



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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Prediabetes



Prediabetes is a condition characterized by glucose levels that are higher than normal, but not high enough to be diagnosed with type 2 diabetes. The CDC estimates that 84 million Americans, more than 1 out of 3, have prediabetes. Many people are living with the condition and are not aware. If left untreated it can

not only lead to type 2 diabetes but it is also a major risk factor for heart disease, stroke, and other metabolic problems. There are steps you can take to prevent these diseases from happening. The key is early intervention and to get your blood sugar out of the prediabetic range. The American Diabetes Association states that a normal fasting blood glucose result is less than 100 mg/dl, prediabetes is 100 mg/dl to 125 mg/dl and type 2 diabetes is diagnosed at 126 mg/dl or higher.

Healthy lifestyle choices such as losing excess weight, regular physical activity, and eating a well-balanced diet are essential. Several supplements as well as dietary interventions have been shown to help regulate blood sugar. Research has shown magnesium, fenugreek, vitamin K and a plant-based diet aid in blood sugar control.

Knowledge is the key to prevention. By getting the facts, understanding your risks and making healthy lifestyle changes, you can help reverse prediabetes and prevent type 2 diabetes. Even small steps can make a big difference to your health.

Risk Factors For Developing Prediabetes

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Ever having gestational diabetes or giving birth to a baby who weighed more than 9 pounds
- Having polycystic ovary syndrome
- Waist size—larger than 40 inches for men and 35 inches for women
- Having obstructive sleep apnea



[Vitamin K1 Improves Blood Sugar Health in Prediabetic Women](#)



[Fenugreek in the Prevention of Diabetes in Prediabetics](#)



[Kimchi Improves Body Weight and Glucose Metabolism in Prediabetic Patients](#)



[Magnesium shown to Improve Prediabetes](#)

Recent Events

American College of Nutrition's Annual Conference, Personalized Nutrition 2018— Translate the Science of Nutrigenomics into Practice

The NHRI was an exhibitor at the conference which was held November 7-9, 2018 in Seattle, WA. Researchers and clinicians gave innovative presentations on how NutriGenomic science provides deep insight into a person's unique health trajectory, empowering clinicians to practice truly personalized nutrition.

[Click here to view conference presentations.](#)

Recent Posts



Study Shows Benefits of Vitamin C in Treating Cancer
Written by Dr. Patrick Massey, MD, PhD. A recent medical study found that adding intravenous vitamin C during chemotherapy for pancreatic cancer demonstrated significant benefits. [Read more »](#)



Green Coffee Associated with Improved Blood Pressure and Body Composition
Written by Angeline A. De Leon, Staff Writer. Green coffee consumption significantly improved blood pressure and arterial elasticity and significantly decreased body weight and urine cortisol levels in the participating healthy individuals. [Read more »](#)



Herbal Nasal Spray Shown to Help Chronic Sinusitis
Written by Jessica Patella, ND. Of the sixty-eight participating subjects with chronic sinusitis, those who used Nigella sativa spray for eight weeks significantly improved their symptoms compared to the placebo group. [Read more »](#)



Potential Prevention of Glaucoma Using Oral Omega-3
Written by Halima Phelps, Staff Writer. A daily three-month supplementation with 1000mg of EPA, 500 mg of DHA and 900 mg of α -linolenic acid significantly improved intraocular pressure in the 33 participating normotensive subjects compared to the controls. [Read more »](#)

SUPPLEMENT FACT

The U.S. Preventive Services Task Force (USPSTF) recommends that all women planning or capable of pregnancy take a daily supplement containing 400 to 800 micrograms of folic acid.

From The Council for Responsible Nutrition



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