

Stabilize Blood Sugar

It might help to think of blood sugar imbalances like this: we're given a certain amount of insulin/ glucose activity in our cells in a lifetime. If we use up all of it in the first 3 or 4 decades of our life by eating too many refined carbohydrates and sugar, then the damage has been done. To avoid serious health problems as you get older, it is vital that carbs and sugar are reduced.

To do this, it is imperative that you reduce or eliminate carbs to the point where you don't crave sugar anymore. That starts the cells to begin to turn off the sugar response. For some people, that will be less than 72 grams of carbohydrates per day.

Go to www.calorieking.com to check the total carbohydrate count of common foods. You do not have to become a member to use the site to check the carb counts. The only thing you are counting now is total carbs. Do not worry about fats nor calories for the first few weeks.

You may have to eat only lean proteins and LOTS of vegetables with no other carbs at all for every meal. This isn't necessarily forever, but until the sugar cravings disappear. That means most fruits are also eliminated – they still trigger the sugar- insulin response.

I highly recommend these short videos on the subject: www.youtube.com/merrittwellness as well as Dr. Hyman's www.bloodsugarsolution.com

Dietary Therapy - follow for 1-6 weeks, then adapt for your daily diet. You will notice that your energy, immunity, sleep, moods, joint pain, etc. all improve!

- Eat something protein and fat-based every 2-3 hours, before you are hungry, never missing a meal.
- Never, ever, skip breakfast. Eat within one hour of waking. Eating a breakfast with protein and fat will set your blood sugar at a healthy level for the entire day. It doesn't have to be a large quantity if you are not hungry, just something with protein/fat.
- Avoid (eliminate for the first 1-3 weeks) ALL sugars and refined carbs. This includes all bread/pasta/crackers, granola!, cakes, and white rice/potatoes.
- Only small servings (1/3 cup cooked) of whole grains: brown rice, quinoa, steel cut oats, millet.
- Always check labels for ingredients & carb count. Sugar is added to many products.
- Use organic sources of food when possible.
- Use only healthy fats: fats in meats, avocado, eggs, nuts and seeds, ghee, butter, dairy products, olive, flax, sesame, and coconut oil. (Try Coconut Oil to prepare eggs and veggies and in a cup of herb tea for a snack)
- Use whole fat dairy, never low/skim/nonfat. The fat is what balances out the milk sugar.
- Combine lots of fresh vegetables with your protein/fat snacks and meals: in salads, soups, steamed, baked, etc. Fill half your plate with your favorite veggies.
- Take 1000 mg of DHA/EPA 1-2x daily. Use high quality fish oil from your practitioner/ Nordic Naturals.
- Exercise is one of the best ways to reduce insulin resistance and improve blood glucose metabolism. Read Younger Next Year by Chris Crowley.

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The following is a list of healthy choices of protein and fat foods to stabilize blood sugar. The day before you begin the program, have your food ready for the week. Remember, follow for 1-6 weeks and then adapt as needed. Choose from the following:

- Meats - all are fine, but chicken/turkey breast and fish have less fat than beef or pork so choose the former if you are wanting to lose weight
- smoked salmon, beef or turkey jerky for snacks
- Chicken, egg, or tuna salads to mix with greens or veggies for lunches
- Sandwich meats for quick roll-ups and to put in salads
- Eggs -hard boiled for snacks and quick additions to salads, scrambled with coconut oil
- Nuts and nut butters. Justin's Nut Butters are available in to-go packets for snacks
- Cream cheese and any hard cheese you like
- Half and half for tea or coffee. Remember, no skim, low- or nonfat milk or cheese. The fat is what helps balance the milk sugar (lactose).
- Healthy fats are essential: Olive oil (cold or expeller pressed), Real butter (organic if possible), Unrefined coconut oil and/or ghee (filtered butter)- scramble eggs, stir fry veggies, add to small servings (1/3 cup) of oatmeal or brown rice. A tsp of coconut oil in herbal tea or hot water makes a great snack.
- Yogurt: full-fat, plain, unsweetened (Greek style has less milk sugar and more protein per serving) 1/2 cup is the serving size
- Fresh vegetables, LOTS! Include any you like: salad greens, avocados, broccoli, peppers, cucumbers, tomatoes, zucchini, celery, spinach, carrots, cabbage, etc. Avoid potatoes for now.
- Lemons for spritzers and veggies
- Beans, which may be canned
- Hummus (chick pea spread)
- Apples (Maximum one per day, in order to keep fruits to a minimum). Combine with nut butter
- Berries, but no other fruits for now, especially not bananas, mangos, pineapples!
- Beverages: Spring water, teas, coffee, bubbly water (no sugar or other sweetener added).
- One serving alcohol, but NOT beer, is allowed if you must, but watch the carbs
- Sweeteners: your body recognizes the sweet taste and will release insulin as it thinks carbohydrates are on the way. If you must have a sweetener, stevia is the only one that doesn't cause an increase in insulin. I like it in liquid form, 1-2 drops in a cup of tea is usually enough.

This program allows for an abundance of tasty and satisfying foods. It is also meant to be easy and not time consuming. Pre-boil eggs and pre-make tuna or chicken salads to combine with greens and your pre-made salad dressing for a great meal. Adapt to your likings and lifestyle. There is no need to make an entire meal every time you eat; just follow the guidelines on the front page!

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