

Extreme Wellness!

6 WEEKS OF TRANSFORMATIONAL WELLNESS

With Nicole Carter, Med

Blood Sugar Balancing

Blood sugar regulates many of your body's hormones. When blood sugar gets out of balance, insulin levels go up, which drives cortisol up, which lowers adrenal function that regulates sex hormones. Blood sugar balance is the KEY to bringing balance to many of your hormone functions!

How to eat based on the Glycemic Index

Since your body burns fat only AFTER it burns glucose, the key to weight loss for most people is reducing that glucose first so we can burn fat. By following a low glycemic index diet, you will reduce that glucose and become aware of where food stands on the index.

Foods High on GI (Foods to avoid)

Any snacks made with any form of sugar. Products with wheat and gluten
Most snack foods such as chips, pretzels and crackers Sodas and bottled juices Candies or baked sweets. Most fruits, root vegetables, all grains, dairy products and non-starchy vegetables should be avoided.

Foods Low on GI (Eat these)

- Artichokes
 - Artichoke hearts
 - Asparagus
 - Avocado
 - Bamboo shoots
 - Bean sprouts
 - Broccoli
 - Brussels sprouts
 - Cauliflower
 - Celery
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- Cucumber
- Daikon
- Eggplant
- Endive
- Leeks
- Greens (collard, beet, kale, mustard, turnip)
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radish
- Seaweed
- Squash (spaghetti, green and yellow zucchini)
- Sugar snap peas
- Swiss chard
- Tomato
- Water chestnuts
- Watercress
- Cabbages (green, Bok Choy, Chinese)
- All Salad greens (chicory, endive, escarole, iceberg lettuce, romaine, spinach, arugula, radicchio, watercress)

Animal Proteins

- Poultry • fish • seafood • grass fed beef • buffalo • eggs

Fats

- raw seeds, nuts in moderation
- goat cheese • coconut oil
- grass fed butter • avocado • Almond, peanut or sunflower butter •

Natural Sweeteners

- Stevia • Truvia • Monk Fruit Powder

Condiments and Other Items

- Sea Salt, black pepper, garlic powder, onion powder, pure dried herbs.
- Coffee, green tea and herbal hot teas (all must be unsweetened)
- Mustard, real mayonnaise (no sugar added)
- Sea Tangle Kelp Noodles or Yam calorie free noodles



Blood Sugar and Body Fat

When you expend energy through regular daily activity or exercise, your body uses up the first available fuel source, glucose.

You build up glucose in your blood by eating carbohydrates (grains, legumes, fruit and veggies).

Until you have used up the glucose immediately available in your body, **YOU WILL NOT USE FAT FOR FUEL!**

Reducing the amount of glucose to only what you really need, (and not store) will help you switch to fat as fuel.

Blood Sugar and Hormones

Every time you eat foods high in sugar or starch, your blood sugar will rise. How fast it rises depends on the kind of carbohydrate it is. As blood sugar rises, insulin is released from the pancreas to bring blood sugar back down. When this happens, we tend to get tired and hungry again creating a fatigue and hunger cycle. This is also very stressful on the body so the body then also creates more of the stress hormone cortisol.

Glycemic Ratings

By choosing foods lower on glycemic index rating, you are putting less glucose into your blood stream at one time.

Eventually everything will enter the blood stream, but high glycemic foods “dumps” sugar into the blood causing spikes and lows (cravings) and reduces the ability to tap into body for energy.

Choose foods that are higher on the glycemic index rating only before midday so you have longer to burn it off.

Glycemic Index Rating

The purest form of sugar for your body is glucose, so it has a rating of 100, the highest. The goal is to eat foods **LOWEST** on glycemic rating so as not to dump glucose into the blood stream.



Typically the more sugar and starch the food has, the higher the glycemic rating will be.

Proteins and non starchy vegetables such as salad, green beans, tomatoes etc. are the lowest on the glycemic index.

<http://www.glycemicindex.com/>

Shoot for foods that are under 20 on the index!

Meal Frequency

By eating 5-6 small snack size meals (about 250-300 calories each) your blood sugar stays balanced. If your not hungry you can wait until you are. Once your blood sugar becomes more balanced you can spread meal times out further.

Eating in this way also prevents binge eating Small meals increases your metabolism because the digestion process requires a lot of energy! Reduce cravings and keep blood sugar balanced. Eating foods high in protein and low on the glycemic index will prevent spikes and dips in blood sugar and reduce hunger and food cravings.

FRUIT...the misunderstood

We all know that fruits and vegetables are good for our health.

They contain vitamins, minerals, antioxidants and have many protective health benefits. While eating fruit is often a better choice than boxed snacks or fast food, it might not be the best choice if you are trying to reduce your body fat.

Yes, an apple is always a better choice than French fries, and it is obviously a great choice for travel or when options are limited. Still, the way the body burns fat has a lot to do with using up the glucose in the blood before moving on to other sources of energy, such as body fat.

When our body needs energy, it first taps into the glucose for immediate resources. Once the glucose is reduced the body will then use fat and then finally body fat to fuel itself. By reducing the carbohydrate and sugar consumption we are able to reduce the glucose so that body fat is used sooner for energy.



However, this cannot happen if we are always full of glucose!

Sugar, no matter the source, is a source of glucose.

Many times, people eat large amounts of fruit, assuming they are doing a good thing for their body, when in reality, they are consuming a whole lot of sugar and preventing their body from burning fat.

Yes, its true they are getting a lot of other nutrients from fruit, as well as valuable antioxidants and fiber. The reality is that for rapid fat loss, sugars, including fruit, must be drastically reduced. Once you have reached your target weight, fruit can be reintroduced in small amounts.

A high intake of fructose (unlike other dietary carbohydrates) can fail to stimulate the normal production of leptin.

Leptin is a hormone involved in the long-term regulation of energy balance. It goes up when we get enough calories/energy and down when we don't, to let us know it's either time to stop or start eating.

The decrease in leptin production associated with chronic high fructose intake can have harmful effects on the regulation of food intake and body fat.

In other words, with HFCS, you never get those "I'm full" signals from the brain, so you keep eating even though you've gotten plenty of calories.

Our liver is the major site of fructose metabolism. In the liver, fructose can be converted to glucose derivatives and stored as liver glycogen. The liver can only use and store so much fructose as glycogen at one time. The remainder will be stored as fat!

The moral of this story is that fruit does have its benefits, so the best way of enjoying them without adding to your waistline is:

- 1. 1-2 Small servings a day**
 - 2. Eaten early in the day**
 - 3. Eaten all by themselves**
 - 4. And whole forms only – NO JUICE!**
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Recommended Reading:

Articles

<http://www.healthline.com/health/low-blood-sugar-effects-on-body>

<https://www.hsph.harvard.edu/nutritionsource/carbohydrates/carbohydrates-and-blood-sugar/>

<http://www.webmd.com/food-recipes/features/health-effects-of-sugar-2>

Books

Sugary Blues by William Dufty

Activities

Write down a day or two of meals and use My Fitness Pal app or other calorie counter that includes sugar tracking to see what your sugar intake is prior to the program.

This is only intended for you to get an idea of what you are consuming each day. Most people are not able to guess how many grams of carbohydrates or sugars you eat unless you track it for a period of time. You can continue to track it if you like, but the most important tracking is in the first 2 weeks.

Sample natural sugar replacements if you have not already. Good choices include Swerve, Stevia and Monk Fruit Powder. This will help you prepare for any cravings you might have so that you can beat them and move on.

