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BY GLENDA THOMPSON

# THE 4-STEP "LEAP" METHOD

FOR BALANCING YOUR  
BLOOD SUGAR, LOSING  
WEIGHT, & TRANSFORMING  
YOUR HEALTH

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*Take Control  
of Your Blood  
Sugar with This  
30 Day "Eat to  
Live" Plan*





Hello there, my name's Glenda.

For years, I felt tired all the time. My brain was foggy, I craved sweet foods, and I couldn't lose weight no matter what diets I tried.

But, like lots of people, I didn't realize what the problem was. That is until I spoke to my doctor.

My doctor told me something that sent a chill down my spine. He said my blood sugar was too high. And unless I got it under control I'd have full blown diabetes. This was terrifying to hear!

But rather than live in dread of losing a limb, my vision, or even my life, I decided to do something about it.

I spent weeks reading up on the causes of high blood sugar, how changes to our food supply have led to 2 in 3 people being pre-diabetic, and what I could do to get my blood sugar under control.

After filling up piles of notebooks, I set about creating a plan to balance my blood sugar safely and naturally. This led to my 4-step LEAP method for balancing your blood sugar safely and naturally, without hunger or deprivation.

Following the LEAP method didn't transform my blood sugar and health overnight. It was hard at times, but I kept going. And guess what? It worked!

My blood sugar got lower, I lost weight, and I started to feel a lot more energetic. My brain isn't foggy anymore. And I look and feel healthier than I have in years.

After the 4-step LEAP method proved so effective for me, I felt I had a duty to share it with more people.

I know there are lots of people, like me, with high blood sugar but with no clue about the damage it's doing to their health. Or they know their blood sugar

is too high, but they don't know where to get started in getting it under control.

So I decided to write this book to share my 4-step LEAP method with as many people as I could.

In this book I'm going to explain why it's vital to get your blood sugar under control, why eating high protein, low carb foods is essential, and a gradual process for switching from processed foods to healthier options.

Yet, the key message I want you to take onboard right now is that you're not alone. I'm here to help and support you. Which means after reading this book you can email me whenever you have questions or need advice.

Let's get your blood sugar stabilized. And transform your health and quality of life together!

Glenda

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# 1

## The blood sugar crisis – Why 2 in 3 people are now pre-diabetic

This statistic is terrifying! But as many as 2 in 3 adults are now pre-diabetic!

Yes, you read that right – 2 out of 3!

What is pre-diabetes? Pre-diabetes is like a red warning light on your car dashboard. It's a sign that if you don't make some changes, you're on the highway to full-blown diabetes.



That doesn't just mean weekly insulin shots, feeling tired, and craving sweet foods.

It also means increased risk of heart disease, strokes, kidney disease, and nerve damage, to name a few.

The cause?

Our modern diets!

## Processed foods loaded with sugars and unhealthy fats are destroying our health!

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From breakfast cereals to convenience foods to drinks masquerading as 'healthy', sugar lurks in every corner of today's modern diets.

The rise of super-sized portions has added fuel to this fire, creating a recipe for skyrocketing blood sugar levels.

Our increasingly sedentary lifestyles are to blame too. Our bodies were designed for movement and being active - not being glued to our chairs and staring at screens all day long.

The lack of physical activity means our bodies have become less effective at controlling blood sugar levels, adding to the health crisis.

You cannot ignore the role of stress either. Stress has become an unwelcome constant in our lives, and it disrupts your body's ability to properly manage blood sugar.





**The threat of high blood sugar might seem daunting, but getting it stable is within your control.**

Recognizing the crisis is the first step to change. The next step is taking action. And that's what this book is all about.

The rocketing rates of high blood sugar aren't just a scary statistic – they're a wake-up call to reassess your lifestyle choices.

So this book will guide you in how to make changes to your diet, daily habits, and stress levels so you can get your blood sugar under control and protect your health.

The good news is that after making the lifestyle changes shared in this guide, I turned my high blood sugar story around.

And if I can do it, you can too!

# 2

## How high blood sugar impacted my health and quality of life

When I first got told my health problems were because of high blood sugar it was a dark time in my life.

But I know I'm not alone. Like a creepy gremlin, high blood sugar can sneak up on you without warning.

For me, the first warning sign was feeling constantly fatigued. No matter how much I slept, I woke up feeling like I'd been pulling all-nighters. I chalked it up to age or maybe stress, but it didn't seem right.

Then, the thirst set in. You know that feeling after working in the garden on a hot summer day? That's how I felt ALL THE TIME. I was always reaching for a sugar filled drink, but nothing seemed to quench my thirst.

I also noticed that I craved sweet foods more. I thought maybe I was just bored, or maybe my metabolism was changing. But eating savory foods didn't satisfy me like it used to.

## **I was always planning my next snack or drink, and I felt like my life revolved around food.**

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The frequent trips to the bathroom were perhaps the most disruptive. I'd have to plan my outings around restrooms. And I often had to wake up multiple times during the night needing the bathroom.



My high blood sugar affected my social life too; I was too tired to go out with friends or enjoy days out to the park like I used to.

Having these symptoms impacted my life in more ways than I can count.

## **I felt like I was moving in slow motion, and that every day I struggled with feeling drained, hungry, and miserable.**

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But let me tell you, finally realizing something wasn't right was a stepping stone. As it prompted me to visit my doctor, who ran some tests and confirmed that my blood sugar levels were high.

Hearing my blood sugar was in the danger zone wasn't the news I wanted to hear, but it was the wake-up call I needed.

Understanding the symptoms of high blood sugar and how they were affecting me was also a step towards making changes to my diet and lifestyle.

Like I said, it hasn't always been an easy journey. But getting my blood sugar under control has been like the fog has lifted, and I can enjoy life again.

So if you're experiencing the symptoms of high blood sugar, don't brush them off like I initially did. Making changes to your diet and lifestyle can be a crucial step towards reclaiming your health and quality of life. Which is exactly what this guide will show you how to do.



# 3

## **Why it's vital to balance your blood sugar the safe, natural way**

When I first learned my blood sugar was high, I was totally ignorant about why it was a problem. I thought, "Sure, I'll just cut back on sweets a bit."

But as I delved deeper into what having high blood sugar means, and the damage it could inflict, I felt a jolt of fear and a sense of dread.

Because as I discovered, high blood sugar isn't just about resisting the temptation of an extra cookie or skipping dessert; its harmful effects can ruin your health if they go left unchecked.



## **One of the more pressing dangers of high blood sugar is damage to your blood vessels.**

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When sugar levels are too high, the sugar can latch onto proteins in the blood vessels and create harmful substances called 'advanced glycation end products' (or AGEs, fittingly).

These AGEs cause the blood vessels to become stiff and hard. This then prevents your blood vessels delivering necessary nutrients and oxygen to your organs and tissues.

So you see, AGEs aren't just a minor issue. They can lead to heart disease – the number one cause of death worldwide.

Then there's the lethal risk high blood sugar poses to your kidneys. These amazing organs filter waste and excess fluids from your blood. But your kidneys were never designed to cope with the amount of sugar we're eating now.

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**Too much sugar can overwhelm your kidneys, causing the filtering system to break down.**

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Over time, this can lead to kidney disease or even kidney failure. But the threat high blood sugar poses to your health doesn't end there.

High blood sugar can also wreak havoc on your nerves.

Excess sugar can damage the walls of the tiny blood vessels that nourish your nerves, especially in your legs. This can cause tingling, numbness, burning or pain that often begins at the tips of the toes or fingers and gradually spreads upward. This is called neuropathy. And after reading about its debilitating effects, neuropathy is not something I ever want to experience.

What also frightened me was the impact of high blood sugar on my eyes.

Because you see, high blood sugar can damage the blood vessels in the retina, the part of the eye that's sensitive to light. This is known as diabetic retinopathy, which can lead to vision loss.

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**The fear of not seeing my grandchildren's faces, to read a good book, or watch a beautiful sunset was a real wake-up call.**

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It forced me to see my high blood sugar not as a minor inconvenience, but as a ticking time bomb.

A bomb that I could defuse if I acted promptly and made significant changes to my diet and lifestyle.

With a family history of diabetes, it became clear to me that this wasn't a battle I could afford to lose. My health, my life, and my future were on the line.

If you're already struggling with the health effects of high blood sugar, I implore you to read the whole of this guide. You'll then be equipped with the knowledge on what you need to do to get it under control.

Getting blood sugar under control is not just about managing your present; it's about safeguarding your future.





# 4

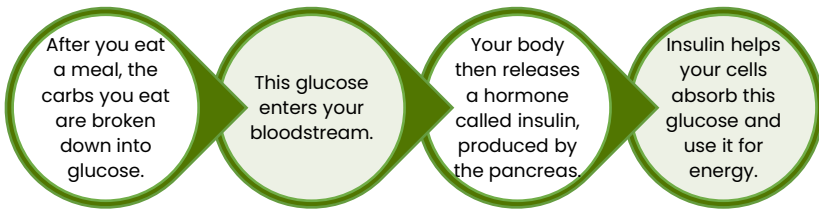
## A simple guide to type 2 diabetes

Before I got diagnosed as prediabetic, I didn't totally understand what having type 2 diabetes meant.

