

7 REASONS TO RECLAIM  
YOUR LIFE FROM UNSTABLE  
**BLOOD SUGAR**

*thyrosisters* 

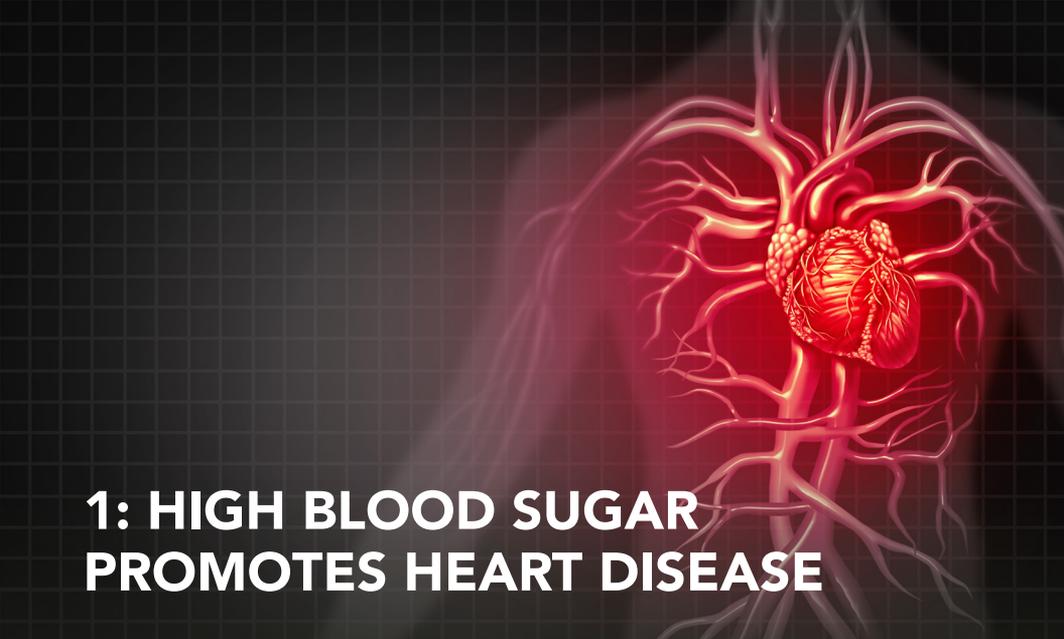


# INTRODUCTION: BLOOD SUGAR GONE BAD

Many Americans eat a sugary diet and frequently miss meals. A fruit smoothie for breakfast, a Starbucks muffin with your caramel latte, or nothing to eat because you are too busy, and you crash in the afternoon. Then a sugary snack or caffeine to boost your energy, and you feel terrible later and wonder why you have insomnia, exhaustion, and mood issues.

This may seem normal and mostly harmless, but it promotes blood sugar imbalances that can lead to a cascade of serious chronic health concerns.





# 1: HIGH BLOOD SUGAR PROMOTES HEART DISEASE

If you have been following conventional advice, then you've been told to avoid fats to prevent heart disease. It turns out sugar is actually the target to eliminate.

Researchers found people consuming at least 25 percent of their daily calories from added sugars are three times more likely to have low levels of the "good" HDL cholesterol in their bloodstream, a risk factor for heart disease, than people who get less than 5 percent of their calories from sweeteners.

High sugar consumers were also found to have higher triglycerides than normal, another risk factor for heart disease.

In addition, chronically high insulin and blood sugar levels caused by dietary sugar inflame the blood vessels and greatly increase the risk of heart disease.



## 2: DIABETES

When a person eats a sugary, starchy diet on a regular basis, the body overproduces insulin to lower blood sugar that is always too high.

Eventually, these constant surges of insulin exhaust the body's cells and they refuse entry to the insulin, which is called insulin resistance.

As a result, insulin can't deliver glucose into the cells to make energy. This causes a person to feel sleepy, exhausted, and irritable.

Also, because glucose can't get into cells, blood sugar climbs too high. The body lowers it to safer levels by converting excess glucose into fat for storage. This is a demanding process that robs one of energy.

- High blood sugar, or insulin resistance, symptoms:
- Trouble falling asleep, insomnia
- Fatigue and strong sugar cravings after meals
- Difficulty losing weight
- General fatigue
- Constant hunger or thirst
- Craving for sweets that is not relieved by eating them
- Frequent urination



For years, medicine has pegged obesity as the number one cause of diabetes. However, results of a large epidemiological study suggest it's insulin resistance related to sugar intake that plays a pivotal role in diabetes.

The study illustrates that the more sugar a population eats the higher the incidence of diabetes, independent of obesity rates. In addition, the longer a population was exposed to excess sugar, the higher the rates of diabetes.

The clincher: Diabetes rates dropped when sugar availability dropped, independent of changes in calorie intake, physical activity, or obesity rates.

But diet is not the only factor affecting diabetes; daily exercise and stress relief are still key players, and making these changes can even reverse the path to diabetes and sometimes even the disease itself.

