



## Holistic Tips for Managing...



## & Weight Loss



Blood sugar can be effectively managed through:

- **Frequency of food intake:** AVOID going longer than 4 hours between meals throughout the day.
- **Consuming protein:** Eat protein with every meal (seeds, nuts, nut butters, eggs, avocado, meats, fish,

legumes, egg white protein powder, etc.), especially if you are having high carbohydrate or sugary foods.

- **Sugar cravings:** Eat a protein snack, then wait 5 minutes. If you are still craving sweets, then go ahead and have a small portion. The protein will slow down the release of sugars into the blood stream and prevent spikes in insulin and blood sugar.
- **Increasing water intake:**
  - Holistic experts agree that optimum water intake should be ½ your body weight in ounces per day, and even more during summer and exercise. Among many other health benefits, increasing water intake decreases hunger. In fact, many times we are simply thirsty and not hungry; thirst often masquerades as hunger.
  - Water also has a cleansing effect on the body, flushing out toxins and keeping the bowels moving with regularity. Slow bowels/ constipation result in excess weight in the form of stored toxins and intestinal sludge.
- **Consuming fresh vegetables, especially leafy greens:**
  - Vegetables contain fiber, which increases satiety and slows down the release of sugars into the blood stream.
  - Fiber from vegetables also increase bowel regularity and sweep out unwanted intestinal accumulations which provide an environment where unwanted organisms can take up residence.
  - I recommend 5+ servings per day of vegetables, starting at breakfast:
    - **Breakfast:**
      - ❖ Blend eggs and vegetables in blender, then scramble
      - ❖ Vegetable omelets
      - ❖ Blend in smoothies—Request your FREE copy of “Anatomy of the Perfect Smoothie.”
      - ❖ Zucchini Fritters—shred zucchini and combine with chopped onion, salt, egg, and coconut flour. Then cook on a lightly oiled skillet.





- ❖ Eggs, turkey bacon, leftover grilled or baked fish, or crumbled sausage on a bed of greens or steamed vegetables. See the *“Healthy Alternatives Cookbook”* on my website for making your own turkey or beef sausage).
- ❖ “Green Drinks” such as Garden of Life Raw Meal or Nature’s Sunshine Green Zone are an excellent way to incorporate more vegetables, especially if you are vegetable averse!
- **Lunch:**
  - ❖ Romaine or butter lettuce wraps instead of bread or tortillas. This works for hamburgers, turkey or chicken breast, and taco meat.
  - ❖ Salads with meat for a garnish
  - ❖ Vegetable soups—if you like creamy soups, use a stick blender and “cream” any soup recipe. For added creaminess, try adding baked pumpkin or another winter squash.
- **Dinner:**
  - ❖ Make ribbons of zucchini and carrot using a vegetable peeler or spiralizer, then boil. Serve pasta sauce and meatballs over these ribbons or any other steamed vegetables.
  - ❖ Instead of pasta or rice, use vegetables instead.
  - ❖ Salads with meat for a garnish
  - ❖ Stir fried, sautéed, steamed, grilled vegetables—the possibilities are endless!
- Request your **FREE** copy of *“Incorporating More Vegetables into Your Diet”* to learn more about the importance of the health practice.
- **Regular exercise:** “Taking a 15-minute walk after every meal -- that’s just three times a day -- was much more effective at controlling blood sugar than a daily 45-minute stroll.” (**Source:** Dr. Jonathan V. Wright, <http://www.wrightnewsletter.com/etips/freecopy.html>: “Beat diabetes with shoe leather?”)
  - **Addressing stress in your life:**
    - American life is stressful, and most Americans live in a constant state of “fight of flight.” The body shuts down digestion during this state of stress, and the adrenals become exhausted over time, which undermines weight loss.
    - Relaxation and deep breathing, change of mindset and lifestyle (lighten your load), and exercise are ways to manage stress. Adaptogenic herbs are also effective for dealing with stress, calming and nourishing the nervous system, and strengthening the adrenals. Request your **FREE** copy of *“Stress Management Herbs & Supplements”* for more information on this topic.
    - Get plenty of sleep, especially between the hours of 4-6AM when the endocrine system is preparing for the “fight or flight” of the day.
  - **Limiting intake of sugars and carbohydrates—not all calories are created equal!**
    - Carbohydrate/ sugar calories have a different effect on the body than do vegetable or protein calories. Carbohydrates and sugars are stored as FAT, particularly visceral fat (fat around the organs, which is very hard to lose).





- Carbohydrate foods include grains, baked goods, and starchy foods, including vegetables like potatoes (especially white potatoes).
- If you do choose to eat a potato, be sure to eat the skin with it. And if you eat grains, whole grains vs. white, processed flours are best. The fiber in both potato skins and whole grains will slow down the release of sugars from these carbohydrate foods into the blood stream.
- **AVOID:**
  - Cane sugar, honey, date sugar, coconut sugar, brown rice syrup, fruit juice, molasses, maple syrup, sucanat, sorghum, turbinado— **they all contain HIGH amounts of fructose.**
  - Commercial fruit juices
  - Pop which is 40g sugar (50% fructose or 20g per can)
  - Sugars after 2PM (including fruit). If you wake at night for no reason, this may be related to blood sugar. Eating sugars earlier in the day may help to improve your quality of sleep at night.
  - Artificial sweetener such as Splenda (sucralose), NutriSweet (aspartame), Sweet n Low, etc. have worse effects on health (For more information on dangers of artificial sweeteners, see the June 10, 2013 New Vitality Newsletter on my website).
- **LIMIT:** Daily intake of FRUCTOSE to 25g or less per day
  - One half of all sugars listed in the **Nutrition Facts** portion of product labels is **FRUCTOSE**.
  - **FRUCTOSE**, not glucose, causes blood sugar spikes and is stored as FAT.



