# 5 Ways to Lower Blood Sugar Levels without Medications

Your latest bloodwork results show that your blood sugar is high, and your doctor recommends you do something about it, or you’ll end up prediabetic. Don’t worry; it’s possible to turn things around. Here are five ways to lower blood sugar without medication.

## #1 Examine Your Behavior

What are you eating and drinking that caused your hyperglycemia or prediabetes? Examine everything you put in your mouth for the next three days. Keep a written journal of everything that passes your neck.

## #2 Eliminate Sugar from Your Diet

Cut out all sugar sources from your daily diet. It’s easier said than done, but be diligent, and you’ll succeed. Your gut biomes are the trillions of live bacteria in your GI tract that digest your food.

These biomes adapt to the food you eat, and when they don’t get it, they remind you via food cravings. It takes around three weeks to retrain your biomes into a sugar-free diet and eliminate sugar cravings from your life.

## #3 Stop Eating Processed Foods

Processed foods describe snacks and convenience foods readily available from grocery stores, bodegas, and gas stations. Energy bars, chips, and all foods in ready-to-eat format are processed. Avoid them at all costs.

Eating processed foods creates inflammation in the GI tract. These inflammatory cytokines escape the intestinal wall and spread systemically through the body.

Your immune function lowers, and your pancreatic and kidney function are impaired. These foods are high in sugar and lead to the onset of hyperglycemia and prediabetes when regularly consumed as part of your daily diet.

## #4 Drink Water

Improving your hydration is a great way to increase blood volume and blood sugar metabolism. Drinking enough water during the day improves kidney function and the flushing of glucose from the bloodstream.

Avoid drinking soda and other beverages. They’re fine for a once-in-a-while drink but shouldn’t be part of your everyday diet. If you have to drink a soda, look for a sugar-free option.

## #5 Exercise Daily

Getting your heart rate up causes increased sugar metabolism and a drop in blood glucose levels. Exercising improves insulin sensitivity and the pancreas' secretion of this blood sugar-balancing hormone.

If you’re new to exercising, start slow and work your way into it. You don’t have to go flat out with your first training session and each exhaustion. The key is to introduce it as a sustainable habit. Something as simple as a daily walk can do wonders for your blood sugar levels.