Mindluster Platform

# About the course Blood Sugar Regulation and Diabetes

Blood Sugar Regulation course, in this course we will explore the intricate mechanisms behind blood sugar regulation. Understand how the body maintains stable glucose levels, the role of hormones like insulin and glucagon, and the impact of diet and lifestyle. Gain insights into strategies for optimizing blood sugar levels, preventing spikes and crashes, and promoting overall health through balanced glucose management. Join us to delve into the fascinating world of blood sugar regulation and unlock the keys to maintaining metabolic balance.

**Medical Category's Courses**

## Course Lesson(9)

Lesson 1 : **Why Drinking 8 Glasses of Water Per Day is a Myth â€“ Dr Berg Explains**

Lesson 2 : **Dr Berg s Recipe for the Healthiest Pizza in the World**

Lesson 3 : **Blood Sugar and Diabetes Myths Exposed Dr Berg Uncovers the Truth**

Lesson 4 : **What to Eat for Your Body Type**

Lesson 5 : **How To LOWER Cortisol Levels â€“ Dr Berg**

Lesson 6 : **Adrenal Body Type Cortisol Belly Fat â€“ Dr Berg**

Lesson 7 : **Sugar Toxicity**

Lesson 8 : **The Best Adrenal Night Formula for Stress and Sleeping**

Lesson 9 : **Cheryl Jackson Radio Interview on 104 1 Talking about the Adrenal**

## Related courses

**Infection Control**

**Male Reproductive**

**Anatomy**

**Pharynx**

**Endocrine**

**General Embryology**

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