# How To Lower Blood Sugar NATURALLY in Menopause Transcript

(Transcripts are generated by AI and may contain errors)

## Why Blood Sugar Rises in Menopause

A short walk after a meal is associated with a A short walk after a meal is associated with a smaller spike in blood sugar, a sleep schedule smaller spike in blood sugar, a sleep schedule is associated with significantly worse insulin sensitivity is associated with significantly worse insulin sensitivity, and there are a few supplements that, and there are a few supplements that Some of them have a solid scientific basis, Some of them have a solid scientific basis, and some do not at all.

and some do not at all. Hi, I'm Dr. Elizabeth Tuddiken, a Hi, I'm Dr. Elizabeth Tuddiken, a naturopathic doctor practicing here in naturopathic doctor practicing here in sunny Arizona. Blood sugar levels are sunny Arizona. Blood sugar levels are one of the most common concerns I one of the most common concerns I hear from women going through menopause.

hear from women going through menopause. Their scores are rising, their energy Their scores are rising, their energy is changing, and they want to know where to is changing, and they want to know where to start.

start. start. By the end of this video, you will have a By the end of this video, you will have a short list of what helps short list of what helps lower blood sugar during this lower blood sugar during this transition, sorted by level of transition, sorted by level of evidence.

evidence. We'll go over movement, sleep, stress, We'll go over movement, sleep, stress, fiber, and two supplements that fiber, and two supplements that Then I'll show you how to put it all together Then I'll show you how to put it all together If you eat as usual, exercise If you eat as usual, exercise as usual, and your blood sugar still as usual, and your blood sugar still rises, it doesn't mean you're doing rises, it doesn't mean you're doing Here's what's really happening. Estrogen Here's what's really happening. Estrogen helps your muscles and liver helps your muscles and liver respond to insulin.

respond to insulin. As estrogen levels decrease As estrogen levels decrease during the menopausal transition, your during the menopausal transition, your cells become less sensitive to this cells become less sensitive to this signal.

signal. signal. So the same breakfast, the same So the same breakfast, the same workout, the same daily routine workout, the same daily routine can cause a different blood sugar response can cause a different blood sugar response than it did 5 years ago.

than it did 5 years ago. This is disappointing, but it doesn't mean This is disappointing, but it doesn't mean your habits have stopped working. your habits have stopped working.

This means that the levers that This means that the levers that matter most have shifted, and matter most have shifted, and most women are never given a clear most women are never given a clear That's what the rest of this video is about—a short That's what the rest of this video is about—a short list in the order I would start, with list in the order I would start, with evidence for each point.

evidence for each point.

## Best Exercises to Lower Blood Sugar

So let's start with the lever that works the So let's start with the lever that works the fastest: how you move. fastest: how you move. Movement is the lever you control Movement is the lever you control the most.

the most. It works in two ways: immediately and over It works in two ways: immediately and over time. time. time.

Right away—it could be as simple as a Right away—it could be as simple as a walk.

walk. walk. When researchers compared sitting When researchers compared sitting for hours after eating with breaking for hours after eating with breaking that time up into short, easy walks that time up into short, easy walks, walking reduced the spike in blood sugar, walking reduced the spike in blood sugar after eating.

after eating. Not a full workout, but a walk Not a full workout, but a walk around the block or even a few laps around the block or even a few laps around the house. Over time, building muscle around the house. Over time, building muscle becomes even more important.

becomes even more important. In one study, In one study, postmenopausal women with metabolic syndrome postmenopausal women with metabolic syndrome performed strength or interval performed strength or interval training three times a week for training three times a week for eight weeks.

eight weeks. In both groups, fasting blood sugar levels In both groups, fasting blood sugar levels and HbA1c, a measure of average and HbA1c, a measure of average blood sugar levels over the past few blood sugar levels over the past few months, decreased.

months, decreased. The women in that study already had significant The women in that study already had significant metabolic changes, so your numbers metabolic changes, so your numbers But this direction is consistent with decades of But this direction is consistent with decades of exercise research.

exercise research. Think of your muscles as a Think of your muscles as a storage place for the sugar in your storage place for the sugar in your blood.

blood. blood. The more muscles you have and the more often you The more muscles you have and the more often you use them, the more places in your use them, the more places in your body for sugar to accumulate, instead of body for sugar to accumulate, instead of circulating in your bloodstream.

circulating in your bloodstream. So, where to start. So, where to start. Take a short walk after your Take a short walk after your largest meal and add largest meal and add strength training two to three times a week strength training two to three times a week.

