

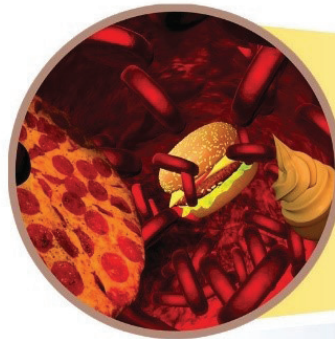


[www.SynergyNutrition.info](http://www.SynergyNutrition.info)

# Reset your metabolism

And fix these other warning signs:

- » weight gain
- » elevated total and low cholesterol
- » daily energy roller coasters
- » daily blood sugar roller coasters
- » imbalances in female and male hormones
- » low to no energy
- » mood swings
- » inflammation



The food you eat becomes:

- ◇ sugars
- ◇ proteins
- ◇ fats
- ◇ vitamins
- ◇ minerals

Starchy foods and sweets are converted into glucose; blood sugar levels rise.

In response, the pancreas makes insulin.



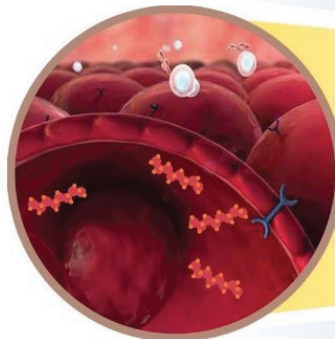
Most of us are intolerant to sugar. Diabetics even more so.

**Insulin resistance:** Your cells stop responding as strongly to insulin; your pancreas needs to produce more to prevent your blood sugar from going too high.

**Hyperinsulinemia:** Your insulin levels are always elevated. Insulin blocks releasing fatty acids from your body fat to be burned for energy.

**Hyperglycemia:** As you become resistant to your insulin, you often have high blood sugar—especially after eating. In fact, after-meal (postprandial) blood glucose is the most common way to diagnose type 2 diabetes—except most go undiagnosed.

**Type 2 diabetes:** You just got your annual exam, did your fasting blood tests and your glucose was high. Your doctor



Insulin acts like a key to “open” cell membranes; glucose moves out of the blood and into cells. As it does, blood sugar drops.

Any sugar not burned as energy by the cell is converted to fat, then sent through the blood to adipose (fat) cells for storage



next requests additional tests like an HbA1C to learn how often your blood sugar goes high. Values between 5.7 and 6.4 are considered at increased risk for developing diabetes in the future, more than 6.5 is considered diabetic.

**What can you do? Understand...**

# How the Body Handles Blood Sugar

That typical corn flakes (or granola or...) cereal breakfast with milk and a glass of orange juice can hold as much as 75 grams of sugar and starches that will turn into sugar.

**1** Starting in your mouth: Sugar is absorbed, starches begin their conversion into sugar—your blood sugar starts rising.

**2** Rising blood sugar concerns the pancreas which now releases insulin to move the blood sugar into the cells. Why? Because high blood sugar is catastrophic! Your body prevents death and coma by moving sugar out of the blood and into cells.

**3** Most body cells can't store sugar. After using a small amount for energy, the rest is turned to fat.

Your liver and muscle cells are special, they can store sugar in a form called “glycogen”—but only about 360 calories worth. This stored energy runs your organs between meals and provides fast energy.

**4** Rising blood sugar also means rising insulin. Insulin decimates your body's ability to burn fat for fuel. Insulin directs any fat you also eat (donuts, candy bars, crackers, bread with butter...) to go directly to fat stores.

