Balance Your Blood Sugar, Balance Your Life

“High blood glucose levels are toxic and have to be brought down quickly. To restore balance, your pancreas pumps out insulin, a hormone that moves glucose out of the blood and into your muscles and fat. If you constantly eat foods high on the glycemic index [see www.glycemicindex.com for info], you have to produce a lot of insulin to bring your blood glucose down. Chronic high insulin is associated with diabetes and heart disease, and there’s some evidence that it contributes to cancer too.”—Sibylle Preuschat in NOW magazine, http://www.nowtoronto.com/issues/2002-06-06/goods_health.php

A Basic Introduction to Keeping Our Blood Sugar Levels Stable

Our digestive and hormonal systems help us extract sugars from the foods we eat and then “burn” them for fuel throughout the body. All our organs depend on a steady, stable supply of sugar, carried to them by the blood, for energy. Symptoms of unbalanced blood sugar can include anxiety, fatigue, irritability, indecisiveness, insomnia, and afternoon headaches. How do we create for ourselves a steady, balanced fuel supply?

Today’s Spiritual, Mental, and Emotional Theme is “Sweetness”

When we eat something sweet, we generally feel supported and in touch with motherly love, which is our primary source of spiritual and emotional sustenance in the early years of life. The sweet flavor, according to Traditional Chinese Medicine, also activates our connection to the earth element, to the essential reality of embodiment in physical form. Some people also find sweet foods help lessen feelings of anger and frustration. (And some of us were bribed out of anger in childhood with candy and cake.) Dietary simple sugars also reduce our immune defences, our inner boundaries, helping us feel closer and more connected to everything and everyone around us. In balance, all these effects of enjoying the sweet flavor are healthy.

Sweetness is very much connected to childhood and its shadow side is dependency. Sweet foods can be addictive if we misuse our mental powers and start believing we are ultimately dependent on them to bring motherly love, inner calm, and connection with all life to our existence.

Oils listed in the Essential Oil Desk Reference (EDR) as being helpful for addictions and dependency include Harmony, Peace and Calming, Juva Cleanse and Juva Flex. Protein deficiency can cause sugar cravings. Wolfberry Crisp Bars provide protein on the run. Young Living Master Formula Hers or Master Formula His multivitamin and mineral formula will help ensure that you have the nutrients needed to metabolize sugars in your food properly.

Foods that are broken down quickly, flooding the bloodstream with sugar, can create a physical dependency cycle. Such foods very quickly raise our energy levels. But excess sugar in the bloodstream, as noted above, is toxic, and creates an emergency response in the body. The pancreas produces large amounts of insulin in response and the adrenals produce stress hormones. If such foods are eaten frequently, the pancreas loses its balance and begins to overproduce insulin in response. Next thing you know, blood sugar has plummeted, and that’s another emergency! We might feel jittery, anxious, or cranky. Stress continues, and if we are not aware of what is happening, we feel we must have more doughnuts, cake, candy bars, and coffee to get our energy back up. In the meantime, our pancreas and adrenals become depleted from producing so many hormones so much of the time.

To maintain our balance in life, it is valuable to acknowledge and be grateful for the sweetness life brings us in so many ways: a child’s smile, a beautiful flower, a bird’s song, a thoughtful gesture from friend or stranger. When we are spiritually connected to sweetness, we are less likely to become dependent on it from foods that cause our bodies stress.
Today's Physical Theme is “Eating for Steady Energy”

• The first point is simple, yet ignored by many people: eat when hungry. Don’t push yourself and wait until you’re feeling stressed by lack of food.

• Avoid undereating or overeating… breathe, listen to your body, and stop when you feel pleasantly satisfied or just before. Undereating and overeating stress your digestive system and the hormones that regulate blood sugar.

• Eat balanced meals and snacks. The basic recommendation given by naturopathic doctors is 40 percent unrefined carbohydrates (whole grains, vegetables, and fruits), 30 percent protein (organic meats, fish, beans, eggs, and dairy), and 30 percent fat (nuts, seeds, nut butters, extra-virgin olive and coconut oils, fish oil). I suggest looking at Peter D’Adamo’s Eat Right for Your Type diet to determine the carbohydrate, fat, and protein sources best for you. My friend Anthony Godfrey, a naturopathic doctor in Toronto, has found that D’Adamo’s recommendations help 90 percent of his patients. One of my spiritual teachers, Machaelle Small Wright, also uses and recommends this book. I personally have had good results following my blood type diet. Note though that about 10 percent of people do not appear to respond to this dietary approach.

• Emphasize carbohydrates that score low on the glycemic index scale. This means the foods don’t raise blood sugar quickly. You can find the glycemic ratings for foods at www.glycemicindex.com.

What about my sweet tooth?
Three Young Living products are great for satisfying a desire for intense sweetness in our food without stressing our bodies.

Young Living Agave is a low glycemic index sweetener (lower than other agave available) made from a cactus! See the Young Living Cookbook for ideas on cooking with agave.

Young Living Stevia Extract can be used to sweeten tea, chocolate, and baked goods and has no calories or any effect on blood sugar levels. See Donna Gates’ The Stevia Cookbook for ideas on how to use stevia.

Ningxia Red Juice boosts energy, contains six of the eight essential sugars (that’s a topic for another day!) and supplies very large amounts of minerals, vitamins, and antioxidants. Many people report overcoming sugar cravings thanks to Ningxia Red.

Further Support from Young Living

The Essential Oil Desk Reference (EDR) lists the following oils as helpful for blood sugar imbalances and pre-diabetic and diabetic states: coriander, cinnamon, fennel, dill, cypress, rosemary, clove, Thieves, Endoflex, JuvaFlex, JuvaCleanse, and Di-Gize.

To support the pancreas: mix equal amounts of Thieves, coriander, fennel, and dill, and massage this on the pancreas Vita-Flex points of the feet (available at www.FriendlyOils.biz) two to four times daily. Or apply in a warm compress over pancreas area.

The EDR also recommends wolfberries (Ningxia Red) is 50 % whole pureed wolfberries) because they balance the pancreas. Super B provides B vitamins needed for good pancreatic function. Essentialzyme supports enzyme production, which helps prevent premature aging of the pancreas. VitaGreen is high in plant protein, which helps balance blood glucose. And Sulfurzyme supports insulin production.

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