If you've heard about type 2 diabetes but aren't exactly sure what it means, you're not alone. This health issue affects millions of people worldwide, but not everyone totally understands what it means.

Type 2 diabetes is a condition that affects how your body uses glucose, a type of sugar you get from the foods you eat and provides energy to your cells.

It works like this:



Make sense?

Well, here's where things get a little complicated.

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**With type 2 diabetes, your body either doesn't make enough insulin or doesn't use insulin effectively.**

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Think of insulin as a key that unlocks the door to your cells to let the glucose in.

In type 2 diabetics, that key doesn't fit the lock properly anymore.

Ever had a door that just won't budge no matter how hard you twist the key? That's a bit like insulin resistance.

Insulin resistance is when glucose can't get in to give the cell energy. Instead, the glucose hangs out in your blood, causing high blood sugar levels.

Your body recognizes there's too much glucose in your blood and tries to produce even more insulin to help.

But this can then result in you having too much insulin and too much glucose in your blood. It's like having too many keys and not enough doors.

Many people don't realize they have insulin resistance because the symptoms can be mild to start with.

Common early warning signs include:

- Feeling thirsty a lot
- Needing to pee all the time
- Feeling hungry even after eating
- Extreme fatigue
- Blurry vision
- Wounds heal slowly

Then over time the effects of high blood sugar can get worse. And spread like corrosion throughout your body.

**This corrosion can lead to heart disease, kidney disease, and even loss of vision.**

Too much insulin in your blood isn't good for your waistline either. It causes your body to store extra fat, and makes it harder to lose weight.

Ever felt like you're doing everything right, but the scale just won't budge?

Insulin resistance might be the reason why those stubborn pounds won't budge.

Insulin resistance doesn't happen overnight, and it's not caused by one single thing. It's usually a combination of factors:

- A diet full of processed foods
- Being overweight
- Not being physically active
- Too much stress
- Not getting enough sleep



- Having a family history of diabetes
- Being over the age of 45
- Certain ethnic groups also have a higher risk of developing the disease

So you see, based on these risk factors, it's understandable why 2 in 3 people are now prediabetic. And why it's vital to catch insulin resistance early before it gets worse.

The good news is that insulin resistance can be managed, and even reversed, by making healthy changes to your lifestyle. Which is exactly what my 4-step LEAP method helps you to do.

# 5

## The health wrecking link between high blood sugar & chronic inflammation

One of the biggest problems high blood sugar causes is chronic inflammation. If you imagine your body as a house, then inflammation is like the fire alarm. It goes off when there's trouble – a cut, an infection, a sprained ankle. That's normal, and at healthy levels inflammation is actually helpful.

But imagine if the fire alarm kept going off, day in and day out. That's chronic inflammation, and it's a real problem.

Can you guess what's a key cause of chronic inflammation? High blood sugar!

Like a faulty wire sparking a fire, too much glucose in your blood can set off your body's alarm bells.

Now, like I said, a little inflammation from time to time is okay. Your body is designed to handle it. But chronic inflammation, day after day, is a different story. It's a bit like having a small fire burning in your home constantly. Eventually, it's going to cause some serious damage.

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**One of the places this damage can occur is in the pancreas, the organ that produces insulin.**

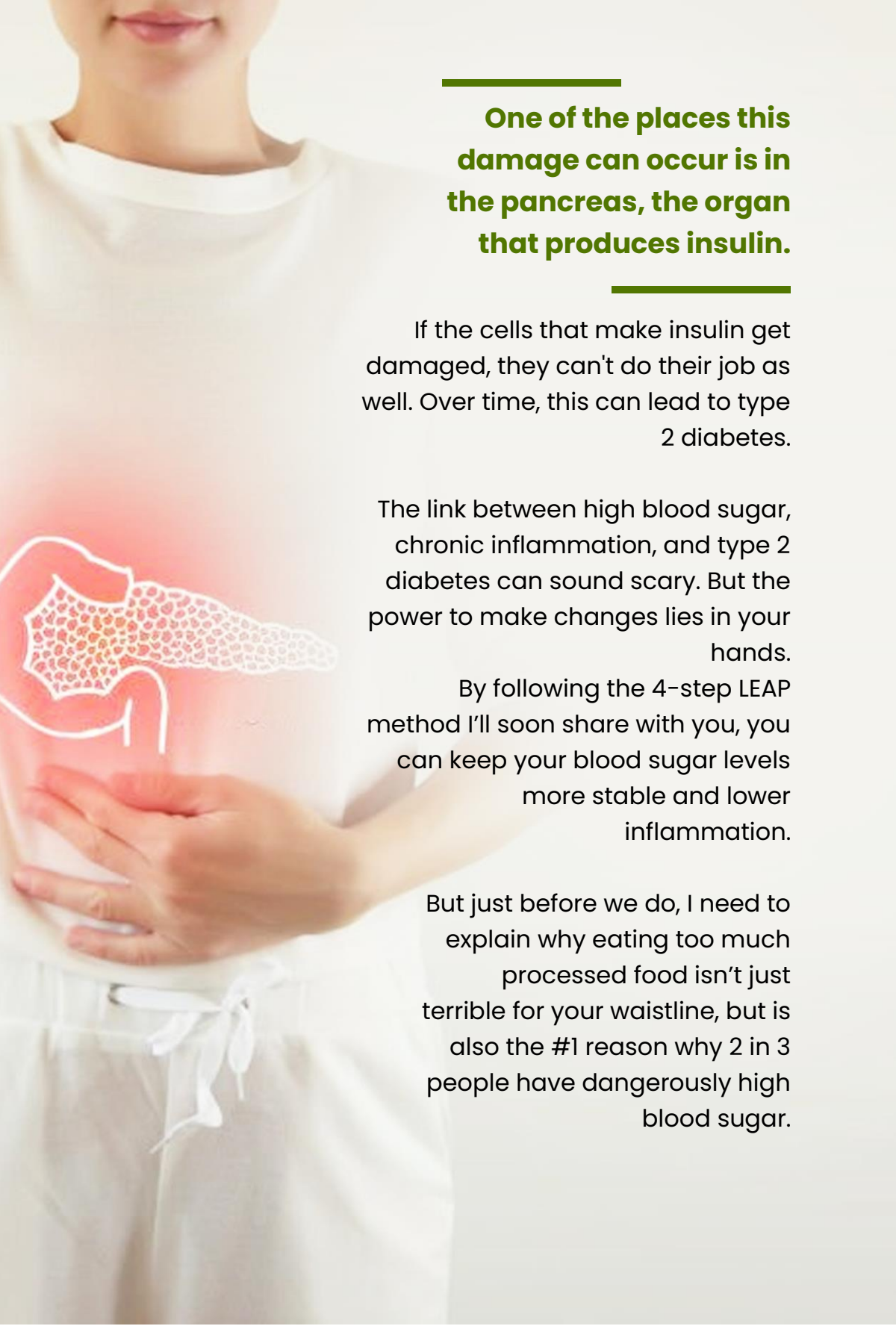
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If the cells that make insulin get damaged, they can't do their job as well. Over time, this can lead to type 2 diabetes.

The link between high blood sugar, chronic inflammation, and type 2 diabetes can sound scary. But the power to make changes lies in your hands.

By following the 4-step LEAP method I'll soon share with you, you can keep your blood sugar levels more stable and lower inflammation.

But just before we do, I need to explain why eating too much processed food isn't just terrible for your waistline, but is also the #1 reason why 2 in 3 people have dangerously high blood sugar.







# 6

## **Our toxic food supply and its impact on your waistline and health**

Once upon a time, food was simple. You could recognize everything on your plate. But in our fast-paced world, we've traded wholesome, natural foods for ones that come in boxes, cans, or plastic wrappers.

And let me tell you, this shift has done a number on our waistlines, blood sugar levels, and overall health.

So, why are modern processed foods so bad for you?





There are six key reasons why:

## **1** They're loaded with added sugars

While our bodies do need sugar for energy, there's a big difference between natural sugars found in fruits and the added sugars lurking in processed foods.

You see, added sugars in processed food are absorbed much quicker. This then causes your blood sugar levels to shoot up fast. As mentioned, this sugar rush then triggers your body to release insulin to move the sugar into your cells to be burned as energy.

But, over time, if you consume too much sugar, your body becomes resistant to insulin, leading to high blood sugar levels and eventually type 2 diabetes.

## 2 High in unhealthy fats like trans fats

Fried foods, baked goods, margarines and spreads, and snack foods are often packed with trans fats. These are highly processed fats that increase "bad" cholesterol and lower "good" cholesterol in your body.

Over time, this imbalance contributes to obesity, which is the #1 risk factor for high blood sugar. In fact, the link between obesity and diabetes is so strong that a term has been coined for it: 'diabesity'.

