



BLOOD SUGAR BALANCING

Why it's so important

- You can watch these videos whenever you'd like, and as many times as you'd like.
- The THM Starter Book is an excellent resource.
- The entire core of THM is based on balancing your blood sugar.
- Your body runs on glucose which it gets primarily from food.
- Insulin, which comes from the pancreas, is like a key that opens the cells to accept glucose.
- We need insulin to get energy into our cells, but it is also our fat storage hormone.
- We need insulin to live, but too much insulin is unhealthy and causes us to store fat!
- Any blood sugar that your body cannot use right away will turn to fat!
- Grocery stores and the American diet are full of highly processed carbohydrates that spike blood sugar and cause insulin to surge into our blood stream. This surge of insulin causes the body to go into fat storage mode.
- A better way is to avoid most packaged foods and to mostly include foods that don't come with labels - because they're in their whole state. You can find these whole foods in the exterior of the store - like fruits, vegetables, fish, poultry, and beef, whole grains, eggs and dairy.

INSULIN IS YOUR FAT STORAGE HORMONE



THE NAMES FOR SUGAR

**SUGAR/SUCROSE
HIGH FRUCTOSE CORN SYRUP (HFCS)
AGAVE NECTAR
BEET SUGAR
BLACKSTRAP MOLASSES
BROWN SUGAR
BUTTERED SYRUP
CANE JUICE CRYSTALS
CANE SUGAR
CAMEL
CAROB SYRUP
CASTOR SUGAR
COCONUT SUGAR
CONFECTIONER'S SUGAR¹
DATE SUGAR
DEMERARA SUGAR
FLORIDA CRYSTALS
FRUIT JUICE
FRUIT JUICE CONCENTRATE
GOLDEN SUGAR
GOLDEN SYRUP
GRAPE SUGAR
HONEY
ICING SUGAR
INVERT SUGAR
MAPLE SYRUP
MOLASSES
MUSCOVADO SUGAR**

**PANELA SUGAR
RAPADURA
RAW SUGAR
REFINER'S SYRUP
SORGHUM SYRUP
SUCANAT
TREACLE SUGAR
TURBINADO SUGAR
YELLOW SUGAR
BARLEY MALT
BROWN RICE SYRUP
CORN SYRUP
CORN SYRUP SOLIDS
DEXTRIN
DEXTROSE
DIASTATIC MALT
ETHYL MALTOL
GLUCOSE
GLUCOSE SOLIDS
LACTOSE
MALT SYRUP
MALTODEXTRIN
MALTOSE
RICE SYRUP
CRYSTALLINE FRUCTOSE
FRUCTOSE
D-RIBOSE
GALACTOSE**