

Blood Sugar Balancing Practices

How to improve your blood sugar and inflammation?

@FertilitybyErika



Hello, I'm Erika

I'm a woman's hormone health practitioner, fertility awareness instructor and reproductive biologist with a passion for helping individuals and couples optimize their fertility and hormones to take charge of their reproductive health.

This guide will provide you with essential information when it comes to regulating your blood sugar especially if you have PCOS or insulin resistance. It includes symptoms hiding behind blood sugar issue, nutrition tweaks, best supplements and lifestyle practices for stable blood sugar.

In case you would still feel unsure about how to improve your symptoms or implement things in your case I offer my free **Root Cause & Cycle Mapping Session**: 45 minutes to identify the 2-3 most likely root causes in your case, and map your next steps.



APPLY FOR ROOT CAUSE &
CYCLE MAPPING SESSION

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Welcome

Balanced blood sugar if you:

- Feel consistent energy throughout the day, with no marked crashes or bouts of sleepiness
- Experience minimal to no cravings for sugar or caffeine
- Feel satisfied and experience no cravings for sweets or sugar after a meal
- Are able to fall asleep and stay asleep without waking up once or more during the night
- Wake up with energy for the day ahead
- Consistently experience stable moods
- Feel little or no physical pain (e.g., joint pain, headaches, or period cramps).

Unbalanced blood sugar if you have:

- Crazy energy highs and crashes (one minute they're wide awake; the next, unable to keep their eyes open)
- Sugar and caffeine cravings first thing in the morning, mid-morning, mid-afternoon, and after dinner
- Feelings of extreme hunger thirty to sixty minutes after a meal
- Sleepiness after eating a meal
- Trouble either falling asleep or staying asleep throughout the night
- Difficulty waking up in the morning
- Moodiness, meltdowns, anxiety, or panicky feelings on a regular basis

Insulin Resistance

- Your belly fat (or muffin top) is growing and seems impervious to exercise or weight loss attempts
- You experience brain fog that doesn't seem to lift
- You feel persistent fatigue that doesn't improve no matter how much you sleep (i.e., almost like jet lag)
- You feel unfocused, forgetful, absentminded, and scatterbrained
- Your consumption of sugar or sweets doesn't relieve your cravings, and you find yourself craving more and more

Metabolic Syndrome

- High triglyceride levels
- Abdominal obesity
- High blood pressure
- High fasting blood sugar, and
- Low HDL cholesterol levels

Diabetes

- Increased thirst
- Having to pee more frequently
- Poor healing of cuts or wounds
- Increased hunger
- Unexplained weight loss even though the diet is the same



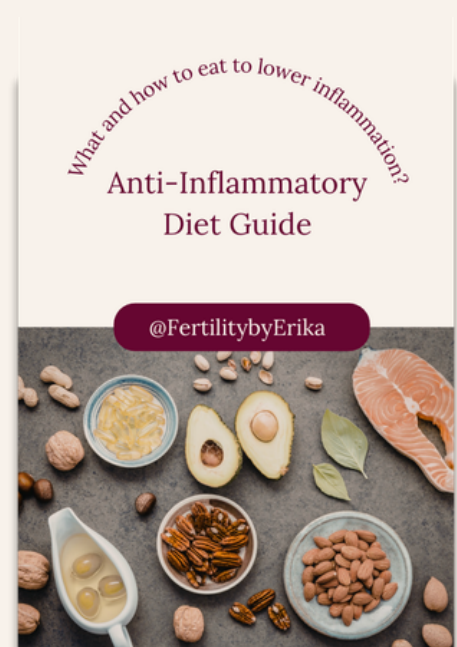
Dietary Strategy

Diet is at the top of the list when it comes to blood sugar control.

The best nutrient tips for blood sugar regulation

- 25-35g of protein with every meal
- Balanced plate of protein, fat, complex carbs, fiber
- Complex carbs instead of simple carbs
- No naked carbs
- Reducing refined sugar
- Being mindful of the portions of healthy sugars - honey, maple syrup, agave, dark chocolate, bananas
- Add sweet veggies to meals to curb cravings for sweet treats
- Add fruit or cooked fruit as a source of carbohydrates and fiber to meals to curb cravings for sweet treats after meals
- Start meals with a salad or vegetable dish - fiber in a meal lowers post-meal glucose levels

My favorite hormone friendly diet is provided in anti-inflammatory diet guide.



Blood Sugar Balancing Diet

Before Meals

- Dilute 1 tablespoon of apple cider vinegar in 1-2 oz of water and drink 20 minutes or less before meals
- Always drink vinegar with a straw

During Meals

- Eat within 90 minutes of waking up
- Chew food properly - at least 20 times a mouthful
- Eat in a calm environment while seated
- Eat your meals in the right order - fiber, protein and fat, and then starches and sugars last.

After Meals

- Drink morning caffeine after eating breakfast.
- Drink additional caffeinated beverages after meals not on an empty stomach
- Eat sweet treats after a meal with protein and fat in it

Additional Dietary Hacks

- Consider eating sweet treats in the first half of the cycle
- Eat foods with resistant starch - cooked & cooled rice, potatoes, oats
- Try alternative sweeteners - like Monk fruit, Stevia, Erythritol or Allulose.
- If you drink alcohol do it after a meal or high protein snack
- Avoid sugary mixers (like juice/cocktails) and consider drinking hard liquor with soda water instead
- Eat a higher fat/calorie snack before bed if you have blood sugar issues/wake up in the night or morning feeling hungry. (tbsp butter, ghee, peanut butter, almond butter, coconut oil)

Blood Sugar Balancing Supplements

These are my favorite science backed supplements to use for blood sugar regulation depending on an individual case

- Magnesium bisglycinate
- Berberine
- Curcumin
- Cinnamon
- Vitamin D - if deficient
- Inositol - 40:1 ratio of Myo & D-chiro

Note: Always consult with doctor, or healthcare practitioner before beginning any supplement regimen. This is especially important for those who are on medications due to any drug interactions.



Blood Sugar Balancing Lifestyle Habits

- Take a 5-10 minute walk after meals or use your muscles after meals (e.g. do some jumping jacks, squats or planks post-meal)
- Lift weights and build muscle - 2-3x per week
- Exercise regularly
- Get at least 7 hours of good quality sleep each night - poor sleep leads to lower insulin sensitivity the next day
- Regulate circadian rhythm by getting sunlight in your eyes first thing in the morning and throughout the day
- Stop wearing sunglasses or reduce the amount of time they're worn
- Reduce stress - stress causes the liver to release glucose into the bloodstream, which is why over time it raises a person's fasting blood sugar and overall glucose levels.
- If you are experiencing gut symptoms like bloating, indigestion, nausea, diarrhea, constipation - work with a specialist to resolve this as gut dysbiosis and leaky gut lead to worsened blood sugar regulation



So what's the next step?

If you are feeling overwhelmed by all these habits and diet changes and don't know where to start - I get you and I've been there!

You don't have to figure out your blood sugar optimization and hormone imbalances on your own.

I offer my free Root Cause & Cycle Mapping Session: 45 minutes to identify the 2-3 most likely root causes in your case, and map your next steps.

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