



BLOOD GLUCOSE

AN EDUCATIONAL GUIDE TO UNDERSTANDING AND NATURALLY SUPPORTING BALANCED BLOOD SUGAR

WHAT IS BLOOD GLUCOSE? Blood glucose is the form of sugar your body uses for energy. It travels through your bloodstream and is moved into your cells with the help of insulin, a hormone made by the pancreas. When glucose is well-regulated, energy feels more steady, thinking feels more clear, and appetite is more balanced. When glucose swings too high or too low, symptoms like fatigue, cravings, mood changes, or dizziness can develop, and over time, in unaddressed, these imbalances can contribute to metabolic diseases.

GLUCOSE IMBALANCE: Glucose imbalance can result from meals high in sugar and refined carbohydrates, irregular eating, chronic stress, poor sleep, dehydration, low muscle mass, and long periods of sitting. Hormone shifts, gut imbalance, certain medications, and liver stress can also play a role. When glucose spikes, you may feel fatigue, brain fog, irritability, or intense hunger soon after eating. Low dips may cause shakiness, anxiety, sweating, nausea, dizziness, or urgent cravings for sugar or caffeine. These patterns are signs the body needs steadier nourishment and supportive lifestyle rhythms.

MEASURING GLUCOSE: Blood glucose changes throughout the day, but healthy patterns remain within a supportive range that allows your body to use fuel efficiently. Fasting glucose, measured first thing in the morning before eating, ideally falls between 70-90 mg/dL. Readings between 100-125 mg/dL suggest pre-diabetes, and levels 126 mg/dL or higher on two separate tests indicate diabetes. For non-fasting readings, blood sugar naturally rises after meals but should settle back down as insulin works. As a general guide, levels below 140 mg/dL a couple of hours after eating reflect healthy glucose handling. Values consistently above this range, especially over 200 mg/dL, may indicate impaired glucose tolerance and warrant clinical evaluation. These numbers can be measured using a standard glucose meter or with a continuous glucose monitor when indicated.

BALANCING DAILY GLUCOSE: Maintaining healthy glucose patterns supports consistent energy, emotional stability, hormone balance, and long-term cardiovascular and brain function. Stable blood sugar reduces inflammation, protects against metabolic aging, and helps regulate appetite and cravings naturally. Balanced meals are key. Aim for protein, fiber, and healthy fats at each meal to slow glucose rise and support satiety. Focus on vegetables, legumes, nuts, seeds, whole grains, and high-quality proteins, while reducing sugary drinks and ultra-processed snacks. A 15 minute walk after meals is one of the most effective ways to support glucose balance naturally, and strength training a few times per week builds muscle, which improves insulin sensitivity. Consistent sleep, hydration, calming breathwork, time outside, and a regular meal rhythm also support healthy glucose metabolism. Herbal and nutrient options that may be recommended individually include cinnamon, berberine, chromium, alpha-lipoic acid, gymnema, bitter melon, and magnesium glycinate. Work with your naturopathic health provider for guidance tailored to your needs.

This information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Please consult your physician or healthcare provider before making any changes to your health regimen or for any medical concerns.