



Kickin' It in Six

A 6 Week Live Course for a
Happier Healthier Life
*Real Food. Real Education.
Real Life.*

HealthCoachTavia.com

The Sugar Impact

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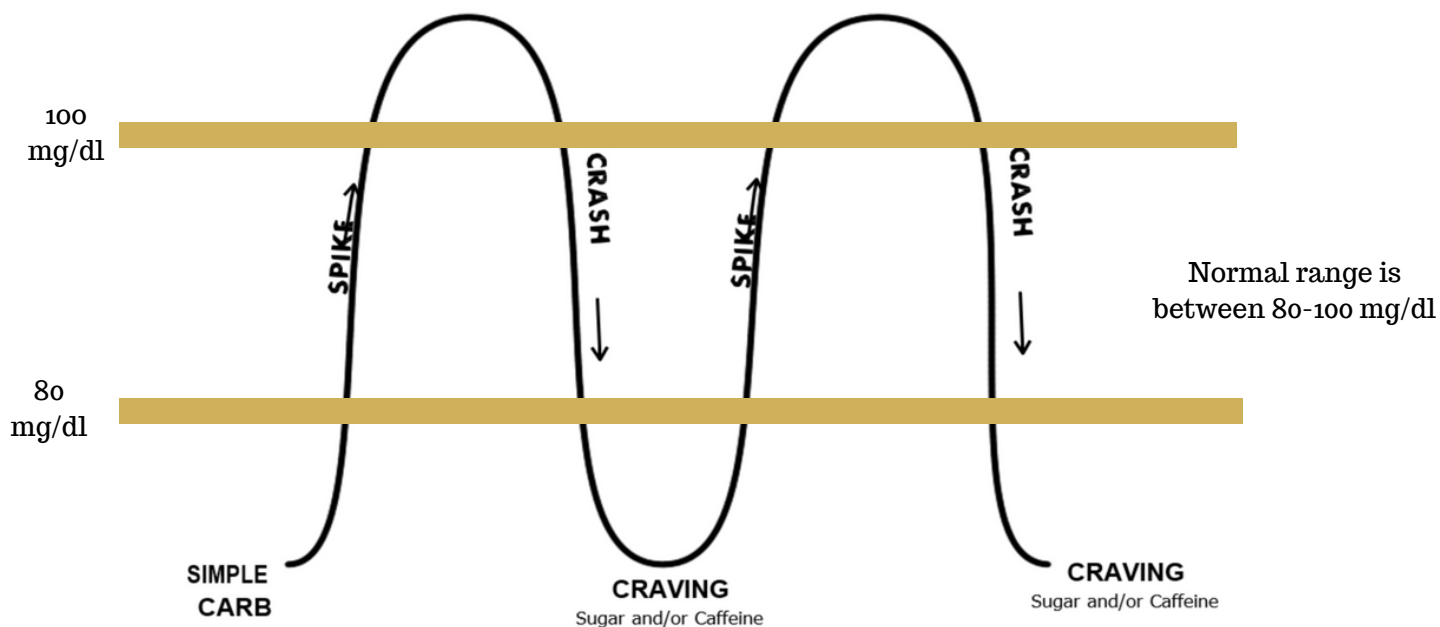
Week 3 is all about how your body responds to sugar and why its important to have balanced blood sugar for emotional health as well as physical health.



Why is it important?

Blood sugar regulation is important for energy, the healthy integrity of every cell, organ and blood vessel as well as hormonal balance and brain and mood health. If it is not working efficiently it leads to oxidative stress, unbalanced energy and mood swings as well as foggy thinking and inflammation.

What goes up, Must come down.



How it all works

There are 3 major organs that control our bodies blood sugar levels. The LIVER. The PANCREAS and the ADRENALS.

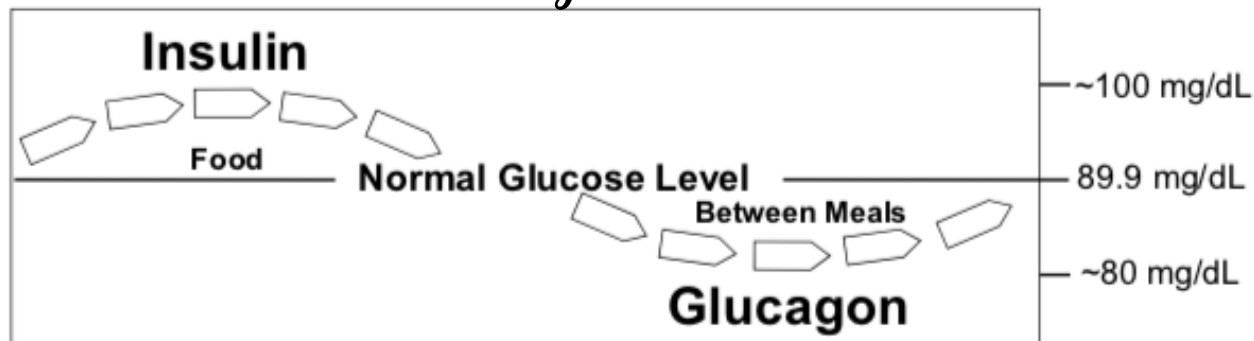
The Pancreas is the ONLY organ that lowers your blood sugar level. It secretes the hormone INSULIN.

