

BLOOD SUGAR BALANCE

Blood sugar plays a pivotal role in overall health and everyday wellbeing. In our practice, blood sugar balance is part of what we call the Non-Negotiable Trifecta. Too little blood sugar and you may experience headaches, cravings, low energy and mood swings. Conversely, when your blood sugar spikes you may experience increased appetite and lethargy.

Frequent fluctuations between these two extremes cause the familiar symptoms of weight gain, chronic tiredness, insomnia, skin breakouts, hot flashes, and more. Chronic blood sugar imbalance can lead to candida, diabetes, hypertension and cancer.

SYMPTOMS OF BLOOD SUGAR IMBALANCE

- fatigue
- headaches
- cravings (especially sugar and caffeine)
- low energy
- mood swings
- increased appetite
- weight gain

LIFESTYLE TREATMENT FOR BLOOD SUGAR IMBALANCE

- consistent bedtime by 10pm with at least 8 hours of sleep
- manage stress and stressors (external and internal); watch for stress eating
- moderate exercise, not too strenuous
- find support for diet, lifestyle and habit change

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BLOOD SUGAR IMBALANCE (CONTINUED)

FOOD TREATMENT FOR BLOOD SUGAR IMBALANCE

- keep blood sugar stable with fat/fiber/protein at each meal and snack
- eat breakfast within one hour of waking and before 10am
- have small snacks to avoid blood sugar dips (while in the “heal” phase)
- avoid caffeine and sugar
- eliminate gluten and dairy
- reduce or eliminate alcohol
- small amount of protein just before bedtime
- whole foods elimination protocol to identify food sensitivities
- incorporate anti-inflammatory techniques (food elimination as well as inclusion of supportive whole foods, herbs and spices)
- diet rich in natural sources of key nutrients (vitamin E, C, magnesium, zinc)