## 3 High amounts of salt

Eating too much salt leads to high blood pressure, another risk factor for heart disease. High blood pressure can also affect your brain, eyes, and kidneys

Eating too much salt can cause your body to retain more water, which can lead to swelling, weight gain, and dehydration. Excess water can also put pressure on your heart and lungs and make it harder for them to work properly.

A third reason why eating too much salt is unhealthy is because it can reduce the amount of calcium in your bones, which can make them weak and brittle and increase your risk of osteoporosis.

## **4** Low in fiber

Fiber is a fantastic nutrient that helps you feel full and satisfied after meals, and it aids digestion.

Fiber also helps manage your blood sugar levels by slowing down the absorption of sugar into your bloodstream.

But when your diet consists of mainly processed foods, you miss out on fiber-rich foods like fruits, vegetables, and whole grains.

The result? You feel hungry all the time, leading to overeating and weight gain.

## **5** High levels of additives

Processed foods are often filled with additives and preservatives that our bodies just aren't designed to digest.

While adding preservatives extends the shelf life of foods, preservatives are foreign to our bodies and can cause a whole host of problems.

From food intolerances and allergies to inflammation, the high levels of additives explains why processed foods are now thought to be at the root of many chronic diseases.

## 6 Addictive

Processed foods have been developed by “food scientists” to hit the 'bliss point', a perfect combination of sugar, fat, and salt that makes us want to eat more and more.

This manipulation of our food and taste buds has led to chronic rates of overeating, which in turn cause weight gain and increase the risk of high blood sugar.

So for these 6 reasons alone, I hope you can see why...



## **While modern processed foods might be convenient, they're far from healthy.**

Your body simply wasn't built for all the artificial ingredients, excessive sugars, unhealthy fats, high salt levels, and additives found in processed foods. These ingredients all combine to create a perfect storm for your waistline and blood sugar levels.

So while processed foods may be convenient, they come with a high price tag for your blood sugar levels and health.

But it's not all doom and gloom!

You have the power to make healthier choices.

Choosing whole, natural foods over processed ones can make a world of difference. It's never too late to start, and every step, no matter how small, is a victory.

From personal experience, I can say it's never too late to make a change. I managed to change my habits and turn my health around, and I believe that with the right choices, you can too.

Your health is in your hands.



# 7

## What is the glycemic index and how can you use it to improve your insulin sensitivity?

Have you ever gone on a roller coaster? You know how it goes up slowly, reaches the top, and then suddenly drops down, giving you a thrilling but somewhat terrifying ride?

Now, imagine your blood sugar levels on a similar roller coaster after eating certain foods. But, unlike an amusement park ride, this kind of roller coaster is not good for your health. This is where the Glycemic Index, or GI, comes to the rescue.

The GI is a system that ranks foods based on how quickly they raise your blood sugar levels.

Picture it like a speedometer. Foods with a high GI, like white bread or sugary drinks, are like flooring the gas pedal. They cause your blood sugar to spike quickly, just like that roller coaster.

On the other hand, foods with a low GI, like whole grains or vegetables, are like a gentle drive in the park. They raise your blood sugar slowly and steadily, which is much better for your body.

### **So why does this matter?**

Well, remember how we talked about what happens when you eat foods high in sugar? When your blood sugar levels spike, your body has to pump out more insulin to deal with it.

**Over time, if this happens too often, your body's cells become less responsive to insulin, leading to insulin resistance.**

But by choosing foods with a lower GI, you can help keep your blood sugar levels more stable and avoid those dramatic spikes and drops.

It's like choosing a pleasant scenic drive over a roller coaster ride.

But how do you use the Glycemic Index in your daily life?

Well, it's not about totally cutting out high GI foods. Instead, it's about balance.

When planning meals, try to include more low and medium GI foods. For example, switch out white bread for whole grain, or opt for brown rice instead of white.

**Keep in mind that just because a food has a lower GI doesn't mean it's always the healthier choice.**

Some low-GI foods are high in fat or salt, so it's still important to think about overall nutrition. But using the GI as one tool in your toolbox can be a big help.

It's also worth noting that the GI of a meal can change depending on what you eat together. For instance, pairing a high-GI food with protein, healthy fat, or fiber can slow the rise in blood sugar.

As I embarked on my journey to regulate my blood sugar, understanding the glycemic index was a game changer.



It was like having a roadmap for better eating choices. And when I began to balance my meals with more low-GI foods, I noticed a difference in how I felt.

**I had more energy throughout the day and fewer of those afternoon slumps.**

My cravings for sugary snacks lessened. And most importantly, my blood sugar levels became more stable, helping me reverse my high blood sugar situation.

So, think of the Glycemic Index as your new handy tool, one that can guide you towards healthier eating habits and a more balanced blood sugar level.

The good news is I've already calculated the GI of ingredients and foods for you. And planned meals so you can keep your blood sugar levels stable.

Just like any journey, there may be twists and turns, but with the right tools, you can reach your destination – better health.



# 8

## Blood Sugar Health Check Quiz

Now you understand the dangers of high blood sugar and the vital need to cut back on sugar loaded processed foods, it's a good idea to find out where you are on your blood sugar balancing journey.

This short quiz is designed to help you identify early warning signs and risk factors associated with high blood sugar in your own life.

But please note, this quiz is not a substitute for a professional medical diagnosis.

If you're concerned about your health or experiencing any symptoms of high blood sugar and haven't been assessed, please speak to your doctor.

Now that's been said, onto the quiz!

Please answer these questions as honestly as you can. You'll find the answers at the end of this book:

- 1.** Do you frequently feel thirsty, more than usual?
- 2.** Do you often experience dry mouth or a dry sensation in your throat?
- 3.** Have you been urinating more frequently?
- 4.** Do you often feel excessively tired or fatigued, without an obvious cause?
- 5.** Have you noticed a recent unexplained weight loss?
- 6.** Do you experience blurred vision on a regular basis?
- 7.** Do you have a history of diabetes in your family?
- 8.** Is your diet high in processed foods and sugary drinks?
- 9.** Do you lead a sedentary lifestyle with little to no physical exercise?
- 10.** Do you have high blood pressure or a history of heart disease?

How do you think you did?

Did you say "yes" to most of these questions?

Even if you did, it doesn't necessarily mean you have high blood sugar or pre-diabetes. Only a healthcare professional can diagnose these conditions properly. This quiz is simply a tool to help you identify potential risk factors and symptoms.

Now, let's get started on the 4-step LEAP method, and get your blood sugar to a stable, healthy balance.





# 9

## Why the key to healthy blood sugar is healthy food


Let me ask you, do you eat the same things each day in the hope it will help keep your blood sugar under control?

Well, eating the same foods might seem like a safe bet. But it can still lead to fluctuating blood sugar levels.

This is because even so-called “healthy” foods can cause problems if not eaten in the right amounts or at the right times.

See, the balance of carbs, proteins, fats, and fiber also plays a crucial role in how your body processes the sugar that you eat.

So, even if you're eating the "right" foods, you might still need to tweak quantities and timing to stabilize your blood sugar.



**The secret lies in portion control, meal timing, and the balance of nutrients in your meals.**

Now, that may all sound complicated right now.

But the 4-step LEAP method I'm going to share with you will help you eat the right foods, at the right times, and in the right amounts.

I've always believed that good health starts in the kitchen, and the foods we eat are our best defense against health challenges.

Which is why I've also provided you with a set of meal plans and 102 low carb recipes that will help balance your blood sugar and protect you from type 2 diabetes.

**My meal plans are high in protein, low in carbs, and free of refined sugars.**

Now, you may wonder why eating high protein, low carb foods is important?

I'll explain more on this in more detail in a later chapter. But for now here's a quick summary:



Protein slows down digestion, which helps prevent spikes in blood sugar after meals. Protein also keeps you feeling satisfied and full, which can stop those pesky cravings for unhealthy snacks.

Low-carb is key because carbs are broken down into sugars in our bodies. When we eat too many carbs, especially simple carbs like white bread or pasta, our blood sugar can skyrocket.

But don't worry, my meal plans won't leave you feeling deprived. They include complex carbs, like whole grains and vegetables, which are digested slower and won't send your blood sugar on a roller coaster ride.

As for eliminating refined sugar, that's a no-brainer.

**Refined sugars are quickly absorbed into the bloodstream, causing rapid spikes in blood sugar.**

Instead, we'll sweeten your meals naturally with naturally sweet ingredients, fruits, and other unprocessed foods.

But, getting your blood sugar under control isn't just about food.

I'm also going to share the mindset hacks and habits that transformed my life. By incorporating these

habits, you can create a healthier lifestyle that goes beyond just the meals on your plate.

But I know you might be thinking, *“Can I really change my habits?”*

Well, I'm here to tell you, yes you can!

**By following my 4-step LEAP method, you're not just following a diet; you're embarking on a journey towards a healthier life.**

You're taking control of your health and your future.