.. Here, consistency is more important than Here, consistency is more important than intensity. intensity. intensity. Movement is a lever you can Movement is a lever you can control throughout the day. The control throughout the day. The next factor works while you sleep.

next factor works while you sleep. If this information helps you If this information helps you structure your knowledge, subscribe. This structure your knowledge, subscribe. This channel covers naturopathic and channel covers naturopathic and functional medicine in the area of ??women's functional medicine in the area of ??women's and family health.

and family health. You won't want to miss the following videos You won't want to miss the following videos… The dream here is not just friendly advice.

The dream here is not just friendly advice.

## How Sleep and Stress Affect Insulin Resistance

This is a measurable lever, just like This is a measurable lever, just like stress levels. stress levels. In one small study, In one small study, postmenopausal women slept only about 60% of their postmenopausal women slept only about 60% of their normal amount over four nights normal amount over four nights.

.. The researchers then The researchers then measured their insulin sensitivity directly in the laboratory measured their insulin sensitivity directly in the laboratory.

.. After these four short nights, it After these four short nights, it dropped by 12–20%. dropped by 12–20%. Four nights. Four nights. For many menopausal women, this is a tough For many menopausal women, this is a tough week, especially with night sweats week, especially with night sweats or waking up at 3 a.m.

or waking up at 3 a.m. In my practice, sleep is one of the first In my practice, sleep is one of the first obstacles I look at when obstacles I look at when blood sugar levels start to rise.

blood sugar levels start to rise. If night sweats or early morning If night sweats or early morning awakenings are disrupting your sleep, we awakenings are disrupting your sleep, we work directly with it.

work directly with it. Depending on the woman, this could be Depending on the woman, this could be herbal remedies, acupuncture, or something herbal remedies, acupuncture, or something simple like a warm simple like a warm foot bath before bed to help the body foot bath before bed to help the body calm down.

calm down. When we remove this obstacle, I often When we remove this obstacle, I often see other changes on the list start to see other changes on the list start to work better.

work better. Stress works by a similar mechanism. Stress works by a similar mechanism. Your body's main stress hormone, Your body's main stress hormone, cortisol, raises your blood sugar levels cortisol, raises your blood sugar levels so you have fuel to respond to a so you have fuel to respond to a threat.

threat. threat. This is helpful for a short time, but This is helpful for a short time, but when stress remains high for weeks when stress remains high for weeks or months, blood sugar levels also or months, blood sugar levels also tend to remain higher. Think of sleep tend to remain higher. Think of sleep deprivation and chronic stress as deprivation and chronic stress as an alarm that never completely an alarm that never completely goes off. Your body remains a little goes off. Your body remains a little stressed, and your blood sugar levels stressed, and your blood sugar levels respond to this. So, where to start.

respond to this. So, where to start. Choose a consistent sleep schedule and Choose a consistent sleep schedule and stick to it most nights of the stick to it most nights of the week.

Set aside time to relax before bed Set aside time to relax before bed, at least 10 minutes without screens, and, at least 10 minutes without screens, and implement one daily practice to implement one daily practice to reduce stress: a walk outside, reduce stress: a walk outside, slow breathing exercises, or simply slow breathing exercises, or simply Sleep prepares the ground during the night. And what's on Sleep prepares the ground during the night.

## High Fiber Foods and Meal Order for Balanced Blood Sugar

And what's on your plate makes it through the day. Of your plate makes it through the day. Of all the things women ask me about, all the things women ask me about, fiber has some of the most fiber has some of the most compelling research. But there are certain compelling research. But there are certain nuances in how I use it.

nuances in how I use it. So, let me tell you about So, let me tell you about everything in order. First, research. The everything in order. First, research. The large review included 19 trials and large review included 19 trials and nearly a thousand people.

nearly a thousand people. Psyllium reduced fasting blood sugar Psyllium reduced fasting blood sugar, HbA1c, and, HbA1c, and insulin resistance compared to placebo.

insulin resistance compared to placebo. These studies included a variety of people: both These studies included a variety of people: both with and without diabetes.

with and without diabetes. So how much your performance will change So how much your performance will change depends on your depends on your starting state.

starting state. This is why fiber helps. Soluble This is why fiber helps. Soluble fiber forms a gel in your fiber forms a gel in your digestive tract.

digestive tract. This slows down the rate at which This slows down the rate at which sugar from food enters your bloodstream. sugar from food enters your bloodstream.

