

BALANCE YOUR BLOOD SUGAR

FOR WEIGHT LOSS, HORMONE CONTROL & STRESS RELIEF

The way of eating that will be explained in this booklet is called “blood sugar balancing”. This is the plan I use for many of my patients to help with natural weight loss and hormone issue. It can even help ease stress levels as it decreases the amount of stress hormones the body produces.

BLOOD SUGAR BALANCING BASICS

When you eat lots of sugar your blood sugar rises and your body secretes insulin to get the high levels down and stores the excess sugar as fat usually. The disease associated with too much sugar or too little insulin is called diabetes. It can also be called metabolic syndrome if it isn't full blown diabetes. Too much sugar in the diet and then blood has many consequences if maintained long term. However, the body does need some sugar... But it's all about balance and sugar from the correct foods.

ON THE OTHER HAND...

if you DON'T eat enough sugar your blood sugar drops. This is also dangerous. In my experience lots of my patients skip meals, especially if they are trying to lose weight or are stressed out.

Having low blood sugar can cause the following symptoms:

Feeling dizzy or light headed, headaches, getting the shakes, having intense cravings for sweets or chocolate, having energy crashes, needing coffee to get through the day, always waking in the middle of the night, anxiety, anger, hunger, trembling, sweating and my favourite HANGRY - a mix of hungry and angry!

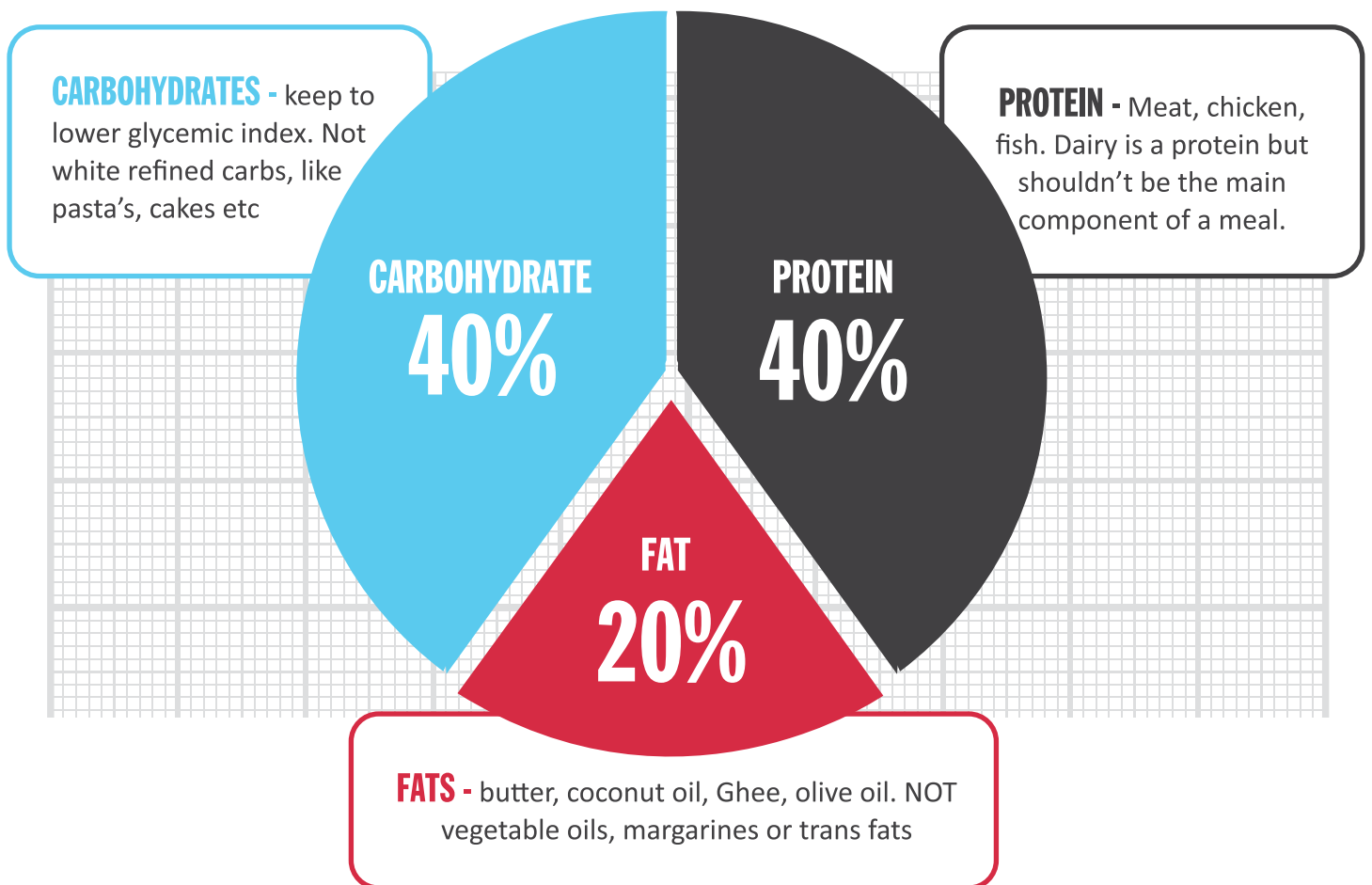
In a situation of low blood sugar your body secretes a stress hormone called cortisol to get sugar stored in the liver and put it into your blood stream to achieve balance again. The stress hormone cortisol is also released if you are scared, worried, late for an appointment, tired from lack of sleep, having too many late nights, have a new baby, eating a bad diet, anything that stresses you really. Cortisol also keeps you awake and is what your body produces to wake you up.

