



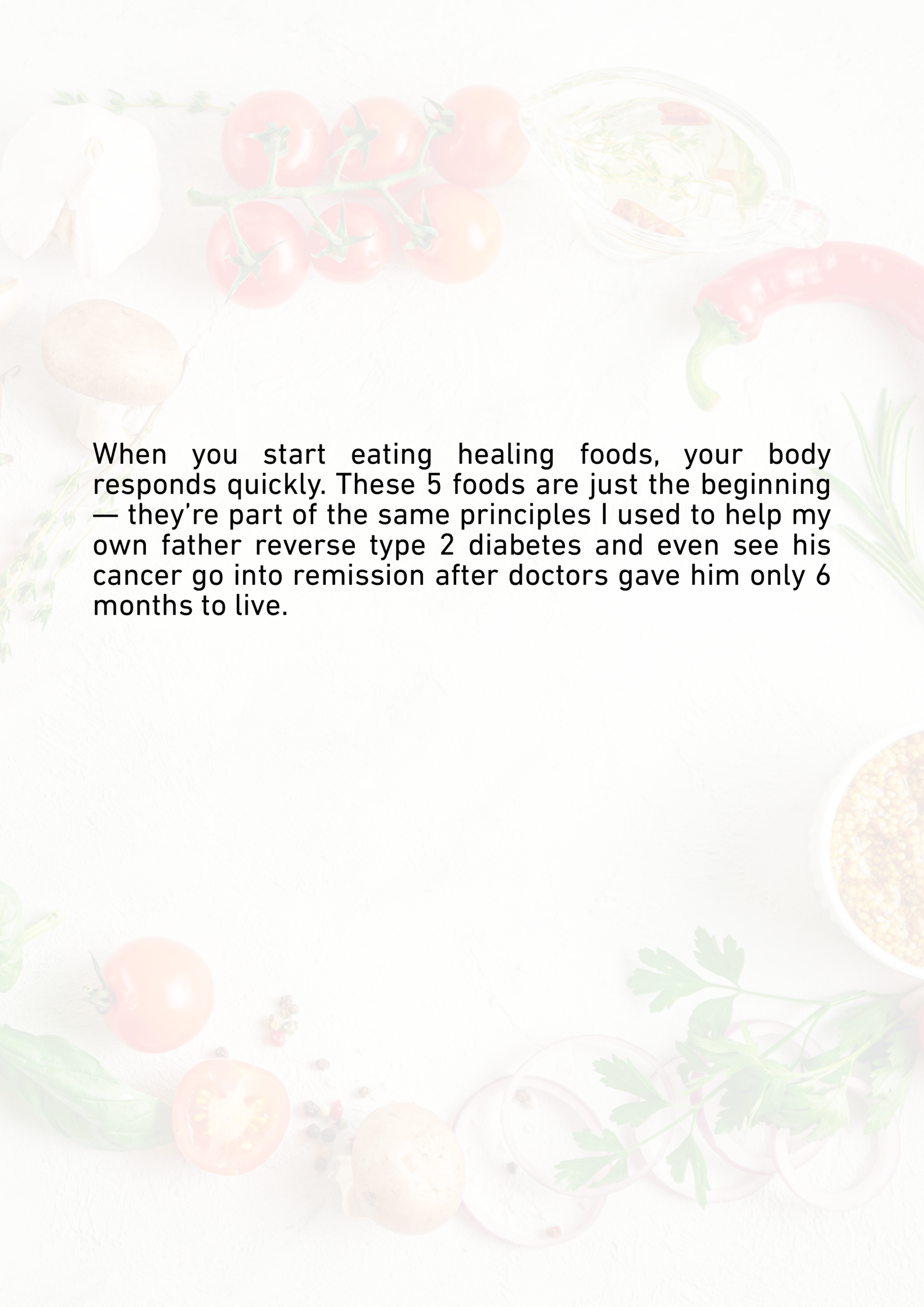
5 Foods That Help Lower Inflammation Naturally

*Simple foods to help lower blood sugar, boost energy,
and jumpstart healing*

By Dr. Helen, Founder of the Reverse It Family

Type 2 diabetes doesn't have to be a life sentence. Your body is designed to heal when you give it the right fuel. Food can lower blood sugar, restore balance, and even reverse diabetes.

<p>LEAFY GREENS Examples: Spinach, kale, collard greens</p>	<ul style="list-style-type: none"> • High in fiber → slows sugar absorption • Packed with magnesium → improves insulin sensitivity • Low-carb → won't spike blood sugar <p>💡 Quick Tip: Add a handful to your morning smoothie or sauté with garlic for dinner.</p>
<p>BERRIES Examples: Blueberries, strawberries, raspberries</p>	<ul style="list-style-type: none"> • Rich in antioxidants → fight inflammation • Contain natural compounds that improve blood sugar control • Satisfy sweet cravings without spiking sugar <p>💡 Quick Tip: Swap dessert for a small bowl of berries topped with chia seeds.</p>
<p>AVOCADOS</p>	<ul style="list-style-type: none"> • Full of healthy fats → stabilize blood sugar • High in fiber → supports digestion and satiety • Improve heart health (important since diabetes raises heart risks) <p>💡 Quick Tip: Spread avocado on whole-grain toast or blend into a creamy salad dressing.</p>
<p>NUTS & SEEDS Examples: Walnuts, almonds, flaxseeds, chia seeds</p>	<ul style="list-style-type: none"> • Provide healthy fats + protein to keep you full • Lower blood sugar response to meals • Support brain and heart health <p>💡 Quick Tip: Snack on a handful of raw nuts, or sprinkle chia seeds into your smoothie.</p>
<p>BEANS & LENTILS</p>	<ul style="list-style-type: none"> • Packed with fiber + protein • Slow down digestion → prevent blood sugar spikes • Boost gut health, which supports better glucose control <p>💡 Quick Tip: Add black beans to your salad or enjoy a hearty lentil soup.</p>



When you start eating healing foods, your body responds quickly. These 5 foods are just the beginning — they're part of the same principles I used to help my own father reverse type 2 diabetes and even see his cancer go into remission after doctors gave him only 6 months to live.