Thus, the sugar level increases smoothly Thus, the sugar level increases smoothly, not sharply. Now about what I advise, not sharply. Now about what I advise my patients regarding nutrition.

my patients regarding nutrition. Start your meal with protein. Many Start your meal with protein. Many women during menopause do not get women during menopause do not get enough protein. And using it enough protein. And using it first of all guarantees that it will not first of all guarantees that it will not go unnoticed. Then vegetables, and go unnoticed. Then vegetables, and lastly starches and lastly starches and carbohydrates.

Studies on food order Studies on food order show that protein and vegetables before show that protein and vegetables before carbohydrates can reduce the spike in carbohydrates can reduce the spike in blood sugar after a meal.

blood sugar after a meal. When it comes to fiber, I start with produce. When it comes to fiber, I start with produce. Vegetables, beans and lentils, ground Vegetables, beans and lentils, ground flax seeds, chia, berries. Every digestive flax seeds, chia, berries. Every digestive system is different, so I introduce it system is different, so I introduce it gradually.

gradually. gradually. When a woman needs more support, When a woman needs more support, especially with constipation, I usually choose especially with constipation, I usually choose partially hydrolyzed guar gum, partially hydrolyzed guar gum, which you can often find under the name which you can often find under the name Sunfiber.

Sunfiber. It is mild, easily soluble, and It is mild, easily soluble, and most people tolerate it very well most people tolerate it very well… Psyllium is the fiber with the most Psyllium is the fiber with the most research on blood sugar research on blood sugar, but it may be harder on some, but it may be harder on some digestive systems.

digestive systems. This is bioindividuality. This is bioindividuality. The best fiber is the one that your The best fiber is the one that your body tolerates well and that you will body tolerates well and that you will consume consistently.

consume consistently. So, where to start. So, where to start. First protein, then vegetables, lastly First protein, then vegetables, lastly carbohydrates.

carbohydrates. carbohydrates. Get your fiber from food, and if Get your fiber from food, and if you add supplements, start with small doses and you add supplements, start with small doses and be sure to drink plenty of be sure to drink plenty of water.

## Supplements for Blood Sugar: Myo Inositol and Berberine

water. water. Food and fiber are the foundation. Now Food and fiber are the foundation. Now let's talk about supplements. There are two supplements that let's talk about supplements. There are two supplements that I am constantly asked about for I am constantly asked about for blood sugar regulation.

blood sugar regulation. They have different levels of evidence They have different levels of evidence The first is myo-inositol. The first is myo-inositol.

This is a compound that your body produces on This is a compound that your body produces on its own, and it helps cells its own, and it helps cells respond to insulin.

respond to insulin. In one study, 80 In one study, 80 postmenopausal women with metabolic syndrome postmenopausal women with metabolic syndrome took myo-inositol or a placebo took myo-inositol or a placebo for

6 months along with for 6 months along with dietary changes.

dietary changes. Women who took myo-inositol Women who took myo-inositol experienced a significant reduction in experienced a significant reduction in insulin resistance. This is just one insulin resistance. This is just one study involving women who already study involving women who already had metabolic syndrome.

had metabolic syndrome. Therefore, I consider this a promising, not a Therefore, I consider this a promising, not a definitively proven fact. definitively proven fact.

The second is berberine, and this is what I often The second is berberine, and this is what I often use in my practice. use in my practice. Berberine is a plant compound Berberine is a plant compound found in herbs such as barberry, found in herbs such as barberry, yellow root, and mahonia australis.

yellow root, and mahonia australis. In traditional Chinese medicine, it is In traditional Chinese medicine, it is derived from the Coptis plant, which derived from the Coptis plant, which has been used for centuries.

has been used for centuries. You may hear that berberine is You may hear that berberine is only effective for people with diabetes. This is not what the only effective for people with diabetes. This is not what the research shows. In a placebo- research shows. In a placebo- controlled study in controlled study in adults with prediabetes, 12 weeks of adults with prediabetes, 12 weeks of berberine supplementation reduced berberine supplementation reduced fasting blood sugar and glycated fasting blood sugar and glycated hemoglobin levels below the prediabetic range hemoglobin levels below the prediabetic range.

.. In people with metabolic syndrome, it In people with metabolic syndrome, it improved insulin sensitivity and improved insulin sensitivity and And in dozens of placebo-controlled And in dozens of placebo-controlled studies, it lowered studies, it lowered fasting glucose and triglyceride levels with side fasting glucose and triglyceride levels with side effects indistinguishable from placebo effects indistinguishable from placebo.

