

DR. MARIZA
Snyder

5 Hacks to Blunt a Blood Sugar Spike



5 Hacks to Block a Blood Sugar Spike

A Guide for Preventing Inflammation, Metabolic Dysfunction, and Chronic Disease

Prevention is protection, and one of the most important ways to protect our health is to prevent blood sugar spikes – and maintain stable blood sugar and insulin levels.

So why is it that blood sugar is STILL too often overlooked?

Current research points to the fact that 90% of people who don't have diabetes still experience high blood sugar spikes, which could result in unstable blood sugar levels and inflammation – and ultimately, something far more dangerous.

We now know that having unstable blood sugar levels can be a root cause for metabolic dysfunction, belly fat and stubborn weight gain, along with longer-term concerns like cancer, cardiovascular disease, and dementia.

What you do during the period of 30 minutes to 2 hours after you eat can make or break the way your body handles glucose and insulin.

Maintaining Stable Blood Sugar Throughout The Day Can:

- Help you feel more alert and energized, without brain fog or exhaustion
- Ward off unhealthy cravings (especially at night)
- Prevent stubborn weight and belly fat from sticking to your midsection
- Help ensure your hormones remain balanced
- Keep your metabolism functioning at its best
- Improve the quality of your sleep

Did you know: *Your blood sugar tends to go up more (and stay up longer) at night!*

We are naturally more insulin resistant after 5pm due to our circadian rhythm.

This means that what you eat or drink (and how you approach evening routines) have a much bigger impact on your blood sugar, body, and mood the later you are in the day.

Although we are all different, the recommendations outlined in this guide will help you optimize your blood sugar and metabolism.

5 Tried-and-True Hacks to Block a Blood Sugar Spike and Keep Your Blood Sugar Balanced

Blood Sugar Hack #1: Include Protein and Fiber With Every Meal and Eat Protein and Fats Before Carbs.

Protein will give your metabolism a boost thanks to a process called thermogenesis, where your body uses about 10% of its calorie intake for digestion.

Because it takes longer to burn protein than carbs or fat, your body uses more energy absorbing the nutrients in a high-protein meal.

Protein also blunts a big blood-sugar rise when consumed before and during a meal.

Even though protein contains no glucose, it triggers a first-phase insulin response that occurs so fast that it keeps your blood sugar from rising as high later and reduces the total amount of insulin you need to handle a meal.

REAL-LIFE EXAMPLE

In real life, this looks like sitting down with your meal and being intentional about how you approach your plate. For example, if I have some grilled salmon and some roasted sweet potato on my plate, I'll intentionally eat the protein (salmon) first before the carbs (the sweet potatoes). This simple switch can keep your blood sugar from rising as much, though you're eating the same things!

Also consider increasing fiber at every meal.

Soluble fiber, in particular, can help control blood sugar spikes. It dissolves in water to form a gel-like substance that helps slow the absorption of carbs in the gut. This results in a steady rise and fall in blood sugar, rather than the spike and crash that put us on a blood sugar rollercoaster.

Fiber can also make you feel full, reducing your appetite and food intake between meals. I personally add [Essentially Whole® Pure Daily Fiber](#) to my green smoothie every morning and eat a salad before my biggest meal of the day.

A small salad before a big meal will help to soak up the starch and sugar from the meal and slow down the blood sugar increase.

Blood Sugar Hack #2: Walk 20-40 Minutes After Meals, Especially Dinner.

Research has shown that walking after eating improves blood sugar management.

Based on current data, the ideal time to walk is immediately following a meal. At this time, your body is still working to digest the food you've eaten, allowing you to obtain benefits like improved digestion and blood-sugar management.

While walking after all your meals may lead to the most optimal benefits, simply taking a walk after dinner can make a massive difference since this is the time of day when your ability to stabilize blood sugar needs the most support.

Before you crash on the couch after dinner, pop in your earbuds and take 20-30 minutes to walk through your neighborhood.

This simple switch can go a long, long way towards helping your body feel better all the time!

Blood Sugar Hack #3: Eat Your Biggest Meals at Breakfast and Lunch and Your Smallest Meal at Dinner.

Due to your body's internal 24-hour circadian clock, you naturally burn more calories during the day than in the evening.