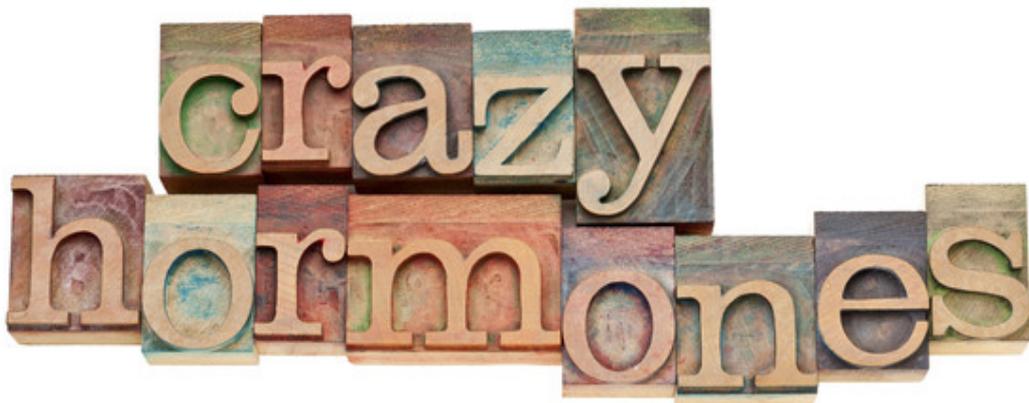


### 3: OBESITY

Low-fat diets have long been heralded as the antidote to excess body fat, but research shows it is actually excess sugars and refined carbohydrates that promote obesity.

These foods negatively impact blood sugar balance and promote insulin resistance, a condition that often leads to obesity and diabetes.

Many find the key to losing unwanted weight is to ditch the sodas, shakes, and fruit juices, substitute fruit for desserts, eat a protein-rich breakfast, and to eat a diet that includes vegetables, protein, and plenty of healthy fats. Also, avoid meals that are heavy on high-glycemic foods, such as potatoes or rice.



## 4: CRAZY HORMONES

A diet high in sweets, soda, and starches triggers an enzyme that causes men to overproduce estrogen, a female hormone, and women to overproduce testosterone, a male hormone. Such a diet consistently raises blood sugar levels, which in turn requires the body to secrete high levels of insulin to lower blood sugar.

Eventually these insulin surges exhaust the body's cells and they refuse entry to insulin. Insulin resistance results, and triggers enzymes in the body that overproduce hormones of the opposite sex. As a result, the body and brain of men and women take on characteristics of the opposite sex:

In men:

- Breasts
- Larger hips
- Crying more easily

In women:

- Scalp hair loss
- Development of excess facial hair
- Deepening of voice
- More aggressive or indifferent



## 5: SLEEP ISSUES

Common symptoms of high blood sugar are an inability to fall asleep, or to wake up not feeling rested even though you slept long enough. This is because high blood sugar raises stress hormones that prevent you from falling asleep or from getting restful sleep.

The sleep symptoms associated with low blood sugar are different.

Do you consistently wake up around 3 a.m. and can't fall back asleep? This is often a symptom of low blood sugar, and can be remedied through dietary changes.

The brain is highly active at night carrying out repair and regeneration, and to do this it depends on a steady supply of energy. To provide the brain the food it needs for this, the body compensates by gradually raising cortisol, an adrenal hormone. This cortisol stimulates the body to provide glucose to energize the brain during the night.

However, people with chronic low blood sugar tend to have difficulty making the right amount of cortisol at the right times of the day or night. Not only does blood sugar drop too low during the night, but the adrenal glands don't produce enough cortisol to keep the brain fueled.

In response, the body sounds the emergency alarm by releasing "fight-or-flight" hormones that raise blood sugar back to a safer level. Unfortunately,



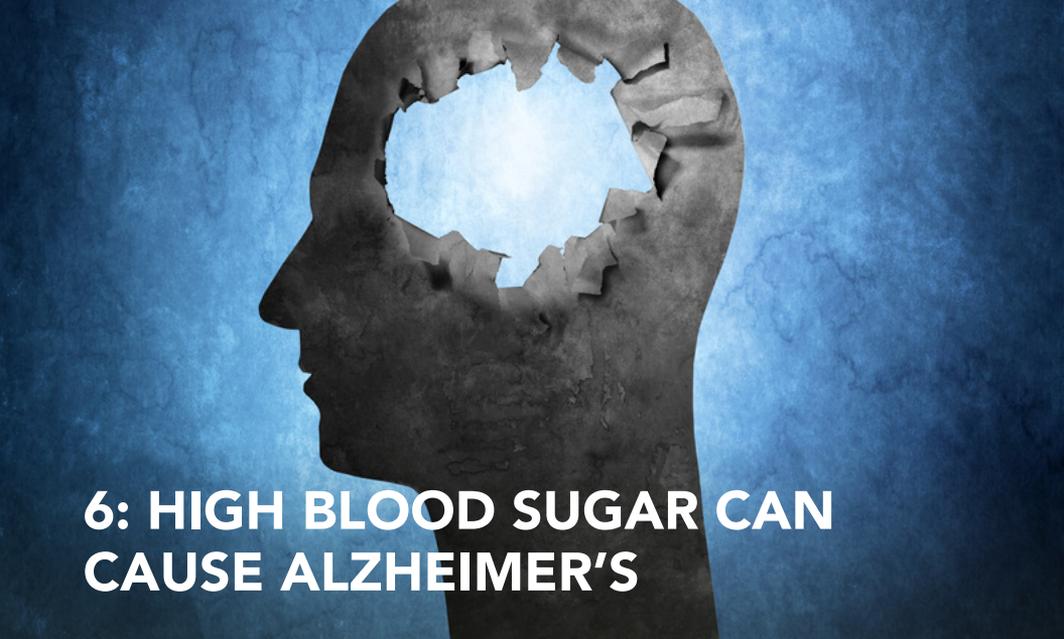
they also raise stress, which can cause anxiety or panic in the middle of the night. Hence the waking up at 3 a.m. and not being able to fall back asleep.

