



## Diabetes: Medications vs Metabolic Repair

Diabetes medications help manage blood sugar, but lifestyle change is what improves the underlying insulin resistance driving the disease. Many people assume medication replaces habits; in reality, medication works best when paired with metabolic repair. The goal is not just lower glucose—it's lower insulin resistance and lower complication risk. Understanding this shifts the focus from numbers to trajectory.

Lab trends such as HbA1c, fasting glucose, triglycerides, and weight patterns often improve faster when medication and lifestyle are combined. Over time, without lifestyle change, medication needs often increase because insulin resistance continues to progress.

Clinically, lifestyle repair reduces risk of neuropathy, kidney disease, vision damage, and heart disease. Medications help, but metabolic repair is what slows or reverses progression.

### 01 FOR EXAMPLE

A 49-year-old starts metformin after an HbA1c of 7.2. Glucose improves slightly, but fatigue and cravings remain because sleep and diet are unchanged. Over time, doses increase, and a second medication is considered. When lifestyle is addressed—walking after meals, increasing protein, reducing refined carbs, improving sleep—HbA1c drops further and medication needs stabilize. The patient learns medication supports the journey; it doesn't replace it.

### 02 Try This Today

**Measure:** Track fasting glucose (or post-meal symptoms if you don't test) for 7 days

**Do:** Add a 10-minute post-meal walk daily for one week

**Reflect:** Ask if your plan treats glucose—or treats insulin resistance

Select a plan:

<https://tinyurl.com/healthyu-amaze>

