



The following herbs have been used traditionally, and in modern times, to help heal people's metabolism, including Type II diabetes and insulin resistance (the precursor to type II diabetes). Many have valid scientific evidence to back up their traditional use.

Usually these herbs are taken as **tonics**, meaning they need to be taken for a minimum of two months, usually 1 ml/dropperful of tincture or 1 cup of long infusion, a minimum of twice a day, sometimes for longer. Just as you can't tone a muscle in one day, you can't tone, ie, strengthen and improve the function of, your metabolism in one day. Herbs alone will not heal insulin resistance. Food and lifestyle changes need to be made at the same time.

Dandelion root or whole plant (tincture, long infusion)
Burdock Root (tincture, long infusion)
Chickweed Herb (leaves, flowers and stalk) (tincture)
Red Clover Blossoms (long infusion)
Nettle leaves and stalks, before flowering (long infusion)
Oatgrass (long infusion)
Yellowdock root (tincture)
Yarrow Herb (tincture)
Fenugreek Seeds (tea)
Seaweed (food)

Safety Note: Do research, get second opinions and trust your gut when choosing and taking herbal remedies. Consult a qualified herbalist if you are taking medications for diabetes. You are in charge of your own health and the decisions you make regarding it.

Insulin Resistance/Healthy Metabolism Resources

The Schwarzbein Principle by Diana Schwarzbein, M.D. & Nancy Deville

The Metabolic Typing Diet by William Wolcott and Trish Fahey

Why We Get Fat and What to Do About It by Gary Taubes

Beyond Broccoli: Creating a Biologically Balanced Diet When a Vegetarian Diet Doesn't Work by Susan Schenck

Are You Sugar Sensitive? Potatoes Not Prozac by Kathleen DesMaisons

Fat Chance by Robert H. Lustig, M.D.

The Cholesterol Myths by Uffe Ravnskov, M.D.



How to Discourage Insulin Resistance

- 1) Eat in a manner that discourages insulin spikes, while fulfilling nutritional needs with enough digestible protein, enough quality fat, and WHOLE REAL foods.

Focus on eating healthy foods, at the right time, rather than avoiding unhealthy ones

Emphasize breakfast and lunch instead of dinner.

- 2) Create serotonin, endorphins and a steady blood sugar level by choosing when and what to eat, and planning regular enjoyable activities. This will reduce cravings for the foods that cause an insulin spike. *If you have eaten two good meals with enough fat and protein earlier in the day, and have had fun at regularly scheduled activities, it is going to be much easier to resist sweets.*

To discourage insulin resistance, avoid creating an insulin spike. **An insulin spike is caused by:**

- 1) **Eating white sugar and white flour**, which get into the bloodstream way too quickly, shooting blood sugar up and consequently the insulin up.
 - Watch for “hidden sugars” - corn syrup, barley malt, etc.
 - For weight loss: eat only red, yellow or orange carbs – i.e. vegetables
 - Eating sugar (or alcohol) creates endorphin priming, which creates extremely strong cravings that are hard to resist.
- 2) **Eating carbs alone**
 - If you need to eat them, also eat some fat, fiber or protein
- 3) **Overeating carbs, even “brown” carbs like brown rice and whole wheat bread**
 - “Overeating overloads the brain.”
- 4) **Skipping meals, “dieting,” and the consequent rebound: overeating**
 - When you reduce calories or fast, your metabolism slows down
 - Overhunger leads to overeating
- 5) **Using stimulants or sedatives such as: Coffee, sugar, white flour, soda, diet soda fruit juice, alcohol, tea, cigarettes etc.**
 - These substances deplete serotonin, creating powerful cravings for carbohydrates.
 - They also throw off our natural hunger signals for nutrients, leading to overeating.
- 6) **Eating unhealthy oils**
 - Eating too many vegetable oils (Omega 6 oils such as soy, corn, etc.)
 - Trans fats, partially hydrogenated fats, margarine, etc. are very unhealthy
 - Rancid fats – most vegetable oils are rancid but are deodorized so you can’t tell
- 7) **Artificial sweeteners**
 - Sweet taste may trigger insulin and confuse your metabolic system
- 8) **Learn how to manage your stress**
 - Stress glues fat on the belly and causes strong cravings for carbohydrates
 - Stress shuts down your digestion
- 9) **Get good sleep**
 - Insulin resistance increases with less than 5 hours sleep
- 10) **Move your body**
 - Insulin resistance increases after 5 days with no exercise
 - Weight lifting is more important than cardio
 - Moving around once an hour or more, doing yoga and other “gentle” exercise has been found to be more effective than long sessions of cardio