

A practical guide to taking control of your body with type 2 diabetes

Don't bury your head in the sand

- Seems overwhelming
- Too busy
- Don't know where/how to start
- It's not urgent
- Having a good relationship with your doctor
- How weight matters

Talk to your doctor

- See a specialist
- Setting goals
- Co-morbidities
- 211 on diabetes medications
- Check Lists!

Diabetes Self-management Education and Support

- A1c
- Blood glucose

Herbal medicine & supplements

- Introduction to herbal medicine
- Everyday kitchen herbs
 - Allium sativum*
 - Lavandula officinalis*
 - Vaccinium myrtillus*
 - Cinnamomum verum*
 - Apple Cider Vinegar
- Advanced Topics
 - Layering effects & synergy
 - Adaptogens & tonics
 - Working with a registered herbalist and advanced herbs
- Advanced Herbs
 - Panax Ginseng*
 - Trigonella foenum-graceum*
 - Gymnema sylvestre*
 - Momodica charantia*
 - Fucus vesticolosis*

Physical Activity

Walking
Forest therapy
Geocaching

Nutrition

Low carb diets
Keto
Mindful eating
Intermittent fasting

Stress Reduction

Sleep
Meditation/relaxation

Health

Smoking
COVID-19
Immunocompromise