

Therapeutic Foods to support digestion & blood sugar regulation.



Digestion

Digestion is the first major step in balancing the body's systems. Without proper digestion we can have ailments that lead to cravings, upset stomach issues, gas, bloating, and more.

Take a look below to discover therapeutic nutrient dense foods to support proper digestion so you can focus on living a more comfortable life.

Once we tackle digestion, we can explore ways to help blood sugar regulation.

Therapeutic Foods for Digestion:

- ❖ Apple Cider Vinegar
- ❖ Beets
- ❖ Papaya
- ❖ Garlic
- ❖ Radish
- ❖ Fennel
- ❖ Artichokes
- ❖ Pineapple
- ❖ Dandelion Root
- ❖ Ginger
- ❖ Apples
- ❖ Carrots
- ❖ Lemon water(in the AM)
- ❖ Chard/kale/spinach
- ❖ Bone Broth
- ❖ Okra

Blood Sugar Regulation

After addressing our digestion we can then turn to how we are feeling after meals by regulating our blood sugar levels. You will notice a lot of these foods I listed out below also have protein & essential fatty acids which in addition to supporting blood sugar can help to support liver function, brain health, hormone stability, including adrenal glands and lymph function, skeletal muscles, pancreas, and adipose tissue(controls satiety).

Do you feel tired and sluggish? Are you feeling energetic?

This can help to determine what our next steps will be moving forward to help balance blood sugar levels throughout the day.

Are you feeling cravings or are we not truly recognizing hunger?

The following nutrients will allow us to regulate our blood sugar levels:

- ❖ Vitamin A(Found in animal & plant foods; Helps with Adrenal Support)
- ❖ B vitamins (B1, B2, B3, B5, B6, B7)
- ❖ Chromium
- ❖ Manganese
- ❖ MHCP(compound found in cinnamon)
- ❖ Potassium
- ❖ Vanadium

Therapeutic Foods for Blood Sugar Regulation:

- ❖ Almonds
- ❖ Apricots
- ❖ Asparagus
- ❖ Avocado
- ❖ Bananas
- ❖ Beans
- ❖ Beef
- ❖ Broccoli
- ❖ Brussels Sprouts
- ❖ Butter(grass fed)
- ❖ Butternut squash
- ❖ Carrots
- ❖ Cauliflower
- ❖ Cinnamon
- ❖ Dandelion Root
- ❖ Eggs
- ❖ Flaxseeds(group)
- ❖ Full Fat Dairy
- ❖ Garlic
- ❖ Hazelnuts
- ❖ Kale
- ❖ Lamb
- ❖ Lentils
- ❖ Liver
- ❖ Macadamia Nuts
- ❖ Mushrooms
- ❖ Olive Oil
- ❖ Onions
- ❖ Oysters
- ❖ Parsley
- ❖ Peas
- ❖ Pecans
- ❖ Pistachios
- ❖ Potatoes
- ❖ Poultry
- ❖ Pumpkin Seeds
- ❖ Salmon
- ❖ Seaweed
- ❖ Sesame Seeds
- ❖ Spinach
- ❖ Sunflower Seeds
- ❖ Sweet potatoes
- ❖ Tomatoes

Please contact me with any questions or concerns. I would be happy to answer any questions you may have along the way. The above information should get you started with food options that are best for addressing these foundational priorities.