

KALE & CHOCOLATE - Blog Draft

Suggested Title Options:

A Positive Mindset Starts with Balanced Blood Sugar

Can Balanced Blood Sugar Improve your Mindset?

The Key to a Positive Outlook Starts with What You Eat

It's 6:15pm. You've just gotten home from a jam-packed agenda for the day and you haven't eaten a thing since lunch. You've got to get dinner on the table...FAST. But, instead of making any swift moves or smart choices, you find yourself staring blankly into the pantry for who knows how long. You can't think straight, let alone make any executive decisions. That's when you realize that you've nearly licked clean an entire tub of hummus by yourself, just in the time you've been standing there. And, you wonder, "How in the world did that happen?" Cue the guilt and negative self-talk here.

We've all been there, right?

But, here's the thing: This situation isn't a matter of willpower or mental fortitude. It's a blood sugar balance issue. It isn't your fault for caving in on your cravings. There's no pep-talking your way out of having low blood sugar. That's a futile uphill battle. Instead, you can boost your positive mindset by keeping your blood sugar in balance. But this means we have to be preemptive.

The fact is, it's really hard to make the best choices, to keep our slip-ups in proper perspective, or to feel good about ourselves when we can't think straight, when we feel shaky, weak, or lethargic, and even worse, when we're irritable and "hangry". But, if you can keep your blood sugar in check, your

energy levels are more stable. You feel stronger and more secure in your choices. You are able to avoid cravings altogether because your body simply doesn't need those energy sources anymore.

Basically, when your blood sugar is stable, your body works *with you* and not against you. It's easier to feel positive about how far you've come and where you're headed. You have greater success at reworking the old mental programming that isn't serving you anymore. You begin to realize you can conquer anything. And that changes *everything*.

How it works

Balancing your blood sugar means breaking the spike-crash cycle. This will naturally calm the restriction-indulgence-guilt cycle without so much conscious effort. To do this, we need to consider the What and the How Often.

Let's start with the How Often. This is what I refer to as your "food rhythm" and the explanation is pretty simple. The body's job is to metabolize sugar for energy and food is our main source. So, as your body uses up its sugar sources from your last meal, your energy level is obviously going to begin dropping. Snacks or smaller, more frequent meals help to stave off the crash. This keeps us more even keel energetically, mentally and emotionally.

I'm a big fan of a more frequent food rhythm. Six hours is just way too long to go without a healthy snack, honestly. Let's say you eat lunch at noon, dinner at 6:30pm, and have no snacks in between. That's basically a 6-hour fast you've dropped into the middle of your day—right at a time when you need to be productive, clear-headed, and present. Any one of us will be struggling

with plummeting blood sugar levels, if we wait that long. It's no wonder we get hit with afternoon or late-night cravings. Our bodies are trying to get a quick energy source to make up for what we missed.

And the What is imperative, with the goal being to burn through sugar sources more slowly. It turns out, balancing blood sugar has surprisingly little to do with the amount of sugar content in our food. It's all about macronutrient balance. Eating the right combination of healthy fats, protein, and fiber does the trick. Each of these slow the absorption of sugars into the bloodstream, and keep us feeling full and more satiated for longer. This is how we avoid cravings and energy dips, which gives us the freedom to cultivate a more positive mindset.

Consider this: if you have an all-fruit smoothie for lunch without any protein to balance all that sugar, how long do you think you'll last before your energy starts dipping? How long til you start craving some salty crackers or microwave popcorn or a few spoonfuls of almond butter? How strong is your "you've got this!" mindset once that crash hits?

By contrast, if you have a satisfying quinoa bowl with grilled veggies, avocado and black beans, you've got ample amounts of fiber, protein and healthy fat to keep you full and balanced for quite a while. You might need a snack by mid-afternoon, but because you're not in for a crash landing, you've got the right mindset to feel good about your snack choices when you feel like you need a pick-me-up. (Not to mention, I bet you'll enjoy that snack a lot more when you're not in such a hurry to replenish your energy.)

Notice that both lunch choices are "healthy". The difference is that one strikes a fats-protein-fiber balance where the other does not.

Striking a balance in your blood sugar will allow you to slow down and be more present with your food, so that you enjoy them fully without guilt—even when you do choose to indulge. It also helps you to get out of your head and into your body, so that you can dial into your “inner nutritionist” and honor your optimal food rhythm. Resistance, mental noise and negativity begin to fall away. With more balance in your body and less need for struggle, how can you not think more positively about your life?

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Option 1:

Can you really improve your mindset by balancing your blood sugar? I believe you can. Think about it: How easy is it to feel good about your body or in control of your life when you're “hangry” and mindlessly caving into cravings? This is part of the blood sugar imbalance roller-coaster and it keeps us trapped and unhappy.

We all want to feel free and at peace, don't we? Of course we do. Striking a balance in our blood sugar levels not only keeps us more satisfied and energetic. It also liberates us from guilt and negativity. This week's blog post shows you how to get there.

Option 2:

Which comes first? The positive mindset or balanced blood sugar?

It seems like a weird question, I know. But think about this: When you're feeling hangry, how free are you to make the right food choices for yourself? Can you slow down and be in your body to hear what you really need in that moment? Probably not.

But, when your blood sugar is balanced, your energy levels are steady and your mind is clearer. And it's just so much easier to think positively and feel good about your life. In this week's blog post, I break this down and show you how to achieve it.