Proposal Essay

Why is it Best to Control Blood Sugar Naturally?

EN 202 - ON01 English Composition II

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Author Note

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**Why is it Best to Control Blood Sugar Naturally?**

Commonwealth of the Northern Marianas Islands (CNMI) has one of the highest rates in United States of America and territories. To get out of the rank, people in CNMI has to adjust their blood sugars and prevent diabetes. It is true that medications can help people in CNMI to reduce the blood sugar levels, but trying natural remedies can help the community to prevent high blood sugar in a healthy way. The project will be conducted to help people in CNMI to reduce the high rate of diabetes by using natural remedies. It is essential to understand whether the community prefers natural remedies, has the knowledge of natural remedies, and willingness to follow the natural treatments. Also, the researcher will interview diabetes patient to understand the difficulties lowering blood glucose levels to support the needs of natural remedies to decrease the blood sugar. Therefore, the project will research the response of CNMI populations of natural remedies to decrease blood sugar via survey and interviews of people who are at risk, has diabetes, and professionals.

It is vital to control the blood sugar naturally to prevent ingestion of harmful medications. Medications can help people control blood sugars quickly, but has a tremendous side effect on the human body which makes the researcher advocate the use of natural remedies to lower blood sugar. The examples of natural remedies are exercising, staying hydrated, and proper dieting. Diets such and Ketogenic diet and Mediterranean Diet are the effective diet methods to prevent the progression of diabetes. Staying hydrated can help the body flush out and knowing which beverage to drink will assist the body to get rid of the sugars in the body. Exercising are the critical method to utilize the glucose in the body to decrease the blood sugar levels. Exercise such as slow walking, swimming, and yoga can help the patient to use the non-needed glucose in the blood system (Lemone, Burke, and Bauldoff, 2011, p.538). These methods are the easiest ways and natural ways to decrease blood sugar in humans’ body. It is essential for the CNMI to introduce these methods to the community to decrease the rate of diabetes mellitus. By doing the survey and interviewing the patients, the researcher will be able to collect and educate the people in CNMI about natural remedies to decrease the blood sugar levels.

Several documents show CNMI should be managing the rate of diabetes and the researcher is suggesting natural remedies are the best way to manage diabetes. Dela Cruz and Cash (2016) reported that 75% of adults in CNMI drink a minimum of one sugar beverage (p. 9). The beverage usage can be managed by knowing the knowledge of the community about selecting an appropriate beverage to stay hydrated (Xi et al.,2014, p.5). The research that will be collecting data of people’s knowledge in CNMI and also educated the communities to choose proper beverages. Medications can be costly which is also a cause that makes people in CNMI fail to control the blood sugar level (Guam Health Partners [GHP], 2008). By understanding how expensive medications and inexpensive natural remedies affects the mind of people in CNMI, can show which treatment can help the community better to control the blood sugar levels. By knowing the diet method such as the Mediterranean diet and ketogenic diet, it can help the community lower the blood sugar levels naturally (Brown-Riggs, 2018, p. 23). Durand, Bourne, Tuohey-Mote, Khorram, and Abraham (n.d.) shortly mentioned that physical activities could affect blood sugar levels (p.43), which supports the researcher’s point to use exercise to decrease the blood sugar levels in the blood.

The methods to obtain data of the CNMI communities are survey and interviews. The first method, which is survey, will be asking simple questions such as what the communities prefer for treatment, how many natural remedies they know, and are they willing to follow the natural remedies. It is crucial to ask the readiness and willingness to obtain and adapt knowledge that is new before implementing the knowledge. The researcher will interview diabetes patients and prediabetic patient about the difficulties of managing the blood sugar levels. This question will make the researcher understand which remedies should be excluded to prevent high blood sugar. The researcher will also interview Amber Mendiola who is a Diabetes Coordinator in Commonwealth Healthcare Cooperation. The researcher will ask several questions such as the benefits of natural remedies to decrease the blood sugar level and some statistics of diabetes in CNMI. Obtaining data from CNMI via survey and interview can help the researcher understand the benefits of controlling the blood sugar with natural remedies.

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| Writing schedule | Survey | Interview  Hannah Comora | Interview  Experts in Health  Field |
| May 29, 2019  Finalized June 6, 2019 | May 2, 2019  -  June 6, 2019 | May 1, 2019 | May 8, 2019 |

Table 1 Time Management for Research Project

To conclude, the researcher is conducting a project to advocate the use of natural remedies in CNMI to reduce the high rate of a diabetes patient. The researcher provides several methods to decrease the blood sugar levels in an easy and natural ways. For example, staying hydrated, following a proper diet, and exercising. It is essential for the researcher to understand the local literature sources to assist the project to promote natural treatment to decrease blood glucose rate. Knowing the beverage that the CNMI populations are drinking, physical activities frequency and economic effects can help the researcher guide the project and plan the surveys to know that cause of unmanaged glucose levels. Survey and interview will be the method to obtain information about the difficulties of managing glucose levels and the needs of natural remedies for controlling diabetes.

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