



Knowledge is
your secret
weapon to good
health.

WEIGHT MANAGEMENT

Blood Sugar Imbalance

Insulin is a hormone produced by our pancreas which, when functioning optimally moves glucose (sugar) from the blood into cells where it can be used as an energy source. When blood sugar levels are chronically elevated, the body begins to resist the effects of insulin. The pancreas responds by secreting higher and higher levels of insulin, until finally it can no longer keep up with the demand. Our body then refuses the action of insulin and we end up in a state of insulin resistance, which can eventually lead to Type 2 Diabetes. Dysglycemia is another common blood sugar imbalance which is characterized by abrupt surges and drops in blood sugar levels. Symptoms of blood sugar imbalances can include: frequent urination, abnormal thirst, excessive hunger, fatigue, blurred vision, nausea, weight fluctuations, slow wound healing, dry skin, skin tags, brain fog, energy crashes and mood swings.

Contributing Factors

Obesity, poor diet (high refined foods, sugar, fried foods/trans fats and low fibre), caffeine/alcohol intake (causes rapid fluctuations in blood sugar), dehydration, physical inactivity, heavy metal and toxin exposure (trigger insulin resistance and obesity), inflammation, poor digestion (dysbiosis, food sensitivities), stress/high cortisol (depletes chromium), lack of sleep, nutrient deficiencies (B vitamins, chromium), irregular eating habits, overloaded/fatty liver, PCOS, estrogen dominance

Lifestyle Recommendations

- Limit sugars and sweeteners. This includes honey, syrups, table sugar and artificial sweeteners. Try xylitol, erythritol, monk fruit, stevia, or coconut sugar. Note that xylitol is toxic to dogs.
- Be mindful of your fruit selection. Avoid juices and higher glycemic fruits (bananas, dried fruits). If consuming fruit, go for fresh, lower glycemic options (berries, apples, grapefruit).
- Choose carbs carefully. Choose high-fibre, unrefined, complex carbohydrates in moderation, such as "brown" whole grains (rice, oats, spelt, millet), pseudo grains (quinoa, amaranth, buckwheat), starches (sweet potatoes), beans/legumes, vegetables, flax and chia. Avoid anything processed, instant, artificial or refined.
- Eat balanced meals. Combine foods that are high in fibre with protein, along with healthy fats to slow down digestion and prevent spikes in blood sugar. Protein examples include quality meats and wild seafood, free-run/organic eggs, organic/grass-fed dairy and powders. Fat examples include coconut, nuts, seeds and avocado.

Product Recommendations

- Important nutrients for blood sugar balance: Chromium, Vitamin B, Vitamin D, Vitamin E, Zinc, Magnesium
- Important fatty acids for blood sugar balance- Essential Omega Fatty Acids (Fish Oils, Flax Oil, Evening Primrose Oil, Borage Oil, Hemp Oil), CLA, MCT Oil
- Herbs which help increase insulin activity: Berberine, Gymnema Sylvestre, Chiroitol, Bitter Melon, Cinnamon, Garlic, Fenugreek, Mulberry, Apple Cider Vinegar
- Antioxidants to protect cells from damage: Alpha Lipoic Acid, Vitamin C, Quercetin, Pycnogenol, Grapeseed Extract
- Suggestions for neuropathy: B-Complex (esp. B1, B6, B12), Trace Minerals, Acetyl L-Carnitine, Alpha Lipoic Acid, Omega Fatty Acids (Omega 3 EPA, Omega 6 GLA), Topical Nerve Creams
- Consider extra soluble fibre supplementation to help reduce food cravings and reduce the glycemic index of meals

Book a free 15 minute consult with a GNN Product Advisor!

116 Park Rd W, Steinbach, MB R5G 4V6 PH.204.326.9565

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