The Blood Sugar Duo Nobody Talks About Transcript

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The two-front war

Let me tell Let me tell you about one of my you about one of my patients. Her name is patients. Her name is Linda. Linda did Linda. Linda did everything right. She everything right. She gave up gave up bread, walked every evening bread, walked every evening as I advised her, as I advised her, and and and took supplements responsibly. But fasting blood sugar levels got stuck, fasting blood sugar levels got stuck, like a car like a car skidding in the mud. So skidding in the mud. So I asked her one I asked her one question, and it question, and it changed everything. I asked, " Linda, what half of the Linda, what half of the problem are you problem are you trying to solve?" » She looked at » She looked at me as if I had me as if I had two heads. Half?

two heads. Half? Which half? Well, what do Which half? Well, what do you mean? Is you mean? Is n't that right? Here's what n't that right? Here's what most people don't most people don't understand. High understand. High blood sugar is not just one problem.

is not just one problem. This is a war on two This is a war on two fronts. If you fight fronts. If you fight on only one front, the enemy will simply come in, the enemy will simply come in through another entrance.

Front one and front two

Front number one is Front number one is your cells and your cells and liver. At night, while liver. At night, while you sleep, your liver you sleep, your liver can silently can silently release sugar into your bloodstream. This is why some people. This is why some people wake up with wake up with high scores even though they haven't eaten anything.

even though they haven't eaten anything. Additionally, your Additionally, your cells stop cells stop responding to insulin. responding to insulin. Insulin knocks on Insulin knocks on the door, but no one the door, but no one opens it. And this is opens it. And this is insulin resistance insulin resistance. Front number two is. Front number two is your gut and your your gut and your plate. With each plate. With each meal, meal, meal, carbohydrates carbohydrates carbohydrates are broken down into are broken down into sugar and enter the sugar and enter the bloodstream. Then bloodstream. Then comes the craving for comes the craving for sweets, the same sweets, the same hunger at 3:00 PM, right? And hunger at 3:00 PM, right? And stress hormones, like stress hormones, like cortisol, cortisol, cortisol, increase increase increase sugar levels even more. So, here's the sugar levels even more. So, here's the intrigue. What if intrigue. What if one tool worked one tool worked on the first front and on the first front and another on the second?

Targeting the first front

Let's start with the first Let's start with the first front. There is a front. There is a plant compound that plant compound that affects something called affects something called AMP kinase, or AMPK.

AMP kinase, or AMPK. Think of AMPK as a Think of AMPK as a metabolic metabolic metabolic switch or even a switch or even a master switch for master switch for your body.

your body. Turn it on and Turn it on and your cells will start your cells will start burning sugar. burning sugar. The liver will slow down the The liver will slow down the nightly release of sugar, and nightly release of sugar, and insulin will begin insulin will begin to respond. This compound is berberine. The problem with berberine. The problem with regular berberine is regular berberine is that it is poorly that it is poorly absorbed, can absorbed, can cause cause cause stomach upset, and even stomach upset, and even kill the beneficial kill the beneficial bacteria bacteria bacteria you need in the you need in the long long long run. Therefore, I run. Therefore, I never recommend never recommend taking it for longer taking it for longer than 6 months. But than 6 months. But the form called the form called dihydroberberine, dihydroberberine, dihydroberberine, which many of you which many

of you already know about, is already know about, is much better absorbed, so much better absorbed, so you get more you get more effect from a smaller dose effect from a smaller dose with less with less stomach problems. Now stomach problems.

Targeting the second front

Now combine this with combine this with real real real Ceylon cinnamon, the Ceylon cinnamon, the safer kind, safer kind, and you'll support insulin signaling at the same time. And now the second front, and this is where, and this is where ancient ancient ancient plants come into play. Gymnema, plants come into play. Gymnema, for example, for example, is called the " sugar destroyer" in India sugar destroyer" in India because it because it can actually can actually dull cravings for dull cravings for sweets and sweets and slow down the slow down the slow down the absorption of sugar in the absorption of sugar in the intestines. Bitter intestines. Bitter melon contains compounds melon contains compounds that act like insulin, that act like insulin, although it is not insulin.

