

## **THE IMPORTANCE OF BLOOD SUGAR BALANCE for WEIGHT LOSS**

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Understanding carbohydrates, the glycemic index of carbohydrates, and the glycemic load they carry is important in understanding how they affect your metabolism. Understanding insulin and blood sugar levels and how they affect your metabolism will help you to understand why you should pay special attention to what you eat and when. Your metabolism is the rate at which your body uses fuel (food) for energy and a variety of other bodily functions.

The key factor in an effective weight loss program is the control of insulin, a hormone secreted by the pancreas. Its main job is to keep blood sugar within a certain range. If blood sugars get too high, insulin is produced to bring them back down. It does this by promoting the removal of sugar from the blood. This sugar is then stored as glycogen. Glycogen is used for energy. If your glycogen stores are full, the sugar from the blood is then deposited as fat.

After you eat carbs, the breakdown of food into sugar is quite rapid. The higher the glycemic index, the faster this process is. The faster the breakdown of sugar, the faster the delivery of sugar to the blood, and the higher the blood sugar levels rise. It is here that insulin is called upon to scoop up all this sugar and carry it out of the blood. But glycogen stores are full because there is so much sugar, so sugar must be converted to fat and stored. Then a few hours later, most of your last meal was stored as fat and your blood sugar levels are now too low. Then your body begins to crave foods that will release sugar into the blood quickly, such as a sweet treat or starch. So you eat more carbs, once again raising your blood sugar levels and start the whole process over again. These are the spikes and crashes in your blood sugar that cause things like cravings, mood swings, fatigue, etc. If you find by mid morning or mid afternoon you are tired and hungry, take a look at your diet. Your breakfast or lunch was likely high in carbs.

After years of assaulting your system like this your hormones have been over-worked and have become exaggerated in order to achieve the same effect. Now there is a decreased reaction to insulin output, thereby stimulating extra insulin release. This extra insulin in your blood acts as a barrier to using the existing fat in your body by blocking access to it. If you need glucose or energy and cannot access your fat, your body must look for alternate sources of energy. The last source of energy is your own muscle. Inside your muscles are fat burning units, which are subsequently lost, thereby decreasing your potential to lose weight.

The bottom line is...blood sugar balance is important for weight loss. Additionally, balanced blood sugar will help to stabilize moods, improve mental clarity and focus, avoid fluctuations in energy levels throughout the day, and reduce cravings for sweet foods. You can maintain balanced blood sugar levels by; eating five to six small meals daily, eat every two to three hours, ensure all meals and snacks are balanced with protein, carbs, and healthy fats, choose low-glycemic index carbs, reduce the load of high glycemic index carbs by pairing them with healthy fats and/or lean proteins, and avoid refined sugar or high sugar foods.