

BALANCING BLOOD SUGARS TO SUPPORT HORMONES

A HOLISTIC APPROACH
TO HORMONAL HEALTH

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OUTCOMES

1. Why Blood Sugar matters
2. What is blood sugar & blood sugar roller coaster
3. Key hormones effected by blood sugars
4. Symptoms of blood sugar imbalance & the benefits of balancing our blood sugar
5. Fantastic 4 food groups to support blood sugar regulation
6. Sleep, movement, stress and Hydration for blood sugar control
7. Recommended supplements

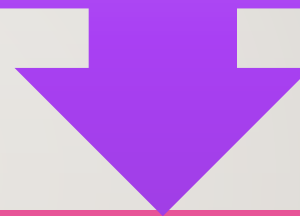
WHY BLOOD SUGAR BALANCE MATTERS

Hormones and blood sugar are deeply connected

Imbalances can trigger fatigue, mood swings, weight gain, and more

WHAT IS BLOOD SUGAR AND HOW DOES IT WORK?

Definition: Glucose in
the bloodstream from
food



Primary energy source
for the body

BLOOD SUGAR ROLLER COASTER

Blood Sugar Fluctuations

Fluctuations in blood glucose levels are often caused by high sugar intake, leading to spikes followed by crashes.

Consequences of Spikes

Consistent spikes in blood sugar levels can lead to insulin resistance and diabetes, causing long-term health issues.

Balanced Meals

Managing blood sugar involves focusing on balanced meals that include protein, fibre, and healthy fats.

Portion Control

Pay attention to portion sizes and avoid sugary snacks to maintain stable blood sugar levels.



KEY
HORMONES
AFFECTED
BY BLOOD
SUGAR

Insulin

Cortisol

Estrogen & Progesterone

Thyroid hormones

INSULIN – THE STORAGE HORMONE

Balances blood sugar by
storing excess glucose



Chronic spikes lead
to resistance

CORTISOL: STRESS HORMONE

Role in Stress Response

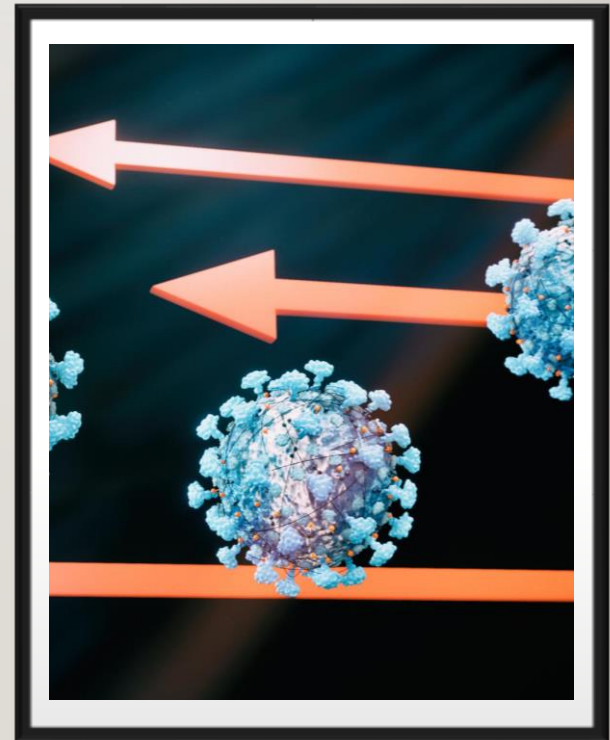
Cortisol is released by adrenal glands during stress, crucial for the body's fight-or-flight response.

Regulates Metabolism and Immunity

Cortisol helps regulate metabolism and immune response, essential for maintaining body functions during stress.

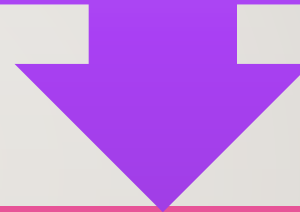
Chronic High Levels

Chronic high cortisol levels can cause health issues like weight gain, hypertension, and impaired cognitive function.



ESTROGEN &
PROGESTERONE

Imbalances from blood
sugar affect menstrual
cycles



Can worsen PMS,
PCOS, menopause
symptoms

THYROID CONNECTION



STABLE BLOOD SUGARS
SUPPORT THYROID HORMONE
CONVERSION



FLUCTUATIONS SLOW
METABOLISM

SYMPTOMS OF BLOOD SUGAR IMBALANCE

- Cravings
- Fatigue
- Mood swings
- Poor sleep
- Belly fat

BENEFITS OF BALANCED BLOOD SUGAR

- Hormone stability
- Reduced cravings
- Better energy & sleep
- Clearer skin

HOW TO BALANCE BLOOD SUGAR NATURALLY

Eat

- Eat balanced meals

Avoid

- Avoid ultra-processed foods

Prioritize

- Prioritize sleep

Manage

- Manage stress

THE POWER OF PROTEIN



Keeps you full



Slows glucose
absorption

FIBRE – YOUR BEST FRIEND

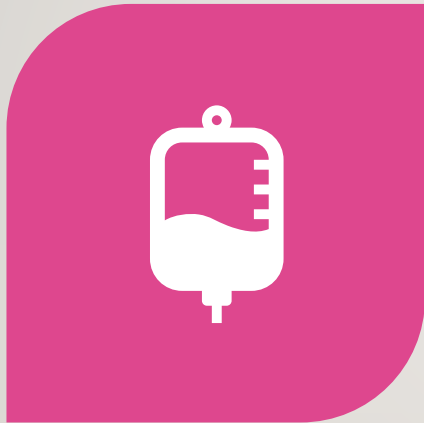


SLOWS SUGAR
ABSORPTION



SUPPORTS GUT AND
HORMONE HEALTH

HEALTHY FATS FOR HORMONES



STABILIZE BLOOD
SUGAR



SUPPORT HORMONE
PRODUCTION

CARBS – QUALITY OVER QUANTITY



CHOOSE COMPLEX
OVER SIMPLE



PAIR WITH PROTEIN
& FAT

MEAL TIMING TIPS



EAT REGULARLY
(EVERY 3–4 HOURS)



DON'T SKIP MEALS

MORNING ROUTINE RESET



Start with a savory
breakfast



Avoid sugary
cereals

BLOOD SUGAR & SLEEP



Poor sleep worsens
glucose control

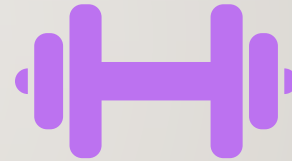


Balanced meals
improve sleep quality

MOVEMENT FOR BALANCE



Light exercise after
meals



Strength training

STRESS & SUGAR CRAVINGS



STRESS CAUSES
CORTISOL SPIKES



CORTISOL LEADS TO
CRAVINGS

HYDRATION & BLOOD SUGAR



WATER SUPPORTS
GLUCOSE TRANSPORT



DEHYDRATION
MIMICS HUNGER

SUPPLEMENTS TO SUPPORT BLOOD SUGAR



MAGNESIUM



CHROMIUM



CINNAMON
EXTRACT

HOLISTIC LIFESTYLE FOR HORMONES

- Nourish, Move, Rest, Reflect
- Blood sugar is just one piece

YOUR NEXT STEP



START SMALL:
BALANCED MEALS,
BETTER SLEEP



TRACK HOW YOU
FEEL



WORK WITH A
COACH FOR
SUPPORT