

# BLOOD SUGAR BALANCE

How can you...

- Say goodbye to stubborn belly fat and fit back into your pre-baby jeans again?
- Power through that 3pm lull with more energy than you've had in years?
- Stop losing your cool at your husband and your kids?
- Kick those sugar and carb cravings to the curb?
- Stop forgetting where you put your car keys or why you walked into a room?
- And more...?

There's one technique that can help with all the above issues and more, and that's by balancing your blood sugar and insulin levels. Here's a quick resource guide to show you the basics of how to do this (if you want a more in-depth run down I'm offering *a lot more* information in my upcoming **FREE webinar**):

- Eat low glycemic index (GI) foods and low insulin-stimulating foods. Although GI isn't everything, and people respond differently to different food it's a good rule of thumb to think about eating low GI foods. Low insulin-stimulating foods are also important because it's not just blood sugar that we need to keep in check, but our insulin levels too. For example, dairy is a huge culprit when it comes to elevating our insulin levels.
- Drink enough water. The golden rule is half your body weight in pounds, in ounces of water daily. So if you weight 140lbs you should drink 70oz of water every day. Dehydration can wreak havoc on your blood sugar.



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- Get enough sleep. Not getting enough sleep can also seriously upset your blood sugar and insulin levels. Be sure to get 8 hours of good quality sleep every night.
- Reduce your carb intake. Reducing your carbs is important when trying to balance your blood sugar levels, but don't go too low as this can have negative consequences (I explain this further in my [upcoming webinar](#).)
- Reduce your stress levels. Stress will do a number on your blood sugar. This is because cortisol (one of our main stress hormones) has a function of elevating our blood sugar levels. If you are under stress then balancing your blood sugar is an imperative step you must take.
- Supplement. There are many supplements that aid in blood sugar regulation. Some of the best include magnesium, chromium, berberine and vitamin D. There are a lot more you can consider as well – some that actually help to reduce sugar cravings (I'll go into these in my [webinar](#)).
- Eat “functional foods.” These foods help to manage blood sugar spikes and include things such as turmeric, green tea and amla plus others.

**This is just the tip of the iceberg. There are so many things you can do, which I go into in lots of detail in my upcoming [webinar](#) such as healing your gut, eating the *right kind* of sweeteners, managing your cravings, testing your blood sugar at home and more. I'll also be giving out 2 bonus recipes and a special offer on the [webinar](#) so I hope to see you there, mama!**



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