

# Creation

## Balancing your Blood Sugar

Do you have a “weary” mid-morning or mid-afternoon? Crave a fix at this time? Sweets, coffee, tea? This may be related to blood sugar imbalances. Complete the form below, writing down all food that you ate over the past 3 days.

Breakfast	Lunch	Dinner

Now lets consider your drink and snack intake. Complete the form below, again for last 3 days.

Time	Drink	Snack

Blood sugar irregularities, digestive and bowel diseases are generally connected with an element of liver and pancreas malfunction. Blood sugar troughs present the likelihood of outbursts in the early morning, late afternoon and middle of the night and is connected to many hormonal issues. As we all understand blood sugar dysfunction can be related to a medical condition such as diabetes but often they relate to

- Poor diet and nutritional choices
- Excessive exercise without any calories in your system
- Stress and alcohol.

### Symptoms of Blood Sugar Imbalances:

Tiredness	Light-headedness	Anxiety/panic attacks	Cold sweats	Disorientation
Nausea or a feeling of wanting to vomit	Headaches	Elevated heart rate	Tingling in various parts of the body	Food cravings
Trembling	Irritability	Lack of concentration	Chronic fatigue	Stimulant cravings – sweets, cocoa, biscuits or cakes, tea, coffee, alcohol
Mood swings	Hormonal disturbances	Fertility issues		

**Blood sugar troughs can also happen in the middle of the night. These symptoms include**

Creation Fertility, Nutritional Therapy, Holistic Body Therapy, Energy Healing, Meditation

07747 133170 / 0208 487 3631

[contact@justineevans.co.uk](mailto:contact@justineevans.co.uk) [creationfertility.com](http://creationfertility.com) [justineevans.co.uk](http://justineevans.co.uk)

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- Frequent nightmares or vivid dreams that wake you; Extreme sweating that soaks your clothes or bed sheets; Waking up with an elevated heart rate; Unable to go back to sleep after waking up in the middle of the night.

**Exercise: Add up the number of symptoms you have.**

- 1-5 symptoms: Some blood sugar troughs – possibly eat more frequently and whole foods
- 5-10 symptoms: Highly likely that have blood sugar imbalances and important to review diet and lifestyle
- 10 + symptoms: Visit your GP for a blood glucose test and/or see a professionally qualified nutritional practitioner

**How blood sugar works:**

All the carbohydrates we eat (sugary/starchy foods such as fruit, bread, pasta, cakes and pastries) are broken down into **glucose** which gives us energy. Certain foods are broken down into glucose very quickly which result in an instant surge of energy, these include sweets, alcohol, processed foods, including pre-cooked meals and pasta.

**How we react.** When our bodies break down food too quickly our blood sugar levels lower very quickly which results in symptoms such as feeling low in energy, suddenly becoming hungry, experiencing sugar cravings, feeling shaky or anxious. Going without food for long periods of time can also have the same effect.

**Blood Sugar Diet:** This programme offers a low glycaemic load diet to support blood sugars. It includes regular servings of protein.

Food Groups	Enjoy the following:
Proteins – Animal and Vegetable	Organic fresh beef, lamb, poultry, game, fish, shellfish, eggs, tinned fish. beans, lentils, hummus, nuts, seeds.  Eggs ( 4 per week.), Fish - oily and white fish ( 4 portions per week), Organic poultry, game or lamb (4 portions per week), pulses and beans should be eaten regularly as they are a good source of protein and are complex carbohydrates and low GI foods.
Complex Carbs	Ensure you have adequate fibre in your diet by eating a daily serving of a complex carbohydrate - examples are millet, quinoa, whole grains such as rye, whole wheat, oats, sweet potato, lentils and pulses, or brown rice – these slow down the release of glucose and because they are wholegrain have a high fibre content. Complex carbohydrates take up 60% of your diet but should include a serving of protein with them
Vegetables	Include all other than white potatoes. Vegetables should comprise at least 60% of your diet and you should eat at least 1 raw salad daily for fibre and a fresh vegetable juice . Also include herbs and sprouting seeds daily plus 2 dessertspoons of ground flaxseeds daily
Fruits	1 piece of fruit daily with small handful of fresh nuts or seeds to balance sugar levels – contrary to popular belief nuts are good for you and you only need 4 to balance blood sugar when eating fruit
Nuts	Almonds, pecans, brazils, hazelnuts, walnuts, cashews, chestnuts, peanuts and nut butters providing no additives or sugar has been added

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Beverages	Water, vegetable juices without added sugars, herbal tea,
Condiments	Any oils and fats – note that coconut and Olive oil are the best, fresh herbs, mustard, apple cyder vinegar, olives, butter and Baking soda

- 3 main meals plus 1 snack daily. As you blood sugar levels balance the snack can be removed.
- Include a small portion of good quality protein with each meal and snack – these need not be animal based and need only be 15% of the meal i.e. a small fistful or, when eating nuts a portion in 4 nuts.(e.g. Brazils or almonds) .

**A word about Snacks:** The requirement for snacks depends on your blood sugars and metabolism. For some they are needed. If so, I recommend:

Selection of washed organic raw vegetables, cut into think slices/chunks with hummous or similar. Fruit should be eaten by itself and kept to 1 piece per day. Nuts are excellent but you do not need many, maximum of 4 freshly shelled at any one time!

Handful of “seeds, fresh or dried, or a healthy energy bar such as: Trek, Bounce bars, Food Doctor range (bars, seeds and bags of nuts), 9Bars, Conscious Health Company bars

Popcorn (cook your own)

Plain alternative yoghurt with herbs/mint or basil leaves/natural spices added

**Disclaimer: This information is offered as guidance only and does not take into account any specific illness. Please discuss changes to your diet with a health professional before embarking on a dietary regime.**