the mini-fast program because it rapidly puts you into ketosis. Overnight fasting is a start, but exercise really kicks things into high gear.

The fuel used during that morning walk you're taking in place of eating breakfast comes from burning fat, which is exactly what you want when you're trying to lose weight. Even better, if you continue fasting after exercising, you will stay in ketosis, reducing fat stores even more.

In a 12-week clinical trial of the mini-fast with exercise, study participants lost an average of 16 pounds of fat—plus three inches around the waist. Furthermore, the group's fasting insulin fell by one-quarter, into the normal range.





Secret #8:

## Replace Lost Vitamins and Minerals

Diabetes is a nutrient-wasting disease. Massive amounts of water-soluble vitamins and minerals are lost as high levels of blood sugar overwhelm the kidneys, leading to excessive urination. That's why replacing lost nutrients is critical.

- **B-Complex Vitamins:** Many people with diabetes have suboptimal levels of vitamins B6, B12, and biotin, which improve insulin sensitivity and help prevent diabetic complications, particularly neuropathy.  
*Suggested doses: 75–125 mg of B6, 150–400 mcg of B12, and 300 mcg of biotin daily.*
- **Vitamin C:** The most active antioxidant in our water-based tissues, vitamin C lowers levels of sorbitol, the sugar that damages cells of the eyes, kidneys, or nerves.  
*Suggested dose: at least 1,000 mg daily.*
- **Vitamin E:** The body's premier fat-soluble antioxidant, vitamin E improves glucose control and protects blood vessels and nerves from free-radical damage, which is accelerated by the diabetic condition.  
*Suggested dose: 200 IU of natural vitamin E daily.*
- **Magnesium:** People with diabetes tend to have low levels of magnesium, and those with the lowest levels are most likely to have diabetic retinopathy and other eye problems.  
*Suggested dose: 500–1,000 mg daily.*



## Secret #9:

# Take Blood Sugar-Lowering Supplements

- **Berberine:** Several clinical trials demonstrate the positive effects of berberine on blood sugar and lipids in patients with type 2 diabetes. Berberine is safe and well-tolerated. ([See page 17.](#))  
*Suggested dose: 500 mg three times daily.*
- **Vanadyl Sulfate:** A stable, inorganic form of the unique trace mineral vanadium, vanadyl sulfate lowers blood sugar by mimicking insulin and improving the cells' sensitivity to insulin. Studies show that supplementation with vanadyl sulfate markedly lowers fasting glucose and improves other measures of diabetes.  
*Suggested dose: 100 mg daily.*
- **Chromium:** This trace mineral improves the action of insulin and helps move glucose and other nutrients into the cells. Chromium doesn't cause the body to make more insulin—it just helps insulin work better.  
*Suggested dose: 200–600 mcg daily.*





