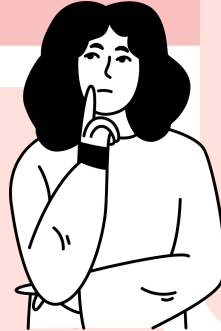


What should I know about my blood sugar?



How does it work?



1

FOOD

Your body breaks food into glucose that enters your blood stream.

2

PANCREAS

In response, the pancreas releases insulin.

3

INSULIN

Is a key that unlocks cells and lets the glucose be used for energy.

4

LIVER

Stores excess glucose as glycogen for later use.

Blood Sugar System:

Your blood sugar system is your body's main source of energy.

- Supplies energy to your body's cells.
- Supplies nutrients to your muscles, organs, and nervous system.
- Supplies main source of energy for your brain.

What might be spiking my blood sugar?

1

FOOD

The usual carbohydrates and sugar that you think of, but also dairy products, highly processed foods, and even starchy vegetables.

2

STRESS

When you're under stress, your adrenals release hormones that prompt an increased availability of glucose - ready to run or fight.

3

SLEEP

Sleep deprivation can be interpreted as another form of stress as your body sends extra glucose out to give you more energy.

What is Hyperglycemia?

High blood sugar

Symptoms:

- Kidney damage
- Cardiovascular disease
- Neuropathy

Causes:

- Insufficient insulin production or insulin resistance

What is Hypoglycemia?

Low blood sugar

Symptoms:

- Shaking
- Sweating
- Confusion

Causes:

- Excess insulin
- Prolonged fasting

What is insulin resistance?

Causes:

- Cells have become less responsive to insulin, often due to chronic high blood sugar levels.

Outcomes:

- Increased risk of Type 2 diabetes.
- Contributes to fatty liver disease.

What will the class cover?

In depth look at how your blood sugar works.

Functional nutrition to support your blood sugar.

Blood sugar lab info and results interpretation.

Supplements and herbs to stabilize blood sugar.

Questions and talking points for your providers.

Sign up and learn more at RiseUpHealHer.com