



# Control blood sugar, control your weight

## A Guide to Blood Sugar Management

Dedicated to transforming lives by not just helping you lose weight and improve fitness, but significantly reducing your risk of type 2 diabetes. Imagine the joy and relief you'll feel when your blood work returns to a healthy range, knowing you've taken control of your health and future



I comprehend the frustrations associated with adhering to a diet and exercise regimen that offers little to no flexibility and fails to accommodate real-life circumstances. I bring to the table a profound understanding of nutrition, bolstered by my experience as a diabetes educator and personal trainer. Throughout my time in these roles, I empowered individuals to gain insight into their physiological processes, prioritising comprehension over strict dietary directives. Consequently, they embraced whole foods, achieved weight loss, and witnessed a reduction in their HBA1c levels.

I have compiled three straightforward yet effective tips and strategies, readily implementable today, aimed at lowering your HBA1c levels, and as an added side effect will help you lose some fat too. These recommendations aspire not only to help lower the risk of diabetes but also to address the associated health issues. However, it is crucial to exercise caution if you are already contending with heart disease or Alzheimer's, and I strongly advise seeking immediate medical assistance in such cases.

## Promoting Muscle Development: Beyond Bodybuilders

I'm sure you've been told at some point by a GP to exercise. They might have given you good reasons to or just said "you should" and that "it's good for you".

From the age of 25 we can lose approximately 1lb of muscle every year (those that don't exercise).

Why is this important? Not only does having muscle make us fitter and stronger, less prone to injuries from falls, it actually stores a large amount of the energy our body needs, which is glucose, as glycogen. We get glucose from everything we eat and drink.

Think of it like this, you start off being able to fill a litre jug with a litre of water. Over the years the jug becomes smaller, yet you still have the same amount of water to store. If glucose lives in our muscles, as it gets smaller the glucose will now "overflow" with the excess having to be stored in fat cells. Those fat cells will grow, split and grow some more from all that stored glucose. Having extra fat puts a strain on all the systems in our body. Just by gaining a few extra pounds of muscle, your body will be able to hold on to more glucose, which means excess fat can now be used up and you can hold off diabetes a little longer.

Just by doing resistance training twice a week will be a huge help.



# Increase fibre: More than Vegetables

Fibre is an essential nutrient that plays a crucial role in maintaining a healthy diet and overall well-being. It is found in plant-based foods such as fruits, vegetables, whole grains, nuts, and seeds. The importance of including fibre in our daily diet cannot be overstated, as it offers numerous health benefits and supports various bodily functions.

One of the key benefits of consuming an adequate amount of fibre is its role in promoting digestive health. Fibre helps prevent constipation by promoting regular bowel movements and maintaining bowel health. It adds bulk to the stool, making it easier to pass through the digestive system. Additionally, fibre acts as a prebiotic, promoting the growth of beneficial bacteria in the gut, which are essential for maintaining a healthy gut microbiome.



Moreover, fibre plays a significant role in managing blood sugar levels. Soluble fibre, helps slow down the absorption of sugar in the bloodstream. By doing so, it prevents rapid spikes in blood sugar levels after meals.

This is particularly important for individuals with diabetes or those at risk of developing the condition, as it can help improve glycemic control and reduce the risk of complications associated with uncontrolled blood sugar levels.

In addition to its role in digestion and blood sugar management, fibre also contributes to weight control and overall satiety. High-fibre foods take longer to digest, keeping you feeling full and satisfied for longer periods. By including fibre-rich foods in your meals, you are less likely to overeat and more likely to maintain a healthy weight. Furthermore, fibre-rich foods are an excellent choice for those looking to manage their weight effectively.



So, where can you find fibre in your diet? Fibre is abundant in plant-based foods, including:  
Fruits, vegetables, whole grains, legumes and nuts and seeds

The recommended daily intake of fibre varies depending on age and gender. In general, adults should aim for 25-30 grams of fibre per day. However, it's essential to gradually increase intake and drink plenty of water to prevent digestive discomfort.

fibre is a powerhouse nutrient, by including a variety of fibre-rich foods in your daily diet and making small, sustainable changes to increase intake, you can reap the rewards of a healthier gut, improved metabolic health, and better overall well-being.



# Cutting down on liquid sugar



Cutting out liquid sugar from your diet can significantly impact your health and well-being. Liquid sugars, found in beverages like sodas, fruit juices, energy drinks, and sweetened teas, are one of the most insidious sources of excess sugar and can lead to a host of metabolic problems. Understanding the importance of reducing or eliminating these substances from your diet can greatly improve your health.

Consume beverages containing liquid sugars, become rapidly absorbed in the gut. Unlike solid foods that require extensive digestion, liquid sugars are in a form that the digestive system can process quickly. Through the small intestine, simple sugars swiftly enter the bloodstream.

The absorption rate of these sugars is significant because it determines how quickly they affect blood sugar levels. Liquid sugars will cause a rapid spike in blood glucose. This spike prompts the pancreas to release insulin, a hormone responsible for regulating blood glucose. Insulin facilitates the uptake of glucose into cells. However, the body's response to this sudden influx of sugar can be problematic. When insulin is released in large amounts, it signals cells to take up glucose quickly. In an ideal scenario, this glucose would be used for immediate energy or stored as glycogen in muscles and the liver. However, in many people, especially those with insulin resistance, the body's cells do not respond effectively to insulin.

As a result, the pancreas produces even more insulin in an attempt to lower blood glucose levels. This excess insulin can lead to several issues:

**Conversion of Glucose to Fat:** When cells are resistant to insulin, glucose is not effectively taken up for use or storage as glycogen. Instead, the body starts converting this excess glucose into fat, which is then stored in adipose tissue. This process is facilitated by insulin, which promotes fat storage in addition to regulating blood sugar.



High blood sugar and high insulin can further exacerbate insulin resistance. As more insulin is needed to manage blood glucose levels, cells become even less responsive to insulin.

The continuous consumption of liquid sugars can lead to several long-term health problems: Weight Gain, Obesity, Type 2 Diabetes, Non-Alcoholic Fatty Liver Disease (NAFLD) and many others

By making conscious choices and understanding the impact of liquid sugars on your body, you can take significant steps toward better health and well-being.

