



## Diabetes: Role of Gut Health in Diabetes

The gut microbiome plays a major role in insulin sensitivity. Certain bacteria improve glucose metabolism while others worsen inflammation. Poor gut health contributes to diabetes progression. Supporting gut balance improves glucose control.

Beneficial gut bacteria produce short-chain fatty acids that enhance insulin sensitivity and reduce inflammation. Diets low in fiber and high in processed foods disrupt microbial diversity.

Lab patterns often show higher inflammation and worsening glucose in individuals with poor gut health.

Restoring microbiome balance through fiber, fermented foods, and reduced sugar intake improves metabolic outcomes.

### 01 Is This Your Story?

A patient with prediabetes also experiences frequent bloating. When fiber intake and fermented foods are added, digestive symptoms resolve and fasting glucose improves. Over months, A1C returns to normal range without medication.

### 02 Try This Today

**Measure:** Track digestive symptoms and stool regularity.

**Do:** Add one fermented or high-fiber food today.

**Reflect:** Ask whether your gut health may be influencing your glucose.



Select a plan:

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

