LINDGREN
functional medicine

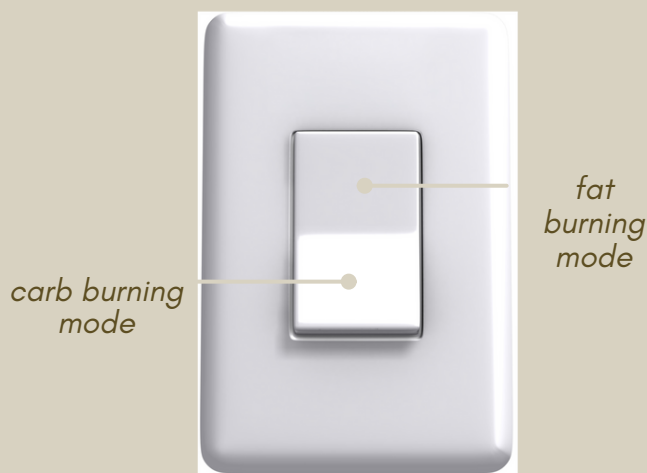# BLOOD SUGAR BALANCE

WHY IS THIS IMPORTANT?

You need energy to get through your day. Your body has a sophisticated system for keeping energy levels steady. However, in our modern carb-centric, fat-phobic world, this system is easily stressed. The choices you make about your diet and eating patterns can either support or sabotage this delicate balance. Healthy blood sugar regulation should be a priority for anyone seeking to support health through diet and lifestyle.

what goes up, must come down

think of blood sugar balance like flying a plane: you want to keep your energy steady and level (and avoid extreme ups and downs)

METABOLIC FLEXIBILITY

A healthy metabolism means your body can seamlessly switch from one mode to the other. This starts with supporting blood sugar balance.

fat burning mode

carb burning mode

WHAT IS INSULIN?

When you eat a high-carb (low-fat) meal, glucose floods the bloodstream. To bring your blood sugar back into a stable range, your pancreas releases a hormone called INSULIN. Insulin tells all your cells to take IN energy (translated: fat storage). You may feel great at this point, but it is not a sustained effect. Often insulin can get overzealous and drop your blood sugar too low, an emergency that triggers cravings and sends you back to the fridge.

If you ride this blood sugar rollercoaster every day, your body will eventually become INSULIN RESISTANT. This means that when insulin comes knocking—asking cells to take in energy—they do not listen. This can evolve into chronic metabolic issues, like type II diabetes and obesity.

HOW TO BALANCE

- COMBINE FUELS
  balance out the quick energy of carbs with the sustained energy from healthy fats, protein, and fiber
- LOOK AT LIFESTYLE
  regular movement and adequate sleep are extremely influential for promoting insulin sensitivity
- REDUCE SNACKING BETWEEN MEALS
  you want your body to be able to burn fat between meals (instead of needing a pick-me-up)

if you really NEED a snack as your body transitions, choose something higher in fat

Your Practice Name