

HORMONES & BALANCE SUGAR BALANCING GUIDE

Add (+)	Remove (-)
<p>PFF Breakfast</p> <p>Breakfast rich in proteins, fat and fiber, within 1 hour of rising.</p>	<p>Artificial sweeteners</p> <p>Should be avoided at all cost. Can cause neurological damage and gut disbiosis.</p>
<p>Protein-rich food and snacks</p> <p>E.g. soaked nuts and seeds, jerky, kale chips, bacon bits. Eat protein-high small meals if you feel your blood sugar levels dropping.</p>	<p>Sugar high in fructose</p> <p>Avoid sugars high in fructose as fructose gets metabolized in the liver - this creates additional stress on the liver. For example, agave is very high in fructose and should be avoided. Refer to "Sugar and Sweetener" Guide for more details.</p>
<p>Fat</p> <p>Fat slows down sugar absorption and helps regulate blood sugar levels. Refer to "Fats & Oils Guide" to pick the right fats. Add 2-3 tbsp/day.</p>	<p>Processed and packaged food</p> <p>White flour, white sugar, refined grains, additives and preservatives. This includes cereals, protein shakes and powders.</p>
<p>Fiber</p> <p>Helps to slow down the metabolism of sugar (a good thing!). Great sources are ground flax seed, chia seeds, nuts and seeds. 30g or 2 tbsp/day.</p>	<p>Coffee</p> <p>Coffee increases sugar levels and should therefore be consumed with meals and not on an empty stomach.</p>
<p>Low GI/GL</p> <p>Focus on food that is low on the Glycemic Index / Load scale, especially in the morning. Reference site: www.glycemicindex.com. Food high on the GI/GL scale deregulate blood sugar levels.</p>	<p>Alcohol</p> <p>Alcohol is sugar, too. If you must drink, limit to 2-3 drinks per week, always with or after food. Avoid drinking late at night as it may disturb your sleep and creates additional load on the liver. Avoid mixers as they contain HFCS (high fructose corn syrup).</p>
<p>Sugar selection</p> <p>Not all sugar is the same. Pick sugar that is least processed, has less fructose and is low on the GI/GL load. Refer to "Sugar and Sweetener" Guide for details.</p>	<p>Late-night desserts/snacks</p> <p>Eating sugar before bedtime is a recipe for a poor night's sleep and additional strain on the liver. If you must snack, have nuts, seeds, kale chips or jerky.</p>
<p>Probiotic-rich food and probiotics</p> <p>It's well proven that fermented food helps with sugar cravings. Add 1-2 servings/day. Also add a top-quality probiotics listed in the Buying Resources.</p>	<p>Food intolerances</p> <p>Gluten, dairy, eggs, soy, corn, sugar, nightshades, yeast, sometimes grains and of course sugar can contribute to fluctuating sugar levels. Do the Elimination Diet to find what your sensitivities are.</p>
<p>Fenugreek</p> <p>Regulates glucose, HA1c, insulin, and LDL cholesterol levels. Take as a supplement or learn more about herbs in this free workshop www.HerbsforBalance.com.</p>	<p>Stress</p> <p>Chronic stress depletes us from serotonin and dopamine – sugar creates an illusion of a quick but dangerous fix. Learn to respond to stress differently or avoid it, if you can.</p>

Vitamin B complex

Vitamin Bs can help regulate blood sugar levels. Food rich in vitamin Bs is liver, animal proteins, seaweed, sunflower seeds, spinach. To replenish quickly, consider [Vitamin B Maximus](#).

Toxicity

Make time and space for a detox once a year in spring or fall; it's a good way to reset your body and reverse sugar cravings. Check out the [Thyroid Detox](#) free workshop and decide if it would benefit you.

BALANCE

based on your unique bio-individuality

"Good" food but not good for you: some of us can react to "good" food, for example: grains. For some people with insulin resistance, hypoglycemia, type 1 diabetes, even gluten-free grains can be a trigger and cause leptin resistance. Tuning into your body is key.

Supplements: use them strategically as most people take too many of them. Alongside diet changes, consider the all-in [Sugar Balancing Kit](#) containing the critical sugar-balancing berberine, chromium and essential omegas.

Movement: have a regular movement routine – it is proven to improve insulin sensitivity. Avoid excessive exercise if suffering from adrenal dysfunction.