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BLOOD SUGAR BALANCE

Highlights & takeaways from the Glucose Revolution by Jessie Inchauspé

BLOOD SUGAR

- What is it?
- Why do I care?
- Signs of imbalanced blood sugar?

INTERNATIONAL BESTSELLER

STOP CRAVINGS,
GET YOUR ENERGY BACK,
FEEL AMAZING

GLUCOSE REVOLUTION

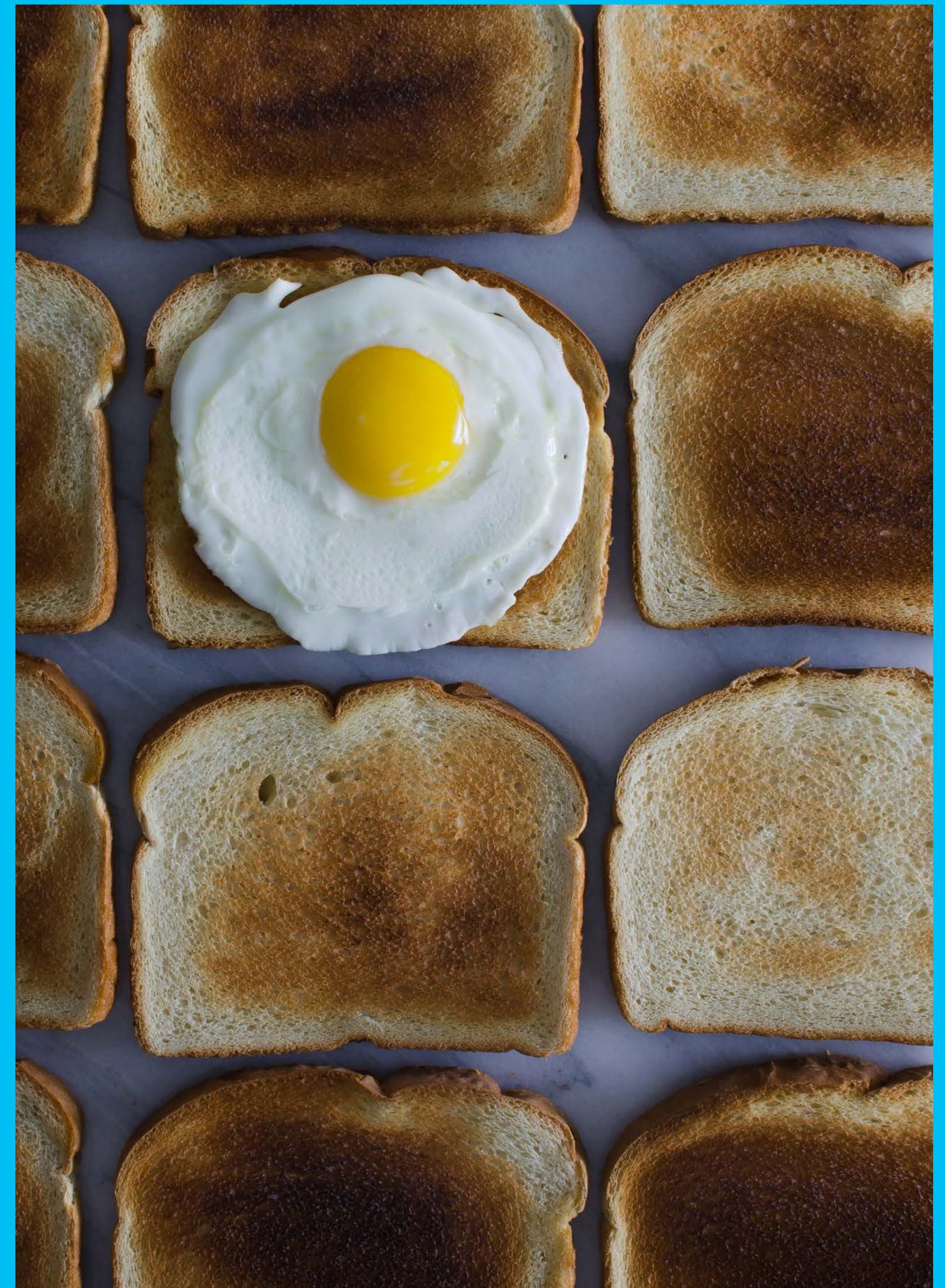
The life-changing
power of balancing
your blood sugar

