

Health and Wellness:
Reducing Blood Sugar Fluctuations – Improved Overall Health

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It's no secret that consuming a healthy diet and engaging in a regular fitness routine typically provide the best chance of success for living a healthy lifestyle. While the old tried and true healthy diet and regular exercise is crucial, some people might benefit from the brief but powerful information contained herein.



To begin, it is important to understand the acronym AGE (advanced glycation end products). More and more people will be discussing AGE in the future. It is the term given to that which stiffens arteries (atherosclerosis), clouds the lenses of the eyes (cataracts) and muddles the neuronal connections of the brain (dementia). AGEs, which can also be “recovered” in the heart, kidneys, liver, skin and other organs, generally increase the more birthdays that have been celebrated.

Whenever blood glucose increases, the domino effect of AGEs result. Since glucose typically goes almost everywhere in the body, AGEs follow. The more elevated the blood glucose, the more AGEs accumulate accelerating the aging process.

Adult onset diabetes is probably the best example to demonstrate what happens when blood glucose remains high. While normal fasting glucose is 90 mg/dl or less, the range of glucose values varies from 100 to 300 mg/dl for most diabetics. There is an absolute connection between repetitively high blood sugars and numerous health problems since diabetics are two to five times more likely to suffer from coronary artery disease and heart attacks as well as a far greater likelihood of atherosclerosis of the carotid arteries or other arteries surrounding the heart in addition to kidney function problems. The unfortunate truth is that sustained elevated blood sugars over a period of years effectively guarantees health complications.

What increases blood sugar? Carbohydrates! They include most fruits such as apples, oranges, some vegetables (see footnote 3 below), all candy, and anything with wheat such as breads, pastas and cereal. In fact, many consider wheat products worse than nearly all other foods. Wheat skyrockets blood sugar levels that rival those of full-blown diabetes – even for “nondiabetics”. The numbers are staggering. Within the U.S., there are 25.8 million diabetics and another 79 million prediabetics.

The best way to determine your blood sugar is with a simple glucose meter from your pharmacy. One hour after consuming the food of interest, if your blood glucose is not under 91, you are aging faster than you would probably want and putting yourself at risk of numerous health problems. Simply put, wheat makes you age faster. This topic is not merely about weight loss but rather one's commitment to good long-term health. If this topic resonates with you, keep in mind that if you could see what was happening to your body on a cellular level, you would probably treat your body better.

To reduce one's glycemic index through a supplement, some people take PolyGlycopleX. It is a unique blend of water-soluble polysaccharides (plant fibers) which not only reduces the glycemic index of your meals, but also promotes healthy blood sugar levels already within the normal range. When taken daily, PGX supports healthy weight loss and overall good health by lowering blood sugar levels (glycemic index), reducing appetite, promoting satiety, curbing food cravings, promoting weight management and normalizing appetite and metabolism. Is it for everyone? No. Does it work for some? Absolutely! Only you and your doctor know what is best for you.

If PGX costs too much, it doesn't work for you, or you'd rather try a more natural approach, the alternative is to remove as much wheat as possible from your diet. Try one month and see if there is a difference for you. It is possible to eliminate wheat all or most of the time. While the highly-successful marketing sectors of that entire industry would have you believe otherwise, the wheat that we are consuming now is not anywhere close to the wheat that our grandparents ate. Wheat consumption has been linked to countless illnesses.

No one has probably talked this frank with you about wheat and its consequences. Who knows, maybe when you start feeling better, you will be more inspired to exercise.

(1) http://www.lef.org/magazine/mag2008/aug2008_Insulin-Resistance-A-Lethal-Link-between-Metabolic-Disease-and-Heart-Attack_01.htm?source=search&key=pgx

(2) Wheat Belly by William Davis (2011)

(3) <http://www.burpee.com/gardening/content/gygg/carbchart/carbchart.html>

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