Mandarin Wellness Center Shirley Hartman, M.D.  
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**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**

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