JESSIE INCHAUSPÉ



BLOOD SUGAR MEASUREMENT

- Fasting blood sugar
- Hemoglobin A1C
- How are we like toast?



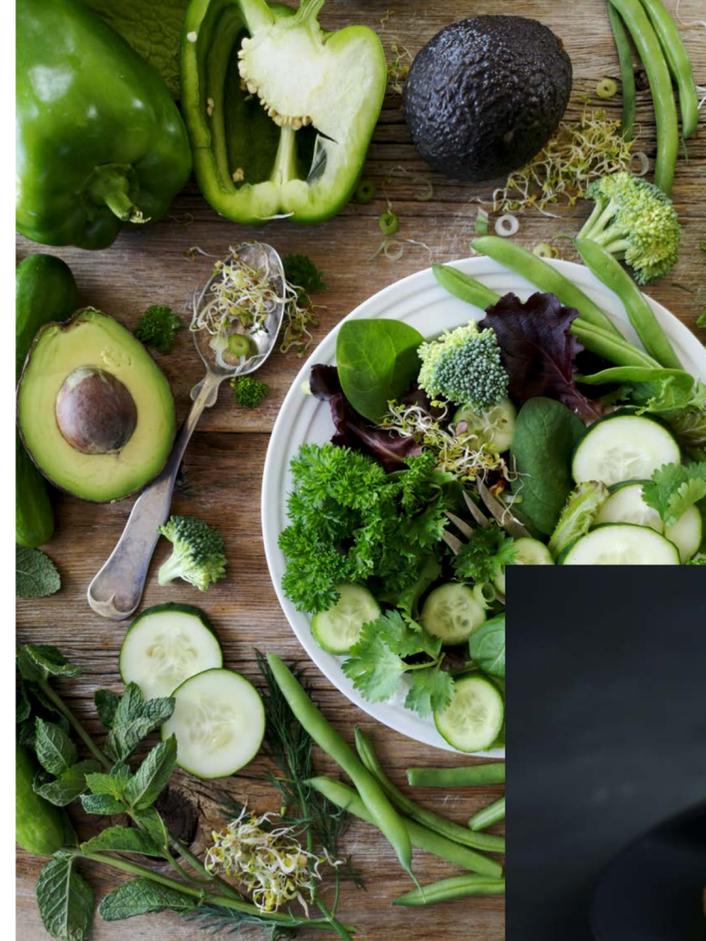
SPOILER ALERT

- Steady blood sugar = whole foods
- The more processed the food (the less nutrients & fiber) & the more sugars added, the greater the blood sugar spike



JESSIE'S WAY HACK #1

- Eat foods in the right order
- Veggies/Fiber first
- Protein & fat second
- Carbs last



