

10 Natural Ways To Control Blood Sugar

Home / Blog



10 Natural Ways to Control Blood Sugar

Apex Multispeciality Hospital Blog

Maintaining blood sugar levels naturally is possible with a few lifestyle changes. If you are looking for simple ways to lower blood sugar levels naturally, this blog will help you. These tips are shared by **top diabetes specialists at Apex Hospital, Kalewadi** – the **best hospital in Pimpri-Chinchwad for diabetes and endocrinology care**. Whether you are pre-diabetic, newly diagnosed, or living with diabetes for years, these natural methods will support your sugar management effectively.

10 Natural Ways to Control Blood Sugar:

Expert-recommended by the **Diabetes & Endocrine Care team at Apex Hospital, Kalewadi** – the leading centre for **sugar diabetes treatment in PCMC, Pune**.

1. Eat a Balanced, Low-Glycemic Diet:

Food directly impacts blood sugar. Switch to a low-glycaemic index (GI) diet with:

- Whole grains like brown rice and millets
- Legumes like chickpeas and moong
- Green leafy vegetables
- Fruits like apples, guava, and pears (in moderation)

Avoid white rice, maida, packaged snacks, and sugary items. The Diabetologists in PCMC at Apex Hospital recommend traditional Indian meals cooked healthily.

2. Be Physically Active Daily:

Exercise helps your body use insulin better. Aim for at least:

RECENT POSTS



Best ICU and Emergency Facility in PCMC



10 Natural Ways to Control Blood Sugar



Rise in cardiovascular disease in young adults



- 30 minutes of walking
- Light jogging or cycling
- Yoga or stretching

Regular exercise lowers blood sugar levels naturally and helps with weight control. Even household activities like mopping, gardening, or climbing stairs work well if done regularly.

3. Stay Hydrated – Drink Enough Water:

Water helps the kidneys flush out excess sugar through urine. Drink 8–10 glasses of clean water daily. Avoid sugary drinks, soft drinks, and packaged juices – they spike blood sugar quickly. You can also include herbal teas, fenugreek (methi) water, or cinnamon water, as recommended by many diabetes specialists in Pune.

4. Limit Refined Carbohydrates and Sugar:

White bread, sweets, sugary beverages, and processed food increase your blood sugar. Choose healthier options like:

- Jowar or bajra roti
- Sprouted grains
- Homemade snacks without sugar

The **Best Diabetologist in PCMC, Pune** at **Apex Hospital** also suggests reading food labels to avoid hidden sugars in packaged items.

5. Reduce Stress – Manage Your Mind:

Stress increases cortisol levels, which can spike your blood sugar. Some natural stress relievers include:

- Meditation
- Deep breathing
- Listening to soothing music
- Regular sleep (7–8 hours)

If stress becomes unmanageable, consult a Diabetes specialist at Apex Hospital, which is among the best multispeciality hospitals in PCMC, Pune.

6. Use Natural Herbs & Spices:

Some Indian herbs can help manage sugar levels. Talk to your doctor before adding these:

- Methi seeds (Fenugreek) – soak overnight and drink the water in the morning
- Cinnamon (Dalchini) – sprinkle in tea or on food
- Jamun seed powder – traditionally used in Ayurveda
- Neem leaves – can be chewed in the morning

These herbs are not substitutes for medicine but natural ways to control blood sugar when combined with lifestyle changes.

7. Eat on Time & Don't Skip Meals:

Irregular eating leads to sugar imbalances. Follow a proper meal schedule:

- Breakfast before 9 AM
- Lunch between 1–2 PM
- Dinner by 8 PM

Eat small portions every 3–4 hours to keep sugar stable. If you are confused about meal planning, visit the Diabetic Diet Counselling Unit at Apex Hospital – the Best Diabetes Hospital in Pune.

8. Monitor Your Blood Sugar Regularly:

Even with natural methods, regular checking is important. Use a glucometer or get tested monthly.

The Diabetologist at Apex Hospital recommends keeping a record of:

- Fasting sugar
- Post-meal sugar
- HbA1c (Every 3 months)



Early detection of high sugar helps in managing it faster and preventing complications.

9. Get Enough Quality Sleep:

Poor sleep can affect insulin sensitivity. Aim for:

- 7-8 hours of sleep every night
- Fixed sleep and wake-up time
- Avoid using mobile phones before bed
- Keep your room dark and quiet

Sleep is a healing process. Good rest naturally helps lower sugar levels.

10. Consult a Diabetologist Regularly:

Natural methods work best when you are guided by an expert. Regular visits to a trusted Diabetologist in Pune help track your health and adjust medications or lifestyle accordingly. If you're in PCMC, Pune, **book a consultation at Apex Hospital** – Best Sugar Diabetes Treatment in Kalewadi, PCMC, Pune. Here, the Diabetes specialist team offers:

- Lifestyle planning
- Insulin management
- Diabetes reversal advice
- Complete hormonal check-ups

Apex Hospital is rated among the **Best Multispeciality Hospitals in PCMC, Pune**, with a top-notch endocrinology department focused on reversing diabetes wherever possible.

Combine Natural Methods with Medical Support in PCMC, Pune:

Natural ways work best with expert care. In PCMC, Apex Hospital is a top multispeciality hospital offering Expert Diabetic & Endocrine Care in PCMC, Pune, featuring the Best Diabetologist in PCMC, Pune, & modern tools like CGM and lifestyle counselling. If you're looking for the best sugar diabetes treatment in Kalewadi, PCMC, Pune, consider consulting a diabetes specialist at Apex Hospital. Their endocrinology department is renowned among the best endocrinology hospitals in Pune.

Conclusion:

Adopting these **10 Natural Ways to Control Blood Sugar**—from daily walks and smart meals to healthy spices and stress relief—can help you **Lower Blood Sugar Levels Naturally**. In PCMC, Pune, support is available at the best diabetes hospital in Pune, with expert care from the Best diabetologist in Pune at Apex Hospital. Use these natural tips, and speak to **+91 98341 50838** diabetes specialist in Pimpri-Chinchwad at **Apex Hospital** for personalised guidance.

Tags: **10 NATURAL WAYS TO CONTROL BLOOD SUGAR**

CONTROL BLOOD SUGAR WITHOUT MEDICATION

HOME REMEDIES FOR HIGH BLOOD SUGAR

LOWER BLOOD SUGAR NATURALLY

NATURAL WAYS TO MANAGE DIABETES

SUGAR DIABETES TREATMENT IN PCMC

Contact Details:



Sr No. 13/12, Pawar Nagar, Kalewadi
Phata, Thergaon, Aundh-Ravet Road,
Pune, Maharashtra 411057



info@apex-hospital.co.in



+91 98341 50838

Services We Provide

Accident & Trauma

Orthopedic

Medicine

Pediatric

Gastroenterology

Oncology

Gynecology

Cardiology

General Surgery

ENT

Neurology

Urology

Our Facilities

ICU

Pathology

Endoscopy

X-Ray

Insurance & Cashless Facility

Sonography



Diabetic &
Endocrinology

Pharmacy



© 2025 | Website Designed & Developed by Digital Mogli LLP