It might seem daunting at first, but I promise you, the rewards are worth it.

I've seen the benefits firsthand. I've experienced the energy, the improved mood, and the satisfaction of knowing I'm taking care of my health.

And the best part?

I've said goodbye to those scary symptoms of high blood sugar.





So if you're ready to take that step towards a healthier, happier you, this guide is a great starting point.

After implementing all four steps, you'll not only have a collection of tasty and nutritious recipes under your belt, but you'll also have developed the habits and mindset to sustain this healthy lifestyle for the rest of your life.



# 10

## How eating high protein foods helps balance your blood sugar

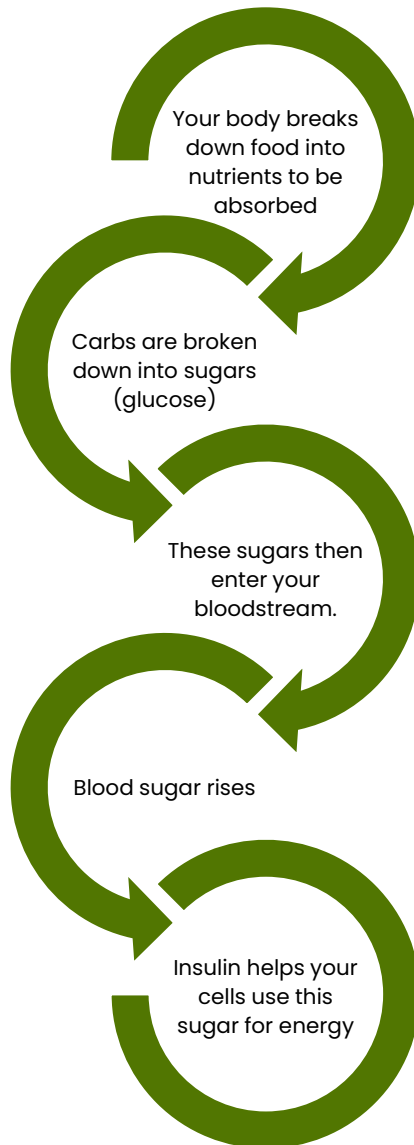
Imagine this: You're at a buffet, and there are all kinds of foods in front of you. There are donuts, cookies, and pastries on one end, and then there are high protein foods, like eggs, chicken, and lentils, on the other.

If you're trying to balance your blood sugar, it's like a tug-of-war between the two ends. And right now, I'm sure you know which side would likely win! Well, I have some good news...

**High protein foods are the secret sauce to flipping your cravings to the healthier side**

How can protein help you overcome your cravings for sugary foods?

Well, to help you understand why, let's do a quick recap on what happens when you eat something sugary:



Now, as discussed before, if you eat a lot of high-sugar foods, your blood sugar levels can spike quickly, causing your body to produce more insulin.

**Over time, this can lead to insulin resistance, a condition where your cells don't respond as well to insulin.**

Now, this is where protein comes to the rescue.

Unlike carbs which increase blood sugar, protein helps to lower it.

This is because protein is digested more slowly. And by slowing the absorption of sugar into your bloodstream, protein prevents blood sugar spikes.

But the benefits of protein don't stop there.

Protein helps you feel full longer. This prevents overeating and weight gain - both of which contribute to high blood sugar and type 2 diabetes.

Well, I don't know about you, but the moment I found all this out I made a commitment to start eating high-protein foods.

And you know what?

The difference was HUGE.

I felt satisfied longer after meals, which made it easier to resist unhealthy snacks. And I enjoyed more stable blood sugar levels, without those big spikes and crashes.

So what are high protein foods, exactly?

In broad terms, they include:

- Meat
- Poultry
- Fish
- Dairy
- Tofu
- Lentils and beans

But while protein is important, it's essential to balance your meals with healthy carbs and fats too.

Think of your meal as a team, with protein, carbs, and fats working together to keep your blood sugar in check.

**The next time you're at that buffet – or just planning your meals for the week – remember the power of protein.**

Don't forget, though, everyone's body is unique. What works for me might not work the same way for you.

It's all about trial and error, finding what your body responds to best.

So as you start to include more protein in your diet, pay attention to how you feel, and track your blood sugar levels if you can. This will help you identify the foods and recipes that work best for you.

I hope by this stage you now appreciate how, with the right information and some simple changes, you can get off the blood sugar roller coaster, and start turning health problems around.





# 11

## Why going low-carb is the key to weight loss and optimal health

Remember how, as a kid, you could gobble up bowls of pasta or slices of pizza without a second thought?

But as you age, your body changes. And so does your ability to burn up carbs as energy.

This is why, when you're dealing with high blood sugar, you need to rethink your relationship with carbs.

Now, I'm not suggesting cutting out carbs altogether, or following the Keto diet.

Carbs are one of the main types of nutrients your body needs. And they're like the gas that fuels your engine. But not all carbs are created equal.



There are two main types: simple carbs and complex carbs.

Sugar is a simple carb.

**Simple carbs are like a flashy sports car - they give you a quick burst of energy, but it doesn't last long.**

Whereas complex carbs are more like a reliable family car - they provide sustained energy over a longer period.

Complex carbs are found in foods like whole grains, vegetables, and legumes.

Now, when you have too many simple carbs, they can quickly raise your blood sugar levels.

But, if you choose to eat fewer carbs, especially the simple ones, there's less sugar entering your bloodstream, and hence, less risk of your blood sugar increasing.

This is why it's vital to reduce your intake of simple carbs to stabilize your blood sugar and improve your body's insulin sensitivity.

Another benefit of eating fewer carbs is the impact on your waistline.



## When you cut back on carbs, your body needs a new source of energy.

Can you guess what your body switches to as an energy source instead?

Stored fat! This means you can lose weight without counting calories or grueling hours of exercise.

Just eat fewer carbs.

During my journey to control blood sugar and shed some extra pounds, I found going low-carb to be a game changer.

It wasn't about completely eliminating carbs, but choosing the right kind and amount.

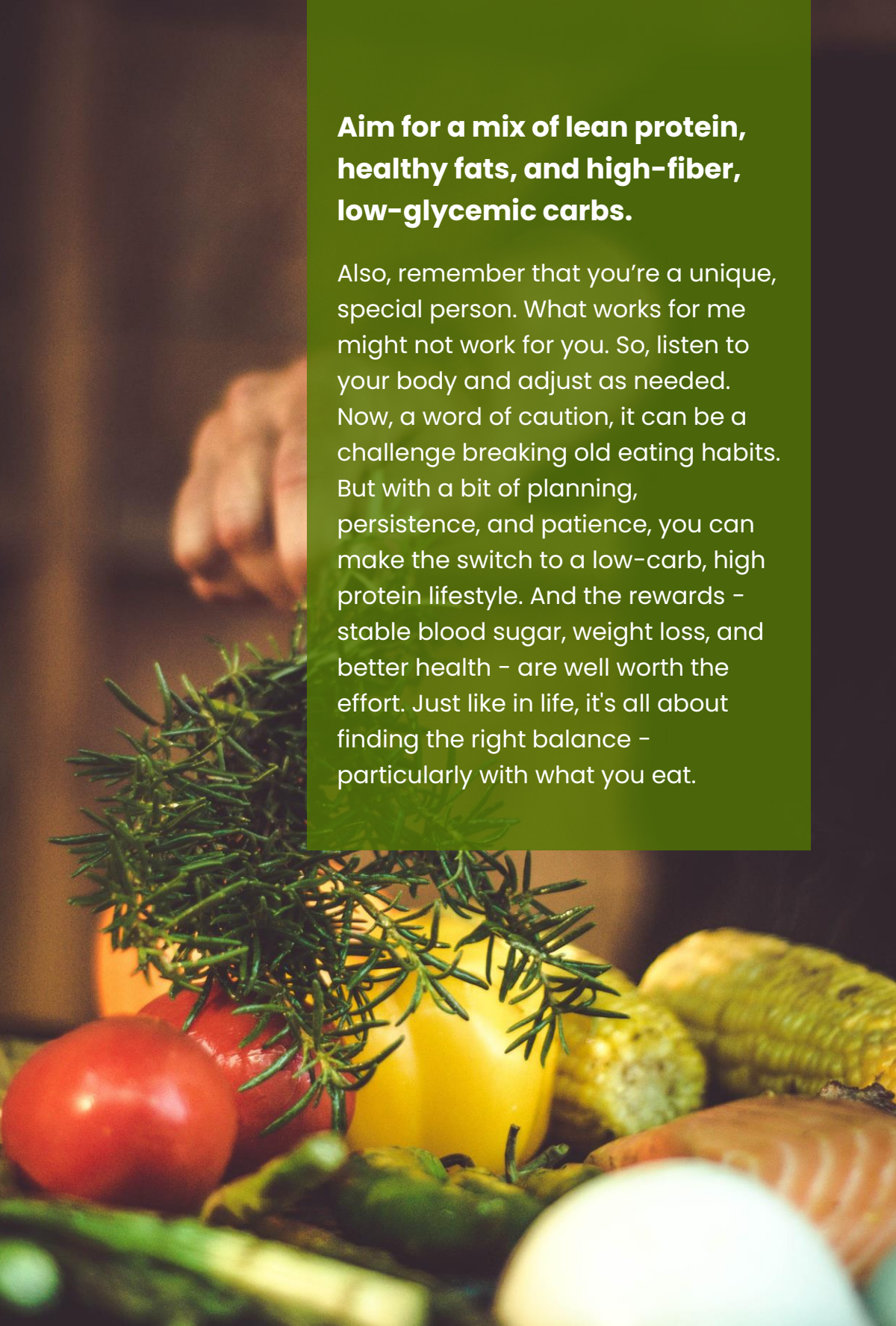
I swapped out white bread for whole grain, chose brown rice over white, and filled half my plate with non-starchy veggies like broccoli and spinach.