After the hormone insulin is sent out to take excess sugar out of the bloodstream, it has three places it can take that sugar:

1. Your brain
2. Your blood cells
3. Your muscles

Now if all those receptors are full because you've been eating a lot of sugar already, where does that excess sugar go? Yep, right on the belly & hips. That excess sugar is stored as FAT in all the places we don't want it!

Pancreas lowers blood sugar



Pancreas, Liver, Adrenals increase blood sugar

The 3 organs that release glucose from storage or make new energy are the Pancreas, Liver and Adrenals. The pancreas also produces the hormone GLUCAGON.

Glucagon is very important especially if you are trying to shed excess weight, because it's the hormone that takes fat out of storage to be burned. And, here's yet another not-so-thrilling thing. When your body is producing insulin to bring you down from the sugar high, it can't produce what's called glucagon.

So if you are eating sugar, not only are you probably storing some of it as fat, you also can't release fat to be burned, because the sugar blocks glucagon production and fat-burning. That's a bummer.

The Adrenals also support blood sugar regulation by producing the hormone CORTISOL.

- Released when blood sugar levels are low
- Stops glucose from being stored
- Increases blood sugar
- Stores FAT around the belly

Since cortisol is also released when under stress, even chronic low level stress, you can see how stress significantly affects our blood sugar and our moods, emotions and the bodies ability to heal.

Never before in the HISTORY of humankind have we had an emergency need to lower blood sugar. Until we started consuming large amount of refined sugar and carbohydrates.

In 1821 the U.S. sugar consumption was 10 pounds per person per year.

Today it is 199 pounds per person per year and is on the rise.

No wonder we have an increased rate of obesity, heart disease, and diabetes among children and adult.

Tips for balanced blood sugar:

Adjust macronutrient ratios (carbs, fat and protein). When we add those big logs on the fire, our body is able to burn fat for energy instead of just sugar, allowing our body to utilize fat stores for energy and give a long term energy instead of spikes and crashes.

- Reduce snacking between meals- 4-6 hour between meals is optimal
- Between meals, a small amount of raw nuts or nut butter combined with a carrot, or an apple is enough in cases of hypoglycemia.
- Eat only whole foods found in nature.
- limit fruit to 1-2 pieces per day.
- Avoid all processed or packaged foods.

How stress is linked?

There are many types of stress, and your body is well equipped to handle it short-term. The problem is the constant, unrelenting stress. Think of it like this: A branch on a tree can bend and sway with the force of a storm, but each time it bends, it becomes a little weaker. If the storm continues for days or months, eventually the branch will break. It loses its resilience against the storm. And what happens in the body when stress is prolonged? It becomes too weak to function properly. Imbalance is created because the resources are going to those parts necessary to stand against the storm, (surviving) instead of doing what it needs to do to keep things running in balance .



Cortisol is a stress hormone. It helps our body determine which functions are most important for survival. When it gets the signal that there is danger, it springs into action and pushes non-essential functions to the background. Blood flow is pushed to your muscles for running, your heart beats faster, and your nervous system goes into FIGHT or FLIGHT mode. Ever get an upset tummy when your stressed? Digestion was turned off as it's not essential to running away from that tiger that wants you for lunch. In matters of survival, the threat is often short-lived, and when it's gone, your body returns to dealing with the other functions. But if your body doesn't understand that the threat has passed and cortisol continues on the job, it throws all those other hormones out of balance that are needed for functions like balancing blood sugar (Insulin)- Sex hormones (estrogen, progesterone, testosterone and aldosterone) – Thyroid hormones and our feel good hormone, Serotonin.

Stress is linked to hormonal imbalance

As women move into midlife, stress can be at an all time high with caring for kids still at home and aging parents not to mention the demands from career and relationships with our partners. Estrogen production lowers naturally. When under stress, cortisol blocks estrogen, so you end up with even less estrogen getting into your cells. Less estrogen causes low serotonin and low serotonin causes you to not be able to sleep, you feel anxious, irritable and down.

Cortisol is also the FAT storage hormone and when cortisol is on, the body holds onto fat around the belly. Another thing happens when serotonin levels drop, norepinephrine is released in the brain and all of a sudden you get a pounding heart, upset stomach, hot flashes and feel even more stress.

Not fun! So what do we do? Create stress resilience.



Creating stress resilience

Since we can't always control the stress in our lives, what we want to do is to build in stress resilience to our day. It's like a time out from the storm, to recoup and shut off the stress response and get into the REST mode. One of the greatest tools I can recommend for bringing more peace and reducing stress in my life is a mindfulness practice. For the past 2 years I have used the CALM APP. You can enjoy the peaceful sounds of the rain, or a gentle crackling fire, or my favorite, a mountain stream with birds in the background. And it only takes 10 minutes. It even helps you fall asleep with sleep stories.

You can download your free version here: [CALM APP](#)

The next step is to know what your stressors are.
Here's how you can do that, starting now.

