



## Diabetes – Cinnamon, Berberine, and Other Supplements

Certain natural compounds have been shown to support glucose regulation and improve insulin sensitivity when used appropriately. Cinnamon may help slow carbohydrate absorption and modestly improve fasting glucose levels. Berberine has been studied for its ability to activate cellular pathways that enhance insulin signaling and reduce liver glucose production. When selected thoughtfully and monitored properly, these supplements can provide measurable support for individuals working to stabilize blood sugar.

However, supplements are not substitutes for nutrition, movement, sleep, and weight management. When used alone, their impact is often modest and short-lived. When paired with structured lifestyle strategies — such as balanced meals, strength training, and consistent sleep — their benefits are amplified. Supplements can assist the system, but they cannot replace it.

### 01 Is This Your Story?

A patient with prediabetes adds cinnamon but continues high-sugar intake. Glucose remains unchanged. When berberine is introduced alongside carbohydrate reduction and daily walking, fasting glucose declines and A1c normalizes in months.

### 02 Try This Today

**Measure:** Review your fasting glucose or A1c trend.

**Do:** Pair any supplement use with a specific diet change.

**Reflect:** Ask whether you're treating root causes or surface numbers.



Select a plan:

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

