

Top Tips to Balance Your Blood Sugar

Balancing your blood sugar is the smallest, gentlest intervention you can make but it also will have the biggest impact on your overall health and biological stress.

Here are my top tips on how to achieve this

1. Drink More Water

Water is the simplest, cheapest and easiest habit to get into to help balance your blood sugar. It decreases your cravings and increases your energy along with many other positive processes that support your body and health.

2. Eat more Protein

This can be meat or plant protein, but protein in your body slows the absorption of sugar into your blood stream which reduces the intensity and frequency of the highs and lows that sugar gives you.

3. Add healthy fats

Healthy fats have a complicated molecular structure so they take longer to digest which helps balance blood sugar. They are also essential to grow and repair your body.

4. Count Chemicals not Calories

Increasing food quality is the key to balancing blood sugar. The more chemicals in our food the more processed it is and the harder the body has to work to assimilate and digest it. Highly processed foods also have lots of hidden sugars. Moving from a processed diet to fresh, natural food will make your body smile.

5. Consistent meal timings

Consistent meal timing is important because when we grab and go and eat haphazardly it can create extreme highs and lows for your blood sugar levels which creates stress in your body.

6. Sleep

When we are sleep deprived cortisol rises which increases stress in the body, causing weight gain, insulin resistance high blood pressure, lack of energy, low mood and you are more likely to go for the quick fix of sugar, caffeine, alcohol etc

7. Movement

The body stores sugar as glucose and glycogen but it only has so much space in the body for storage. By not moving, we force our body to produce more and more insulin to bring our blood sugar level down, which causes more highs and lows in our energy and mood.

Stay well and stay safe

Andrea

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