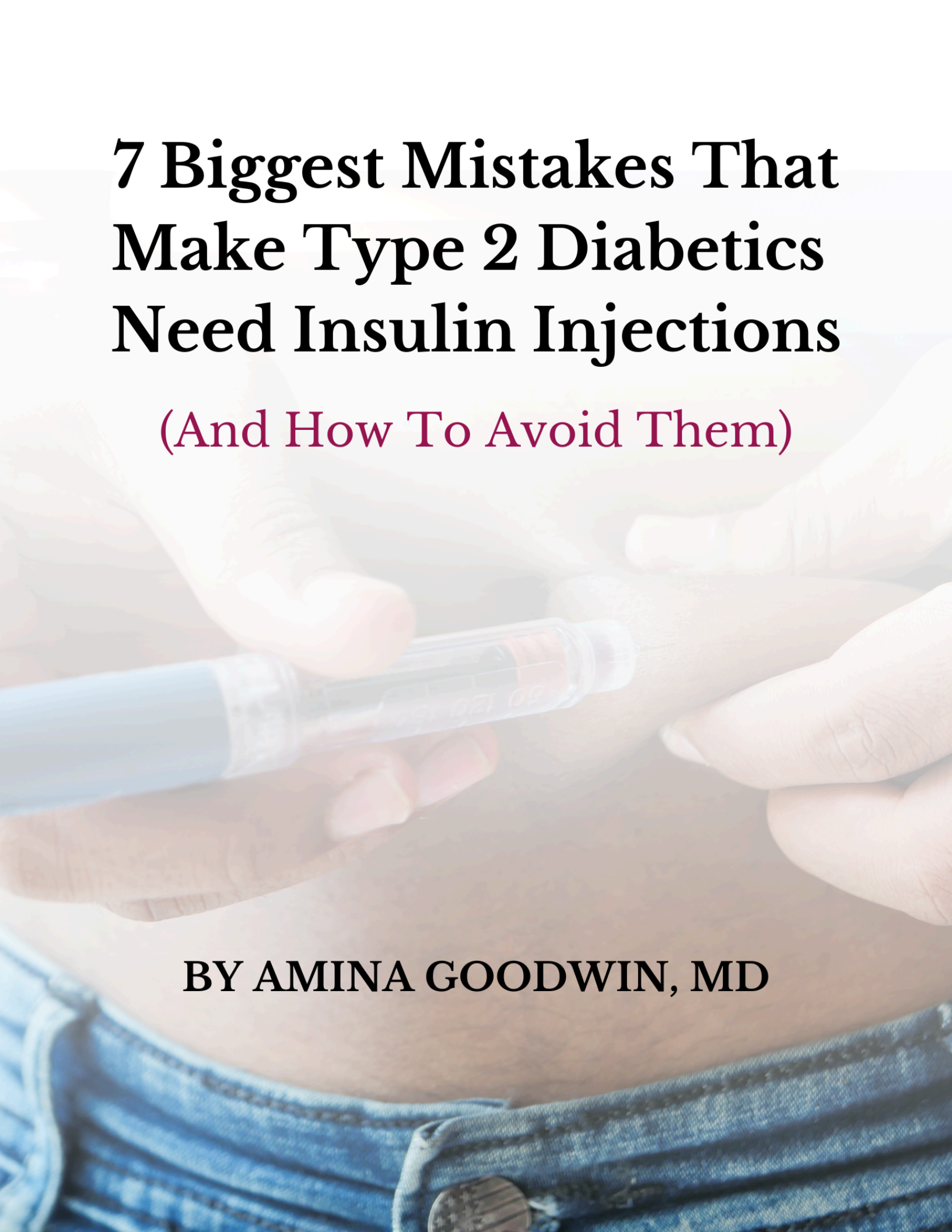


7 Biggest Mistakes That Make Type 2 Diabetics Need Insulin Injections

(And How To Avoid Them)

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INTRODUCTION

Welcome!

If you're not a type 1 diabetic, it's understandable that you wouldn't want to take insulin. Insulin can help improve blood sugar levels, but it doesn't solve the problem of type 2 diabetes.

You see, insulin and most other diabetes medicines don't make glucose disappear. Instead, they tell our bodies to store extra glucose as fat. This actually makes insulin resistance worse, which is the main issue in type 2 diabetes.

To make matters even more challenging, when our bodies store glucose as fat, it turns off the signal to burn fat. That's not good for our health.

In this guide, we'll explore seven things you might be doing right now that increase the chances of needing insulin in the future.

Are you ready to learn more? Let's dive in and discover how you can take control of your health!



