

# Episode 57: Balance your Blood Sugar for Balanced Hormones

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## SUMMARY KEYWORDS

eat, blood sugar, coffee, collagen, blood sugar balance, glucose, grateful, carbs, digest, protein, podcast, sourdough toast, cortisol, veggies, balanced, favorites, link, vinegar, share, amazon

## SPEAKERS

Leah Brueggemann

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Hey ladies. So we're going to be talking some blood sugar balance today and what you should do about it. And I am also just so grateful for you and I, ouch want you to know that I literally just banged my knee and banged my knee on the desk because I'm upstairs and our guest bedroom slash nursery slash my husband's office because I was downstairs in the basement, which is where I record which is my office, but we had to do the laundry, and it was really locked on there. So I have my coffee. And I am going to chat with you guys about blood sugar balance. I certainly tell you what I've been doing with my coffee because it's just so good. So I have expensive ass coffee, like I'm not gonna lie to you. Because I bought so many things in it, you know how people are like, Oh, I just you know, grab coffee and go, Leah doesn't do that I have really expensive coffee. So, um, what I've been doing is so I you know, I love my king coffee, my mushroom coffee, which has the Reishi spores in it. It's mold free tested for mold as organic, all that good stuff that's linked for you guys in the show notes. If you ever want to get it, I use the I get a wholesale account with them. You can too, so I use that. And if I'm just wanting a different flavor, I use their black coffee. And if I'm really wanting a different flavor, I will use organic coffee that we have like grounds. But then I'll I have the capsules from the same place as King coffee, I have the Reishi capsules. And I'll just open a capsule and put that in there because I still want the mushroom benefits but also, the mushrooms help you have a slower release of the caffeine. So you don't have that like massive cortisol cortisol spike. I again, always have my coffee after my breakfast, I just kind of have it as a ritual because I like the taste of it. I'm not necessarily because I need the caffeine. I just love the taste of it. So anyways, I'm off tangent, but I will have that. And then I add right now I'm loving the further foods hazelnut collagen, simply because I like the flavor is my favorite thing ever. So I put one scoop of that in there and then I add another collagen Okay, don't come for me. It's the agent mature. I'm not sure if I'm saying that correctly. Now this is the expensive Bart This is not cheap collagen. I am not saying any of you have to go out and buy this. But this is the only college and that I've ever seen work as an actual collagen. So I actually often use collagen just for the protein. But in my coffee, but this one I actually noticed a difference with hair growth. And you know, when you're pregnant, you guys, we want all the hair growth. And so this one is a marine collagen and it has silica in it, which helps you utilize the collagen better and it has pearl in it expensive. I'm not saying this is a cheap collagen, okay, so like really get your get your brain right when I say expensive. Um, so I put both of those in there. So we're totaling almost 20

grams of protein, which is cool. And then I have the coffee and then you guys have been loving me whipping cream right now. So we get a little bit fat in there. If you have access to some raw milk, love on it, it's great. Especially a to protein raw milk. Don't have any issues digesting that. Anyway, that's been my delicacy. As of late. It's delicious. It is so good. But yeah, anyways, I will have that and I had no issues with blood sugar balance, and cortisol and energy and all of that with it. So you can always get your king coffee or your capsules or anything like that. I always linked that in the show notes for you. Um, but anyway, I just want to tell you, I'm really grateful for you. I was writing in my journal this morning.

