1 Teaspoon of This Seed May Lower Your Blood Sugar Spike Transcript

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Fenugreek for Blood Sugar Control

Have you ever heard Have you ever heard people say, " Just eat cinnamon Just eat cinnamon or drink apple cider or drink apple cider vinegar every time your vinegar every time your blood sugar goes up "? Let's put that aside for "? Let's put that aside for a moment, but there's a tiny a moment, but there's a tiny seed that seed that has been used in has been used in cooking for centuries, and it cooking for centuries, and it may help may help some people lower their some people lower their blood sugar levels, blood sugar levels, especially spikes especially spikes after meals. This after meals. This is called fenugreek. Before you run.

What Fenugreek Is and How It May Help

Before you run to the kitchen and start to the kitchen and start eating handfuls of these eating handfuls of these seeds, let seeds, let me be clear: me be clear: fenugreek is not fenugreek is not insulin. Well, it's not insulin. Well, it's not metformin, and it's not a metformin, and it's not a replacement for your replacement for your diabetes medication. This can diabetes medication. This can be a substitute if be a substitute if it works really well for you it works really well for you, but you can't, but you can't just quit just quit taking your medication and start taking your medication and start using fenugreek, using fenugreek, hoping it will be just hoping it will be just as as as effective. This definitely effective. This definitely doesn't give you the "green doesn't give you the "green light" to eat a light" to eat a huge plate of huge plate of pasta and pasta and expect your glucose expect your glucose to normalize from to normalize from fenugreek. But if fenugreek. But if you have prediabetes, you have prediabetes, type 2 diabetes, you're not type 2 diabetes, you're not on insulin, you may on insulin, you may have have have insulin resistance insulin resistance insulin resistance and just notice and just notice that your glucose that your glucose spikes after eating.

spikes after eating. Everyone wears a CGM these days Everyone wears a CGM these days, right? So, there are these, right? So, there are these devices that devices that you can buy over you can buy over the counter now, so people the counter now, so people use them use them to just see to just see how their blood sugar levels are changing how their blood sugar levels are changing. So. So awareness about awareness about blood sugar levels blood sugar levels has increased, and that's a good thing.

has increased, and that's a good thing.

How to Use Fenugreek Safely

But the most interesting thing is But the most interesting thing is that the amount that the amount we're talking about is not we're talking about is not some huge some huge protocol of supplements. You protocol of supplements. You start start start with about 1 teaspoon. So, with about 1 teaspoon. So, what is fenugreek?

what is fenugreek? Fenugreek is a small, Fenugreek is a small, golden-brown golden-brown golden-brown seed seed seed commonly commonly commonly used in used in Indian, Indian, Indian, Middle Eastern, and Middle Eastern, and Mediterranean Mediterranean Mediterranean cuisines. It has a cuisines. It has a slightly bitter, slightly bitter, earthy taste, and earthy taste, and some describe its some describe its aroma as similar to aroma as similar to maple syrup. I don't maple syrup. I don't know if you're taking know if you're taking our SugarMD our SugarMD Glucozone Glucozone Glucozone sugar control supplement, which contains sugar control supplement, which contains fenugreek and 13 fenugreek and 13 other herbs. I don't know other herbs. I don't know if you can if you can smell this. If so, let smell this. If so, let me know in me know in the comments.

the comments. It can now be found as It can now be found as whole seeds, ground whole seeds, ground powder, tea powder, tea capsules, as supplements, capsules, as supplements, and in some and in some curry blends. But today I'm curry blends. But today I'm talking about ground talking about ground fenugreek as a fenugreek as a food product.

So why might this So why might this be important? Fenugreek contains Fenugreek contains soluble fiber soluble fiber and plant compounds and plant compounds that may that may slow slow slow the rate the rate the rate of breakdown and of breakdown and absorption of carbohydrates. In simple terms: when. In simple terms: when you eat a meal with you eat a meal with carbohydrates, glucose carbohydrates, glucose may enter the bloodstream may enter the bloodstream a little less aggressively.