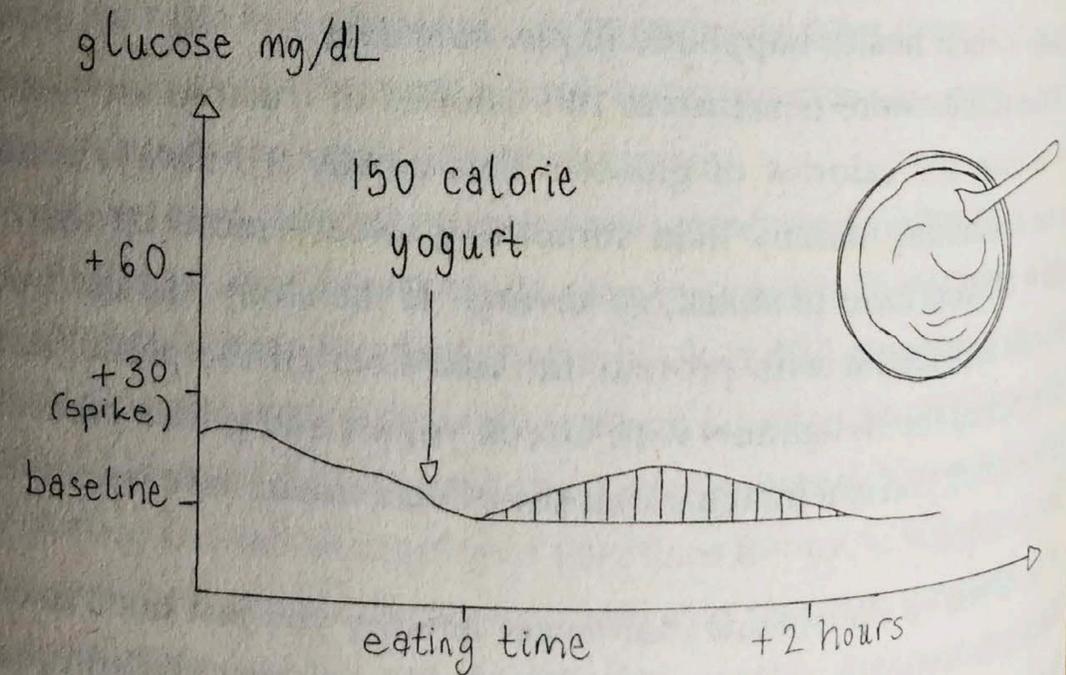
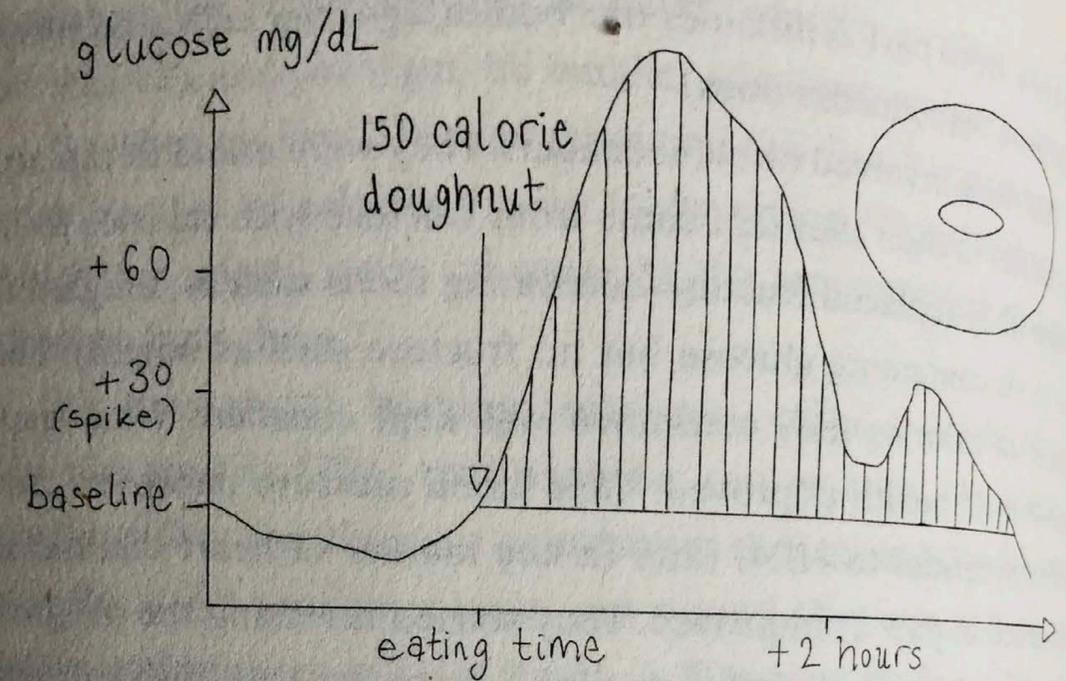
HACK #2

