

The image features a wooden background with a variety of fresh vegetables and herbs. A central white oval contains the text "Superfoods that Lower Blood Sugar". Surrounding the oval are items like a carrot, thyme, tomatoes, a cucumber, a red bell pepper, a yellow bell pepper, parsley, rosemary, and more carrots and tomatoes at the bottom.

# Superfoods that Lower Blood Sugar

[www.pain2wellnesshealthcare.com](http://www.pain2wellnesshealthcare.com)

# WELCOME

Diabetes is the 7th leading cause of death in the United States. According to the CDC, more than 133 million Americans are living with diabetes (37.3 million) or prediabetes (96 million). Of the 37 million Americans with type 2 diabetes, 1 out of every 5 people have no idea they have it. Of the 96 million people with prediabetes, 8 out of 10 of them don't know they have it.

Elevated blood sugar levels can cause some pretty significant health complications including heart disease, strokes, nerve damage, Alzheimers, kidney failure, blindness and even death. What you don't know can kill you.

Imagine being able to protect yourself against these horrible statistics and the even more horrible complications with simple foods that stabilize blood sugars and promote optimal health.

In the following pages, you will discover the superfoods that control bloods sugars and therefore, decrease the risk of the deadly complicitons of type 2 diabetes. Read on.

*Dr. Helen*



# TABLE OF CONTENTS

01

## HOW TO USE THIS GUIDE

Learn how to use this guide to your advantage

---

02

## BASIL

Learn how to use this guide to your advantage

---

03

## PINEAPPLE

Tasty too

---

04

## BEANS

Not just good for your heart

---

05

## CHIA SEEDS

Small but mighty



# TABLE OF CONTENTS

06

## WALNUTS

Learn how to use this guide to your advantage

---

07

## CINNAMON

You can also add a blurb to let readers know what each article is about. Two sentences will do!

---

08

## GINGER

You can also add a blurb to let readers know what each article is about. Two sentences will do!

---

09

## GREEN LEAFY VEGETABLES

You can also add a blurb to let readers know what each article is about. Two sentences will do!

---

10

## CONCLUSION

The bottom line

# USE THIS BOOK TO REBUILD HEALTH



Unfortunately, we live in a society that is bereft with familial habits, environmental toxins and food toxins that are wrecking balls to our health. As the demolition continues, it knocks down every wall we have built to secure our health and we stand by helpless and afraid. Not anymore. No longer will you stand by doing nothing. Instead you will become the builder-owner of your new and improved health house. This guide provides some of the tools that can be used in your new project. Use this book as a quick reference guide to finding the superfoods that are part of the blueprint to rebuild your health. This list is not meant to be exhaustive, but to provide options for the framework of health. These superfoods, in combination with a low fat, high fiber diet and the right exercise will build the foundation necessary for your best health house. Let's start building!

# BASIL



Basil is highly nutritious containing antioxidants such as lutein, zeaxanthin, beta-cryptoxanthin and beta carotene in addition to many vitamins and minerals. It also has essential oils. Dried basil does not have the same effect so it is better to eat it fresh.. The taste is totally different too. It also smells amazing.

# BASIL

Basil has numerous health benefits. Adding basil to your diet may help to reduce high blood sugar levels. It may also be helpful in treating the long-term effects of high blood sugar. But it does even more.

Basil decreases the oxidative stress by fighting free radicals that lead to cell damage and increase the risk of DNA damage to the cells that can lead to diabetes, heart disease, arthritis and even cancer.

Basil also contained magnesium, a relaxing mineral that allows muscles and blood vessels to relax , improving sleep, muscle relaxation and can lower blood pressure.

Mental health is such a huge deal these days with many people suffering from anxiety, depression. Basil may improve clarity and lower the risk of age-related memory loss.



# PINEAPPLE



Pineapple is a delicious fruit that is a great source of Vitamin C and Manganese. It also has B vitamins, and vitamin A. It is pretty high in carbohydrates, but eating the whole fruit containing fiber lowers its glycemic load. It contains bromelain that has been shown to promote anti-diabetic and anti-cancer effects and promotes heart health.

It is best to purchase locally grown or pineapples that are grown using sustainable farming.

It is important to eat fresh pineapple as canned pineapple tends to be canned in high sugar syrup

## CHAPTER 3

Pineapple is the sole known source of bromelain. Bromelain is an enzyme that helps tissues to heal. Bromelain is a strong anti-inflammatory that can help fight the inflammation that causes diseases such as diabetes, heart disease, arthritis and the growth of certain tumors.

Pineapple is also high in both its water content and fiber and may promote weight loss making you feel fuller longer. Its fiber content also aids in digestion.

In addition, bromelain functions as a protease which breaks down protein molecules into smaller units of amino acids. This allows the small intestine to absorb them more easily and can help with pancreatic health that not only secretes digestive enzymes but also secretes insulin.

This may be helpful to produce adequate insulin to control blood sugar levels when used as a part of a low fat diet.

Other benefits of pineapple is to decrease oxidative stress through its antioxidant properties and lower the risk of cell damage that is linked to chronic inflammation, heart disease, diabetes and certain cancers.



# BEANS



Beans are a nutrient dense food that are full of fiber. Beans have a high protein content and a low fat content. They have a low glycemic index.

There are any types of beans to choose from. The varieties include black beans, kidney beans, lima beans, white beans, garbanzo beans and the list goes on.

Cooking dry beans is simple. One tip that I use when making beans is to soak them-- preferably overnight. Pour off the soaking water in the morning and rinse. Add fresh water and boil with lots of garlic infuse extensive flavor and nutrition..