a little less aggressively. This does not mean This does not mean there is no jump, there is no jump, it just means the it just means the curve may be less curve may be less steep. And with steep. And with diabetes, leveling out diabetes, leveling out these recurring these recurring afternoon afternoon afternoon spikes is very spikes is very important. Experiment important. Experiment with 1 teaspoon, with 1 teaspoon, agreed? A simple agreed? A simple experiment that I would experiment that I would recommend. Start with recommend. Start with one level one level tablespoon of tablespoon of ground ground ground fenugreek seeds once a day. Preferably during. Preferably during meals meals meals containing carbohydrates. Do not containing carbohydrates. Do not consume it dry, consume it dry, do not try to do not try to simply put it in your mouth simply put it in your mouth and wash it down with water. This is not a and wash it down with water. This is not a "brown challenge," and we don't want and we don't want to create a medical to create a medical emergency emergency emergency for social media. So, for social media. So, mix it with food, mix it with food, okay? You can add it okay? You can add it to Greek yogurt, to Greek yogurt, especially unsweetened yogurt, to scrambled eggs or omelets,, to scrambled eggs or omelets, lentil or lentil or vegetable soup, vegetable soup, salad dressing, salad dressing, minced meat, chicken or fish, minced meat, chicken or fish, or to seasonings for or to seasonings for them. You can even make a them. You can even make a smoothie, right? If smoothie, right? If you like the taste.

you like the taste.

Monitoring Glucose Response

Or with Or with stews or curries. My stews or curries. My favorite way is favorite way is quite simple. quite simple. Add to the dishes Add to the dishes you usually eat: you usually eat: with rice, bread, with rice, bread, potatoes, beans, potatoes, beans, fruit or other fruit or other carbohydrates. Then carbohydrates. Then observe the observe the result. If you result. If you use a CGM like use a CGM like Dexcom or Libre, keep an eye on your post-meal glucose chart. If post-meal glucose chart. If you use you use you use a blood glucose meter, a blood glucose meter, check your levels check your levels before meals and about before meals and about 1-2 hours after.

1-2 hours after. Follow your Follow your monitoring plan or monitoring plan or your your your doctor's instructions. But the goal is not doctor's instructions. But the goal is not to get hung up on to get hung up on one number. The goal is to see the general to see the general trend.

trend.

Research Evidence and Limitations

Let's say you Let's say you monitor your monitor your blood sugar for 10 days blood sugar for 10 days without fenugreek and without fenugreek and calculate your average calculate your average readings after meals, readings after meals, then compare them then compare them to your average to your average readings for the readings for the next 10 days when next 10 days when you consume fenugreek.

Is there a smaller Is there a smaller sugar spike after eating? Are sugar spike after eating? Are you you you in a state of in a state of hyperglycemia for less time? Do hyperglycemia for less time? Do you feel more you feel more full? So, CGM has full? So, CGM has an indicator. If you an indicator. If you download the data from download the data from your CGM, you your CGM, you will see everything. There's a will see everything. There's a certain percentage there, certain percentage there, right? This right? This percentage is a percentage is a target.

target. target. How much you How much you are invested in the goal. And are invested in the goal. And this is important. If you have this is important. If you have more than 80-85%, then you are more than 80-85%, then you are doing well. 90%—you doing well. 90%—you are doing are doing are doing perfectly. I have perfectly. I have

patients with patients with rates of 95, 99%, rates of 95, 99%, you know, it doesn't get any better you know, it doesn't get any better. This is quite. This is quite real. Now real. Now the question is: doesn't the question is: doesn't this irritate the stomach, this irritate the stomach, okay? If this okay? If this happens, your happens, your body will speak body will speak its mind. Does its mind. Does this suit you or this suit you or not? So what does not? So what does the research really say the research really say about fenugreek, huh?

about fenugreek, huh? Since I am a doctor, I Since I am a doctor, I have to talk about have to talk about research. So research. So fenugreek is not fenugreek is not just a random just a random internet trend.

internet trend. Clinical studies Clinical studies and systematic and systematic reviews suggest that reviews suggest that consuming fenugreek consuming fenugreek may improve may improve fasting, fasting, fasting, postprandial, and postprandial, and long- long- long- term glucose levels. This refers term glucose levels. This refers to indicators to indicators such as glycated such as glycated hemoglobin (A1C) in hemoglobin (A1C) in some people with type 2 diabetes, etc. But here is the doctor's honest answer. The quality of these the doctor's honest answer. The quality of these studies varies.

studies varies. Different studies Different studies use use use different forms of different forms of fenugreek: powder, fenugreek: powder, extracts, seeds, or extracts, seeds, or capsules, and in very capsules, and in very different doses. Therefore, different doses. Therefore, it is difficult to say it is difficult to say exactly how fenugreek will work.

exactly how fenugreek will work. It depends on the type of It depends on the type of fenugreek you fenugreek you use. use. use. Some trials Some trials use use use several grams per day, sometimes much, sometimes much more than one more than one teaspoon. So teaspoon. So can I guarantee can I guarantee that 1 teaspoon will that 1 teaspoon will significantly lower significantly lower glucose levels? No, I can't glucose levels? No, I can't. And anyone who. And anyone who promises this is definitely promises this is definitely selling a confidence they do selling a confidence they do n't have.

n't have. But 1 teaspoon is But 1 teaspoon is acceptable.

