

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

Healthy Blood Sugar Balance

eating will raise blood sugar & insulin slightly, but not dangerously

your body navigates slight ups and downs seamlessly

balanced blood sugar is key for healthy and sustainable weight loss

HIGH BLOOD SUGAR
= emergency

NORMAL RANGE
= stable mood, cognition, and energy

LOW BLOOD SUGAR
= emergency

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



lower blood sugar levels tell your body to dip into fat stores until fed again

balance means less inflammation, fewer cravings & mood swings, and steady energy throughout the day

blood sugar balance is essential for healthy rhythm