So here is an interesting situation, you produce lots of stress hormone if you are tired and awake and stressed and you also produce it if you skip a meal.

HOW TO BALANCE YOUR BLOOD SUGAR

Balancing your blood sugar is simple, you eat protein, fat and carbohydrates at each meal and you have a snack in-between the three main meals. You will be eating a main meal or snack every three (ish) hours. Sounds good doesn't it!? You will probably feel like you are eating more, but don't worry your metabolism actually improves by eating this way and actually your total calories spread evenly throughout the day and you may even end up eating less overall. Research has also shown that if you eat this way you will naturally be getting more beneficial nutrition with more variety of nutrients.

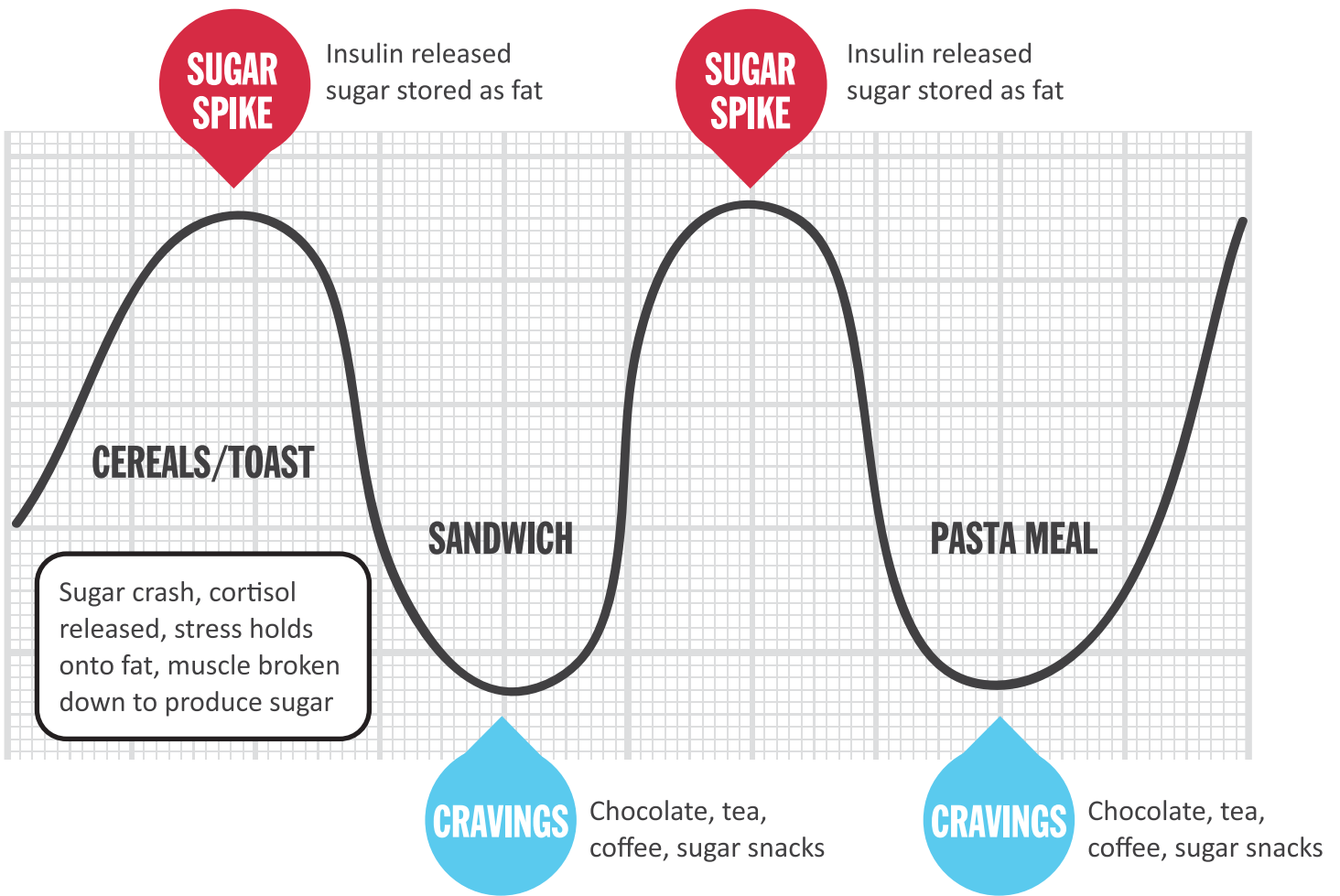
A MEAL OR SNACK WILL LOOK LIKE THIS:



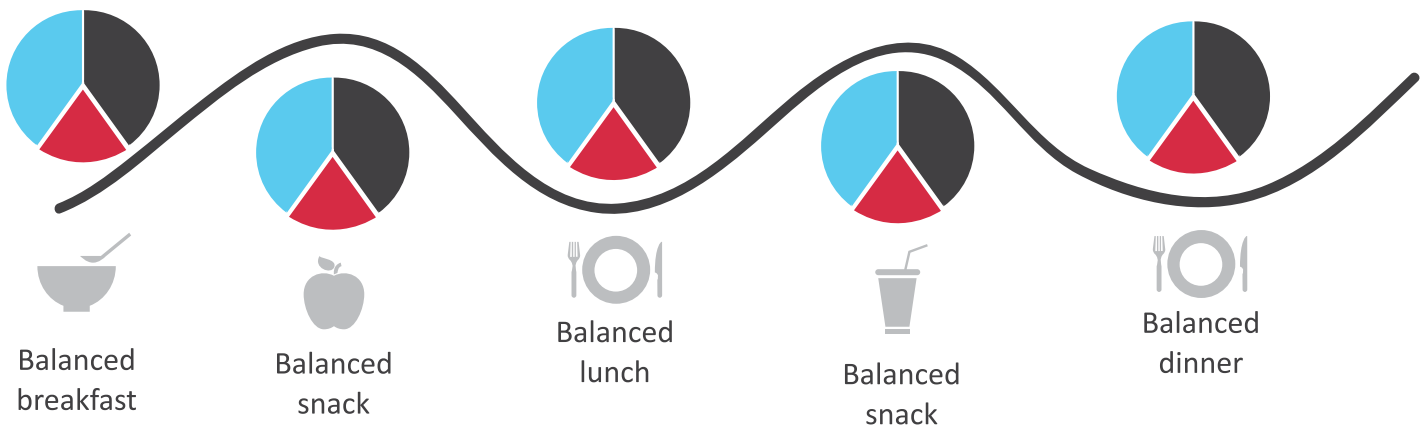
YOUR MEALS FOR THE DAY WILL LOOK LIKE THIS:



YOUR BLOOD SUGAR LOOKS LIKE THIS IF YOU DON'T EAT WELL, SPIKING AND CRASHING, STORING FAT, STRESSING YOU OUT, CAUSING CRAVINGS AND THE SHAKES



WHEN YOUR BLOOD SUGAR IS BALANCED IT LOOKS LIKE THIS; GREAT ENERGY, NO CRASHES, NO SHAKES, NO CRAVINGS, STRESS REDUCED & WEIGHT LOSS!



NO CRAVINGS! NO CORTISOL SPIKE, FAT CAN BE MOBILISED FOR FUEL

WHAT FOODS CONTAIN **PROTEIN, FAT AND CARBOHYDRATES**

VEGETABLES (CARBOHYDRATES)

Artichoke
Asparagus
Avocados
Beet greens
Bell peppers
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Cucumbers
Green beans
Kale
Leeks
Mushrooms
Olives
Onions
Parsnips
Peppers (all kinds)
Pumpkin
Radishes
Romaine lettuce
Sea vegetables
Spinach
Squash
Tomatoes
Turnip
Watercress
Kimchi
Sauerkraut

STARCHY VEGETABLES (CARBOHYDRATES, HIGH GLYCEMIC INDEX)

Yams
Sweet potatoes
Potatoes

FRUITS (CARBOHYDRATES)

Apples Apricots
Bananas Blackberries
Blueberries Coconuts
Figs
Grapefruit
Kiwis
Melons
Peaches
Pears
Prunes Raspberries
Strawberries Other
whole fruits

NUTS AND SEEDS (FATS)

Almonds
Brazil nuts Chestnuts
Hazelnuts Macadamia
Pecans
Pine nuts Pistachios
Walnuts
Flax seeds Pumpkin
seeds Sesame seeds
Sunflower seeds Hemp
seeds Chia seeds
And the nut butter
of these

MEATS (PROTEIN AND FAT)

Beef
Lamb
Pork
Turkey

Chicken
Duck
Veal
meat
Venison
These meats are
processed so use
in moderation
Bacon
Sausage
Jerky
Luncheon and
deli meats

FISH (PROTEIN)

Catfish
Cod
Flounder Haddock
Halibut
Herring
Mackerel
Pollock
Salmon
Sea bass
Snapper
wordfish
Trout Tuna
Any other wild fish

EGGS (PROTEIN/FAT)

Chicken
Goose
Duck
Pheasant
Emu
Quail

DAIRY (PROTEIN/FAT)

Should not make up
the main food of
the meal
Kefir
Cottage cheese
Plain yogurt
Cream
Cheese
Milk

FATS & OILS (FATS)

Preferably use organic,
virgin, cold-pressed,
unprocessed, and
uv-protected oils (in a
dark glass bottle).
Coconut oil
Avocado oil Butter
Ghee
Olive oil
Macadamia oil
Lard
Tallow
Walnut oil

PORRIDGES (CARBOHYDRATES)

Try making a breakfast
porridge with these
Oats
Quinoa flakes
Spelt flakes
Sweet millet
Rice flakes

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COMMON CONDITIONS HELPED WITH NUTRITIONAL SUPPORT:

- ✓ Fatigue & tiredness
- ✓ Weight loss help
- ✓ Inflammatory conditions
- ✓ Thyroid problems
- ✓ Irritable bowel issues
- ✓ Arthritis

AND MORE...

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