When I started eating more complex carbs I noticed I felt fuller for longer, which helped curb overeating.

My energy levels were also higher throughout the day. And best of all, my blood sugar levels were more stable.

Now, a word of caution. Going low-carb doesn't mean you should just load up on complex carbs and high-protein foods instead.

Balance is key.



**Aim for a mix of lean protein,  
healthy fats, and high-fiber,  
low-glycemic carbs.**

Also, remember that you're a unique, special person. What works for me might not work for you. So, listen to your body and adjust as needed. Now, a word of caution, it can be a challenge breaking old eating habits. But with a bit of planning, persistence, and patience, you can make the switch to a low-carb, high protein lifestyle. And the rewards - stable blood sugar, weight loss, and better health - are well worth the effort. Just like in life, it's all about finding the right balance - particularly with what you eat.



# 12

## The 4-step LEAP method for balancing your blood sugar

Are you ready to kick high blood sugar to the curb?

Buckle up then, because I'm about to share the 4-step LEAP Method for balancing your blood sugar. A method that turned my life around.

And believe me, if I can do it, so can you!

This 4-step LEAP method will help you lose weight, improve your health, and change the way you think about food.

Rather than calorie counting, timing meals, or deprivation, the LEAP method is about listening to your body and giving it the fuel it needs to run smoothly.

Before I started this diet, my relationship with food was, let's say, complicated. I was stuck in a cycle of cravings and guilt, and my blood sugar was all over the place.

## **But when I committed to the 4-step LEAP method, things started to change**

I felt empowered.

I felt healthier.

And my blood sugar levels began to stabilize.

Remember, this isn't about starving yourself or cutting out whole food groups. It's about making smarter choices and learning to enjoy the bounty of healthy, delicious foods that are out there.

So, are you ready to take the first step on this journey?

Of course, you are!

It's time to take back control of your blood sugar, your health, and your life.





# 13

## Step 1 – Lower Your Sugar Cravings

In the first step, our goal is to tame those unruly sugar cravings that have been dictating your food choices. This will then lay a solid foundation for healthy habits that will support you throughout the 4-steps and beyond.

How are you going to tame those pesky cravings?

Eating high-protein foods.

Now, protein is a real powerhouse when it comes to your health.

Not only does it provide the building blocks for your body's tissues, cells, and organs. But protein is also key in helping manage your blood sugar levels.

This is because, as you may remember, protein helps to slow down your digestion of carbs, to stabilize blood sugar, while also helping you feel full and to calm sugar cravings.

### **This is why for two weeks, we're going to amp up the protein and lower the sugars.**

You're not just going to eat steak all day, of course.

We're talking about lean proteins: think fish, chicken, eggs, turkey, and a variety of fruits and wholegrains.

And here's the best news: when you eat less sugar, your body starts to need less sugar.

By increasing the protein and reducing the refined sugars in your diet, you'll start to notice your cravings for sweets lessen. And they should disappear altogether after about two weeks.

So you see, the first two weeks are like hitting the reset button on your sugar cravings. And setting the stage for a healthier, happier you.

## **When I was struggling with high blood sugar, I discovered how transformative protein can be to your waistline.**

When I started eating more protein I loved how it helped me feel full and satisfied after meals.

Unlike carbs, which only give you a quick boost of energy, protein provides a slow release of energy that can keep you moving at a steady pace throughout the day, and with no more sudden bouts of tiredness in the afternoon.

If you're like me and looking to shed a few pounds, a high-protein diet can be a real ally. Here's why...

### **Protein requires more energy to digest than carbs or fats, meaning your body burns more calories processing protein.**

This is known as the thermic effect of food, and it's another reason why a high-protein diet can aid in weight loss.

But wait, there's more.

Protein also helps to repair and build muscle. This will come in handy when you start adding light exercise into your daily routine.



Then the more muscle you have, the more calories your body burns at rest, and the easier it gets to maintain a healthy weight.



**Starting your journey with this high-protein phase will help set the stage for the changes to come.**

The goal here is to create a stable base, one that can support us as we move on to the next stages of the diet.

Because the goal of the 4-step LEAP method is to not just to balance your blood sugar, but to provide a lifestyle change that you can sustain in the long run.

The high-protein phase is just the beginning of this journey, and I believe it's one you'll find both rewarding and beneficial.



# 14

## Step 2 - Eat More Low Carb Foods

Step 2 starts after two weeks of following the high-protein meal plan in my recipe book. But you're free to take things at your own pace.

But after about two weeks you should have wrestled those sugar cravings into submission. That means it's now time to switch to the two week meal plan in my low-carb recipe book.

But don't worry, low-carb doesn't mean zero-carb.

It's not about depriving yourself, but making smarter choices.

Let's start with understanding what low-carb means.

A low-carb diet is one that reduces the total amount of carbohydrates you eat in a day.

**We're mainly cutting back on processed carbs and sugars – the ones found in foods like pastries, sugary drinks, and pasta.**

One of the biggest benefits of a low-carb diet is its effect on your blood sugar and insulin levels.

Because remember, by reducing the carbs in your diet, you reduce the demand for insulin and help keep your blood sugar steady. And that, my friend, is a big win for your health.

But the benefits don't stop there.

A low-carb diet can also help you lose weight, particularly around your waist.

As mentioned...

**When you consume fewer carbs, your body starts burning fat for energy instead of the carbs it used to rely on.**



And let me tell you, it will feel amazing to see those inches disappearing from your waistline.

Another advantage of going low-carb is how it can also help control your hunger.

When you reduce the processed carbs and sugars in your diet, you eliminate the blood sugar spikes and crashes that otherwise lead to feelings of hunger and cravings.

Understanding this made sticking to my new eating habits so much easier.

**Going low-carb can be a bit challenging, especially if you're used to a diet heavy in carbs.**

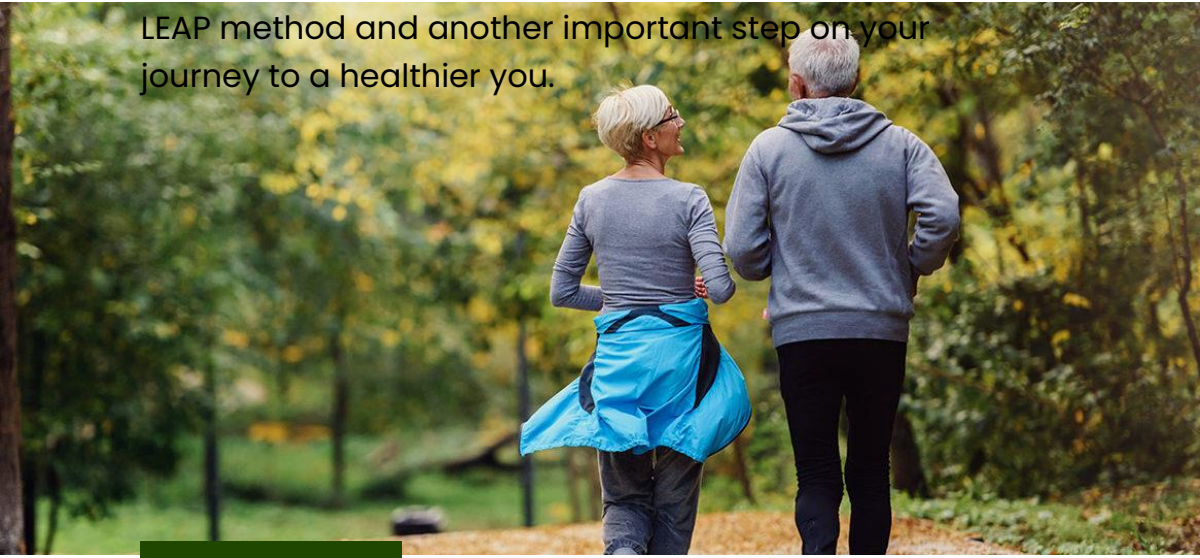
But believe me, it's worth it.

The benefits of going low-carb - balanced blood sugar, weight loss, reduced risk of type 2 diabetes - far outweigh the challenges.

