

I AM ME

HEALTH & WELLNESS CENTRE

Finding Meaning, Creating Purpose



Blood Sugar Balancing

Balancing blood sugar is a key part of feeling your best every day. It affects your energy, mood, focus, and long-term health. Blood sugar, or glucose, is simply the amount of sugar in your bloodstream at any moment. It comes from your food, especially carbs, and it's your body's main energy source. When everything is running smoothly, your body can use glucose efficiently, giving you steady energy throughout the day. But when blood sugar is out of balance, you might notice feeling tired, cranky, or sluggish, and over time, it can lead to more serious health concerns like diabetes, weight gain, and heart problems.



Your body has a natural system for keeping blood sugar in check, and it all comes down to two key hormones: insulin and glucagon. Insulin, made by your pancreas, works to lower blood sugar by helping your cells absorb glucose, either to use as energy or to store for later. After you eat, your blood sugar naturally goes up, and that's when insulin steps in to bring things back to normal. On the flip side, when your blood sugar dips too low, glucagon steps up, signalling your liver to release stored glucose into your bloodstream. This teamwork between insulin and glucagon is what keeps your blood sugar stable. If this balance gets thrown off, like insulin resistance or when your body doesn't make enough insulin, it can lead to blood sugar issues.



What you eat has a huge impact on your blood sugar. When you eat carbohydrates, your body turns them into glucose, which can cause blood sugar to rise. Simple carbohydrates, like white bread, sugary snacks, and soda, break down fast, leading to quick spikes. But complex carbohydrates from whole grains, vegetables, and legumes digest more slowly, giving you steady energy without the rollercoaster effect. The fibre in these foods also helps slow digestion, keeping blood sugar more balanced.

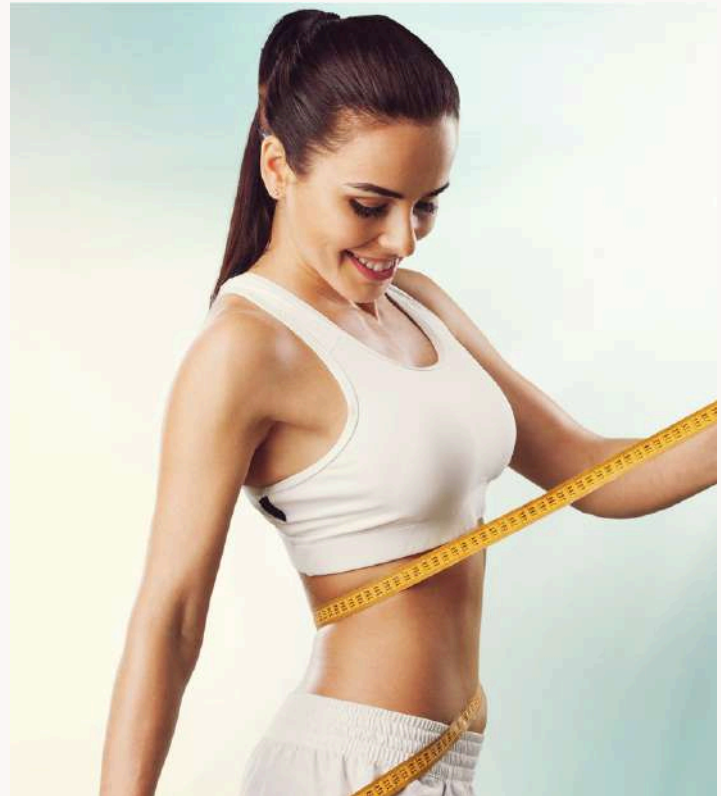
Protein and healthy fats also play a big role. Protein from foods like meat, fish, eggs, and legumes slows digestion, helping to prevent crashes. Healthy fats from olive oil, nuts, seeds, and avocados do the same, keeping energy levels steady. Pairing carbs with protein and fat can make meals more satisfying while helping to keep blood sugar in check.

The *timing of your meals* plays a big role in keeping your blood sugar steady. Eating regular meals throughout the day helps prevent big swings in your blood sugar levels. When you go too long without eating, your blood sugar can drop, leaving you tired, cranky, and hungry. Your body might respond by releasing glucagon to bring your levels back up, but once you eat again, your blood sugar can spike quickly.

Eating balanced meals every few hours can help avoid these ups and downs, giving you more consistent energy. For some people, smaller, more frequent meals work best to keep things steady, while others do well with three balanced meals a day. It's all about finding what keeps your energy and blood sugar stable.