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My husband's off work on Wednesdays, today's Wednesday, if you didn't know. And so this is the day I record podcasts because you know, he can hang out with Landon for a little bit. And I'm just so grateful that we have a day of the week that he doesn't have to work and I'm so grateful for that. And I'm so grateful for all of you that listen to this podcast because I wouldn't be creating it if like you guys weren't here to listen and we have so many downloads. I think we have over 60,000 or something downloads at this point which is which is mind blowing and I'm just really grateful for you. And the sun is out. And maybe I'm just, you know, all emotional because I'm pregnant. Anyways, I'm just grateful for you. And if you find that these podcasts are useful, the best thing that you can do is to share it with somebody, share it with someone would be like, Hey, I think you would benefit from this because of XY and Z, share it to your stories and share the reason why you love the podcast. Because that's how we can grow I'm thinking of doing. I'm thinking of doing a giveaway. Not sure when we'll do it, um, maybe next month. And you'll get entries by sharing the podcast. So like, sharing it on your social medias, and all of that fun stuff, because that's how we grow is word of mouth. And that's how we've grown so far is word of mouth and very long winded to say I'm grateful for you. And I hope that you find this podcast. So that was really a long way on to blood sugar balance. So blood sugar balance is important, to say the least. Why do we think that like non alcoholic fatty liver disease is on the rise, you guys, type two diabetes is on the rise. blood sugar balance is not just about if you have diabetes, you need to balance your blood sugar, whether you have diabetes or not. Because your hormones cannot be balanced if you have imbalanced blood sugar. And let me explain that if I could go back and change one thing, just one, just one. And the beginning of my health journey, it would be too balanced my blood sugar. I didn't know about this back then. And you know, I'm trying all the things for my hormones. But my blood sugar was all over the place. And I just thought that being hangry was normal. It just ran in my family, my brothers are so angry. And which fun fact if you didn't know, I have six brothers. So that's wild. And I just thought that being hangry was like a thing. You just have it or you don't have it. But no, I just had imbalance blood sugar, there'll be one thing I would go back and change. Because when you're on a blood sugar roller coaster, so you know, you eat something that brings up your blood sugar, and you know what goes up must come down, right, your body's going to produce that insulin to bring it back down. And then if it went up really, really fast, right? It's gonna come down really, really fast. Like if you ate a ton of Skittles, or you drink coffee on an empty stomach, which brought up your cortisol. So what goes up must come down so your blood sugar is going to tank right? And then your body to take care of you is going to be like, we're so hungry and it needs carbs do bring up your blood sugar, blood sugars, your body's not stupid. So you're gonna go to for the carbs and the sugar and then you think you have a willpower issue but you don't have a willpower issue your blood sugar issue. And when your blood sugar tanks, your cortisol is actually going to rise because that brings up your blood sugar. So now you have a blood sugar rollercoaster, you're hangry all the time and now your cortisol is joining the fray right? Your stress hormone your fight or flight hormone so you guys we can't have balanced hormones with our balancing our blood sugar. Okay, so how do we balance our blood sugar, it's relatively quite simple. So before you drink your coffee, please eat your breakfast. Okay, because coffee caffeine will

spike your cortisol which is going to bring up your blood sugar, okay, and then you're gonna have more of a roller coaster and it's gonna be really hard to stay balanced the rest of the day so just at least get your coffee after your breakfast or eat it with your breakfast. I always put a fat and a protein in my coffee so I do like you can do like coconut milk and collagen. You can eat whatever you want. That's what I do or I'll do heavy whipping cream like it did today.

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Um, and then you want to make sure that you're getting protein fat and carb with every meal and every snack. So look at a plate and you have like half your plate be veggies, a quarter protein and a quarter fat and carb okay so like or the palm of your hand be the amount of protein and that is literally it. Okay, so you get your fiber in there with your veggies and your nutrients. You have your your you can have all your foods. You have a snack and you want to grab an orange that's great. Can we grab a hard boiled egg with it? Can you grab some nuts with it right? You really want to have pasta because you're Italian like me, you guys. You're probably going like how are you Italian with the last name of Brueggemann. My maiden name is actually genitalia very Italian. I don't know why I'm telling you guys so many things in this episode, it's getting kind of weird. Anyways, I grew up on pasta. So I love some pasta. I don't really have it that often, but I love it. So if we go out to a restaurant and I really want to have some pasta, I will have my salad mum of veggies. And then I always get like grilled chicken or something with my pasta and I'll eat that first. So I get all my protein in and then I'll eat some pasta, I never eat the full amount and wallah, we're done balanced blood sugar happy Leah, nobody's cranky, I'm not going to get a massive like blood sugar drop somewhere in the day and get oh cranky and hangry. Okay, so if you get that really massive energy slump mid afternoon, you need to be looking at your blood sugar, you get hangry before you eat, you need to be looking at your blood sugar. Some other things that really interesting about your blood sugar is that it actually can affect your mental health. So every time you get a blood sugar, big spike, it actually can cause especially if you deal with like anxiety, depression, it can really affect your, your mood and your mental health and then you know, then we're on this this spiral of you know, you then want to come for eat, but then it's affecting your mental health more. So you see this fun little train that we're on. Now I want to share with you some other hacks to help keep your blood sugar balance that are not my hacks. These are from Okay, so I call her the glucose Goddess. I know that she has an actual real name. Let me get her real name for you. Jesse, that's her name, Jesse. Anyways, um, she just came out with a book called The glucose revolution. I got mine on Amazon, I will drop that link below for you in the show notes for you to get any books that I ever love or recommend. I always put them in like the Amazon list. If you're ever on Instagram, you guys. And you go to like the link in my bio. And here I'll like walk you through so you hit the link in my bio, and it will pull up like favorite seed cycling kit, the podcast, my Facebook group, Leah's favorites go ahead and hit Leah's favorites. And it will say Amazon favorites you can get all that stuff there your seed cycling kit or you know anything else that you are feeling that you want. And on Amazon favorites, I always put all my books there. I also put like whenever I talk about like magnesium baths or castor oil packs or dry brushing or anything like that, you can get that on under the Amazon list as well. I try and I try and put all my favorites that I do get off of Amazon, they're obviously not supplements don't buy supplements on Amazon. And neither should you. But I in that same link under Leah's favorites, I do have a dispensary for you all that you can use to get your supplements at a discount, you can get professional grade supplements at a discount, I think it's 10% off. Again, we're getting so distracted here, but she wrote a book called The glucose revolution. Um, and it is literally the coolest thing ever. Okay? Because she is I love all the studies she shares. So these have been tested in double blind peer review trials, so like the gold standard of trials because you know exactly what's going on. But while that noise is loud, and I came up here to escape the noise, I'm sorry. So simply rearranging the order in which you eat