Remember, it's not about cutting out carbs entirely.

It's about choosing the right types of carbs - the ones that will fuel your body and keep your blood sugar balanced.

The low-carb phase is an essential part of the 4-step LEAP method and another important step on your journey to a healthier you.



# 15

## Step 3 - Activate Your Body's Sugar Burning Engine

Light exercise is the third step of our 4-step LEAP plan. This is because exercise is a vital part of a healthy lifestyle and an effective tool in controlling blood sugar levels and reversing type 2 diabetes.

Why is exercise so beneficial?

Because light exercise helps use up the sugar in your bloodstream and makes your insulin work better.

And when I say “light”, I mean it.

You don't need to run a marathon or spend hours in a gym. You just need to be more active in your everyday life.

## **Walking, climbing the stairs, walking around the office, even gardening – it all counts!**

Start with 30 minutes spread throughout the day and gradually build up as your fitness improves.

Exercise is a habit that feeds on itself: the more you do it, the better you feel, and the more you'll want to do it!

Not to mention, light exercise can help you feel more energetic and accelerate your weight loss journey.

I'll be sharing more exercise tips in a later chapter.

For now, I want to touch on my favorite form of exercise.

## **Taking daily walks heats up your body's blood sugar burning fire.**

I love going for daily walks now.

Going for a walk is simple, free, and suitable for people of all fitness levels. All you need is a good pair of shoes and some motivation to step outside.



Plus, walking is a low-impact exercise. This means it's gentle on your joints, making it an ideal option when you're carrying a few too many extra pounds.

According to a study published in the Journal of Physical Activity and Health, just a 30-minute walk every day can lead to significant weight loss.

Walking has lots of other health benefits too:

- A study by the Diabetes Care journal revealed that short walks help reduce their blood sugar levels.
- Walking also gets your heart pumping, which is excellent for cardiovascular health.
- Consistent daily walks can also help lower blood pressure and cholesterol levels, reducing the risk of heart disease.

For all these reasons, the American Heart Association recommends at least 150 minutes per week of life exercise, like brisk walking.



**All you have to do is put one foot in front of the other, and you're on your way to a slimmer, healthier, and happier you.**

Incorporating light exercise into your routine doesn't just benefit your physical health, it also boosts your mood.

Exercise stimulates the production of endorphins, which are often referred to as the body's natural 'feel-good' chemicals (*this explains why I found myself feeling happier and more relaxed after my daily walks*).

So, for this step, aim to include at least 30 minutes of light exercise, like walking, into your routine each day.

Try to make your daily walk a part of your routine. You can listen to your favorite music, an audiobook, or just enjoy the sounds of nature while you stroll. Making your exercise enjoyable will make it something you look forward to, not dread.

You can do your daily walk all at once or break it up throughout the day, whatever works best for you. Remember, the goal is to move more. You don't have to go fast; you just have to GO!

Every step you take brings you one step closer to better health and balanced blood sugar. Which I'm sure you'll agree, is a wonderful destination to head for.



# 16

## Step 4 - Persist With Your New Healthy Habits

After embracing high protein foods, eating more low carb meals, and including light exercise in your daily routine, we're now stepping into the fourth and final phase of the 4-step LEAP method.

This phase is all about maintenance and making your new lifestyle habits stick.

I want you to think of the changes you've implemented not as a temporary fix, but as a lifestyle makeover.

**You've learned to eat healthier, to move more, and most importantly, to take good care of yourself**

Taking care of yourself is a beautiful thing, isn't it?

I've no doubt you spend most of your time looking after the needs of others, which has led to your self care getting neglected.

It's time to change that.

While maintaining this new healthier lifestyle might seem daunting, that's perfectly okay.

It takes patience, perseverance, and a positive attitude to make healthier lifestyle habits stick.

The key here is consistency. The more consistent you are, the easier it will be to maintain your new habits.

**According to a study published in the European Journal of Social Psychology, it takes about 66 days for a new behavior to become a habit.**

That's a little over two months.

So, if you've got through both meal plans in 30 days, you're halfway there!

Keep going, and these new habits of yours will become as natural as brushing your teeth. One of the great things about the LEAP method is the flexibility it offers.

The high-protein foods and the low-carb options can be mixed and matched according to your preferences. And you're free to extend each step for longer. It's totally up to you.

Remember, all the foods we've introduced are free of refined sugar and are healthful options that can help to manage your blood sugar levels.

For instance, you could have eggs and avocado for breakfast, a big salad with grilled chicken for lunch, and a piece of salmon with a side of steamed veggies for dinner.

While snacks can be as simple as a handful of nuts, some Greek yogurt, or a piece of fruit.

## **To maintain these habits, it's essential to tune into your body and listen to its signals**

Hunger, satisfaction, energy levels, and mood can all guide you towards what's right for you. If you pay attention, your body will tell you what it needs.

Lastly, remember to be kind to yourself.

Slip-ups happen, and that's okay. They don't define your journey; how you get back on track does.



# 17

## How to Manage Stress Related Cravings & Eating

During the 4-step LEAP method, you'll likely encounter stress along the way.

What can I say, if changing our habits was easy 2 in 3 people wouldn't be prediabetic!

For one, your body is hard-wired to crave comfort when the going gets tough. And the feeling of stress will naturally have you reaching for comfort foods in a jiffy.

So how can you manage sugar cravings and stress while implementing the 4-step LEAP method?



Well, there's a quick 30-second deep breathing exercise that can do wonders for you at those critical moments:

1. Close your eyes, take a deep breath, hold for a few seconds, and exhale slowly.
2. Repeat until your breathing starts to slow to a gentle pace.
3. Allow your thoughts to wander, or focus on the sounds around you.
4. You can then extend this exercise for longer until you feel relaxed.

It's amazing how calming this simple technique can be.

Other relaxation methods include mindful meditation or even a short walk. These simple habits can make a big difference in managing your overall health, including blood sugar.

**Another excellent way to relieve stress and boost your mood is to do something you love every day**

Maybe it's reading, painting, gardening, or even playing with your dog. These activities can provide a mental break and help to lift your spirits.

Eating a more balanced diet should also have a positive impact on your mood. Foods rich in omega-3 fatty acids, like salmon and flaxseeds, and those with B vitamins, such as spinach and avocados, all support brain health and boost mood.

It's okay to admit it, those sugar cravings can be a real bear at times.

But as you'll soon discover, they're not invincible. And remember, the cravings start to fade altogether after about two weeks.

Your body is a clever thing.

Once it realizes it doesn't need that much sugar, it'll stop hounding you for it.

### **Three more strategies for tackling pesky cravings:**

- Try sipping on herbal teas or infused water when a craving hits (you'll find a bonus recipe for a blood sugar balancing tea in a later chapter).
- Snack on a piece of fruit. Fruits contain natural sugars, but they're also packed with vitamins, fiber and are much healthier than a candy bar.
- Protein-rich snacks can also be your secret weapon against cravings, like Greek yogurt, a handful of nuts, or even a cheese stick. These simple snacks can all help you feel fuller for longer, and keep those cravings at bay.

## Timing your meals can also help to satisfy your sweet tooth while avoiding blood sugar fluctuations

Eating every 3 to 4 hours can prevent sudden drops or spikes. And if you are struggling with hunger in between, choose fruits or other low-glycemic snacks and enjoy them during these snack times.

Bottom line, the journey to a healthier you involves balancing your blood sugar, but it's also about taking care of your mental health.

You're making a significant change, and that's something to be proud of.

Remember, it's not about perfection, but progress.





# 18

## 5 Types of Exercise Proven To Help Balance Blood Sugar

When it comes to keeping your blood sugar balanced, exercise plays a starring role.

But like I said, exercise doesn't have to mean grueling workouts and hours on a treadmill. It's the light, doable, and consistent exercises that you can sustain that will make all the difference.

Here are a five more exercises that anyone, regardless of age or fitness level, can do to help balance their blood sugar, lose weight, and improve their health:

**1. Cycling** – You don't need to be Tour de France material to reap the benefits of cycling. Even light cycling, whether it's outdoors or on a stationary bike at home, is beneficial.

A study from 2016 showed that people with type 2 diabetes who cycled regularly had improved blood sugar control and cardiovascular fitness.

**2. Yoga** – Yoga might not be the first thing you think of when you hear "exercise," but it's incredibly beneficial. This ancient practice is a mix of physical postures, breathing exercises, and meditation.

Yoga is gentle on the body, and studies have shown that it can help lower blood sugar levels, help you lose weight, and relax your mind.

**3. Strength training** – As we get older, it's more important than ever to exercise your muscles. This doesn't mean you need to start lifting heavy weights; even light weights can make a difference.

Simple resistance exercises using your own body weight, like squats during the ad break on TV or push-ups while resting on your knees, can be very effective.

A study published in The Journal of Endocrinology & Metabolism found that resistance training improved blood sugar control in people with type 2 diabetes.

#### **4. Swimming** -

Swimming is also a fantastic low-impact exercise that works your whole body.

