

JUST JESS on HEALTH:



Sweet Talk (The scoop on sugar)

Sugar is a **simple carbohydrate** made by plants through the process of photosynthesis. Plants with the highest yield of sugar include; sugar cane and sugar beets. These sugars are considered to be completely pure with no preservatives or additives – until they reach factories for commercial use.

Sugar in the body

When we consume **carbohydrates** they are broken down into glucose (sugar) by enzymes in the small intestine. These glucose molecules are then moved into the blood stream to be utilised by the body for energy. However, before the body can use the glucose, it needs to be attached to a hormone called insulin. Insulin is secreted by the pancreas in response to the consumption of carbohydrates (Bread, sweets, cakes pasta....). It acts as a key to allow the glucose molecule into the cell for energy and other physiological processes.

Both our cells and brain need glucose in order to function optimally. It is, therefore, important to reach for good sustainable sources of energy for these purposes. This would mean reaching for low GI (low glycaemic index) foods. This is because these foods take longer for our body to digest, this results in a sustained energy release. If there is too much glucose in the body, it will be stored in the liver, or the rest of the body as fat. Continued consumption of high GI foods results in a continuous spike of insulin. This contributes to chronic disease; diabetes type 2, fatty liver disease, cardiovascular disease, stroke, acne, systemic inflammation and depression.

Recommendations

- Increase soluble fibre in diet to reduce sugar levels (psyllium husk, oat bran, peas, lentils, barley, seeds, nuts and beans).
- Have a pinch of cinnamon daily to reduce blood sugar levels.
- Be wary of sugar content in bars and cereals. Use nut mixes instead of protein bars and energy bars.
- Consume water and herbal tea over fruit juice and fizzy drinks.
- Use sugar alternatives like; stevia, xylitol, honey, coconut sugar, erythritol and stay away from artificial sweeteners as these are non-nutritive and chemically based.
- Use berries to sweeten oatmeal
- Use plain yoghurt instead of sweetened yoghurt (or opt for vegan almond yoghurt)
- Make homemade sauces over purchasing packet and bottled sauce.

For more information on how to control your blood sugar levels and combat sugar cravings, please don't hesitate to book an appointment,

Dr Jess

Look out for issues to come as we explore how homeopathy and alternative medicine/ healing can help us in our day to day lives – from first aid, medical conditions all the way through to healthy lifestyle tips.