Make sure your first meal of the day is savory and packed with protein to keep your blood sugar steady. Your first meal, which is often breakfast, will set the tone for your metabolism for the rest of your day.

Your first meal is the difference maker between you chasing snacks all day long due to cravings, or you feeling satisfied and energized.

Warning: When you eat big, carbohydrate-laden meals, your body and liver store the sugar and turn it into fat rather than using it for immediate energy.

When and how you eat is just as important as what you eat when it comes to your blood sugar and metabolism!

Plan your last meal so you eat 3-4 hours before you go to bed. That way, your body has enough time to digest your meal before you sleep so you can go into true “restore mode” while you are sleeping.

Blood Sugar Hack #4: Take 1 oz. of Apple Cider Vinegar 5 Minutes Before a Meal to Blunt a Blood Sugar Spike.

Consuming apple cider vinegar has been linked to weight loss, cholesterol reduction, antibacterial properties and blood sugar control.

Several studies show that consuming vinegar can increase insulin response and reduce blood sugar spikes by 25%.

I like to make a little ACV shot to drink at least once per day before I eat (I usually do it at breakfast).

Here's the ACV shot recipe:

In a small glass, combine:

- 1 tablespoon raw, organic apple cider vinegar
 - Juice from approximately $\frac{1}{4}$ of a lemon
 - 4-6 tablespoons of water
- **Optional:** Add a sprinkle of cinnamon for some extra blood sugar-balancing benefits!

Directions:

Take daily before breakfast to help you start off your day with a healthy gut that is ready to absorb nutrients and keep your blood sugar levels stable all day long.

Blood Sugar Hack #5: Include a Herbal Blood Sugar Control Supplement, like Gluco Support, into Your Daily Supplement Regime.

If drinking vinegar doesn't sound appealing, try taking an enhanced herbal blood sugar control supplement.

[Essentially Whole® Gluco Support](#) will increase blood sugar stability and insulin sensitivity by over 30% when taken right before, or shortly after a meal.

Gluco Support is my personal formulation of blood sugar- and metabolism-supporting herbs that can make a huge difference in the way your body handles blood sugar spikes!

Flattening our glucose curve is one of the most important things we can do for our health in the short and long term.

I know from personal experience that changing how and what we eat isn't easy, especially if you are someone who's busy taking care of family, or working a stressful job, which many of us are today.

I formulated Gluco Support to address all facets of metabolic dysfunction and help move the needle to better energy and brain function.

And it really works! It has made a huge difference in my family by lowering their blood sugar after a meal and keeping it lower throughout the day.

With powerhouse ingredients like berberine, cinnamon, chromium, fenugreek, American ginseng, and more, this blend is a powerhouse for stabilizing blood sugar, improving insulin sensitivity, and improving your metabolism, all in one place!

How to take [Essentially Whole® Gluco Support](#) for best results:

I recommend taking Gluco Support as you would other daily supplements, with your meals at breakfast and dinner.

- **Take 2 capsules right before breakfast** to help keep your blood sugar and insulin levels steady throughout the day.
- **Take another 2 capsules at dinner**, when we are naturally more insulin resistant, to level out your blood sugar, especially post meal. This will help diminish late night cravings and sleep issues.

Since keeping our blood sugar stable is critical every day, adding Gluco Support to your daily routine is one of the best health decisions you can make. Be sure to get Gluco Support on subscription and keep a stash on you especially when you eat out and travel.

The Bottom Line

Balancing your blood sugar is important for every system in your body, from energy and metabolism to sleep and digestion.

Whenever your body is out of balance, other parts of your health may begin to suffer. This is why getting to the root cause and addressing your body as a whole is what really moves the needle.

You can drink more coffee to increase your feelings of energy; you can skip meals and go hungry to try to shed a few extra pounds; but if you're not addressing what's really going on.

Managing your insulin sensitivity and blood sugar stability with supplements, diet, and daily activity is a holistic approach to health that will benefit every system and area of your health and the 5 hacks provided in this guide can make a huge difference.

Start by choosing 1-2 lifestyle hacks and incorporating Gluco Support daily and within 14-days you will begin to notice less cravings and mood swings along with more energy, focus and alertness.