your food can lower your glucose elevation by 75% 75%. Like just let that sink in for a second you guys. So you're eating your food, and you just rearrange how you eat it. And you will have a lower, like glucose spike by

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75%. So you start first up with your veggies, the fiber in there is going to go in and help coat your intestinal lining. And then you eat your protein in your fat. And then lastly, you eat your carbs because carbs digest the fastest. So by your body already working on the digestion of the protein and the fat and the fibers already in there to code it. Your carbs aren't immediately going to give you that massive glucose spike. It's going to be more steady. So who cannot simply rearrange your food veggies than protein and fat and then lastly, eat your carbs. So one hack that I've been doing. So you guys know I've been making sourdough toast. Again, I know that a lot you probably can't have dairy and gluten right Don't because of the issues that it causes your stomach. But I've worked really, really hard on my gut to be able to get to a point where I can have these and they don't cause those issues. And sourdough toast seems to be totally fine. It also is a lot easier to digest. Um, but I will eat a raw carrot, or I'll eat a pepper first, and then I will have my eggs and my sausage, loving some grilled chicken sausage. And I will eat that. And then I will have a piece of sourdough toast, or I'll have a piece of fruit or whatever I'm feeling, that's my go to this my favorite breakfast of like, all time, I do change it up. But that's like my favorite. So anyway, that's something super simple you can do. And then the second thing that you can do is, you can consume one tablespoon of vinegar, and about like 16 ounces of water, a big glass of water. 30 minutes before your meal. This does two things. So one of these things is like Leah's thing. So apple cider vinegar, or any type of vinegar actually for that point, except for balsamic will help your your stomach start to produce stomach acid to digest your food better, it also stimulates your intestine and not your intestines, sorry, I get distracted by the blood, it stimulates your pancreas to start producing those enzymes to help digest your food. You also want to take it about 30 minutes before you're eating. Because you don't want all that water to dilute any stomach acid that you are creating to digest your food. So that's why I always recommend, you know, keeping your water 30 minutes away from your food before and after. But, so that's why you want to do that. But then the blood sugar aspect is it the vinegar actually tells your muscles to prepare for glucose, it says hey, I'm going to be getting some carbs and some glucose. Now you get ready to utilize it. This keeps your blood sugar levels 30% more stable throughout the day. Again, these have been done in trials they've been tested. They've been tested on type one diabetics, type two diabetics, just regular old people without any diabetes. You guys, how simple. So if you can't start off with a tablespoon, don't drink it straight, by the way, not great for your teeth or your esophagus or anything like that. So definitely diluted. How simple is that? How simple is that? So my mom gets so fatigued from carbs. And she always I'm always knockin on her to balance her blood sugar. But she gets very fatigued from carbs. So I was like, why don't you try rearranging this because she's always telling me that she can't eat carbs. And I'm like, You need to eat carbs, and you figure out why you're not digesting them all. Anyways, um, she did this and she was like, I had more energy, I didn't get any tired. I didn't get any heart palpitations or anything from eating my carbs. And I was just like, look at that. So simple. So if you can't start with a tablespoon, just start with a sprinkle of vinegar and work up from there. Another thing that you could do is you could get movement in after eating. So within an hour of eating, just get 10 minutes of movement in because you just told your muscles to get ready for glucose. So now you need to therefore give your muscles something to do with the glucose. You guys, um, I think you should all buy her book I think is incredible. It's I'm going to try and get her on the podcast, but I don't know. She's like a big Mojo. So we'd have to like work really hard to get her on. But maybe maybe if we work really hard, we can do it. Anyways, that's my two cents for the day. If this was helpful, please share it. This was kind of a rambley podcast. Do you guys prefer these

conversational like, Hey, this is what's going on? Or do you just want me to be short and sweet and to the point and be like Leah, tell me the facts. Let's move on. I'm really not going to be offended. I would just like a quick message on Instagram. Okay, thanks for listening.