**Note:** Agave is NOT low glycemic—it has almost as many sugars as corn syrup—check the Nutrition Facts on a label the next time you are at the store! Honey, although a better option than agave nectar, is also not a low glycemic sweetener. Do the math by using the product labels and the GLYCEMIC INDEX FORMULA below.

Nutrition Facts	
Serving Size 1 Tbsp (21g)	
Servings Per Container 16	
Amount Per Serving	
Calories 60	
% Daily Value*	
Total Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Sugars 16g	
Protein 0g	0%
* Percent Daily Values are based on a 2,000 calorie diet.	
<b>12 oz. (340g) Honey</b>	
Honey should not be fed to infants under one year of age.	

NUTRITION FACTS	
Serving Size 1 Tablespoon (21g)	
Servings Per Container 23	
Amount Per Serving	
Calories 60    Calories from Fat 0	
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb. 16g	5%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 0g	
Vitamin A 0%	Vitamin C 14%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 Calorie Diet. Your Daily Values may be higher or lower depending on your calorie needs.	
<b>Ingredients:</b> Pure, 100% Organic Blue Agave Nectar, Natural Flavor.	

Nutrition Facts	
Serving Size 2 Tbsp/1/8 cup (30 mL)	
Servings Per Container **see below	
Amount Per Serving	
Calories 120	
% Daily Value*	
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 30g	10%
Sugars 10g	
Protein 0g	
*Percent Daily Values are based on a 2,000 calorie diet.	
<b>Ingredients:</b> Light corn syrup, salt, vanilla	



New Vitality

Holistic health from a biblical perspective



**TOTAL CARBOHYDRATES**

**-TOTAL DIETARY FIBER**

**GLYCEMIC INDEX**

**(< OR = TO 10 GRAMS= LOW GLYCEMIC INDEX, WHICH IS THE GOAL FOR THOSE WITH BLOOD SUGAR ISSUES)**

**Agave Nectar: 16 – 0 = 16 g.**

**Honey: 17 – 0 = 17 g.**

**Corn Syrup: 30 – 10= 20 g.**

- **USE:** Low or Zero-Glycemic Index Substitutes for the sweet things you love:



- **Sweeteners:** Xylitol, stevia, lo han, yacon syrup, glycerin, sugar alcohols (sparingly)
- **Pop:** Sparkling water with lime or lemon juice plus a ZERO glycemic, natural sweetener
- **Chocolate:** Lily's or Amber Lynn dark chocolate available from Vitamin Cottage
- **Ice Cream:** coconut milk plus a ZERO glycemic, natural sweetener.



Use the following chart to monitor and manage your daily **FRUCTOSE** intake:

Fruit	Serving Size	Grams of Fructose
Limes	1 medium	0
Lemons	1 medium	0.6
Cranberries	1 cup	0.7
Passion fruit	1 medium	0.9
Prune	1 medium	1.2
Apricot	1 medium	1.3
Guava	2 medium	2.2
Date (Deglet Noor style)	1 medium	2.6
Cantaloupe	1/8 of med. melon	2.8
Raspberries	1 cup	3.0
Clementine	1 medium	3.4
Kiwifruit	1 medium	3.4
Blackberries	1 cup	3.5
Star fruit	1 medium	3.6
Cherries, sweet	10	3.8
Strawberries	1 cup	3.8
Cherries, sour	1 cup	4.0
Pineapple	1 slice (3.5" x .75")	4.0
Grapefruit, pink or red	1/2 medium	4.3
Boysenberries	1 cup	4.6
Tangerine/mandarin orange	1 medium	4.8
Nectarine	1 medium	5.4
Peach	1 medium	5.9
Orange (navel)	1 medium	6.1
Papaya	1/2 medium	6.3
Honeydew	1/8 of med. melon	6.7
Banana	1 medium	7.1
Blueberries	1 cup	7.4
Date (Medjool)	1 medium	7.7
Apple (composite)	1 medium	9.5
Persimmon	1 medium	10.6
Watermelon	1/16 med. melon	11.3
Pear	1 medium	11.8
Raisins	1/4 cup	12.3
Grapes, seedless (green or red)	1 cup	12.4
Mango	1/2 medium	16.2
Apricots, dried	1 cup	16.4
Figs, dried	1 cup	23

- **Herbal Supplementation:** Sometimes lifestyle changes are not enough to effectively manage blood sugar, especially after years of over indulgence in a high carbohydrate or sugary diet. In addition to implementing these other health practices used to balance blood sugar, herbal supplementation may be necessary. Here is a list of herbs and supplements that assist with blood sugar management:
  - Chickweed
  - Chromium
  - Cinnamon Bark



- Goldenseal (as effective as Metformin in lowering blood sugar)
- Licorice Root (good for hypoglycemia, or low blood sugar)
- Noni
- Nopal
- Sage
- Spirulina
- Nature's Sunshine has several herbal combinations that are very effective for managing blood sugar:
  - Ayurvedic Blood Sugar Formula
  - HY-A
  - HY-C
  - PBS
  - Pro-Pancreas Formula
  - SugarReg

Live life! Enjoy life! And don't think of these dietary changes as self-deprivation, but as re-framing your thinking and re-training your taste buds—this is not a “diet.” It is a lifestyle. And if you have a “bad day,” don't worry about it—just get back on the horse and pick up where you left off tomorrow! Mindset is key!

L'chaim-- To Life!

