

A Naturopath's tips that anyone can implement

If you are hungry but shouldn't need to eat, try drinking a glass of water. Sometimes the body can confuse hunger with thirst.

Don't discount the small changes. Decreasing your body weight by just 5 percent may be enough to reverse pre-diabetes.

Get out for a walk in nature as often as you can. It has proven benefits well beyond the benefits of physical exercise.

Stop comparing yourself to others. The only person you need to try to be better than is who you were yesterday.

Consume good sources of vitamin C every day. Your adrenals need lots of vitamin C every day to cope with stress. It will also boost your immunity. Good sources are Kiwi fruit, citrus fruit, broccoli, strawberries, capsicum and rock melon. The human body can't produce its own vitamin C.