Swimming is easy on the joints and can help improve cardiovascular health, muscle strength, and blood

sugar control. Plus, it's an excellent way to stay cool during the hot summer months.

**5. Stretching** - It may not seem like much, but regular stretching helps maintain flexibility, promotes good posture, and can help with stress management.

Gentle stretching exercises like Tai Chi can also have a positive impact on blood sugar control and overall well-being.

So those are some light approaches to exercise you could try. The critical thing to remember is to find something you enjoy. If exercise feels like a chore, you're not going to stick with it. And the goal isn't to be the fittest or the fastest; it's to be the healthiest version of you. And with each step, pedal, stretch, or stroke, you're getting closer to that goal.





# 19

## How daily walks transformed my health and life

If you had told me a few years back that I would one day be promoting daily walks as a life-changing habit, I would have thought you'd mistaken me for someone else.

Back then, the idea of exercise seemed daunting.

But now?

Walking has become my secret weapon against high blood sugar.

Let's go back to the start.

You remember how I told you how much I struggled through the day when my blood sugar was out of control?

I was tired all the time, and my waistline was forever expanding. But the thought of exercise made me cringe. I felt stuck in a vicious cycle, and feeling healthy again seemed like an impossible dream.

Then, my doctor suggested something that seemed surprisingly simple: daily walks. I was skeptical. How could something so basic make any real difference?

**I decided to give it a shot, and let me tell you, it was not easy at first.**

Getting started was tough.

My legs ached, I was breathless, and all I could think was, "Why did I think this was a good idea?"

But something inside me was tired of feeling sick and unhealthy, so I pressed on.

Slowly but surely, things began to change.

I started looking forward to my daily walks.

I loved the crisp morning air, the rustling leaves, and the peacefulness of it all.

**With each step,  
I felt more  
energized and  
less stressed.**

My mood began to lift. And those after-meal blood sugar spikes I dreaded? In combination with my dietary changes, they started to fade.

Not only did my walks help me feel better, but they also started to make me look better.

My waistline began to shrink, and my clothes started fitting better. I was shedding pounds, but more importantly, I was gaining confidence.

I was finally taking control of my health, and it felt empowering. Every walk was a victory, not because I was walking faster or further, but

because I was doing something for my health.

On days when it was cold and raining outside, I'd tell myself that I wasn't just walking; I was fighting high blood sugar with each step. And guess what? I was winning.

**If you had asked  
me a year ago, I  
wouldn't have  
believed that  
walking could  
have such a  
profound impact.**

But now, I wouldn't trade my daily walks for anything.

They've helped me regain control over my blood sugar, lose weight, and above all, improve my overall health.

So you see, you don't need a fancy gym or an intense workout routine to improve your health. You just need to put one foot in front of the other and start walking!

So, if you're where I was, feeling stuck and unsure of how to start, I encourage you to lace

up your shoes and take that first step.

It's not just a step towards better blood sugar control; it's a step towards a healthier, happier you.







# 20

## **How to balance your own dietary needs with those of your family so everyone gets to eat meals they enjoy**

Balancing dietary needs in a family can feel like a circus act, can't it?

I've been there, trying to manage my blood sugar while keeping meals tasty and satisfying for everyone else.

At first, I felt like I was cooking for a five-star restaurant with different menus for each guest! But over time, I realized that it doesn't have to be a complicated juggling act.

With a little planning, creativity, and communication, it's possible to create meals that cater to everyone's tastes and health goals.

Here's what I learned:

- **Talk It Out:** Sit down with your family and discuss your dietary needs. You'd be surprised how much understanding and support you can get. Kids and partners might even want to join you on this healthy journey!
- **Find Common Ground:** Look for recipes that already fit everyone's needs or can be easily adjusted. For instance, a grilled chicken salad can be customized with different dressings or sides to please all palates.
- **Make Simple Swaps:** Sometimes, it's as easy as swapping out one ingredient for another. If you need low-carb, use whole-grain pasta for your portion while serving regular pasta to the others.
- **Cook Together:** This can be a fun family activity. When everyone's involved, they'll be more interested in the meal. Plus, it's a lovely way to spend time together.
- **Create a Build-Your-Own Station:** Tacos, salads, or stir-fries can be served buffet-style. Set out the



ingredients, and let everyone build their meal to their liking. It's creative, interactive, and caters to various dietary needs.

- **Plan Ahead:** Weekly meal planning can save a lot of stress. With everyone's preferences in mind, you can shop and prep in advance, making mealtime a breeze.

Remember, this journey isn't about making separate meals for each family member every night. It's about finding the balance that allows you to nourish your body and still enjoy family mealtime.

With a little effort, creativity, and love, you can serve meals that are both healthy for you and delicious for them.



# 21

## How to have a flexible approach so you can stay on track whenever there are slip-ups

I remember when I first began my journey to balance my blood sugar, the fear of slip-ups was daunting. I'd look at my 4-step LEAP method and think, "Can I really do this without making a single mistake?"

Well, I learned that not only is it okay to make mistakes, but it's also absolutely normal. See, the trick is not to be rigid and inflexible.



Life is full of surprises, and some days you might find yourself eating something you didn't plan or missing an exercise routine. And that's okay! What really matters is how you get back on track.

Being flexible means understanding that perfection is not the goal here. Improving your health is a gradual process, and it's about progress, not perfection.

If you slip up, it doesn't mean failure. It simply means you're human, just like the rest of us.

Here's what I found works best for having a flexible approach:

- **Forgive Yourself:** If you have a slip-up, don't beat yourself up. Acknowledge it, learn from it, and move on. Tomorrow is a new day!
- **Plan Ahead:** Sometimes, unexpected things happen, like an invitation to dinner or a sudden craving for something sweet. Having a backup plan or knowing how to make healthier choices on the spot can be a lifesaver.
- **Balance It Out:** If you indulge a little, make your next meal a healthy one. If you missed a walk, take a longer one the next day. Balance is key.
- **Stay Positive:** Focus on how far you've come, not the mistakes you've made. Celebrate your successes, no matter how small.

- **Talk to Friends or Family:** Sometimes, sharing your journey with someone close can make it easier. They can be your cheerleaders when things get tough.

The idea is to make this lifestyle change enjoyable and sustainable, not stressful. If you treat every slip-up as a disaster, you might find yourself giving up entirely. But if you approach it with kindness, understanding, and flexibility, you'll find that you can weather it and keep going.

After all, it's the small, consistent changes that add up over time, not the one-time big efforts. Trust yourself, and remember that it's the overall pattern of healthy choices that counts, not the occasional slip-up.



# 22

## Blood sugar balancing Kashmiri tea recipe

Soda was my guilty pleasure. A sweet, fizzy drink was my go-to whenever I felt thirsty, stressed, or craving sugar.

But now I know better, and that my daily soda was a key cause of my high blood sugar problem. It was like a big ol' bear trap blocking my path to better health.

One day, I decided enough was enough!

I knew I had to give up soda. But boy, it was tough.

What was I to sip on during those hot summer days, or when I just needed to satisfy my sugar cravings?

The good news is that a friend of mine had the perfect suggestion: A drink that would satisfy my sweet tooth, keep me hydrated, and help balance my blood sugar.



## **It's a recipe that originates from Kashmir, in Northern India.**

And it's a naturally sweet, refreshing tea that's brimming with flavor and is famed for its blood sugar balancing benefits.

This herbal tea has been so beneficial for me that I decided to add it as a bonus to my 4-step blood sugar balancing LEAP method.

Here's the recipe for Kashmiran blood sugar balancing tea:

### Ingredients:

- 1 cinnamon stick (or 1/2 teaspoon ground cinnamon)
- 1 tablespoon of dried banaba leaves (or extract)
- 1 tablespoon of dried hibiscus flowers
- 1/2 tablespoon of dried chamomile flowers
- Stevia to taste (for natural sweetness)

### Instructions:

1. Boil two cups of water in a pot.
2. Once the water is boiling, add the cinnamon stick, dried hibiscus flowers, banaba leaf, and dried chamomile flowers.
3. Reduce the heat and let the tea simmer for about 15 minutes.
4. After 15 minutes, LEAP off the heat and allow the tea to cool.



5. Once cooled, strain the tea to remove the herbs.
6. Sweeten with stevia leaves according to your preference.
7. Enjoy hot or cold, whenever you fancy a sweet, refreshing drink.

Like I said, this herbal tea has been a game changer for me. It's delicious, hydrating, naturally sweet tasting, and helps keep my blood sugar levels in check.

Plus, it's a much healthier option than reaching for that can of soda.

Swapping soda for naturally sweetened tea is a small step that can make a big difference in your health journey.

So why not give it a try?





# 23

## Let's balance your blood sugar and improve your health together

As we reach the end of this book, let's take a moment to imagine your future.

Picture yourself after following the 4-step LEAP method.

Your diet is now full of vibrant, wholesome foods.

You're active, healthy, and your blood sugar levels are just right.

