

7-Day A1C-Lowering Morning Routine of Sandra

Real Story: Sandra's Morning Turnaround

It was 6:00 AM. Sandra, a 65-year-old retired nurse from Texas, stared at her glucometer in disbelief. Just last month her A1C was dangerously high at 8.9%. Now, it was down to 7.2%. The only thing she changed her mornings.

No fad diets, no hardcore workouts. Just a consistent, calming, and healing routine she followed every morning for 7 days and the results shocked even her doctor.

Your 7-Day A1C-Lowering Morning Plan

Day 1: Warm Lemon Water + Walk, start your day with a glass of warm lemon water to hydrate and flush toxins. Follow it with a 15-minute walk or stretching session.

Day 2: Cinnamon & Apple Cider Vinegar Tea Mix 1 tsp cinnamon and 1 tbsp. apple cider vinegar in warm water. Drink before breakfast.

Day 3: High-Fiber Smoothie Blend spinach, chia seeds, a few berries, and unsweetened almond milk. Drink slowly.

Day 4: Breathing + Light Movement Practice deep breathing for 5 minutes, then light yoga or tai chi for 10-15 mins.

Day 5: Protein-Rich Breakfast Have eggs, cottage cheese, or tofu scramble with veggies. Avoid bread and sugar.

Day 6: Journaling + Herbal Tea Write 3 things you are grateful for. Sip a cup of cinnamon or fenugreek tea.

Day 7: Recap & Repeat Pick your 3 favorite routines and repeat them to lock the habit. Keep it sustainable!

Bonus Tip: What Sandra Added to Her Morning Want to see? and what helped Sandra and thousands of others speed up their A1C recovery in just a week?

>>> Click here to watch the video:

[WATCH LIFE CHANGING VIDEO NOW](#)

This fruit-based formula has shocked even the medical world. Doctors are trying to hide this because this destroys their business. Try it and see the difference.