

The Truth About Blood Sugar

What You Need To Know

- Damage to your body starts at a blood sugar reading of 5.1 which is considered normal
- Every number that it goes up does damage to your pancreas
- Excess sugar circulating in our bodies is stored as fat.
- It also affects our lipid panels and damages the heart.
- Sugar is a toxin that creates inflammation causing poor circulation.
- Simple carbs can be worse than sugar for blood sugar spikes

signs you have a blood sugar imbalance

- Getting 'hangry'
- Feeling sick frequently
- Suffering from migraines
- Sometimes when you feel as if you have low blood sugar, it's actually high.

Insulin & Beyond

- Insulin is inflammatory and it stores fat
- Eating small frequent meals means you are constantly secreting insulin
- Growth hormone builds muscle and stores fat. It's released in response to ghrelin which is secreted from an EMPTY stomach.
- If your stomach is never empty, ghrelin is never produced in large enough quantities and growth hormones isn't either.

#1 Recommendation

- Stop snacking!
- Start by lengthening the time between meals by 15min every 2 days until you are only eating at meals
- Make sure you're eating low glycemic food