

Who is the Glucose Goddess, and Can Her Blood Sugar Hacks Help Us Feel Well?

Balancing your blood sugar isn't a new wellness trend. But the glucose goddess has a new approach, mixing an abundance mindset with science. Here's the low-down.



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Who is the Glucose Goddess?

The Glucose Goddess, otherwise known as Jessie Inchauspé, is a French biochemist with a science-based approach to blood sugar balancing and health.

She has [one best-selling book](#) on the topic and [one book that has just been released](#). Jessie is also making her name on social media platforms like Instagram, by sharing scientific blood sugar related content on her [glucosegoddess account](#).

What is the purpose of the Glucose Goddess Method?

Jessie Inchauspé argues that even if you don't have diabetes, rollercoaster glucose levels may still be impacting your energy, mood, and cravings.

Her interest in the topic of blood sugar started when she noticed her own struggles with mental health correlating with the readings on her glucose monitor. The more irregular her glucose levels were, the worse her mental health was. She then found there was research to back this pattern up.

With this discovery, Jessie found herself searching for a way to keep her blood sugar levels steadier, but without strict or extreme dietary rules.

Having struggled with my relationship with food in the past, it has been refreshing to see an approach that focusses on science and health, rather than restriction.

[Research shows that extreme diets don't work](#). Not only that, but they negatively impact health and can lead to disordered eating or even trigger clinical eating disorders.



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What are the potential benefits of flattening your glucose curves?

In 2018, scientists discovered that [80% of people without diabetes experience blood sugar spikes](#) every day.

These spikes cause inflammation, aging, and the release of insulin, says Jessie. This has a wide range of short and long-term effects, from cravings and fatigue to chronic disease and infertility.

What this means is that flattening your glucose curves, i.e., reducing the intensity of the spikes, can potentially reverse and prevent problematic symptoms. On her website, Jessie lists the following potential benefits to steadying your glucose levels:

- Less hunger
- Fewer cravings

- Better energy and sleep
- Better immune system
- Fewer gestational diabetes complications
- Fewer menopause symptoms
- Reduced migraine frequency
- Better brain function
- Clearer skin
- Slower ageing and fewer wrinkles
- Less risk of Alzheimer's
- Less cancer risk
- Better mental health
- Better gut health
- Better heart health
- Improved fertility
- Fewer polycystic ovarian syndrome (PCOS) symptoms
- Type 2 diabetes remission
- Non-alcoholic fatty liver disease remission

If you would like to read the scientific research, you [can see supporting research papers for each benefit here](#).



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The Glucose Goddess Method: four hacks to more balanced blood sugar

1. Have a savoury breakfast

This first hack is simple: base your breakfast around protein. This could be eggs, peanut butter, protein powder, Greek yoghurt or anything that is high in protein. Often the main event of breakfast is carbohydrates: toast, oats, cereals etc. So the idea here is to increase protein, but this doesn't mean carbs can't have a place on your plate too.

Jessie also suggests avoiding free sugars at breakfast and instead sticking to fresh fruit. Free sugars are anything that counts as added sugar, such as honey, maple syrup, and fruit juice.

It's important to mention here that nothing is excluded in the Glucose Goddess Method. Free sugars are encouraged for enjoyment, just not in this very first meal of the day.



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2. Incorporate vinegar with one meal a day

This hack took me longer to get on board with, as I'm not much of a vinegar fan. Jessie recommends having a tablespoon of vinegar in a large glass of water 20 minutes before your most carb-heavy meal. You can also add it to your salad dressing instead.

Why? Because vinegar has been shown to reduce blood sugar levels by over 30% after a meal. Check out [this graph on the Glucose Goddess Instagram](#).

When drinking vinegar, diluting it and using a straw to protect your tooth enamel from acidity is always recommended. I've found apple cider vinegar tastes the best as it's sort of appley by nature.

To make it more tasty, [check out one of Jessie's vinegar cocktail recipes!](#)



Photo by Karolina Grabowska on [Pexels.com](https://www.pexels.com)

3. Add a veggie starter to your meals

This next hack requires adding a vegetable starter to your main meals. Easy veggie starters include crudites, coleslaw, salad, and soup. The reason for doing this is that the vegetable fibre coats your digestive tract and slows the absorption of glucose, reducing the blood sugar spike of your meal. Clever, right!

I actually really enjoy this one and it helps to get more vegetables into your day, which is something I don't always do.



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4. Move your body for 10 minutes

Moving your body can be as simple as a walk around the block or doing household chores like washing up, says Jessie. Your muscles soak up glucose as they contract, reducing the spike. To feel an effect on your glucose levels, she recommends moving within 90 minutes of the end of your meal.



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Additional hack: dress naked carbs

Jessie also suggests pairing carbs with fat and protein when snacking to lower glucose spikes. This could be as simple as adding peanut butter to your toast or protein powder to your smoothie.

Eating sweet things after a meal is another great example of this, or having a handful of nuts alongside something sugary. For example, having some almonds with your chocolate. This can also add interesting textures like crunch.

BUT if doing so is going to significantly reduce your enjoyment of a particular food experience, then put the hack to one side and do it next time instead. Remember, food is for enjoyment and satisfaction as well as health and sustenance!

Jessie says that even following the hacks 80% of the time can make a huge impact. It's not about perfection but small changes that add up over time.



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What are the risks of making dietary changes?

Making dietary changes doesn't come without risks to both your mental and physical health. That is why it is important to be really clear on your reason for making a change and on how you are going to monitor how the change makes you feel.

If you are like me and have a habit of fixating or getting easily obsessed, think carefully about whether you are in the right headspace to follow the hacks or whether focussing on your diet might make your mental and physical health worse. Stress can actually spike your blood sugar levels.

You should be able to choose to ignore or forget about one of the hacks without feelings of stress or guilt. As with everything, balance is important, and food is about flexibility, connection, and enjoyment as well as one of many pillars of health.



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The Glucose Goddess Method Book

Jessie Inchauspé's new book is a 4-week, 4-step guide to implementing her Glucose Goddess Method. Packed with tons of helpful information and over 100 recipes, it's worth getting if you can!

You can buy the book here

By Erin Dearlove