## Secret #10:

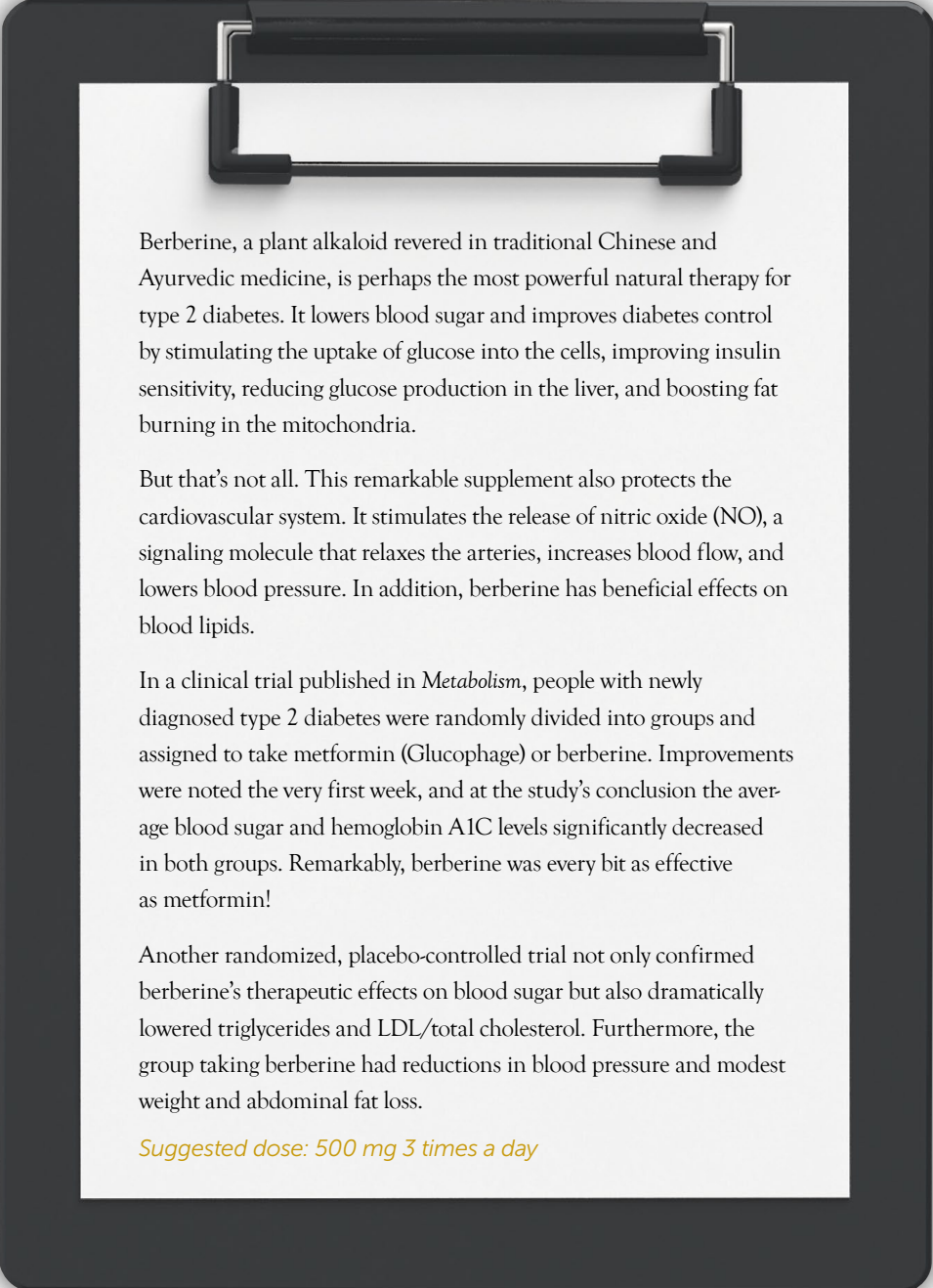
# Harness the Power of Herbs

In addition to these three must-haves for controlling diabetes, a number of herbs have been used in traditional medicine to help manage blood sugar and other aspects of diabetes.

- **Indian Kino Tree Extract:** *P. marsupium*, an extract of the heartwood and bark of the Indian Kino tree, helps move glucose out of your bloodstream and into your cells more rapidly.  
*Suggested dose: 450 mg daily.*
- **Purslane:** Few people know about purslane in the United States, but the herb is frequently used for cooking in Europe and Asia. Extracts of purslane promote better insulin sensitivity and help even out the blood sugar spikes and drops.  
*Suggested dose: 180 mg daily.*
- **Gymnema sylvestre:** An extract from the leaves of a plant native to India, *Gymnema sylvestre* has been shown to slow transport of glucose from the intestines to the bloodstream. This helps keep blood sugar levels in the healthy range.  
*Suggested dosage: 400 mg daily.*
- **Banaba Leaf:** Banaba leaf extract (*Lagerstroemia speciosa L.*), which comes from Asia, contains corosolic acid, a compound that promotes glucose transport into the cells and helps keep blood sugar on an even keel.  
*Suggested dose: 3 mg daily.*



# BERBERINE: A POWERFUL SUPPLEMENT FOR KEEPING BLOOD SUGAR IN CHECK



Berberine, a plant alkaloid revered in traditional Chinese and Ayurvedic medicine, is perhaps the most powerful natural therapy for type 2 diabetes. It lowers blood sugar and improves diabetes control by stimulating the uptake of glucose into the cells, improving insulin sensitivity, reducing glucose production in the liver, and boosting fat burning in the mitochondria.

But that's not all. This remarkable supplement also protects the cardiovascular system. It stimulates the release of nitric oxide (NO), a signaling molecule that relaxes the arteries, increases blood flow, and lowers blood pressure. In addition, berberine has beneficial effects on blood lipids.

In a clinical trial published in *Metabolism*, people with newly diagnosed type 2 diabetes were randomly divided into groups and assigned to take metformin (Glucophage) or berberine. Improvements were noted the very first week, and at the study's conclusion the average blood sugar and hemoglobin A1C levels significantly decreased in both groups. Remarkably, berberine was every bit as effective as metformin!

Another randomized, placebo-controlled trial not only confirmed berberine's therapeutic effects on blood sugar but also dramatically lowered triglycerides and LDL/total cholesterol. Furthermore, the group taking berberine had reductions in blood pressure and modest weight and abdominal fat loss.

*Suggested dose: 500 mg 3 times a day*

# DR. WHITAKER

America's Most Trusted Wellness Doctor

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