

# Diabetes Reversal Strategy

4

- Eat to Lower Insulin
- Use Your Muscles
- Be kind to your liver
- Restore Fat Burning

+2

- De-stress
- Improve Sleep



## De-stress

Stress can worsen insulin resistance and impede the reversal of diabetes if we are unable to recover.

A healthy response to a stressful situation has two phases:

**Stress Phase** - the immediate physiological response that allows us to better cope with the situation at hand.

**Recovery Phase** - the adaptation response that allows us to adapt and get stronger.

Your response to a stressor is determined by many factors:

- \* Environmental stressors
- \* Major life events
- \* Trauma, abuse
- \* Individual differences
- \* Behavioral responses

ALL of which determine the extent of your physiological response.

The stress phase is mediated by two systems:

- \* **The sympathetic nervous system** – which delivers the immediate response through adrenaline
- \* **The hypothalamic – pituitary axis** – which delivers a more prolonged response through the hormone cortisol

Cortisol is known as the stress hormone, it has many effects, but one of its major effects is to mobilize energy and maintain a steady supply of glucose for prolonged stress.



Cortisol does this by:

- \* Increasing production of glucose in the liver from the breakdown of glycogen
- \* Promoting gluconeogenesis
- \* A process that generates glucose from non-carbohydrate substrates - turning fats and proteins into glucose
- \* Counteracting insulin's effect
- \* Increasing appetite
- \* Increasing food seeking behaviour

**From these effects it is apparent that anything that chronically increases cortisol will worsen insulin resistance.**

There are three strategies to avoid the negative effects of stress and cortisol:

- 1. Decrease situations that are stressful** - this one is simple - avoid situations that add to your stress while offering limiting value.
- 2. Change your perception of what situations are stressful** - this is more complex. Using techniques like cognitive behavioral therapy, mindfulness and meditation can help decrease or eliminate the stress response by framing the situation in a different way.
- 3. Enhance your ability to recover** - the other principles of the 4+2 Diabetes Reversal Strategy help. Whole food nutrition, exercise and adequate sleep are all essential to optimizing your recovery.

**Improving stress tolerance takes time and does require a practice - similar to exercise. A good place to start is with an evening relaxation routine prior to going to sleep as well as planning for healthy activities that you know will de-stress you like exercise, yoga, reading, hobbies or anything that will put you into a flow state.**

101 BEHAVIOURS

Nighttime Relaxation  
Hobbies

NEXT STEPS

Meditation

Take Control of Your Health

For more information  
about our 1:1 support

