

MEAL TIMING



Start with a 12-hour eating window 5 days a week and reduce week-by-week to an 8-hour eating window 7 days a week



This eating window can be shortened to 4 hours or less over time

The ideal is a 1-2 hour eating window restricted to one meal a day



Timed fasting can be interspersed with 36-to 48-hour fasts



Eat meals at the table, avoid distracted eating



Don't eat within 3 hours of going to bed

MEAL COMPOSITION

Choose whole, natural, low glycemic index foods



Include lots of greens and cruciferous vegetables

Avoid processed foods



PHYSICAL ACTIVITY, SUNLIGHT AND MANAGING STRESS

Aim for at least 30 minutes a day of moderate activity (like brisk walking), 5 or more days a week.



Avoid excessive endurance exercise, which increases cortisol levels and worsens insulin resistance.



Stress increases cortisol and catecholamines which increase blood sugar levels. Consider stress mitigating strategies.



30 mins of midday sunshine whenever possible (at least 3 times a week)



SUPPLEMENTS AND MEDICATIONS

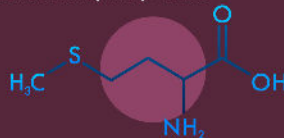


Berberine- lowers blood sugar

Metformin- lowers blood sugar and improves insulin sensitivity



Melatonin- Improves glucose sensitivity in β -cells



Resveratrol- Stimulates autophagy and independently improves insulin sensitivity



Cinnamon- Reduces blood glucose and insulin resistance

Omega-3- Cardioprotective and improves insulin resistance in some trials



Magnesium- reduces insulin resistance



Probiotics- Positive impact on gut microbial diversity and insulin sensitivity, especially probiotics rich in Bifidobacterium