



Natural Health Research Institute

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

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www.naturalhealthresearch.org

Improving Glycemic Control

Diabetes mellitus is growing at an alarming rate throughout the world. A study led by researchers at the Institute of Health Metrics and Evaluation at the University of Washington projected that 1.3 billion people may develop the disease by 2050.

Regular blood sugar monitoring by doing a finger-prick test or by using an electronic blood sugar monitor is vital in the management of diabetes. Being able to see what makes numbers go up or down, such as eating different foods, taking medicine or being physically active can help diabetics achieve healthy blood glucose levels which help to prevent organ damage and other complications. The American Diabetes Association suggests the following glycemic targets for most nonpregnant adults with diabetes:

- Before a meal (preprandial plasma glucose): 80–130 mg/dL
- 1-2 hours after beginning of the meal (postprandial plasma glucose)*: Less than 180 mg/dL
- A1C: Less than 7%

The American Association of Diabetes Educators recommend these strategies for improving glycemic control:

- Weight loss
- Meal planning
- Movement or exercise
- Monitoring
- Medications
- Stress management

While dietary changes, weight reduction and exercise are essential for controlling blood sugar levels, some natural remedies may also lead to improvements. Apple cider vinegar, magnesium, fiber, cinnamon, chromium, fenugreek, resveratrol, ginseng and probiotics have been found to support healthy blood sugar responses.

Your healthcare provider knows your history, as well as the other medications that you take, so any natural remedies that you are interested in should be discussed with them.



[Low Carb Breakfast Could Support Glycemic Control in Type 2 Diabetics](#)



[Cinnamon Improves Glucose and Lipid Levels in Subjects with Diabetes](#)



[Apple Vinegar Associated with Improved Glycemic Indices in Diabetics with Dyslipidemia](#)



[Resveratrol Improves Glycemic Control in Adults with Type 2 Diabetes Mellitus](#)

Recent Event

The NHRI was a sponsor and exhibitor at the American Nutrition Association's annual summit, **Personalized Nutrition 2023: Healthy Aging & Longevity**. The event was held on October 19—20th, 2023 in Charlotte, NC.

The human body is constantly changing. Genetics, environment, lifestyle, and nutrition influence an individual's trajectory of health and longevity even before birth. Throughout life, growth and aging are accompanied by changes. Some changes go unnoticed, manifesting as age-related chronic diseases. Recent developments in chronobiology, gerontology, genetics, and epigenetics have enabled rapid advances in the science of aging and longevity.

As research and technology continue to develop, personalized solutions are being designed, tested, and applied to age-related diseases. Personalized Nutrition 2023 brought together thought leaders, scientists, clinicians, and industry insiders who shared the latest insights into living a long and healthy life.

Conference presentations will be posted on the website soon.



In Appreciation

We would like to thank our 2023 sponsors for their generosity and support of our mission. They played a key role in our attendance at this year's American Nutrition Association summit and we appreciate their participation. We are grateful for this annual opportunity to connect with other like-minded organizations active in the field of health science.



Recent Posts



[Aviron Rapid® Decreases Symptom Severity and Duration of Acute Upper Respiratory Infections in Children](#)

Written by Taylor Woosley, Staff Writer. Results of the multi-center, randomized, double-blind, placebo-controlled trial shows that use of Aviron Rapid significantly reduced disease duration and symptom severity compared to placebo in both adolescent and pediatric cohorts. [Read more »](#)



[Hibiscus May Be An Effective Tool for CVD Risk Mitigation](#)

Written by Chrystal Moulton, Staff Writer. Hibiscus demonstrated lowering effects on blood pressure similar to pharmaceuticals with no significant difference between the two treatments. [Read more »](#)



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Written by Jessica Patella, ND. Study results concluded that the higher the purine intake, particularly xanthine, the lower the death rate from ovarian cancer. [Read more »](#)



[Krill Oil Improved Osteoarthritic Knee Pain in Adults with Mild to Moderate Knee Osteoarthritis](#)

Written by Marlene Hollick, Ed.D., R.D. Based on a randomized, double-blind, placebo-controlled study exploring the effects krill oil supplements on relief of osteoarthritis-related knee pain, results demonstrated that krill oil could improve knee pain scores, knee stiffness, and physical functioning. [Read more »](#)



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Written by Harold Oster, MD. Results suggest that 85% dark chocolate has a beneficial effect on negative mood states and gut microbial diversity. [Read more »](#)

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