although it is not insulin. Jamun seeds, an Jamun seeds, an Indian blackberry, Indian blackberry, also help also help slow the slow the slow the conversion of conversion of conversion of starch to sugar.

starch to sugar. Holy basil Holy basil helps calm helps calm cortisol and the cortisol and the stress response. And neem has long been stress response. And neem has long been used in used in folk medicine folk medicine to maintain to maintain blood sugar levels, blood sugar levels, in particular due to its in particular due to its high high high vitamin C content. See vitamin C content. See the difference? One works the difference? One works from the inside, affecting from the inside, affecting your liver and your liver and cells. Others work cells. Others work from the outside, influencing from the outside, influencing your eating habits, your eating habits, food cravings, and stress.

food cravings, and stress.

Clinical results and formulas

Each of them individually is Each of them individually is definitely useful, definitely useful, but together you but together you close both close both doors. So what doors. So what happened to Linda? We happened to Linda? We have added the second part of have added the second part of the puzzle. Within the puzzle. Within a few months, her a few months, her morning performance morning performance dropped, her dropped, her food cravings diminished, and she food cravings diminished, and she finally felt like finally felt like her efforts were her efforts were paying off. Now, to paying off. Now, to be frank, I be frank, I want to tell you want to tell you straight. These are two formulas straight. These are two formulas that I developed at SugarMD that I developed at SugarMD and that we gave her. Super and that we gave her. Super Berberine, which contains Berberine, which contains dihydroberberine and dihydroberberine and Ceylon cinnamon, the Ceylon cinnamon, the SugarMD brand, as you SugarMD brand, as you know, and Glucocil with know, and Glucocil with gymnema, bitter gymnema, bitter melon, jamun, melon, jamun, holy basil, holy basil, and neem—all of these together.

and neem—all of these together. In fact, we have a In fact, we have a total of 14 herbs there. total of 14 herbs there. So I created them, So I created them, right? Because my right? Because my patients asked for patients asked for them. I designed them to them.

Integrative care and safety

I designed them to work as a work as a team, because that's how blood sugar behaves. Now the blood sugar behaves. Now the important point: important point: supplements complement supplements complement your overall plan.

your overall plan. They do not replace your They do not replace your lifestyle. They do not lifestyle. They do not replace your medications replace your medications if you if you need them. They do not need them. They do not replace your diet replace your diet or physical or physical activity. I'm not one of those activity. I'm not one of those

weirdos who says, " Oh, just get off all your meds, Oh, just get off all your meds, go on a keto diet, and everything will be diet, and everything will be fine." This is not entirely fine." This is not entirely true. There are many sick true. There are many sick people with people with kidney kidney kidney and heart diseases. They need and heart diseases. They need all kinds of treatment.

all kinds of treatment. Otherwise, they simply will not Otherwise, they simply will not survive. I survive. I definitely believe in definitely believe in traditional medicine, traditional medicine, but I also reinforce but I also reinforce it with holistic, and I it with holistic, and I think it's think it's called called called integrative integrative integrative medicine. This is the medicine. This is the right way. If right way. If you are taking insulin, you are taking insulin, for example, or a for example, or a sulfonylurea, I sulfonylurea, I would definitely advise would definitely advise consulting consulting consulting a doctor or a doctor or at least, if you at least, if you know what you are doing, know what you are doing, monitor your monitor your blood sugar levels and blood sugar levels and reduce your sulfonylurea dose if your sugar levels if your sugar levels drop below a hundred. Um, drop below a hundred. Um, because these supplements because these supplements can be quite can be quite strong and lower your strong and lower your blood sugar blood sugar if you're already taking if you're already taking insulin and insulin and sulfonylureas, sulfonylureas, sulfonylureas, which you know which you know only raise only raise insulin levels. So, insulin levels. So, you can learn you can learn more at sugarmds.com and more at sugarmds.com and tell me in tell me in the comments which the comments which front you are fighting on.

front you are fighting on. Thank you for watching. Thank you for watching. Please Please Please share. share. share. Please like it Please like it. And. And see you in the see you in the