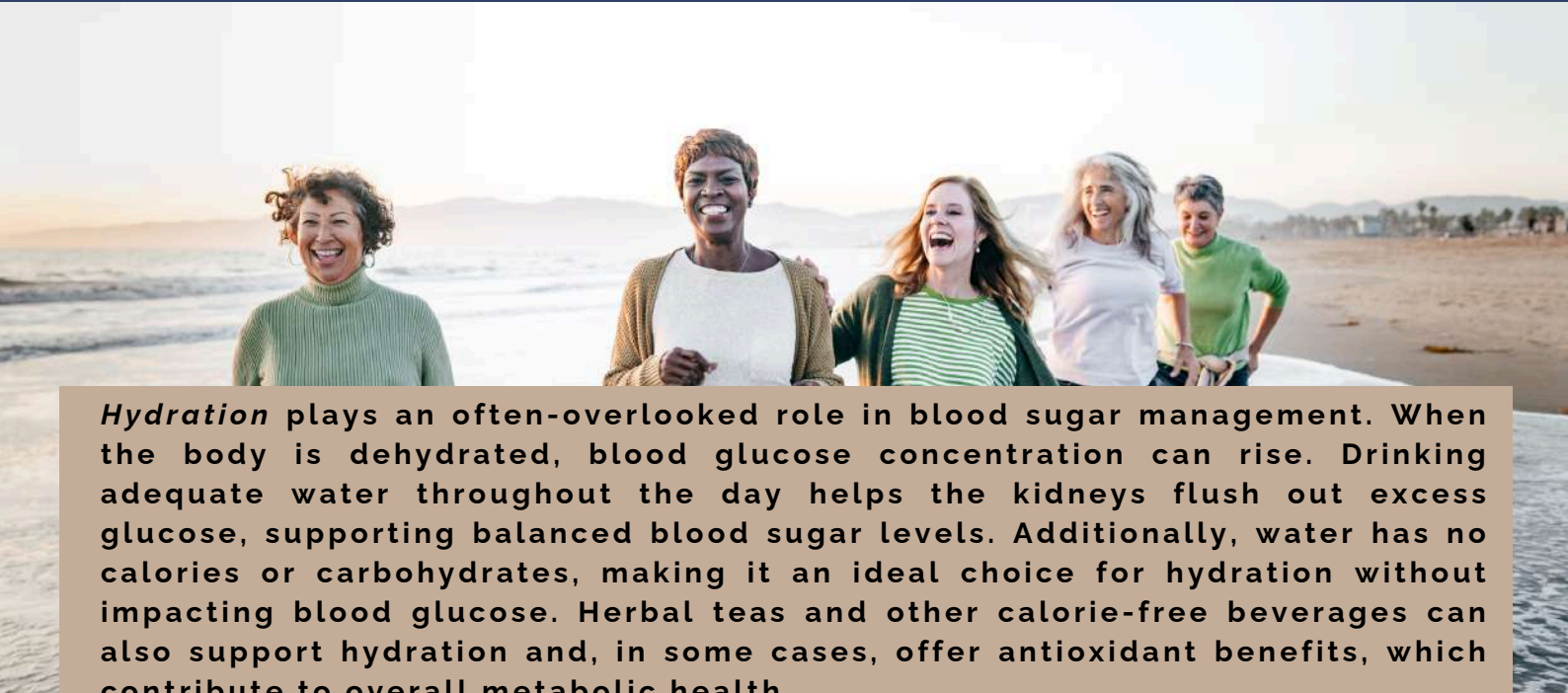
Exercise is one of the best ways to keep your blood sugar in check. When you're active, your body becomes more sensitive to insulin, which helps your cells absorb glucose more effectively. At the same time, your muscles use glucose for energy, which can lower your blood sugar and help keep it balanced over time.

Whether it's aerobic activities like walking, jogging, or cycling, or strength training like lifting weights, both can make a big difference in how your body manages blood sugar. Staying active regularly, especially after meals, can help prevent big blood sugar spikes and improve your body's ability to handle glucose overall.



Stress can have a big impact on your blood sugar. When stressed, your body releases cortisol, a hormone that raises blood sugar to give you a quick energy boost. While this can be helpful in short bursts, chronic stress and high cortisol levels can keep your blood sugar elevated, which over time can lead to problems like insulin resistance and an increased risk of type 2 diabetes.

Taking time to manage stress can make a real difference. Practices like mindfulness, deep breathing, yoga, or simply spending time outside can help lower cortisol levels and support better blood sugar balance. Getting good quality sleep is just as important. Poor sleep can raise cortisol and increase insulin resistance, making it even harder to keep blood sugar stable.