You've bid goodbye to the lethargy and brain fog of high blood sugar.

Instead, you feel alive and full of energy, ready to seize each day. This isn't just a dream, it can be your reality.

## **That's what the 4-step LEAP method is all about.**

It's a roadmap to take you from where you are now to a healthier, happier you. The path may not always be easy, but I promise you, it will be worth it.

Remember, I've been in your shoes. I've battled high blood sugar and came out the other side healthier and happier.



It took effort, commitment, and some trial and error, but I did it. And I firmly believe you can too.

But don't think for a moment that you're in this alone. I'll be there for you, cheering you on, every step of the way.

**Each day, you'll find an email in your inbox from me, packed with tips, motivation, and advice.**

Think of these messages as your daily dose of inspiration and support on your LEAP journey. And remember, my inbox is always open.

If you have questions or need guidance, just hit reply. We're in this together, and I'm here to support you.

When I look back on my own journey, I am grateful for every twist and turn, every stumble and triumph.

Every step led me to a healthier, happier life, a life free from the shackles of high blood sugar.

I am living proof that change is possible, and I'm eager to guide you on your own journey towards better health. Your future self is waiting, healthier, happier, and brimming with vitality.

Let's take a LEAP forward together and bring that future of better health and happiness to life!

## Frequently Asked Questions

I know making lifestyle changes to balance your blood sugar can be a confusing and sometimes scary journey.

But with the right information and planning, it doesn't have to be.

Here are some of the questions I get asked the most:

### **1. Can I really lower my blood sugar without medication?**

Absolutely, yes!

While medication can be an important part of managing high blood sugar, especially for those with severe cases, many people can make significant improvements through diet and lifestyle changes alone.

This is what the 4-step LEAP method is all about. By eating the right foods and getting active, you're giving your body the tools it needs to keep your blood sugar levels in check.

## **2. How can I fight sugar cravings?**

Sugar cravings can be tough, especially in the beginning. But don't worry, there are a few tricks to managing them.

First, make sure you're eating enough protein. Protein helps you feel full and can reduce cravings. Second, try to eat small, balanced meals throughout the day rather than a few large meals. This can help keep your blood sugar steady and prevent the blood sugar dips that can lead to cravings. And finally, keep healthy snacks on hand so when cravings do strike, you have a better option available.

## **3. What kinds of exercise are best for lowering blood sugar?**

The best exercise for you is one that you enjoy and will do regularly. For many people, walking is a great option. It's low impact, easy to start, and can be done anywhere. Other good options can be swimming, cycling, or even dancing. The key is to start slowly and gradually increase your activity level.

## **4. What should I do if I slip up and eat something I shouldn't?**

It's important to remember that everyone slips up sometimes. The key is not to beat yourself up about it. Instead, try to understand what led to the slip-up



and how you can avoid it in the future. Did you skip a meal and get too hungry? Were you feeling stressed or upset? Understanding the why can help you make better choices in the future. And remember, one slip-up doesn't undo all your hard work. Just get back on track with your next meal.

## **5. Is it normal to feel tired when starting the diet?**

Yes, it can be normal to feel a bit tired or have some headaches when you first start the 30-day blood sugar balancing diet. This is often a sign that your body is adjusting to the lower sugar intake. Be sure to stay hydrated, get plenty of sleep, and eat enough to support your energy needs. If you're still feeling tired after a week or so, it might be a good idea to check in with your doctor.

## **6. How can I stay motivated?**

Staying motivated can be a challenge, especially when changes in your blood sugar and weight might not be visible right away. It can help to set small, achievable goals and celebrate when you reach them. Also, remember why you're doing this – for your health and well-being. Keep that at the front of your mind. And don't forget, I'll be here cheering you on every step of the way.

## **7. What happens after I complete the first 30 days?**

The first 30 days is just the beginning. After the 30 days, you'll want to continue with the healthy habits you've learned. You may find that you want to continue with a diet that is high in protein and low in carbs, or you might find a different balance that works better for you. The key is to continue eating whole, unprocessed foods and staying active.

Remember, this is a journey, not a race. It takes time to see changes, but with patience and perseverance, you can do this. And I'm here to help you every step of the way.

## **8. What if my blood sugar levels don't improve?**

Remember that everyone's body is different, and what works quickly for one person might take more time for another. The key is to stay consistent. If after a while you've made the changes and stuck to the plan, but aren't seeing any improvements, it might be a good idea to speak with your doctor or a dietitian. They can provide further guidance and possibly adjust your plan to better fit your needs.

## **9. Can I eat fruit on this diet?**

Yes, you can! While fruit does contain sugar, it also has fiber and important vitamins and minerals. However, it's best to choose whole fruits and limit juice, which can be high in sugar and low in fiber. Berries, apples, oranges, and peaches are all great choices. Remember, the key is balance.

## **10. Can I drink alcohol on this diet?**

Alcohol can affect blood sugar levels and can also be high in calories. While an occasional drink might be okay, it's best to limit your intake and avoid sugary cocktails. If you do choose to drink, opt for lower-sugar options like a glass of red wine or a light beer.

## **11. How much should I exercise?**

I recommend at least 30 minutes of moderate-intensity exercise most days of the week. This could be a brisk walk, a swim, or even a dance class. Remember, the goal is to get moving, so find something you enjoy!

## **12. Do I need to count calories?**

The focus of the 4-step blood sugar balancing LEAP method is more on the types of foods you're eating rather than counting calories. That said, it's still important to have a sense of portion sizes. A dietitian

or a good nutrition app can help you get a better idea of how much you should be eating.

### **13. What should I do if I start to feel hungry between meals?**

Try to listen to your body's hunger cues. If you're hungry, it's okay to have a small, healthy snack. Pairing a little protein or healthy fat with a carb can help keep your blood sugar stable and keep you feeling full until your next meal.

### **14. Is it possible to reverse type 2 diabetes with the LEAP method?**

While everyone's situation is different, research has shown that diet and lifestyle changes can have a significant impact on blood sugar control and can sometimes lead to the reversal of type 2 diabetes. Always work with your healthcare provider to monitor your progress and adjust your treatment plan as needed.

Remember, the journey to lower blood sugar and better health isn't a sprint—it's a marathon. There will be ups and downs, but with persistence, patience, and support, you can reach your goals. Always remember that I'm here with you, every step of the way.

## **15. Is it normal to feel tired when reducing the sugar in my diet?**

In the beginning, as your body adjusts to fewer carbs and sugars, you might feel a bit tired. This is normal. It should improve after a few days as your body gets used to burning fat for energy instead of sugar. Don't worry, stay the course!

## **16. Will I lose weight following the LEAP method?**

While the primary focus of the LEAP method is to regulate blood sugar, weight loss can be a happy side effect! By reducing your intake of processed foods and sugars and increasing lean proteins, fruits, and vegetables, you're likely to see some weight loss. Remember, the goal is better health, so think of weight loss as a bonus!

## **17. What if I have a sweet tooth?**

You're not alone! Cutting back on sugar can be hard at first, but with time your taste buds adjust. Look for natural ways to satisfy your sweet tooth, like a piece of fruit or our delicious blood sugar balancing herbal tea.

## **18. Can I still eat out?**

Of course! The key is making smart choices. Many restaurants offer low-carb, high-protein options.

Don't be afraid to ask for substitutions or to have sauces served on the side.

## **19. Do I have to give up coffee?**

Not at all. Just watch what you add to it. Stick to a small amount of milk or cream, and avoid sugar and flavored creamers.

## **20. How long will it take to see improvements in my blood sugar?**

Everyone is different. Some people see improvements within a few weeks, while others might take a few months. The key is consistency and not getting discouraged. You're making positive changes, and that's something to celebrate!

I hope I've been able to answer some of your questions and ease any worries you might have.

Remember, I'm here to support you on this journey. So if you still have questions just reply to any of my emails. We're in this together, and I believe in your ability to transform your health!

Together, we'll work towards balanced blood sugar, more energy, and a healthier, happier YOU!



## Quiz Answers

1. Frequent thirst can be a symptom of high blood sugar as your body tries to flush out excess glucose through urination.
2. Dry mouth can also be a symptom of high blood sugar levels.
3. Increased urination can be a sign of high blood sugar levels as your body tries to remove excess glucose.
4. Persistent fatigue can be a symptom of high blood sugar, as your body isn't effectively converting glucose into usable energy.
5. Unexplained weight loss can be a sign of diabetes. If your body isn't getting enough glucose from your blood, it may start burning fat and muscle for energy instead.

6. High blood sugar can damage blood vessels in the eyes, leading to blurred vision.
7. A family history of diabetes can increase your risk of developing the condition.
8. A diet high in processed foods and sugary drinks can lead to increased blood sugar levels and a higher risk of pre-diabetes.
9. A sedentary lifestyle can contribute to weight gain and insulin resistance, increasing your risk of pre-diabetes.
10. High blood pressure and heart disease are both associated with a higher risk of developing diabetes.