# DrSpice Organics

### **Sugar Balance Guide**

## **Herbal Support for Blood Sugar Control and Insulin Balance**

## Understanding Sugar Balance

Balancing blood sugar is key to preventing fatigue, brain fog, weight gain, and diabetes. At DrSpice Organics, we use herbs, diet, and mindful habits to support your body's **natural insulin sensitivity** and **glucose regulation**.

## Who Is This Guide For?

- Individuals with prediabetes or Type 2 diabetes
- Those with sugar cravings, belly fat, or irregular energy
- People trying to reverse insulin resistance naturally

## 6 Natural Rules for Sugar Control

- 1. Start the day with bitter herbs (e.g., moringa, neem)
- 2. Avoid refined sugars & white starches
- 3. Eat protein and fiber at every meal
- 4. Include spices like cinnamon & turmeric
- 5. Hydrate consistently 2.5L/day minimum
- 6. Take herbal capsules or teas before/after meals

### Sample Sugar-Balance Day

# 🥞 Morning Routine

- 1 glass warm water + cinnamon + lemon
- 1 capsule: Blood Sugar Support (moringa + fenugreek)
- 10-min walk

#### Breakfast

Boiled nduma (arrowroot) + boiled eggs

• Herbal tea: Bitter Leaf / Insulin Plant

### **Lunch**

- Millet ugali + steamed vegetables (managu, kunde)
- Grilled chicken or beans
- 1 glass hibiscus water

## **½** Evening

- Detox tea (ginger + moringa)
- Fruit: ½ avocado or apple slices

### Recommended Herbal Products

Product Name	Function
Blood Sugar Capsules	Regulates insulin levels
Moringa Powder/Capsules	Rich in nutrients, lowers glucose
Bitter Leaf Tea	Improves sugar metabolism
Gut Cleanser	Supports healthy digestion & sugar use

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# **Particular** Bonus Tips

- Eat meals at regular times
- Limit fruits to 1–2 servings per day
- Use **herbal vinegar (ACV)** before carb meals
- Reduce stress: it affects insulin levels
- Sleep 7–8 hours consistently

# Warning Signs of Imbalance

- Cravings for sugar or carbs
- Sudden energy crashes
- Excess belly fat or weight gain

• Frequent urination or thirst

If you experience these, begin herbs immediately and consult your natural health expert.

# **9** Contact & Support

## **DrSpice Organics**

Nairobi: +254 727 175 708
Nakuru: +254 726 760 517

Kiambu (Ruiru): +254 113 853 878 admin@drspiceorganics.com

drspiceorganics.com

"Don't manage sugar. Balance it."

— DrSpice Organics