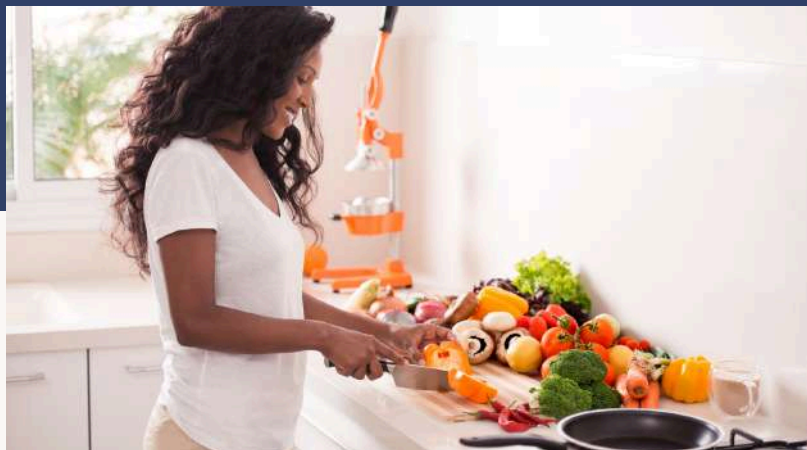


Hydration plays an often-overlooked role in blood sugar management. When the body is dehydrated, blood glucose concentration can rise. Drinking adequate water throughout the day helps the kidneys flush out excess glucose, supporting balanced blood sugar levels. Additionally, water has no calories or carbohydrates, making it an ideal choice for hydration without impacting blood glucose. Herbal teas and other calorie-free beverages can also support hydration and, in some cases, offer antioxidant benefits, which contribute to overall metabolic health.

Understanding the *glycaemic index (GI)* and *glycaemic load (GL)* can make a big difference in managing blood sugar. The GI tells you how quickly a food raises blood sugar, with high-GI foods like white bread and sweets causing fast spikes. Low-GI options like whole grains and legumes lead to a steadier rise. But GI alone isn't enough—GL also considers portion size, giving a clearer picture of a food's impact. Choosing foods with a low GI and GL can help keep blood sugar stable, avoiding energy crashes and cravings. Making mindful choices can support better balance and overall well-being.



Certain nutrients and compounds can make a real difference in keeping blood sugar balanced. Soluble fibre, found in foods like oats, beans, and some fruits, slows glucose absorption, helping to prevent spikes. Chromium, a trace mineral, supports insulin's role in managing blood sugar. Magnesium, abundant in leafy greens, nuts, and whole grains, is essential for healthy insulin function, and getting enough of it is linked to better blood sugar control. Antioxidants like polyphenols, found in berries, green tea, and dark chocolate, can help reduce oxidative stress and inflammation, which are tied to insulin resistance and poor blood sugar regulation.



***Steering clear of processed foods and added sugars* is key to keeping your blood sugar balanced. Processed foods are often loaded with refined carbs, unhealthy fats, and additives that can send your blood sugar soaring. They're usually low in fibre and other nutrients that help keep things steady, making blood sugar spikes and crashes more likely. Sugary snacks, sodas, and pastries are some of the biggest culprits. Choosing whole, unprocessed foods like fresh fruits and vegetables, whole grains, lean proteins, and healthy fats gives your body the nutrients it needs to support metabolism and keep your blood sugar stable.**

The *connection* between blood sugar balance and long-term health is incredibly important. When blood sugar levels fluctuate too much or stay high for extended periods, it can lead to insulin resistance, where your cells stop responding properly to insulin. Over time, this can turn into type 2 diabetes, raising the risk of heart disease, stroke, and other health issues. By keeping your blood sugar steady, you can lower the chances of developing these conditions, boost your energy, and support a healthier, more resilient body overall. It's a powerful way to take control of your long-term health.

***In the end*, keeping your blood sugar balanced is key to feeling good, staying energised, and maintaining overall health. Things like your diet, exercise, stress management, and hydration all play an important role in how well your blood sugar stays in check. Opting for complex carbs, adding protein and healthy fats to meals, eating regularly, and staying active are all great ways to keep your blood sugar steady. By understanding how different foods and habits affect your blood sugar, you can make choices that support your health and lower the risk of long-term conditions. Balanced blood sugar is at the heart of wellness, helping you feel your best physically, mentally, and emotionally.**



Disclaimer: This newsletter is for informational purposes only and does not constitute medical advice. Consult with a healthcare professional before making any significant changes to your diet or exercise routine

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HEALTH, WELLNESS & FITNESS COACH

Are you ready to break the cycles holding you back and unlock a life of confidence, vitality, and purpose?

As a Health, Wellness, and Fitness Coach, I invite you to a complimentary 40-minute Coaching Session. Together, we'll explore how to:

- Identify Emotional Triggers - Uncover the root causes of your emotional eating patterns.**
- Craft a Personalised Wellness Plan - Set actionable goals to regain control over your health.**
- Blood Sugar Balancing Techniques - Learn simple strategies to keep your energy and cravings in check.**
- Mindset Mastery - Tackle limiting beliefs that are holding you back from achieving lasting change.**

After our session, you'll receive a complimentary copy of 'Stop Eating Your Stress'—your ultimate guide to conquering stress-related eating habits and sustaining long-term wellness.

Ready to take the first step toward lasting change?

Book now your complimentary 40-minute 'Revive & Thrive' session and start your journey to a healthier, more confident you!

Message me at 082 928 6742 or email jeanettemuldner@gmail.com.

www.iammehealth.com

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