

Dr. Ritamarie Loscalzo

Blood Sugar Balance 101

PODCAST SHOWNOTES

Dr. Ritamarie Loscalzo is fiercely committed to transforming our current broken disease-care system into a true health care system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the **Institute of Nutritional Endocrinology**, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances. Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health concerns by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Balancing Blood Sugar

Dr. Loscalzo was making an instructional video to teach others and tested her own blood sugar only to find that she herself had insulin resistance and sought to find out why. She had none of the symptoms (foggy brain, weight around the middle). Eventually she found that for her it was a lack of sleep that was the true culprit.

Testing your own Blood Sugar

There are two types of blood sugar levels: fasting blood sugar and after you eat blood sugar (postprandial). She encourages people to test their blood sugar in the morning your and it should be 75-85, then test right before you eat your meal. It's important to catch the peak of your blood sugar levels when eating (every 15 minutes) with an ideal peak of 110, above a 120 the peripheral neuropathies (loss of feeling and pain in the extremities) occur at that level. It should then be back to your baseline within 2 hours after eating.

5 Things to Evaluate when Blood Sugar is Out of Whack

1. Diet and Supplements
2. Fitness
3. Sleep patterns
4. Stress
5. Timing of these activities

Exercise and Blood Sugar

Scientific studies show that 30 seconds of burst training can increase your growth hormone for 90 minutes after-- in comparison to aerobic exercise that does not create the same results. So find 30 seconds 4-8 times a day, sometimes you can't find 12-17 minutes, but 30 seconds is pretty easy to find for everyone, you don't even sweat!

Meal Spacing

The myth of meal spacing is that it's good for you when it's truly not good, snacking and eating every couple of hours keeps insulin elevated. Insulin is an anabolic hormone that will not allow you to burn fat when above a certain level. Spacing your meals 4-6 hours apart balances you and your insulin levels.

Visit <http://www.drritamarie.com>

Listener Question

Kristy, Alabama

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I love the idea of not counting calories but I often overeat the healthy fats like almond butter-- how can I "eat by the plate" better?

You need to focus on each meal and how much of each area (protein, fiber, fat, slow low carbs) you are eating and optimizing them. Watch your carbs, specifically fruit and grains and your trigger foods. Those trigger foods are great but not if you eat them in excess. Get really clear on your portions through using a food journal. Follow the plate-- check the [website](#) for details. It's a personal discovery process and it takes time and reflection, but it's well worth the work.

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As always, remember:

You are worthy. Dare to live a life that matters.

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