

TYPE 2 DIABETES

Mastery

5 Tips To Achieve

Your Best A1c Ever



Jesper Sorensen

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Please consult your doctor before using this guide, and making any changes to your diet.

Introduction

You've been diagnosed with type 2 diabetes, and now you want to do something about it to better your a1c levels.

You're absolutely in the right place here.

This little report will give you everything you need to know about a1c, and how you can get started immediately by implementing these tips into your daily routine.

I hope you are excited!

Let's get started :)

What is A1c And Why Is It Important?

An a1c test, also known as an HbA1c test, is a blood test that is used as a diagnostic tool to determine whether an individual has diabetes or not. It is also at the same time a monitor for a treatment plan for diabetics.

It measures the average blood sugar level over the last 3 months.

A1c is a type of glycated hemoglobin that is bound to glucose, and it's a major protein of our red blood cells which carries oxygen through our body.

The a1c is formed by the interaction between hemoglobin and glucose. Hemoglobin attaches itself to the glucose in the blood. And when an a1c test is high, it means that there is a high percentage of hemoglobin attached to glucose. Meaning, there is a high level of glucose in the blood stream. And vice versa.

Once a hemoglobin is glycated (attached to glucose), it remains that way for as long as that red blood cell exists in our circulation. And that is usually 3-4 months, which is the average lifespan of a red blood cell.

The a1c test reports the amount of hemoglobin bound to glucose in percentage, and displays the status of blood glucose for the past 3 months.

A normal a1c level shows a value of $< 5.7\%$, and an a1c percentage $> 6.5\%$ shows a diagnosis of diabetes.

A1c levels between these two levels, ex. 6.0% , is diagnosed as pre-diabetes.

The Importance of the A1C Test

An a1c test is an important tool to see the development of an individual's glucose levels 3 months back. It is like a monitor, that is used both in the

diagnosis of Type 2 Diabetes, and also to make treatment plans for patients.

Patients with very high a1c levels are put on medication like metformin or insulin tablets to immediately lower their blood sugar level. And if the a1c level is not so high, doctors usually give their patients a choice between taking insulin tablets or managing it with diet.

Patients following a treatment plan usually have an a1c tests made every 3 months by their doctor, or they do it themselves, using a home testing kit like the a1cnow self check to see how well glucose is being managed. It is a way to follow up on the treatment plan, to see if more or less treatment needs to be given. The goal here is of course to reach a normal a1c level.

How to Lower A1c Levels

When you have been diagnosed with Type 2 Diabetes it is important that you keep your a1c levels low or close to the optimal range of 5.5 percent to keep your diabetes under control.

There are various ways you can lower your a1c levels but the best method is to consume a diet high in fiber.

The best a1c diet is a natural whole foods diet. Whole foods are also called one-ingredient foods like for an example an apple. An apple only consists of the apple. There are no other ingredients in it but the apple, and it is also not processed. Other examples of whole foods are vegetables, salads, fruits, berries, seeds and nuts etc. Basically, all natural foods delivered by nature as it is, and which haven't been processed or added to in any way.

Make sure you construct your a1c diet in a way that you get enough fiber. Getting enough fiber is an excellent way to help lower your a1c levels. It also helps with digestion, promotes bowel health, and protects against bad cholesterol, also known as LDL (low density lipoprotein) reducing your risk of heart disease.

Fiber is also good for weight management. It may help curb your appetite, and because it stays longer in your stomach, you may find it easier to maintain your weight.

Below are some foods that will help boost your fiber intake:

- Chia seeds
- Nuts
- Almonds
- Pecans
- Sunflower seeds
- Lima beans
- Raspberries
- Oranges
- Broccoli
- Flaxseeds
- Lentils

- Oatmeal
- Pearled Barley

On average, we are only consuming 28 grams of fiber per day at the standard reference diet of 2000 calories per day. That is much too little, and we are missing out on all the good natural health benefits fiber bring.

Men under 50 years of age should strive to have 38 grams of fiber per day. And woman under 50 years of age should strive for 25 grams of fiber per day.

5 Tips to Achieve Your Best A1c Ever

Tip #1: Eat healthily: Begin to add more natural whole foods to your diet. These are foods like greens, dark leafy greens, vegetables (including starchy vegetables), salad, beans and legumes, fruit and berries, nuts and seeds.

Tip #2: Cut drastically down on: Refined carbohydrates and unhealthy snacks

Tip #3: Test blood sugar frequently to identify patterns that cause a spike in blood sugar to eliminate them (avoid obsessing about it). It's also a good idea to self test your a1c levels more frequently with an a1c self check kit.

Tip #4: Reduce stress. Stress is a major contributor to diabetes as it gets our hormones out of balance. This has an effect on our metabolism, and leads to high blood sugar levels.

Tip #5: Regular Exercise 1 hour on a daily basis is great and very important for lowering ones a1c. Exercise gets the heart rate up, and is good for the cardiovascular system, the blood gets flowing, and old glycogen in the muscles are burnt away so that new

Note: Consult your doctor before making any changes to your diet.

Tracking your progress

You can easily track your progress of your a1c levels yourself. Self test your a1c levels once a month to see if you are on track with an a1c self test kit.

About the Author



Jesper Sorensen is a certified health coach and the founder of www.type2diabetesmastery.com.

He is the author of Type 2 Diabetes Mastery E-book, and runs a blog, and has also written articles for a few existing online diabetes resources.

He enjoys helping and coaching individuals with their diabetes.

If you have any questions and/or queries contact him at jespert@type2diabetesmastery.com, and he'll be happy to help you out.