1. A reasonable diet can improve insulin levels

<https://www.ecowatch.com/berries-health-benefits-2635453988.html?rebelltitem=1#rebelltitem1>

2. Proper exercise can increase insulin sensitivity

<https://journals.lww.com/acsm-msse/Abstract/publishahead/Dose_dependent_Effects_of_Exercise_and_Diet_on.96621.aspx>

3. Some pharmaceutical companies are trying to lower insulin prices

<https://www.apnews.com/93ed78c884a34ef894b0f0ae12c96070>

4. None

5. For some people, prediabetes is reversible. Healthier lifestyle is important.

<https://diabetesstrong.com/prediabetes/#Can_prediabetes_be_reversed>

6. None