




Foods that Can Reverse

BELLY FAT, FATIGUE,
& LACK OF FOCUS

- *Dr. Ritamarie*



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Austin, Texas, USA.

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This edition was published in the United States of America by Dr. Ritamarie Loscalzo.
Edition Date: January 10, 2018

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ALFALFA



High in essential nutrients and has been connected with improved metabolism and lowering of blood sugar in preliminary studies

Contain DHA and minerals to support repair of insulin receptors.



ALGAE & SEA VEGETABLES

AVOCADO



Contains a unique weight loss friendly carbohydrate called "mannoheptulose", which has been found to lower insulin secretion

Improves insulin sensitivity



BASIL

BERBERINE



Found in Golden Seal, Oregon Grape Root, Barberry, and Chinese Goldenthrad, and others and reduces blood sugar better then metformin and other prescription meds

Helps cells use glucose more effectively and blocks sugar absorption in the intestine.



BITTER MELON

BLUEBERRIES



Contain compounds called "anthocyanins" that have antioxidant properties, and contribute to improve insulin sensitivity

Contains an isothiocyanate called "sulforaphane", an antioxidant that has been associated with decreased inflammation and assists in healing damaged insulin receptors



BROCCOLI

BROCCOLI SPROUTS



The richest source of sulforaphane, containing 20 to 50 times the amount as broccoli

Contain high levels of Vitamin K, which helps keep insulin levels in check, plus they contain sulforaphane



BRUSSELS SPROUTS

CABBAGE



B. oleracea is the species name for cabbage. Vanadium is in cabbage which mimics insulin. It also can lower glucose and decrease insulin production, thus improving insulin resistance

Contains "pinitol", a natural compound that has the same effect on insulin receptors as MHCP in cinnamon. They mimic the action of insulin



CAROB

CINNAMON



Contains "MHCP" which activates an enzyme that causes insulin to bind to cells and inhibits the enzyme that blocks this process. MHCP mimics insulin by activating its cellular receptors and it works synergistically with insulin in the cells

Contains polymethoxylated flavones (PMFs) may help prevent diabetes



CITRUS PEEL EXTRACT

CLOVE



Studies show reduction of blood sugar an average of 225 to 150 in 30 days regardless of dose

Contains a substance needed by the beta cells of the pancreas to produce insulin



CUCUMBER

DARK CHOCOLATE

(SWEETENED WITH STEVIA,
NOT SUGAR)

(controversial) Rich in flavonoids which help counteract insulin resistance

Found to lower blood sugar, increase insulin sensitivity, and reduce high cholesterol, according to several animal and human studies

FENUGREEK

GARLIC

Has been shown to increase insulin sensitivity and thus lower blood sugar, plus contains antioxidants that promote a healthy cholesterol profile

Increases insulin sensitivity and decreases inflammation

GINGER

GINSENG

Slows carbohydrate absorption; increases cells' ability to use glucose; and increases insulin secretion from the pancreas

Abundant in minerals, amino acids and phytochemicals that improve insulin resistance and keep blood sugar steady

GREENS

GYMNEMA SYLVESTRE

Hindi name translates as "sugar destroyer," and it's said to reduce the ability to detect sweetness. Works by boosting the activity of enzymes that help cells use glucose or by stimulating the production of insulin

Contains inulin, which slows down absorption of carbohydrates and stabilizes blood sugar

JERUSALEM ARTICHOKE

KONJAC



Contains a fiber called glucomannan, which has repeatedly been shown to lower blood glucose and provide satiation between meals

Rich in vitamin C, contain potent health promoting compounds like rutin and limonene, and their acidity can lower the glycemic index of a meal considerably



LEMON

MAITAKE MUSHROOM



Lowers sugars, insulin and triglycerides by improving sensitivity of cells to insulin; powder or water extract seem to work best

Researchers speculate that it may lower blood sugar because it contains components that work similarly to insulin and is high in fiber



NOPAL CACTUS

OLIVE LEAF EXTRACT



Contains oleuropein, which lowers the digestion of starches into simple sugars, slows absorption of sugars in small intestine, and increases uptake of sugar across insulin receptors

Lowers blood sugar similar to how garlic does



ONION

Curcumin, the anti-inflammatory constituent reduces insulin resistance and prevents type 2 diabetes by dampening the inflammatory response



TURMERIC

VACCINIUM



(Relative of blueberry)
Mechanism is unknown and it's not advised for chronic use

Contains chromium and acetic acid, which can alter insulin sensitivity and may have an effect on blood sugar, especially with mild type 2 diabetes



APPLE CIDER VINEGAR



Foods THAT CAN CONTRIBUTE TO INSULIN RESISTANCE

SUGAR AND ALL ITS RELATIVES

High fructose corn syrup, Honey, Maple syrup, Molasses, Agave

REFINED GRAINS

LEGUMES
(possibly in sensitive people)

MARGARINE

HIGH SUGAR FRUITS

GLUTEN-CONTAINING GRAINS

POTATOES

PROCESSED MEATS

DRIED FRUIT

GMO FOODS

NON-ORGANIC MEATS

HEATED OILS

COFFEE

ALLERGENS

FRUIT JUICE

WHOLE GRAINS
(possibly in sensitive people)

TRANS FATS

DAIRY



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ROOT CAUSE HEALTH CARE