

Blood Sugar Imbalance

- **release of insulin**
(fat storage hormone)
weight gain
- **inflammation**
- **damages arteries**
- **leads to metabolic disease** (obesity, diabetes, liver issues)

temporary high energy

insulin tells your cells to take in energy, dropping blood sugar

blood sugar spikes (and crashes) again

insulin spikes promote imbalance & inflammation

HIGH BLOOD SUGAR
= emergency

NORMAL RANGE
= stable mood, cognition, and energy

LOW BLOOD SUGAR
= emergency

high-carb meal without protein, fat, or fiber

- **release of cortisol**
(stress hormone)
- **brain fog**
- **hungry & crabby**
- **low energy & fatigue**
- **cravings** (especially sugar & caffeine)
- **stresses adrenals**
- **promotes binging**

eat sugar for a "pick me up"

now all the energy is stored, leaving you tired and hungry

more cravings and brain fog

blood sugar balance is essential for healthy rhythm