I don't generally salt my beans until they have softened to ensure that my beans don't harden and never get tender. This has been my rule of thumb and it works!

# CHIA SEEDS



Chia seeds are small, but they are power-packed. They are a high fiber food packed with protein and omega 3-fatty acids. They are a low glycemic index food. They are slowly digested and absorbed, which allows the blood sugar levels to remain stable.

Chia seeds are also a great source of antioxidants that protect your body against the dangerous free radicals that can lead to damage of the cells of the body. This damage is what leads to aging and other life-threatening illnesses like diabetes, heart disease and cancer.

Chia seeds have many functions including:

- Normalizes of blood sugar levels
- Improves digestion improvement
  - Increases energy
- Maintains healthy bones and teeth
- Strengthens the immune system
  - Decreases inflammation

# WALNUTS



Walnuts are rich in vitamins like vitamin E, folate, B1 (thiamine) and minerals such as Magnesium and Potassium. They are also high in antioxidants, which you have guessed by now, fights free radical damage. They are also high in fiber which slows digestion of sugars so that the sugars release slowly into the bloodstream avoiding dangerous spikes in sugar levels.

According to the British Medical Journal, walnuts can also improve endothelial function (damage to the lining of the blood vessels can lead to heart attacks and strokes). It also lowers total and LDL cholesterol. When choosing walnuts, opt for raw, unsalted varieties. To jumpstart digestion, it may be beneficial to soak them about 8 hours before consuming.

# CINNAMON



I don't know many people who don't like the taste of cinnamon. It's sweet and punchy flavor comes from the inner bark of wild cinnamon trees grown across South America, the Caribbean and Southeast Asia. It is used frequently in both savory and sweet dishes and is used for cooking and baking.

Research of cinnamon reveals that it can improve blood glucose levels and increase insulin sensitivity,

It has been shown to improve blood glucose levels and cholesterol levels in people with type 2 diabetes and cardiovascular disease.

Adding it to the food is the best way to consume it, but in some studies up to 6 grams daily can lower glucose, triglycerides, LDL and total cholesterol. Start with 1 gram daily if you choose to take it that way, but be careful on an empty stomach as it can be irritating.

# GINGER



Ginger is definitely one of my favorites. I add it to both savory and sweet dishes. I make a homemade hardy cereal with ginger and I use it frequently in my juices, smoothies, cooking and baking.

Ginger has incredible properties that control high glucose levels in diabetic people. It may even be able to prevent damage to the eyes due to damage to the small blood vessels in the eye.

According to a study I located in the NIH library, the oral administration of ginger powder for 12 weeks at a dose of 2 grams per day lead to a significant decrease in fasting blood sugar, HbA1c, and lipid parameters such as ApoB, Apo B/Apo A-I and MDA (Malondialdehyde- marker for inflammation ) in patiets with type 2 diabetes.

I prefer eating my ginger fresh. I have dried it in my dehydrator and then ground it myself in a high speed blender. It is actually pretty easy to do.

# LEAFY GREENS



Leafy greens are probably the best food known to man for health. There are heavily endowed with chlorophyll so that it is good and iron-rich. Greens are also high in antioxidants and starch-digesting enzymes.

Greens are also high in fiber and have a low glycemic index so they won't spike blood sugars. Of course you must not cook them with meats that add lots of fat and strain the antioxidants (animal products do not contain antioxidants, but do contain toxins) so they have to work pretty hard to fight against them.

- I am convinced of the amazing properties of greens as my aunt who had a very heavy smoking history is doing extremely well, walks upright without a cane, takes the stairs and walks faster than me sometimes.
- She eats greens everyday. Did I mention she eats greens every single day? Oh, and did I mention she is 88?
- You can juice greens, cook greens or eat them raw in salads. I suggest you pick your favorites and rotate them. Kale is my favorite.



# CONCLUSION



Diabetes is a condition where the body struggles to process blood sugar effectively, leading to dangerous spikes in blood sugar levels. These spikes result in glucose molecules attaching to blood cells, causing excessive inflammation—a key factor behind the harmful effects of type 2 diabetes.

The good news? Help is within reach! Certain foods have remarkable properties that not only lower blood sugar spikes but also reduce the inflammation responsible for the damaging side effects of type 2 diabetes. These incredible superfoods are game-changers, helping to balance blood sugar levels and guide you toward the amazing transformation of becoming "undiabetic."

*Thank you!*

# ABOUT DR. HELEN



Dr. Helen serves as the Chief Medical Officer of Pain 2 Wellness Healthcare in Madison, AL. With over 28 years of medical expertise and a passion for culinary wellness, she combines her knowledge from the clinic and the kitchen to empower individuals with the tools to reverse type 2 diabetes—for good.

Ready to take charge of your health? Join Dr. Helen's exclusive Master Course to Reverse Type 2 Diabetes Now and start your journey to transformation today!

Dr. Helen's first book, **Reverse It!**, is a transformative guide that empowers readers to reverse type 2 diabetes through proven lifestyle changes. Inspired by the loss of both her parents to diet-exacerbated illnesses, Dr. Helen vowed to help as many people as possible avoid the devastating complications and preventable deaths caused by this disease.

Her second book, the **Success Journal**, serves as the perfect companion to **Reverse It!**, providing daily prompts and tools to keep you motivated and on track toward your health goals. These resources are designed to ensure your long-term success and help you reclaim your health.

Order your copies today and take the first step toward a healthier, undiabetic future!





*Dr. Helen*

[www.pain2wellnesshealthcare.com](http://www.pain2wellnesshealthcare.com)  
[info@p2whealth.com](mailto:info@p2whealth.com)  
103 Spennyn Dr.  
Madison, AL 35758  
256-325-5700