MISTAKE 1: EATING TOO OFTEN

Many diabetics get the advice that they should eat small amounts of food more often to keep their blood sugar stable. They are told to have breakfast, a snack in the mid-morning, lunch, another snack in the afternoon, dinner, and a bedtime snack. That's eating about six times a day, every 2-3 hours!

But here's the problem: **For many diabetics, it takes at least 2 hours for their blood sugar to go back to normal after eating, even with medication. If you're eating every 2-3 hours, your blood sugar levels are almost always high.**

When your blood sugar is always high, it means your body is always needing insulin. Normally, your body shouldn't have high blood sugar, so it makes insulin to bring it down.

Now, you might already be taking medications that help your body use glucose better or make your stomach slower so you feel full faster. Other medications tell your pancreas to produce more insulin, just like insulin injections.

But eating all the time, year after year, keeps your insulin levels high. Eventually, your body stops responding to insulin like it should. This is called insulin resistance.



MISTAKE 1: EATING TOO OFTEN (CONTINUED)

When insulin resistance happens, your body tries to make even more insulin from your pancreas. This can go on for a while, but eventually, your pancreas gets tired and can't make enough insulin anymore.

While all this is happening, you may have been taking more and more diabetes medications to try to control your high blood sugar. But your blood sugar still stays high because these medications just hide the glucose instead of getting rid of it.

That's why a practice like intermittent fasting can help. When you give your body a break from constant eating, it can help your insulin work better and improve your blood sugar control.



MISTAKE 2: DRINKING TOO MUCH DAIRY

Drinking lots of dairy, **especially the low-fat kind**, is a mistake that can make a type 2 diabetic need insulin. *Did you know that milk has a kind of sugar called lactose?* Lactose is made up of 50% glucose and 50% galactose. If you pay close attention, you might notice that milk tastes slightly sweet.

Milk is a special food because it has carbohydrates, protein, and fat all in one. It's what newborn babies need to grow and be healthy.

When you drink **whole** milk, it can make your blood sugar go up a little, but not too much. That's because the fat and protein in milk slow down how quickly the sugar gets into your bloodstream.

The problem is that as a diabetic, you may have been told to buy fat-free versions of everything. So you don't get the benefit of the natural fat in whole milk, which can help control your blood sugar spikes.



MISTAKE 3: NOT USING A SPECIAL BLOOD SUGAR MACHINE

Another mistake that can make a type 2 diabetic need insulin is not using a continuous glucose monitoring (CGM) machine when it's offered to you. This machine can make a big difference in understanding how different foods affect your blood sugar levels right away!

A CGM machine checks your blood sugar levels every minute using a small probe placed under your skin, usually on the back of your arm.

Imagine being able to see for yourself how your blood sugar goes up to 300 after drinking a soda or reaches 250 after eating a bagel with cream cheese. When you see it with your own eyes, it's hard not to take action.

Until recently, it was really hard to get a CGM unless you were already taking insulin. But now, many insurance plans cover it more often. The rules have been changed to make it easier to qualify for a CGM. So if you ask your doctor, you might get a yes for a CGM!



MISTAKE 4: NOT EATING ENOUGH FIBER

Fiber is not just for helping you go to the bathroom regularly. It does so much more!

Did you know that a meal with rice and peas can make your blood sugar go up a lot more than the same amount of rice and peas PLUS fiber rich vegetables? It's the fiber in the vegetables that makes a difference.

Think of fiber like a net in your stomach and intestines. It helps slow down how fast the sugar from the food goes into your blood.

Because the sugar is released slowly, you don't get big spikes in your blood sugar, and that means your pancreas doesn't need to make as much insulin.

Fiber is great for another reason too. It stays in your intestines and feeds the good bacteria there. Depending on how much fiber you eat, up to 30% of the food you have can stay in your intestines!

Beware fiber supplements! They are an incomplete source of fiber. The best fiber comes from the unprocessed food on your plate and not from a pill.



MISTAKE 5: DRINKING DIET DRINKS AND USING ARTIFICIAL SWEETENERS

Yet another mistake that can make a type 2 diabetic need insulin is drinking diet drinks or using artificial sweeteners. This is a big deception in managing diabetes.

You might think that artificial sweeteners won't raise your blood sugar as much as regular sugar. And that's true, but many diabetics who drink diet drinks still struggle to control their blood sugar levels.

Some of my diabetic patients who use a continuous glucose monitor saw something surprising. They noticed that their blood sugar went up by as much as 70 points after drinking a diet drink!

One patient even said, "Diet drinks are a huge scam!"

