

### How can I dial down my blood sugar naturally?

**Q** Lab results revealed that my blood sugar is nearing pre-diabetic levels. I already avoid most fruit and carbs. What else can I do?

**A** You're wise to avoid processed carbs and sugar, but one fruit may actually help keep blood sugar in check. Researchers at the Scripps Clinic in San Diego found that eating half a grapefruit before two meals a day significantly improves insulin sensitivity in prediabetics. The flavonoid *naringenin* stimulates the activity of cells' insulin receptors to improve their response to this blood sugar-regulating hormone. Naringenin has also been shown to activate genes that promote fat burning in the liver. One precaution: Ask your doctor about interactions with any prescriptions you take since naringenin can interfere with the body's metabolism of drugs and cause them to build up to dangerous levels in the blood.

Also smart: Make sure your meals contain at least 3 oz. of protein and ½ tsp. of a healthy fat like olive oil or almond butter. This combination will slow digestion to moderate the release of glucose into the blood.

### Help! I cut back on meat and gained weight

**Q** I've been buying less meat to save money, and I'd hoped subbing in tofu and beans would help me lose weight. But instead I've gained 18 pounds. Why?

**A** Replacing meat (which is rich in zinc) with tofu, beans and grains (which are rich in copper) can cause an imbalance in the body's zinc-to-copper ratio. The reason that's a problem: Elevated copper levels inhibit the



### ANTI-HISTAMINES AREN'T WORKING ON MY ALLERGY SYMPTOMS. Can a supplement help?

**A** Absolutely! I've tested a number of supplements, and nothing has worked better than a combination of 250 mg of quercetin and 125 mg of bromelain. Quercetin inhibits the release of histamine, the inflammatory compound that triggers sneezing and itchy eyes. It also increases the secretion of mucus to keep allergens out of nasal passageways.

But since quercetin is poorly absorbed through the digestive tract, bromelain is needed to improve absorption. Bromelain also works synergistically with quercetin to suppress inflammation from allergens. For best results, take one or two capsules of Doctor's Best Quercetin Bromelain (\$15 for 180, at [Vitacost.com](http://Vitacost.com)) one hour before eating three times daily.

function of the hormone *thyroxine*, which can lead to weight gain, anxiety and fatigue. What's more, if you aren't getting enough protein, you're missing out on the 30 percent metabolism boost this nutrient delivers after every meal.

The fix: Eat at least one serving of a protein- and zinc-rich food (like one or two eggs or ¼ cup of pumpkin seeds) daily to rev metabolism and help optimize zinc levels. And take a 25 mg zinc supplement on top of your multi. Your zinc-to-copper ratio should be balanced within four to six weeks, allowing the extra weight to start melting away.

### Monica's slimming snack

*Parenthood* star Monica Potter, 40, noshes on GG Bran Crispbread (\$4 for 3.5 oz., at Whole Foods Market stores) to stay full and satisfied. "It's got 50 percent of your daily dietary fiber and 12 calories per slice," she shares.

And studies show that fiber-rich foods boost calorie burn by 10 percent.



### PUT FIRST TO WORK FOR YOU!

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