



Choose low GL foods over higher ones

The lower the GL, the less impact on blood sugars

In my meal plans, I always make sure that a meal's GL is below 20.

Gluten

Controversial but has been shown to cause general inflammation (we already have chronic low grade inflammation)

Inflammation has been linked to insulin resistance (need more insulin to do the same job)

Gluten found in so many thing. Hardest thing for me to give up was sandwiches but took alternatives for lunch - salad, soup, left overs, etc

Weight loss quick and drastic when giving up gluten

Dairy

IGF-1 (mimics Insulin)

Linked to acne and hirsutism

Occurs in all forms of milk and dairy products

Cheese

Alternatives

- Have to try a couple to see what works for you
- Almond or coconut milk is good in coffee
- Oat or rice milk
- Avoid soy milk

Strategies

- Replace milk in breakfast with non-dairy alternatives
- Take a small flask of milk of choice when go for coffee

Had so many women report that they have seen almost immediate improvement in skin. Hair takes longer

Supplements

Inositol and Folic Acid

Omega 3

Vitamin D drops

Important to include foods high in Omega 3's

Omeegas are essential fatty acids and are important because our bodies can't make them. Have a role in inflammation, mood, etc

Been shown to lower testosterone levels and lower inflammation

Our diet tends to be high in Omega 6. Ratio should be roughly 4:1 (6:3) Western diet is 16:1 - pro inflammation

Foods high in Omega 3 include flax seeds, walnuts and oily fish.

Can also take a supplement but make sure it's only Omega 3 - don't get a blend of all 3 Omega.

Avoid refined sugars and foods

Refined foods are broken down into more basic forms so are quickly processed by the body.

Causes quick rise in blood sugars, quick spike in insulin, spike in testosterone and then crash.

Avoid low fat products

Fat doesn't make you fat, sugar does

Tend to be high in sugar and therefore have a bigger impact on your insulin and testosterone levels

Always make sure that you combine protein or good fats with any carnohydrates

Slows the absorption of glucose into the blood stream, lowering the GL

Eg: Nuts with some fruit for a snack