

Diabetes Management Plan

Reverse • Stabilize • Heal Naturally

Understanding Diabetes Naturally

Type 2 Diabetes and prediabetes are not just sugar problems — they are **insulin resistance** conditions. This means the body struggles to use insulin efficiently. The key is to reset the body using **herbs, whole food nutrition, detoxification**, and consistency.

Herbal Tools for Blood Sugar Regulation

Herbal Product	Benefit
Moringa Capsules	Reduces blood sugar levels
Bitter Leaf Tea	Improves insulin sensitivity
Fenugreek Capsules	Slows sugar absorption after meals
Gut Cleanser Tea	Removes sugar-storing toxins
Blood Sugar Capsules	Balances glucose and metabolism

 Available at: drspiceorganics.com/shop

Signs Your Sugar Is Imbalanced

- Constant hunger or sugar cravings
 - Fatigue after eating
 - Belly fat that won't go
 - Frequent urination
 - Tingling in feet or blurred vision
-

Daily Healing Routine

Morning (Fasting)

- Warm lemon water with cayenne
- 1 cup Bitter Leaf or Moringa Tea
- 10-minute walk or light stretch

Breakfast

- Boiled nduma (arrowroot)

- Eggs or chia seed pudding
- 1 capsule of Blood Sugar Support

Lunch

- Steamed greens (managu, spinach)
- Millet ugali or pumpkin
- Herbal capsule: Moringa or Fenugreek

Dinner

- Detox soup (garlic, onion, ginger, turmeric)
- 1/2 avocado + small protein (beans/fish)
- Chamomile tea before bed

What to Avoid

- White bread, white rice, chapati
- Sugar, honey, sweet drinks
- Processed snacks and wheat flour
- Cow's milk and alcohol
- Skipping meals (triggers insulin resistance)

Healing Principles

- Take herbal products consistently for **3–6 months**
- Eat **low glycemic meals** — fiber, protein, fat
- Drink at least **2.5L water** per day
- Sleep by **10:30 PM** for hormone balance
- Use teas before/after meals to reduce sugar spikes


Weekly Herbal Rotation Example


Day	Morning Tea	Capsules	Optional Add-on
Monday	Bitter Leaf	Blood Sugar	Warm apple cider vinegar
Tuesday	Moringa	Fenugreek	Cinnamon water
Wednesday	Neem + Ginger	Moringa	Light walking
Thursday	Hibiscus	Sugar Support	Seamoss or spirulina


Friday	Dandelion Root	Liver Reset	Green leafy salad
--------	----------------	-------------	-------------------


Reach Out for Guidance

DrSpice Organics

 Nairobi: +254 727 175 708

 Nakuru: +254 726 760 517

 Kiambu (Ruiru): +254 113 853 878

 Email: admin@drspiceorganics.com

 Website: drspiceorganics.com

“You don’t need to control diabetes. You need to heal the system causing it.”

— *DrSpice Organics*