

A photograph of an elderly couple smiling and embracing. The woman is on the left, wearing a green top, and the man is on the right, wearing a light-colored shirt. In the bottom right corner, a hand holds a blue glucometer with a green test strip inserted. The glucometer's screen displays the text "LOW BLOOD SUGAR".

3 Week Blood Sugar Total Reset

LOW
BLOOD
SUGAR

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3 Week Blood Sugar Total Reset



Diabetes affects more than 10 percent of the population. Those aged 65 years or older are nearly 27% more likely to be diabetic than those aged 20 and below. (1)

For most people, having diabetes can mean a life-long struggle to maintain healthy blood sugar levels. In this quest, you may need to get insulin injections for the rest of your life. It's no wonder that a lot of research has gone into finding ways to achieve and maintain healthy blood sugar levels through the years.

The 3 week blood sugar total reset is a dietary approach to diabetes management. But before we get into the discussion, let's learn a little more about diabetes.

What is diabetes?

Insulin is a hormone necessary for delivering blood sugar or glucose from the bloodstream into cells to be used to produce energy. It is created within the pancreas. Diabetes develops when the body generates little or no insulin or cannot properly utilize insulin.

There are two main types of diabetes: diabetes type 1 and diabetes type 2.

Diabetes type 1 develops when the body does not produce insulin, while diabetes type 2 develops when the body produces little insulin or has low insulin sensitivity.

In both cases, blood sugar levels are persistently high, although little gets into body cells.

What causes diabetes?

The cause of diabetes is not known. However, genetics is thought to play a part such that you are more likely to get diabetes if other family members have had it.

Type 1 diabetes occurs when the autoimmune system destroys the insulin-producing beta cells in the pancreas. It is also suspected that environmental factors and exposure to some chemicals and medications may also destroy the insulin-producing beta cells. (2)

Some lifestyles and health conditions can also increase the chances of developing diabetes during adulthood. These include people aged 45 years or older, being overweight or obese, physically inactive people, pregnant women and those with polycystic ovary syndrome (PCOS), and people with a family history of diabetes type 2. (3)

Symptoms of diabetes

- Frequent urination
- Constant thirst and hunger
- Chronic tiredness or fatigue
- Blurry vision
- Slow-healing sores
- Sudden, unexplained weight loss
- Tingling or numbness in the hands and feet (4)

Diabetes management

Diabetes is managed by supplying insulin into the bloodstream, usually by injection. In particular, this is the main management method for diabetes type 1. Although insulin injections may be used to manage diabetes type 2, dietary and lifestyle changes can significantly reduce and maintain blood sugar levels within a healthy range.

The 3 week blood sugar total reset approach is applicable to both types of diabetes, as it will likewise help manage your blood sugar.

3-week blood sugar total reset

There are three dietary aspects to resting your blood sugar levels. These are:

- Foods to eat
- Foods to eat less
- Foods to avoid

This approach aims to limit the amount of sugar that gets into the bloodstream at any one time, reducing glucose in the bloodstream and ultimately attaining a healthy blood sugar level.

For this to happen, you must follow this food guide for the 3 weeks you choose to do the blood sugar reset.

1. Eat More of These Foods

Foods in this group contain little or no carbohydrates or sugar and take longer to digest. For this reason, they don't increase the sugar level in the bloodstream after you have a meal of them. Furthermore, while some of these foods will still be broken down for energy production, they do not cause a sugar spike because they are complex and, therefore, are broken down slowly. This group combines high protein, fat, fiber, minerals, vitamins, and water.

Meats, fish, and eggs

Beef, goat, lamb, veal, pork, tuna, salmon, shrimp, lobster, scallops, mussels, chicken, turkey, duck and eggs.

Dairy

Milk, cheese, heavy cream, yogurt, kefir.

Note: All these should be unsweetened.

Nuts and seeds

Macadamia, brazil nuts, almond, walnut, pecans, coconut, cacao, chia, flax, sesame, pistachios, hazelnut, sesame seeds, pumpkin seeds.

Vegetables

Broccoli, cabbage, cauliflower, kale, asparagus, eggplant, onions, celery, artichoke, cucumber, zucchini, turnips, parsnips, spinach, radishes, mushrooms, radishes, garlic, leeks, squash, ginger, peppers, snap peas, tomato.

Fats and oils

Coconut oil, coconut milk, olive oil, avocado, animal fat, ghee, butter, sesame oil.

Note: keep within the recommended daily intake of fats and oils.

Fruit

Lemon and lime.

Drinks

Water, soda water, mineral water, green or black tea, herbal teas, coffee, full-fat coconut milk, almond milk.

Note: all should be unsweetened.

2. Eat Less of these Foods

Foods in this group contain significant amounts of carbohydrates or sugar. For this reason, you should limit their intake during the three-week sugar detox period. They are included in this list because they have a relatively low glycemic index. Besides, they have other vital benefits like high fiber, minerals, vitamins, and antioxidants.

Vegetables

Pumpkin, butternut squash, beets.

Note: take no more than 1 cup serving per day during the sugar detox period.

Grains and legumes

Quinoa, chickpeas, buckwheat, black beans, red beans, pinto beans, lentils, Kamut, brown rice.

Note: take no more than half a cup serving per day during the 3-week sugar detox period.

Fruit

Take not more than 1 slightly unripe banana or 1 green apple.

Drinks

Unsweetened coconut water, kombucha.

Note: take no more than 8 ounces per day during the sugar detox period.

3. Avoid these Foods

Avoid foods in this group during the 3-week sugar detox period.

Refined carbohydrates

Keep off all refined carbohydrates including:

Chips, breads, breadsticks, cake, pastries, pasta, brownies, oats, tortillas, pizza, popcorn, cereals, bagels, crackers, rolls, muffins, couscous, candy.

Nuts and nut butter

Cashew nuts, peanut.

Fruit

Avoid all fruits except those in the first and second food groups.

Vegetables

Keep off all vegetables, other than those allowed in groups 1 and 2.

Potatoes, sweet potatoes, winter squash, yams, acorn.

Sauces and dressings

Salad dressings, including bottled dressings, soy sauce.

Drinks

Avoid all beverages except those allowed in group 1 and 2. Stay away from alcohol, soda, skim milk, low-fat milk, soy milk, and sweetened drinks.

Diet foods and beverages

Avoid anything labeled diet or sugar-free.

Supplements

Avoid any supplements that contain sugar, sugar alcohol, or artificial sweeteners.

References

1. <http://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>
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