Who Should Be Careful

This is a food to start with if you start with if you want to safely and want to safely and gradually test gradually test your own your own glucose response, there's glucose response, there's nothing nothing nothing wrong with that. The mistake wrong with that. The mistake most most most people make is people make is thinking that a healthy thinking that a healthy ingredient can ingredient can save a harmful save a harmful dish. Fenugreek on a dish. Fenugreek on a giant giant giant cinnamon bun—it's still a cinnamon bun—it's still a giant giant giant cinnamon bun. Fenugreek in cinnamon bun. Fenugreek in sweet tea, sweet tea, sugary cereal, sugary cereal, white bread, and white bread, and fruit juice—this is fruit juice—this is not a diabetes treatment plan not a diabetes treatment plan. The most. The most effective levers effective levers remain boring remain boring but powerful.

but powerful. Build your diet Build your diet around protein, vegetables, around protein, vegetables, and fiber. and fiber. Reduce portions of highly processed highly processed carbohydrate foods.

Avoid drinking Avoid drinking carbohydrates and walk for carbohydrates and walk for 10–15 minutes after eating. Get enough sleep, enough sleep, as poor sleep can as poor sleep can increase increase increase insulin resistance insulin resistance insulin resistance and worsen morning and worsen morning glucose levels.

glucose levels. Take your Take your prescribed medications correctly. prescribed medications correctly. Fenugreek is a small Fenugreek is a small lever, but small lever, but small levers can produce levers can produce results if you results if you use them use them consistently along with consistently along with following other following other rules. Who should rules. Who should be careful?

be careful? Fenugreek can Fenugreek can cause cause cause bloating, gas, nausea, bloating, gas, nausea, loose stools, loose stools, and a strong maple and a strong maple odor to sweat or urine.

odor to sweat or urine. This in itself is not This in itself is not dangerous, but it dangerous, but it can definitely surprise you. can definitely surprise you.

If you are taking If you are taking insulin, insulin, insulin, sulfonylureas sulfonylureas sulfonylureas such as glipizide or such as glipizide or glibenclamide, or glibenclamide, or other medications that other medications that lower lower lower glucose levels, be glucose levels, be careful. Adding careful. Adding fenugreek may fenugreek may help lower your help lower your scores, especially scores, especially if you if you are also changing your diet or are also changing your diet or losing weight. If losing weight. If you are taking you are taking blood thinners, blood thinners, have a have a blood clotting disorder, are blood clotting disorder, are pregnant, have pregnant, have serious serious serious gastrointestinal conditions, or are gastrointestinal conditions, or are allergic to legumes (peanuts, chickpeas), peanuts, chickpeas), consult your doctor consult your doctor before using it before using it regularly. Remember : if your glucose levels are : if your glucose levels are consistently high, consistently high, if you are losing if you are losing weight effortlessly, weight effortlessly, feel extremely feel extremely thirsty, thirsty, thirsty, urinate constantly, feel nauseous, urinate constantly, feel nauseous, or just or just feel unwell—do not feel unwell—do not try to solve a try to solve a medical problem medical problem with spices.

with spices. Get tested, Get tested, okay? The bottom line is this okay?

Bottom Line and Closing Advice

The bottom line is this : 1 teaspoon of : 1 teaspoon of ground fenugreek ground fenugreek can help can help some people some people smooth out the spike smooth out the spike in blood sugar after a in blood sugar after a meal. Not magically, not meal. Not magically, not overnight, not in place of overnight, not in place of real real real diabetes treatment, diabetes treatment, including your including your lifestyle, but as part of a lifestyle, but as part of a smarter plan, a smarter plan, a conscious conscious conscious attitude towards glucose, attitude towards glucose, and something you and something you can actually can actually stick to.

stick to. Maybe it's worth Maybe it's worth a try, right? a try, right? Try this with a Try this with a regular diet. regular diet. Try it for Try it for 10-14 days, monitor your 10-14 days, monitor your response, response, response, stick to your stick to your medication, and remember: medication, and remember: your goal is not your goal is not perfection. This is where perfection. This is where everyone everyone everyone fails. Your goal is a smoother curve, better smoother curve, better energy, and fewer energy, and fewer surprises from your surprises from your meter.

meter. meter. That's all for today. That's all for today.

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