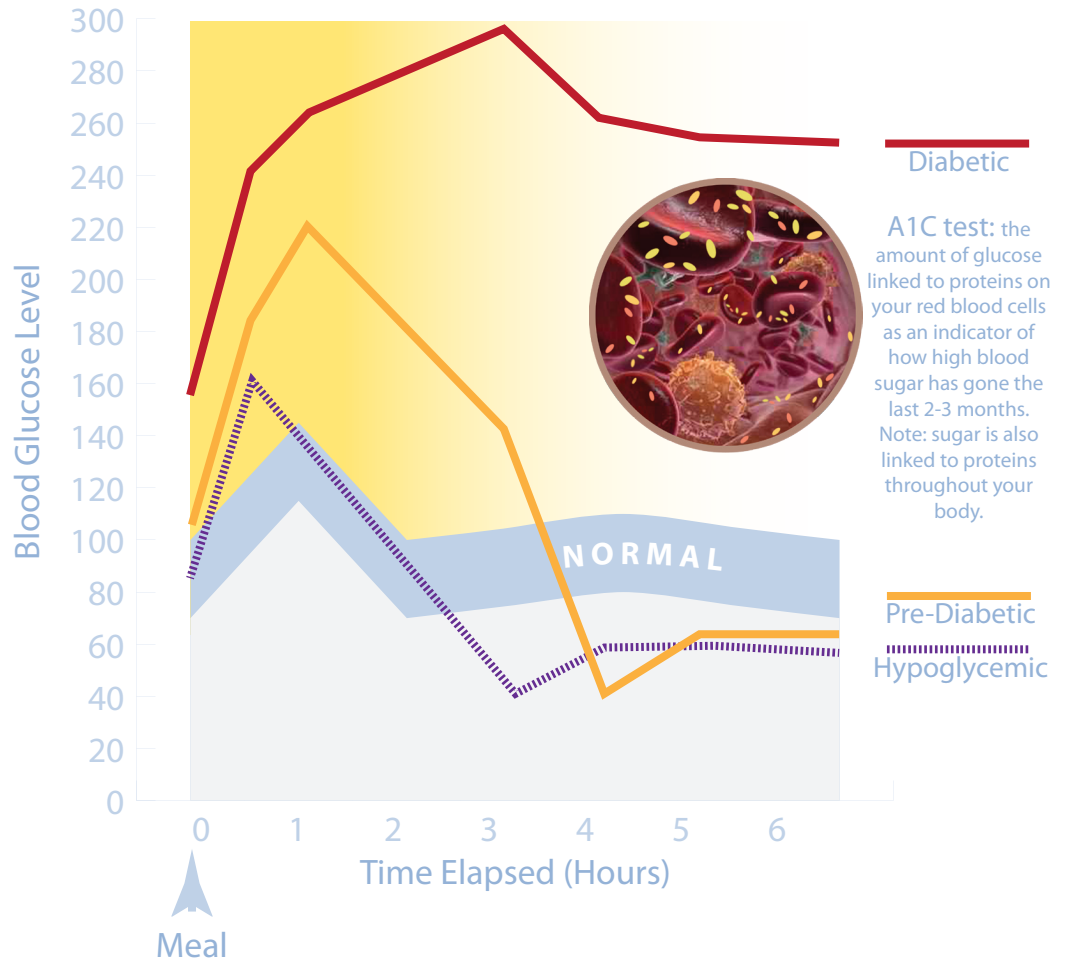
**5** You've effectively trained your body to need sugar or starch for energy. But... glucose is a “dirty” fuel and creates free radicals as it is converted to energy. As your cells energy balance goes off, they protect themselves by “locking down” entrance to more glucose: insulin resistance.

Most people do not feel this happening.

**6** When the pancreas' insulin doesn't lower the blood sugar, the pancreas panics; it release additional bursts of insulin. In the presence of much higher insulin, some of the sites on the cell membrane are forced open. Once again, sugar flows out of the blood into the cells. Crisis averted.

**7** Hypoglycemia follows because of the higher amounts of insulin—now blood sugar drops below normal.

Most people definitely feel their low blood sugar: cravings, extreme hunger, nervousness, shakiness, weakness even slight nausea and usually dizziness and headache. Your vision can blur and there is a primal feeling of anxiety with a fast heartbeat. You need to eat, NOW.



A few hours after a high sugar breakfast, you snack on your whole-grain granola bar, your blood sugar rises... you feel better for a minute, the story repeats.

**8** This pre-diabetic condition called insulin resistance (or metabolic syndrome) leads to type 2 diabetes. Eventually, it can take external amounts of injected insulin to lower high levels of blood sugar.

An estimated 1 out of every 4 North Americans has insulin resistance. While lack of exercise, overindulging in alcohol, stress, a family history of diabetes, high blood pressure and excess body fat, especially around the abdomen, can influence other hormones that in turn influence your blood sugar and insulin response, routine food choices are 80 percent of the problem.

**You must create a balanced eating strategy and that includes restoring organ health.**

**Get off this treadmill**



**Find & Fix What's Really Wrong**  
**Call 907-222-1824**