.. The most common complaint is mild The most common complaint is mild stomach upset at the beginning of the dose, but I don't hear about stomach upset at the beginning of the dose, but I don't hear about this often.

this often. There is one more detail that reassures me. There is one more detail that reassures me. Berberine lowers blood sugar levels Berberine lowers blood sugar levels when they are elevated, and does not lower them when they are elevated, and does not lower them when they are normal.

when they are normal. Berberine interacts with some medications, Berberine interacts with some medications, including diabetes medications and medications including diabetes medications and medications that are processed by the liver.

that are processed by the liver. Therefore, if you are taking any Therefore, if you are taking any prescription medications, consult prescription medications, consult your naturopath before starting your naturopath before starting. In my practice, I don't always start with. In my practice, I don't always start with dietary supplements.

dietary supplements. I start with the basics we've already covered I start with the basics we've already covered and add support, like berberine or and add support, like berberine or myo-inositol, depending on myo-inositol, depending on each woman's tests and her overall condition.

each woman's tests and her overall condition.

## Natural Foundations for Metabolic Health

Before I summarize all of this, I want to Before I summarize all of this, I want to step back for a moment. step back for a moment. Everything on this list comes down to the basics.

Everything on this list comes down to the basics. How you eat, move, sleep, How you eat, move, sleep, deal with

stress, and the deal with stress, and the environment you live in. There is nothing new in this environment you live in. There is nothing new in this.

.. Over a century ago, the founders of Over a century ago, the founders of naturopathic medicine taught that naturopathic medicine taught that health is built on such health is built on such Sebastian Kneipp built his approach Sebastian Kneipp built his approach around water, herbs, and lifestyle.

around water, herbs, and lifestyle. Benedict Lust, one of Kneipp's patients Benedict Lust, one of Kneipp's patients, brought these ideas to the United States and, brought these ideas to the United States and founded the first school of naturopathy there.

founded the first school of naturopathy there. And Henry Lindlar expounded the philosophy that And Henry Lindlar expounded the philosophy that the body is always working on the body is always working on self-renewal.

self-renewal. self-renewal. What has changed with menopause is What has changed with menopause is how important these basics become. The how important these basics become. The margin for error becomes smaller.

margin for error becomes smaller. Therefore, my approach always remains the Therefore, my approach always remains the same. same. same. First, remove obstacles like First, remove obstacles like lack of sleep, chronic stress, or an lack of sleep, chronic stress, or an eating pattern that no longer suits eating pattern that no longer suits your body.

your body. Then give your body what it Then give your body what it needs so it can perform its needs so it can perform its natural function. Supplements can natural function. Supplements can help, but they work best as a help, but they work best as a complement to a strong foundation, not a complement to a strong foundation, not a replacement for it. So, here's your short replacement for it. So, here's your short list in the order I would list in the order I would start.

## Where to Start to Lower Blood Sugar Naturally

start. start. Move after meals, even a short Move after meals, even a short walk, and train your muscles two to three walk, and train your muscles two to three times a week.

times a week. This is the lever you control This is the lever you control most directly. most directly. Take care of your sleep and try to Take care of your sleep and try to reduce your stress level as much as possible, because reduce your stress level as much as possible, because even a few sleepless nights make even a few sleepless nights make the body less sensitive to insulin.

the body less sensitive to insulin. Eat protein first, then vegetables, then Eat protein first, then vegetables, then carbohydrates, and consume fiber carbohydrates, and consume fiber primarily from natural foods. If primarily from natural foods. If you need extra support, myo- you need extra support, myo- inositol has good prospects and inositol has good prospects and berberine has a solid evidence base, especially berberine has a solid evidence base, especially when blood sugar levels are already starting when blood sugar levels are already starting to rise. Be sure to consult to rise. Be sure to consult your doctor if you are taking your doctor if you are taking any medications. You don't have to do it all any medications. You don't have to do it all at once. Choose one thing, start with at once. Choose one thing, start with it, and gradually move on.

it, and gradually move on. If you want to understand why If you want to understand why blood sugar levels change during blood sugar levels change during menopause, I'm preparing a video about the connection between menopause, I'm preparing a video about the connection between estrogen and insulin resistance, estrogen and insulin resistance, And if you find this content useful, And if you find this content useful, subscribe so you don't miss the next subscribe so you don't miss the next video.

video. video. You can also learn more about my You can also learn more about my practice and terms of cooperation on my practice and terms of cooperation on my website.

website. website. This is hawthornhealingcenter.com. Take care This is hawthornhealingcenter.com. Take care