- Add a green appetizer to every meal
- Raw or cooked
- Jesse's go-to: 2 cups raw spinach, 5 jarred artichoke hearts, vinegar & EVOO
- Key: cooked or raw - have your favorite veggies prepped & easy to add to the beginning of any meal



HACK #3

- Stop counting calories—> All calories are not equal
- 150 calorie doughnut vs 150 calorie Greek yogurt
- If you have to snack, choose savory over sweet



Same calories, different effects. The calories from the doughnut (containing fructose) were preferentially converted to fat, inflamed my body, and aged my cells. The calories from the yogurt (no fructose) did so much less.

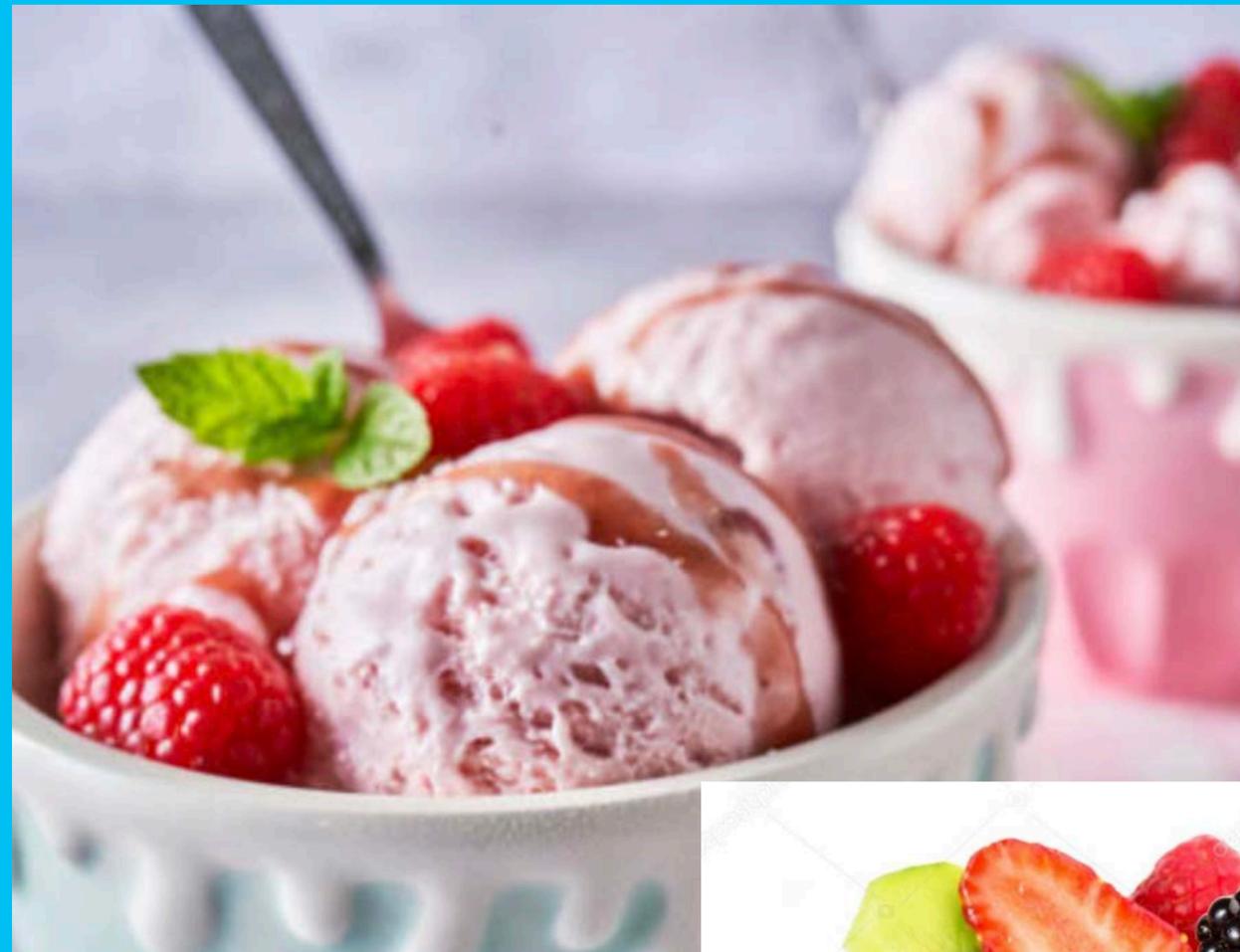
HACK #4

- Flatten your breakfast curve
- Avoid eating sweet foods that spike blood sugar in the morning → sets you up for a blood sugar roller coaster the rest of the day
- Eat a savory breakfast w/ protein & healthy fat
- Bonus if you can add veggies to breakfast!



HACK #5

- Pick dessert over a sweet snack
- Sweet things have a different effect on blood sugar coming at the end of a meal vs on an empty stomach