So why does this happen? It's partly because of something called the microbiome.

The microbiome is like a special mix of good and bad germs that live in our bodies, especially in our intestines.

Good germs are important for our health. They help us in many ways. But when we eat processed foods with man made chemicals, it feeds the bad germs. And here's the problem: **Artificial sweeteners like aspartame and sucralose also feed those bad germs.**



MISTAKE 5: DRINKING DIET DRINKS AND USING ARTIFICIAL SWEETENERS (CONTINUED)

Having too many bad germs can lead to inflammation and other problems that make your body resistant to insulin.

Remember, insulin resistance is what makes a diabetic need insulin injections.

In fact, a study showed that people who drink diet soda every day have a 36% higher chance of getting metabolic syndrome. And they have a whopping 67% higher risk of type 2 diabetes!

Since artificial sweeteners keep you wanting sweet things, the key is to liberate yourself from the need for sweets.

As a former sugar addict myself, and having helped others wean off sugar, I can tell you that getting off sugar is more possible than you may believe.



MISTAKE 6: DEPENDING SOLELY ON DIABETES MEDICATIONS

Relying only on medications is one of the commonest mistakes I see that can make a type 2 diabetic need insulin. Some people think they can eat anything they want as long as they take their meds. I've met many patients who believe this.

But here's the important thing to know: most diabetes medications don't get rid of the glucose you eat. Instead, they make your body store it.

Do you know what happens to that extra glucose? It turns into fat.

Unless you're really active or an athlete, the extra glucose that isn't used right away for energy gets stored as fat all over your body, even in your belly and around important organs like the liver.

Most diabetics who only rely on medication end up needing higher doses of meds as time goes on. They might even need different kinds of medications too.

So what's the real answer to control, or even reverse diabetes for life? The answer is in your diet. There's no way around it.

You need to structure your diet in a way that avoids big spikes in your blood sugar, even if you still eat some starchy foods. This is the best way to control your type 2 diabetes.



MISTAKE 7: IGNORING THE IMPACT OF A FATTY LIVER

Fatty liver is such an overlooked condition it's almost criminal. When your liver has too much fat, it becomes resistant to insulin. That means it can't properly handle the glucose (or fructose) that comes after you eat a meal.

If the liver struggles to process the glucose from your meal, your blood sugar level stays high for too long. Having high blood sugar day after day means you might need higher doses of diabetes medications.

If you don't change your eating habits, your pancreas won't be able to make enough insulin to overcome the insulin resistance. Then your doctor might have to give you insulin injections to help.

Did you know that most type 2 diabetics have fatty liver disease? Studies say that 54% to 80% of them have it to some degree.

Most people with a fatty liver don't even know they have it because it doesn't have symptoms until later when the liver starts to have problems.

My suggestion is for all type 2 diabetics to **assume you have a fatty liver until proven otherwise**. With that assumption, you should try not to overload your liver with too much glucose and fructose throughout the day.

There's no medicine to fix a fatty liver, but you can change your diet to reverse it. How much it can be reversed depends on how bad it was at first.



CONCLUSION

Alright, friends, for those of you who refuse to accept diabetes as a life sentence—this is for you!!

You've just discovered the 7 biggest mistakes that can push type 2 diabetics towards needing insulin. But now, it's time to take the next step and put an end to those random blood sugar spikes, joint pains, and endless medication adjustments once and for all!

Imagine **regaining your energy, easing those aches, and living without fear of the next sugar crash**—without giving up the foods you love or relying on piles of medication. It is possible, and I'm here to guide you through it.

That's why I'm inviting you to join my [Control Your Blood Sugar Challenge!](#)

In just 60 minutes a day for 5 days, I'll walk you through my **BEAM Blueprint**—four simple steps that many of my clients have used to manage their diabetes naturally. We'll dive into:

- **Day 1: Sugar Hacking** – Learn the secrets to controlling your blood sugar without sacrificing your favorite foods.
- **Day 2: Sugar Control Blueprint** – Follow the exact step-by-step method to stay in charge of your blood sugar.
- **Day 3: Sugar Planning Secrets** – Discover how to make diabetes management effortless, with strategies for home, work, and travel.
- **Day 4: The Secret to Eating More & Spiking Less** – Find out how to enjoy your meals while keeping your blood sugar stable.
- **Day 5: Sugar Dominance** – Walk away with a personalized plan to maintain control long-term.

You deserve to feel vibrant and free from the constant ups and downs. [Join the challenge](#), today and by the end of those 5 days, you'll have everything you need to take control of your health—and your future!



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