

Greens Help Improve Blood Sugar Issues

Here's some typical advice for people with blood sugar issues.

What Doctors Usually Tell You To Do

Eat less sugar, carbs, candy, bread, sweets, etc. *The general vibe is to do less of something, but not really specific enough to be really helpful.* The discussion should clearly state what to add, not just what to take away from your meals and snacks.

Here's What You Need To Know

Eat lots of leafy green vegetables and focus on meals rich in leafy greens and high fiber foods. It's more important to focus on what to do, instead of just focus on what not to do. So let's dig a little deeper into this idea.

Why Eating Greens Helps Blood Sugar Issues

1. *Greens help to slow the rise of blood sugar.* Greens *do not* cause a big rise in blood sugar.
2. *Greens help decrease the urge to overeat.* Greens make it much easier to tell when it's time to stop eating. Being able to feel when you've had enough to eat is a super important signal between the digestive tract and the brain. Restoring this signal is a huge help with changing habits.
3. *Greens help quench cravings, especially for the types of food that tend to disrupt blood sugar and cause blood sugar problems.* It's a lot easier to avoid eating chips, cookies, candy and other problematic items if you're not interested in them in the first place. Once cravings are quenched, the internal struggles are quelled and it's much easier to make healthy choices, meal after meal. Eating greens gets you there a heck of a lot faster.
4. Leafy greens contain lots of nutrients and some extra goodies that are good for you, too, like healthful kinds of fiber.

21DayBloodSugarChallenge.com

© Dr. Beverly Yates N.D.

5. Restoring a feeling of control over the desire for food, both the amount of food and the type of food, is important to having success with making the needed changes to habits.

6. *Greens help to lower total cholesterol, and shift cholesterol to a healthier overall profile.* Greens help increase the amount of healthful, friendly cholesterol called HDL (High Density Lipoprotein) and help lower the amount of unhealthy, potentially troublesome cholesterol called LDL (Low Density Lipoprotein).

So, you might find it helpful to explore your relationship with leafy green vegetables. Sometimes current issues are rooted in feelings from the past.

Your Childhood Experiences with Leafy Greens

What was your childhood like in reference to eating leafy green vegetables? Did you have leafy green vegetables as part of your meals at home? Did you like greens when you were a child?

Your Current Experiences with Leafy Greens

Now that you are older, do you like vegetables at all? How about the leafy green vegetables?

The answers to these questions might help you dial in what will work for you, meal after meal and day after day.

<http://www.bmj.com/content/341/bmj.c4229>

Research

Fruit and vegetable intake and incidence of type 2 diabetes mellitus: systematic review and meta-analysis

BMJ 2010; 341 doi: <https://doi.org/10.1136/bmj.c4229> (Published 19 August 2010)

Cite this as: BMJ 2010;341:c4229

21DayBloodSugarChallenge.com

© Dr. Beverly Yates N.D.