

Diabetes

Lindsey Parsons, EdD

Certified Health Coach and Podcaster of
*The Perfect Stool: Understanding and
Healing the Gut Microbiome*



High Desert Health

HighDesertHealthCoaching.com

Primary Types of Diabetes

- **Type 1:** Usually childhood onset, autoimmune, insulin dependent (5-10%)
- **Type 2:** Usually onset in adulthood, lifestyle-dependent, can be reversed if addressed early enough (90-95%)
- **Gestational Diabetes:** Develops during pregnancy, increases your risk for type 2 diabetes later in life and your baby's risk is of obesity as a child or teen, and type 2 diabetes later

Condition	Fasting Glucose	Hemoglobin A1C
Prediabetes	100 to 125 mg/dL	Between 5.7% and 6.4%
Type 2 Diabetes	≥ 126 mg/dL	≥6.5% on 2 tests

Insulin

- Hormone produced by beta cells in the pancreas
- Moves blood sugar (glucose) into cells for energy and maintains normal level of blood glucose
- Excess sugar is stored in liver, contributing to fatty liver and blood sugar dysregulation
- When blood sugar goes low, pancreas releases hormone glucagon, which makes liver break down stored sugar (glycogen) to increase blood sugar
- Insulin resistance: When your fat, liver and muscle cells do not respond correctly to insulin. As a result, blood sugar does not get into these cells to be stored for energy.
- Pancreas has increasingly difficult time creating enough insulin to meet your needs



Symptoms of Insulin Resistance/metabolic syndrome

- Waistline over 40" in men and 35" in women
- High blood pressure
- Fasting triglycerides over 150
- Skin tags
- Patches of dark, velvety skin called acanthosis nigricans (armpits, neck, groin, under breasts)



Symptoms of Prediabetes

- Fatigue
- Excessive hunger, esp. shortly after eating
- Increased thirst
- Frequent urination
- Blurred vision



Long-Term Complications of Diabetes

- Cardiovascular disease
- Stroke
- Kidney disease
- Nerve damage
- Vision problems, possibly loss of vision
- Amputations



Risk Factors for Type 2 Diabetes

- Overweight/obesity
- Smoking
- Sleep apnea
- Weight distribution
- Inactivity
- Age
- Family History
- Race/ethnicity (African American, Alaska Native, American Indian, Asian American, Hispanic/Latino, Native Hawaiian, or Pacific Islander)
- PCOS (polycystic ovary syndrome)



Typical Allopathic Treatment for Type 2 Diabetes

- Metformin
- Insulin (injection, pump, pen, inhaler, jet injector, port)
- Bariatric surgery
- Artificial pancreas



Dietary Strategies for Reversing Prediabetes and Type 2 Diabetes

- Avoid all added sugars of any type (esp. liquid and high fructose corn syrup)
- Avoid artificial sweeteners
- Avoid processed foods
- Avoid seed oils
- Avoid all grains, flours, etc. even if whole
- Avoid dairy (lactose)
- Limit carbs to 100 g/day
- Eat every 4-6 hours or do intermittent fasting
- Develop an exercise regime that includes aerobic, weights and intervals



Dietary Strategies for Reversing Prediabetes and Type 2 Diabetes

- Increase protein [for weight loss:
 - 1.8-2.2 grams of protein/kg of body weight (1 kg=2.2 lbs.)]
- Increase vegetables
- Eat low sugar fruits (berries, lemons, limes, cherries)
- Increase healthy fats (olives/olive oil, avocados/avocado oil, coconut/coconut oil, ghee, nuts and seeds)
- Limit starchy veggies, peanut butter, sugary fruit, sugar alcohols



Herbs/Vitamins/Neutraceuticals for Type 2 Diabetes

- B Complex
- Magnesium (glycinate preferable if not constipated, citrate if constipated)
- Alpha Lipoic Acid
- Berberine
- Chromium
- Cinnamon
- Hintonia latiflora
- High EPA/DHA Fish Oil
- Probiotics: Pendulum Glucose Control/A. Muciniphila



Contact Info

Lindsey Parsons

Email me at [lindsey@
highdeserthealthcoaching.com](mailto:lindsey@highdeserthealthcoaching.com)

to set up a free, 30-minute breakthrough session.

HighDesertHealthCoaching.com

Podcast: The Perfect Stool: Understanding and Healing the Gut Microbiome



High Desert Health