What are your top 3 stressors?

1.

2.

3.

Now,
Look at your calendar for the next 7 days. What's one activity you've committed to that you can cancel?

Look at your to-do list. What's one item you can delegate to someone else in the next 24 hours?

Consider your schedule today. Where can you fit in 20 minutes for yourself –where you're not taking care of anyone else or being "productive"—so you can just relax and play and do something mindless?

Look at your calendar for tomorrow. Where can you fit in a 10-minute walk or Frisbee toss in your backyard?
The fresh air and movement will help you cope waaay better with stress.



More ways to combat stress

Next time you're feeling overwhelmed, burned out or just low, consider these opportunities that can take you from stress to calm.



Spend time in nature

Earthing or grounding is a great way to de-stress and rebalance your energy. Spending time outdoors can lower levels of cortisol.



Set a limit for social media

It has become so integrated into the fabric of everyday life. You may not even notice the effects of checking Facebook multiple times a day has until it's too late. This can cause comparison stress, FOMO (fear of missing out), mood influence, and other negative underlying effects. Get an app that allows you to put a timer on social media apps if your phone settings don't already have one



Get moving

The more you stress, the more stress hormones you create. Typically, you begin to take shorter breaths reducing oxygen blood levels creating a strain on the body. Use movement as an outlet to reverse this from happening. Getting your blood pumping and oxygen flowing again eliminates stress hormones bringing you back to a relaxed state.



Get or give a Hug

Oxytocin (our hormone of love and bonding) will help counterbalance cortisol's negative effects. Hugs are a great way to produce lots of oxytocin!



Create Space for Self-Care

This is critically important. You need down time and time to refresh and fill your own tank to keep you healthy. When you are constantly taking care of others, giving your energy to work and not taking care of you, your immune system is on overload. Self care is not a luxury, it is a necessity for optimal health.



Music

Amazingly, half an hour of listening to music can reduce your cortisol levels. Choose something soothing and relaxing and notice how your body relaxes.



Enjoy a hobby

What do you enjoy? Knitting, crafts, photography? Whatever feeds your creative side that is enjoyable shifts that fight or flight energy into a creative way to process it.



Breathe

When you find yourself overwhelmed with stress, take a moment to connect with your breath. Concentrate on breathing in and out until your anxiety has calmed. Centering prayer and mindfulness meditation are wonderful ways to stop the stress response and bring the mind back to the present moment.



Gratitude

When you feel overwhelmed by the day or an event, take a moment to shift into gratitude. Write down 5 things you are thankful for. You might even find that the situation that is causing your stress is an agent for bringing more gratitude into your awareness. Gratitude shifts the focus. You can not be mad and grateful at the same time. You get to choose!

Essential Oils for Stress Relief

I believe that life should be full of fulfillment and empowerment. The best way to get there? Through everyday decisions, like you are learning in this program.

I've seen how consistent, positive choices can have a dramatic effect on overall happiness and well-being with my clients and my own family. That's why I strive to take small steps, every day, toward a more balanced life. For me, essential oils are a simple and natural way to get there.

Modern lifestyles don't always create optimal conditions for physical wellness. Poor diet, lack of exercise, and an overabundance of environmental toxins can leave the body unbalanced and diminish energy levels. Essential oils and essential oil-infused products can provide the targeted solutions you need to restore balance and feel your best.

But essential oils are more than just nice scents; these powerful plant extracts are part of your wellness solutions that empower you to dodge harmful chemicals, energize your life, ditch stress and negativity, and reclaim your natural radiance for lifelong wellness.

They are even being used in hospitals as a complement to traditional care.

My brand of choice is Young Living Essential Oils. If you would like to learn more, You can click the link below.



Essential Oils for Stress Relief

There are MANY oils to choose from, but these are my all time favorites for stress relief.



Lavender:

One of the most widely used essential oils and called the swiss army knife of essential oils. A single oil that helps the body and mind relax, calm and soothe. It's also useful to soothe the skin, promote relaxing sleep and will always be my go to for more peace.



Stress Away:

A Stress-relieving combination of pure, therapeutic-grade lime and vanilla essential oils along with the benefits of lavender and copaiba—to reduce mental rigidity and restore mental balance.



Peace and Calming:

Whether you want to create a more inviting home, implement a restful bedtime routine, or just find a way to live in the moment, Peace & Calming can help you to get there! A blend of Tangerine, Orange, Ylang Ylang, Patchouli, and Blue Tansy, Peace and calming is one of my boys and my favorites.



Valor:

A unique blend of Black Spruce, Blue Tansy, Camphor Wood, Geranium, and Frankincense, Valor has a woody, grounding aroma that is great for topical and aromatic use. Use it to greet each morning with a positive attitude or to refocus at the end of a challenging day. I keep this in my purse at all times.



Joy:

I place a drop over my heart each morning. A combination of floral and citrus essential oils, including Ylang Ylang, Geranium, Jasmine, Palmarosa, Rose, Bergamot, Lemon, and Tangerine, this unique and feminine essential oil blend invites togetherness, and supports a positive, uplifting mindset.