The Road to Type 2 Diabetes

Separate the fuels and feed the cleanup crew.

1. Stop eating big sugar and big fat in the same meal. Pick one per meal. This is the single biggest change and it costs nothing.
2. Walk for 10 to 15 minutes after every meal.
3. Stop drinking anything with calories in it.
4. Eat your vegetables and protein before your starch.
5. Finish eating by 7 or 8 pm and don't eat again until morning.
6. Lift something heavy twice a week.
7. Lower the chemical load coming into your house (filtered water, glass instead of plastic, fragrance-free products).
8. Supplements, in order: magnesium, fish oil with a meal, vitamin D, then the mitochondrial stack (CoQ10, acetyl-L-carnitine, alpha lipoic acid), then NAC and benfotiamine. Details and brands are at the bottom.

What to track. Fasting insulin (under 8), triglyceride to HDL ratio (under 2), GGT, and a two-week glucose monitor at 12 weeks.

Full post, with the why, the labs, and the research version: **geneticsforthepeople.com/blog/how-people-get-sick-the-road-to-type-2-diabetes/**

Educational content written from a research perspective, not medical advice. Katelin Hubbard, PhD is a scientist, not a physician, and does not diagnose, treat, cure, or prevent disease. Take anything you want to try to your own healthcare provider, especially if you take prescription medication.