



1. Relax, meditate.

A great way to reduce stress is to meditate. A small study found that mindfulness meditation reduced overall anxiety, even after only one session. When you take time to clear your mind, breathe deeply, and get away from the many annoying stimuli of the world, your body relaxes and stress is reduced.

2. Include Green Vegetables in your diet.

You might not get super strength from spinach like Popeye does, but taking in some high-fiber foods can help bring down your blood sugar. A 1991 study found that fruits, legumes, and other foods rich in water-soluble fiber helps balance blood sugar.

Those fiber-y foods slow digestion, which means the sugar from your meal isn't hastily thrown into your bloodstream. Instead, the fiber helps everything break down more slowly, and there's more time for the sugar to be properly absorbed. Outside of spinach and cereal, adding black beans,

sweet potatoes, avocados, nectarines, and other fruits and vegetables high in soluble fiber to your diet will help bring your blood sugar down.

3. Hydrate and hydrate.

“Drink more water” isn’t cutting-edge nutritional advice, but avoiding dehydration is surprisingly helpful for balancing blood sugar. A 2017 study found that low daily water intake led to high blood sugar.

When your blood sugar gets high, your body tries to flush out that extra sweetness as quickly as possible. That means you might end up peeing a lot more than usual.

4. Balance all electrolytes.

In general, elevated blood sugar can wreak havoc on your electrolytes, meaning you can easily get low on magnesium, potassium, and phosphates.

If you’re having a blood sugar spike and urinating more than usual, you’re losing water and electrolytes. And since electrolytes are essential for maintaining adequate hydration, you’re going to want to keep them replenished.

For quick relief, reach for a low-carb electrolyte drink like Propel, low-sugar sports drinks, or low-fat milk. Just make sure to check the labels. You can also up your electrolyte count naturally with small changes to your diet. Foods like bananas, sweet potatoes, nuts, and seeds provide the key minerals your body needs to stay in balance.

5. Take a pass on the bread bowl

It's obvious that sugary stuff leads to an increase in blood sugar, but starchy foods can do the same thing. Your body processes simple carbs quickly and turns them into sugar, and it needs a lot of insulin to absorb them. That means a bag of Doritos is as likely as a candy bar to cause a spike.

If you're in the middle of a blood sugar spike, it's best to curtail your carb intake. Check the glycemic index if you're not sure about a food.

Surprisingly, popcorn and white potatoes are worse than ice cream, according to the index. If you stick to low-carb/low-glycemic-index foods, your blood sugar will return to normal much more quickly.

6. Try glutamine?

Here's a diabetes fun fact: People with diabetes often have lower levels of glutamine, according to a study from Tianjin Medical University.

Glutamine is an amino acid that helps your immunity and intestinal health, and it's a general building block for the proteins in your body. Since glutamine tends to be low in people with diabetes, taking a supplement may help lower blood sugar.

7. Get trendy with apple cider vinegar

If you do a quick Google search, you'll see that apple cider vinegar (ACV, as the cool kids call it) is good for pretty much everything. You can use it to tone your skin, clean your pipes, and possibly lower your blood sugar.

since you've probably got it in your house anyway, try taking a swig or two before meals, testing yourself, and seeing if a little ACV shot works for you (for bonus points, add a dash of cinnamon)