

Submitted by Brenda Darcy

THE GLUCOSE GODDESS

The 'Glucose Goddess' – Jessie Inchauspe has come up with a revolutionary life changing method of balancing blood sugar and helping other conditions that affect us as we age. She states that ninety percent of us suffer from too much glucose in our system and often we are not even aware of it.

Glucose is not all bad – it is our body's main source of energy, most of which we get from the food we eat and its then carried in our bloodstream to our cells. Its concentration can fluctuate greatly throughout the day and can increase up to what she calls 'glucose spikes'. But normally we only hear about glucose levels when the doctor is talking to us about diabetes. These spikes affect us in many other ways also including mood, sleep, weight gain, skin, heart health, aging, immune system and fertility.

Her approach is to flatten those glucose spikes by lifestyle changes and reduce those spikes to curves. The flatter the glucose curve the better it is for our body mind and soul.

She believes it is not what we eat but the way we eat – ie the order that we send food into our digestive system that can help with those cravings, fatigue, infertility, acne, wrinkles and many more. Also conditions like type 2 diabetes, cancer and dementia can be addressed and reduced.

She advocates eating vegetables first, followed by starches and sugars. As vegetables are easier and quicker to digest and pass through the intestines easily where carbs, starches and sugars take longer to digest and if they hit your stomach first, they spike and raise glucose levels leaving the vegetables queuing up behind. Vegetables are also fibre and are not broken down into glucose.

She lists 10 hacks overall as follows:

Hack 1 – Eat foods in the right order – eat vegetables and proteins first and then have the carbs.

Hack 2 – Add a green starter to all your meals

Hack 3 – Stop counting calories

Hack 4 – Flatten your breakfast curve – eat a savoury breakfast

Hack 5 – Have any type of sugar you like – they're all the same

Hack 6 – Pick dessert over a sweet snack

Hack 7 – Reach for vinegar before you eat

Hack 8 – After you eat – move

Hack 9 – If you have to snack, go savoury

Hack 10 – Put some clothes on your carbs (ie combine starches and sugars with fat protein or fibre)

She goes into better detail in her book *Glucose Revolution* (ISBN 978-78072-523-9) and on her website is 'glucosegoddess.com'.

Following her various hacks also helps with losing weight, more day to day energy – all without counting a single calorie or giving up favourites like dessert after dinner or that occasional glass of wine.

To simplify it even further and to get you started, she believes that the following 4 hacks will make a big difference and encourage you to follow the others:

First Hack – eat a savoury breakfast. Eating a traditional sweet and starchy breakfast on an empty stomach triggers blood sugar spikes and craving – so avoid that handy box of cereal and try Greek yoghurt with nut butter and berries or an omelette with rocket, avocado and smoked salmon or an apple with walnuts and slices of cheddar.

Second Hack – Knock back an apple cider vinegar shot. A tall glass of water with a tablespoon of vinegar a few minutes before eating something sweet will flatten the glucose hit or spike and help reduce the curve. It also reduces cravings, tames hunger and more fat is burned. Any type of vinegar will do but apple cider vinegar is the most popular and often easier to take.

Third Hack – Enjoy a fibre starter. Eating veggies first and carbs second greatly slow down the speed at which glucose makes it into the blood stream, thereby flattening the glucose spike associated with that meal. You can use any type of vegetable as the starter including non-green veg like carrots and add in hummus or lentils because they are full of fibre.

Fourth Hack – Move after eating. The more and harder a muscle is told to contract, whether consciously or unconsciously the more energy it needs. The more energy it needs the more glucose it needs. With every new muscle contraction, glucose molecules are burned up and we can use that fact to flatten the glucose curve. If we sit on a chair for an hour after eating cake, the glucose will accumulate in the body and cause a spike. A simple 10 minute walk after dinner or tidying and clearing up after a meal all add up and the glucose generated will immediately be used up and will not cause a spike.

Try them out and enjoy the benefits