

**WELCOME AMY**

**Care Team**

**What is a care team?**

**Care Advocate**

**PCP**

**Other Practitioners you've connected with**

**Dr. Sandra Hicks**

**Dr. Jon Wu**

**Dr. Carol Thomas**

**Dr. Aditya Patel**

**Upcoming Appointments**

**Friday, March 10**

**5:00 - 5:15 PM PST**  
Dr. Rachel Liberman, PCP

**Monday, March 13**

**2:30 - 2:45 PM PST**  
Dr. Will Broady, OB - GYN

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**Explore Communities**

**Add Community**

**Food & Nutrition**

**General Health**

**My Posts and replies**

**Trending**

**Does frozen food hold nutrition value?**

Hi,

I am curious to know if frozen food holds the same nutrition value as fresh vegetables or is it compromised? I don't have any health issues but I have started eating a lot of frozen veggies and fruits from covid time due to lack of availability.

3 replies  1 provider reply  Food & Nutrition

**How much sugar is ok in a day?**

Everyone says sugar is bad but what about the sugar in fruits and vegetables? Is that bad too? Does the body know the difference between sugar coming from fruits vs chocolates?

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Reverse Pre-diabetes

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reverse cholesterol

Result 2

Result 3

Result 4

Result 5

Natural ways to reverse diabetes

Result 7

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**Natural ways to reverse diabetes**

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**Angela Braxton**  
Feb 11, 2023

**Natural ways to reverse diabetes**

Hi! I am looking for natural ways to reverse my diabetes. I am pre-diabetic and looking for better lifestyle and food choices that i can do to improve my glucose levels. I am vegetarian and not sure if food alone is sufficient to make an impact? Any suggestion would be helpful!

2 replies
 Reply

**Mary Bowers**  
Primary Care Physician

Hi there, i can give some guidance on what steps you can take to start. First, it depends on what your results were and if you are currently on any medication. If you are on the border of diabetes, food choices and life style can definitely have an impact on glucose levels. Some basic tips would include a 20 min walk after meals to avoid glucose spikes and including foods with low glycemic index in your meals.

Let us know via your care team if we can support you or answer any other questions. Please keep in mind that any changes you are making should be discussed with a provider before proceeding.

**Have more questions for Mary?**

Send a private message

**Anonymous**

I was pre-diabetic and was able to manage my glucose levels through many natural ways. Two of them are suggested above by the doctor which helps a lot! I make it a point to walk at least 10 mins after meals even on the laziest of days. Also, if you are craving sweets and its hard to control, eat your dessert before you start your actual lunch/dinner instead of eating it after the meal as it avoids the sugar spike. I monitored my glucose levels for a month before and after food and it was in control by doing these few things.

Reply to this post

**Need more advice?**

Get in touch with your Care Advocate to find a provider that fits your needs.

Message Carol

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Message Carol

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return

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