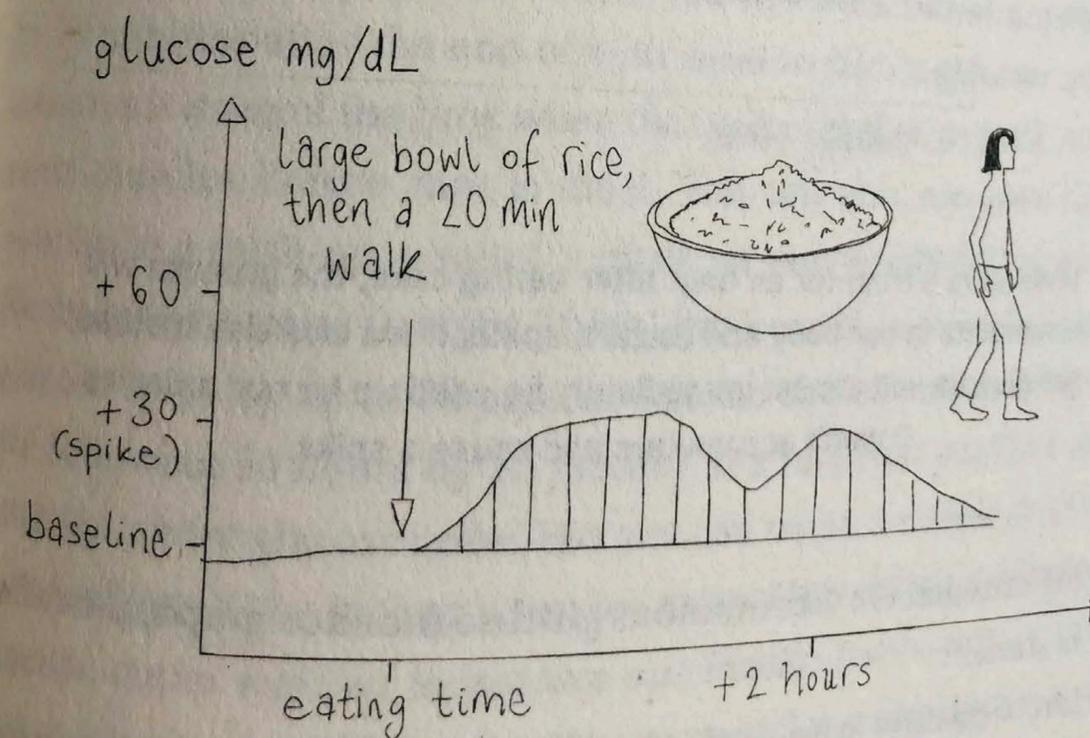
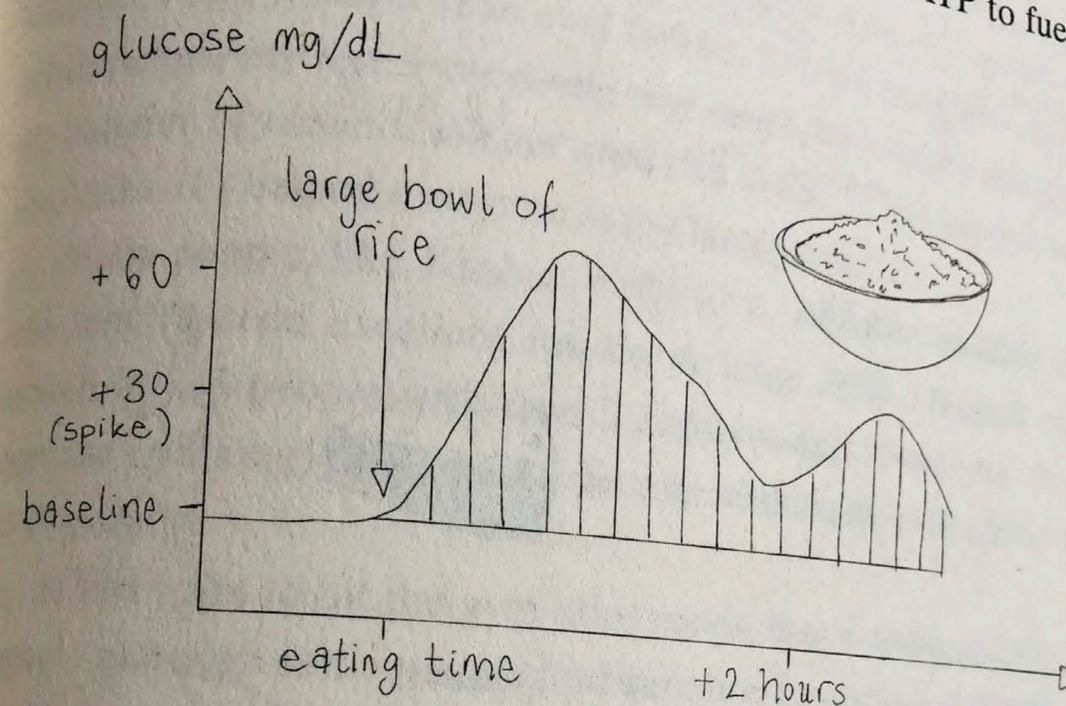
HACK #7

- Vinegar before you eat
- Acetic acid in vinegar temporarily inactivates our sugar/starch digesting enzymes, thus resulting in a gentler glucose release AND acetic acid also penetrates muscle (which encourages our muscles to absorb the sugars from the bloodstream)
- Acetic acid bonus → it tells our DNA to make our mitochondria burn more fat!
- “Double” hack → eat your green starter w/ vinegar!



HACK #8

- Move it!
- Movement after eating significantly reduces blood sugar as muscles absorb the sugars for movement



When we eat starches or sugars, we have two choices:
either stay still and let the spike happen, or move and curb the spike.

HACK #9

- Don't eat naked carbs!
- If you're going to eat something sweet/starchy, be sure to also eat fiber, fat &/or protein with it
- Ex: banana w/ nut butter, toast w/ avocado



WHERE TO FIND MORE INFO ON JESSE

- Read the book Glucose Revolution
- Glucose Goddess on Instagram
- *Many* videos on YouTube



ANY QUESTIONS?

- Don't overthink it, just pick the easiest hack for you to begin with and go from there!



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