

THE COMPLETE GUIDE TO

CARB CONTROL

*Your complete handbook for enjoying carbs
without consequences!*

THINK
NOBRU
DRINK

10 Scientifically Proven Tricks To Hack Your Blood Sugar Levels Fast

1. Postprandial Walks

Short 10-15 minute walks post meal have been shown in studies to effectively lower blood sugar levels.

2. Eat More Fiber

High-fiber foods can help control blood sugar levels by slowing down the digestion of carbohydrates and the absorption of sugar. Include plenty of vegetables, legumes, seeds, and whole grains in your diet.

3. Combine Carbs with Healthy Fats

Include sources of healthy fats in your meals, which can help slow the absorption of carbohydrates, stabilizing blood sugar levels. Foods rich in healthy fats include avocados, nuts, seeds, and olive oil.

4. Monk fruit Sweetener

Monk fruit sweetener is a natural sweetener derived from the monk fruit, a small melon native to parts of Southeast Asia. It's known for being a no-calorie sweetener that doesn't raise blood sugar levels, making it a popular choice for people looking to reduce their sugar intake, including those with diabetes.

5. Intermittent Fasting

Intermittent fasting (IF) involves alternating cycles of fasting and eating, offering significant benefits for blood sugar control. It enhances insulin sensitivity, lowers blood sugar levels, and reduces the risk of type 2 diabetes. Popular methods include the 16/8 method, where eating is restricted to an 8-hour window. However, consult with healthcare professionals before beginning an IF regimen to ensure safe implementation.

6. 1-2 Tablespoons of Apple Cider Vinegar

Consuming 1-2 tablespoons of apple cider vinegar before meals can help

lower blood sugar levels, particularly after eating. The acetic acid in apple cider vinegar is thought to slow down the digestion of carbohydrates and enhance insulin sensitivity, leading to more gradual blood sugar increases rather than spikes. It's recommended to dilute apple cider vinegar in water or mix it with food to avoid damaging tooth enamel or irritating the throat.

7. Get 7-9 Hours Of Sleep Every Night

Good sleep is crucial for maintaining healthy blood sugar levels and overall metabolic health. Inadequate or poor-quality sleep can lead to decreased insulin sensitivity and higher blood sugar levels, increasing the risk of type 2 diabetes. If you need extra help getting quality sleep every night, [our sleep formula Noobru Lucid can help](#).

8. Regular Exercise

Physical activity helps lower blood sugar by moving sugar into the cells where it's used for energy. Aim for a mix of cardio, resistance, and flexibility exercises throughout the week.

9. Fenugreek Seeds

Fenugreek seeds are effective in managing blood sugar levels due to their fiber content, which slows carbohydrate digestion and absorption. Studies have shown that they can reduce fasting blood sugar and improve long-term glucose control markers like HbA1c. Fenugreek can be consumed by soaking the seeds overnight and drinking the water or adding powdered seeds to food.

10. Manage Stress Levels

Managing stress is crucial for blood sugar control, as stress hormones like cortisol can raise glucose levels. Techniques such as mindfulness meditation, regular exercise, and adequate sleep can effectively reduce stress and its impact on blood sugar.