



Balance your blood sugar levels

All the carbohydrate we eat is broken down into glucose which is the most important nutrient for the brain and nervous system. Any imbalance in the supply of glucose can result in the irritability, tension, and low energy.

Refined carbohydrates (food made from white flour) and sugar are absorbed quickly into the blood stream causing a rapid rise in blood sugar levels. The rapid rise in blood sugar is often followed by a corresponding drop as the body attempts to rebalance. Stimulants (tea, coffee, alcohol, cigarettes) also result in a rapid increase in blood sugar levels.

If the body's cells are unable to use all the available glucose it is stored in the form of fat leading to weight gain.

To maintain a steady supply of glucose:

- Always eat breakfast
- Eat regular meals
- Eat wholegrains, fruit and vegetables which are absorbed slowly into the blood stream
- Combine carbohydrates with proteins which further slow the release.
- Avoid using stimulants (tea, coffee, alcohol, cigarettes) to boost your blood sugar levels

Look after your cells

Free radicals can damage cells throughout the body promoting heart disease, cancer and inflammation.

Free radicals are formed by all the normal chemical reactions that take place in our body including energy production (exercise), production of hormones and fighting off infections. We also inhale or ingest free radicals from the environment -Air pollution, Tobacco, smoke, UV sunlight, Toxic waste, Herbicides and pesticides.

Free radicals are made in all combustion processes including smoking, frying or barbecuing food.

To keep these free radicals under control we need plenty of antioxidants. There are two types of antioxidants, antioxidant enzymes and antioxidant nutrients

Antioxidant enzymes

Antioxidant enzymes are synthesized in the body. Antioxidant enzymes cannot function without the presence of minerals.

Eat foods rich in:

- **Zinc** – fish, red meats, seeds, nuts, egg yolk
- **Selenium** – organ meats, seafood, wholegrains, brazil nuts
- **Manganese** – tropical fruits, seeds, vegetables, nuts
- **Copper** – shellfish, legumes, wholegrains
- **Iron** – animal products, green leafy veg.

Antioxidant nutrients

Unlike the enzymes antioxidant nutrients are not made in the body but are richly supplied in such foods as fruits, vegetable, whole grains, nuts and seeds.

Eat foods rich in:

- **Beta carotene** spinach, kale, carrots, sweet potato, squash, and other dark green, orange or red fruits and vegetables.
- **Vitamin C** carrots, broccoli, watercress, peppers, fruit (especially citrus, strawberries, kiwi)
- **Vitamin E** sunflower seeds, almonds, avocados, oats
- **Bioflavonoids** prunes, dark cherries, blueberries, raisins, tomatoes and cabbage. The highest concentrations of bioflavonoids in fruits and vegetables is found in the leaves, skin and seeds. Smoothies use the whole fruit and vegetable giving maximum bioflavonoids.

Antioxidants only function properly in combination with other antioxidants, eat a large variety of fruits and vegetables.

Avoid the ugly

Your diet should be low in saturated fat (found in meat and dairy products) and sufficient in essential fatty acids found in fish nuts, seeds and their oils. The subject of fats can be very confusing and yes saturated fats can be bad. Saturated fats do raise blood fat levels, do slow down your metabolism and lead to weight gain.

Far worse than the saturated fats is what we call the ugly fats (trans fats)

Trans fats are found as:

- Hydrogenated fats - polyunsaturated fats, which have been processed by food manufacturers, often to turn oils into solids, such as margarines and vegetable shortenings.
- Heated polyunsaturated fats found in crisps, biscuits, cakes, and cooking with vegetable oils
- Refined polyunsaturated fats in processed food to increase shelf life.

The reason they are so bad is that

- The body cannot recognise the chemical structure of these fats.
- They block the function of essential fats
- They raise blood fats
- They are associated with heart disease.

Don't forget water

One important nutrient we mustn't forget is water.

Water is needed for:

- Digestion
- Absorption of nutrients
- Transporting nutrients to the cells
- Removing waste material from the body
- Controlling body temperature

So how much water should we drink? Yes about 8 – 10 glasses between 1 ½ to 2 litres a day.

If you increase your fruit and vegetable intake you are increasing your water intake.

Get back on track

Re-cleanse, re-gain your energy and re-establish your ideal weight with the **Detox- in a box** maintenance programme. **And re-experience those deliciously healthy meals.**

Digest, absorb and eliminate

I will leave you with a thought:

“A good stomach & set of bowels are more important to human health & happiness than a large amount of brains”

And wish you continued good health.

Diana

Diana Green
Nutritional Therapist



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Frogmarsh Mill, South Woodchester, Stroud GL5 5ET. Tel 01453 873811 Email: carl@personalbeststudio.co.uk

www.personalbeststudio.co.uk