Mandarin Wellness Center Shirley Hartman, M.D.
9283 San Jose Blvd B-2, S-1 (904) 268-5826
Jacksonville, Fl. 32257 (904) 268-5873

**Diabetes, Hypoglycemia, Insulin Resistance, Pre-diabetes & Sugar Cravings**

**Diet Low in:**  **Diet High in:**

Sugar (including beverages) Vegetables

White flour, white rice Fruit (Fresh, not filled with sugar like some juices)

Solid, saturated and animal fats Fish, Chicken, Turkey & lean red meats

Partially hydrogenated oils (trans fats) Whole grains

**Exercise:** Aerobic, Walking, Bicycling, Jogging, Swimming, etc….
 Start with 5 minutes a day & work up to 30 minutes, 5-7 days a week.

Supplements:

 **-Tri-Chromium** 500-1000 mcg/day

 **-Alpha Lipoic Acid** 250 mg/day (can increase up to 1000 mg/day

 **-Life Extension – Two Per Day** Multi Vitamin

 **-Coromega** 1 packet/day or **Omega 3**; 4000-6000 mg/day

Optional to add:

 **-Gymnema Ssylvestre** 1-2 caps 2x/day

 **-Vanadyl Sulfate** 5-25 mg/day

 **-Berberine** 500 mg 2x day (also helps infection)

 **-MCHC Cinnamon Extract**

Diabetic Neuropathy:

 **-Alpha Lipoic Acid** 600 mg/d

 **-Methyl Folate** 400 - 5000 mcg/d

 **-Methyl B12** 1000 - 5000 mcg/d left to dissolve in the mouth

 **-Acetyl L Carnitine** 1000 mg 2x/d

 **-Evening Primrose Oil** 3000 – 4000 mg/d

Possible might need to treat for Yeast/Candida

**-Nystatin or Diflucan**

11/22