If you wake at 3 a.m., a quick fix can be as simple as eating a small amount of protein, with perhaps some fat thrown in - a spoonful of nut butter, a bit of meat, or a hard-boiled egg. This can sustain blood sugar so you fall back asleep. Avoid eating something sweet or starchy because this will cause blood sugar to spike and crash again.

If you suffer from low blood sugar insomnia, you likely also have low blood sugar throughout the day.

Low blood sugar, or hypoglycemia, symptoms to look out for:

- Craving for sweets
- Irritability if meals are missed
- Dependency on coffee for energy
- Eating to relieve fatigue
- Feeling shaky, jittery, or tremulous
- Feeling agitated and nervous
- Poor memory, forgetfulness



## 6: HIGH BLOOD SUGAR CAN CAUSE ALZHEIMER'S

Scientists discovered the imbalances caused by a sugary and starchy diet make the brain vulnerable to developing Alzheimer's. In fact, people with diabetes have a 65 percent higher risk of developing Alzheimer's.

Insulin resistance promotes the formation of beta-amyloid plaques and the tangling of tau proteins, two hallmarks of Alzheimer's disease, causing inflammation and damage to the area of the brain associated with learning and memory.

The link is so well established that some researchers refer to Alzheimer's as "type 3 diabetes". This is because a high-carbohydrate diet has the ability to accelerate brain degeneration and cause dementia.



## 7: SUGAR MAKES US STUPID

Research shows that just six weeks of bingeing on sweets and soda sabotages both learning and memory. Fortunately, consuming omega-3 fatty acids can counteract some of the damage.

Sugar reduces the production of brain-derived neurotrophic factor (BDNF), a brain chemical necessary for learning and recall and formation of memories. As expected, those with diabetes or pre-diabetes (insulin resistance) show lowered levels of BDNF. Additional research links low BDNF levels to depression and dementia.

The study also suggests that a daily intake of DHA, such as through salmon, walnuts, or a supplement, can help protect the brain from the harmful effects of sugar. But simply adding more DHA to your diet isn't going to counteract the damage of eating too much sugar. The best solution is to cut out the sweeteners and moderate your carbohydrate intake to a level that doesn't disrupt blood sugar balance.

# BALANCING BLOOD SUGAR

Simple changes can radically improve or even reverse your disorder:

- Include healthy proteins and fats in your diet to stabilize your blood sugar and sustain your energy.
- Eat plenty of vegetables for the fiber, which also helps keep your energy on an even keel.
- Get regular exercise, particularly strength training and interval training.
- Avoid sugar, corn syrup, and high fructose corn syrup found in sweets and sodas.
- Eat plenty of healthy fats such as coconut oil, butter, ghee, olive oil, avocado, and salmon as part of a lower-carb diet.
- Eat Omega-3 fatty acids.
- Ditch the sodas, sweets, processed and junk foods, and high-carbohydrate foods, which trigger cravings in many people. Healthy fats and sufficient protein curb cravings.
- Always eat fat or protein with anything sweet, to balance blood sugar.
- Eat frequently enough to avoid crashing if you have low blood sugar.
- Avoid snacking and over eating if you have high blood sugar.
- If you feel sleepy after you eat, you ate too many carbs.
- Support blood sugar balance with nutritional compounds (ask my office).



# EXPERIENCING CHRONIC HEALTH PROBLEMS?

If you suffer from:

- Fatigue
- Low thyroid
- Depression, anxiety
- Chronic pain
- Loss of motivation
- Weight gain
- Low libido
- Hormonal imbalances
- Sleep problems
- Brain fog
- Autoimmune disease

Other mystery symptoms? Contact our team for a free consultation on functional medicine strategies to improve your quality of life!



**ASK US HOW WE CAN HELP YOU!**

Did the information in this report resonate with you?

If so, let's get started on your ThyroSisters™ MVP Program for Measurable, Verifiable, Progress. Get the lab work you need to identify the root cause of your issues, stop suffering, wasting your time and resources, and speculating anxiously. Get the results you've been waiting for so you can be there for your family, have more energy, and enjoy a normal weight, good sleep, a good mood, and a clear mind.

Click [HERE](#) to contact our office to get started.

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