

# Creating Blood Sugar Balance

The holidays are here and are often accompanied by stress and foods high in sugar. Do you find yourself more irritable, craving sugar, missing meals, frequenting coffee cafes? Have you noticed that you are fatigued after meals, "have to" have something sweet after dinner, craving sweets and then binging on sweets? Perhaps you are experiencing dysglycemia or an imbalance in sugar metabolism.

There are two major patterns of dysglycemia, reactive hypoglycemia and insulin resistance. Reactive hypoglycemia often results when individuals are under stress, eat food high in sugar and miss meals. This can result in a rapid rise in blood sugar, the pancreas overreacts releasing an excess of insulin and a subsequent drop in blood sugar. Then the adrenals secrete stress



hormones to increase blood sugar back to normal. This pattern over an extended period of time can result in both pancreatic and adrenal exhaustion. The typical symptoms include irritability, light headedness, coffee dependence for energy, craving sweets, waking up and not being



increases in your blood sugar. Type II diabetes is diagnosed when your fasting blood sugar is 126mg/dL or higher on two separate occasions. This is different from Type I diabetes, which occurs because the individual has lost the ability to make insulin, due to damage to the beta cells of the pancreas. Type I diabetes is most often diagnosed in childhood.

A major contributing factor to type II diabetes is obesity. Insulin resistance plays a role in not being able to lose weight. When there is insulin resistance, the cells are impaired from being able to bring the glucose from the blood

there is high blood sugar insulin is released from the pancreas. When an individual experiences chronic hyperglycemia, i.e. insulin resistance and glucose cannot get into the cells, then glucose is oxidized into free radicals and the impact on the body is inflammation. This affects the nerves, blood vessels, kidneys and the retina. Consequently, insulin resistance affects blood pressure and contributes to increasing LDL (bad cholesterol) and decreasing HDL (good cholesterol).

What can you do to balance blood sugar? The cornerstone to balancing blood sugar is diet, exercise and stress reduction. A diet to balance blood sugar begins with a rainbow assortment of vegetables. It includes non-sweet fruits such as tomatoes, avocados, cucumbers, lemons or low glycemic fruits such as blueberries, raspberries, cherries, pomegranate and grapefruit. Fats and oils that are beneficial include flax, hemp, sesame, walnut, sunflower, almond, olive and coconut. Nuts and seeds provide excellent snacks and may include walnuts, almonds, brazil nuts, sesame seeds, pumpkin and sunflower seeds. Cold water fish such as salmon, halibut and mackerel are high in omega-3 fatty acids.

Grains that support blood sugar balance include quinoa, spelt, buckwheat, brown rice, oats and millet. Garlic and onions have been shown to decrease high blood sugar. Beans such as green beans, papago, mung, pinto and garbanzo beans are high fiber complex carbohydrates. Stevia is a sweetener with no calories, provides a sweet taste, does not raise blood sugar and contains vitamins and minerals.

able to fall back asleep, lack of hunger in the morning or feeling nauseous. Insulin resistance means that there is too much glucose (sugar) in the blood stream. Glucose cannot get into the cells and you may feel tired after meals, crave sweets, have increased appetite and thirst, frequent urination and experience difficulty losing weight.

Insulin is secreted by the pancreas and stimulates the uptake of glucose into the cells. The cells need glucose for energy. Alterations in insulin result in metabolic disorders such as hypoglycemia, insulin resistance, and diabetes. Type II diabetes occurs when an individual has elevated fasting blood sugar because the cells have become non-responsive or resistant to insulin. Prior to a diagnosis of type II diabetes, you will have

into the cells to be used for energy. The blood sugar is then forced into a different pathway, one in which the glucose will be converted to adipose instead of energy for the cells. Leptin is a hormone released from adipose tissue that is responsible for burning fat and stimulating thermogenesis. As the percentage of body fat increases, it appears that the leptin is not able to stimulate metabolic processes.

The body in its infinite wisdom attempts to find balance by triggering a hormonal response from the pancreas. When there is low blood sugar, the pancreas releases glucagons. When

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*All's Well  
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by Moira Fitzpatrick, PhD, ND

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# Top Ten Ways to Connect With Your Expanded Self

by Becky Kimes

Imagine for a moment your perfect day. You wake up feeling peace and joy in eager anticipation of all the wonders you know you are going to experience. Every situation you encounter is amazingly synchronistic, perfectly aligning you with your desires. Every person in your life supports you with unconditional love and acceptance. Problems are just minor speed bumps that you

easily navigate over while you smile and look ahead at all the wonders that life offers you. You retire for the day knowing that you have served the greater good and the world is elevated because of you.

This may sound a bit like a fantasy world but it is entirely possible when you live your life from the perspective of your expanded self. Your expanded self is that part of you that is exquisitely linked with everyone and everything

in the universe. When you are fully connected with your expanded self, all aspects of your being – physical, emotional, mental and spiritual – are perfectly aligned and vibrating with peace, love, joy and bliss.

Your expanded self is always available, quietly waiting for you to come into the center of your being and claim your power. Here are ten simple, easy, and fun ways to connect with your expanded self.

**Breathe.** A simple, easy breath is usually all it takes to fully connect with your expanded self. Wherever you are right now, take a gentle, deep breath right now. Feel your body move in perfect rhythm as you breathe. Sigh with pleasure! Connect! Be your expanded self!

**Listen to the sounds of nature.** Go outside, close your eyes, and notice the sounds of nature all around you. Listen to the delightful sound of the wind rustling leaves, birds singing their songs, insects purposefully moving about their business. Know that you too are a part of nature, connected to all that is.

**Put on your favorite music.** Music naturally and automatically connects you to your expanded self. Turn on your favorite music and breathe for pleasure for an added boost to your vibration.

**Laugh.** Laughing automatically raises your vibration, increases your joy, and empowers you to live your life fully and completely.

**Watch the clouds.** Go outside and gaze at the

sky. Watch the clouds drift, expand and change color. In this moment connect with your expanded self and know that you are as expansive as the clouds.

**Move your body with childlike abandonment.** Remember skipping across the playground, without a care in the world? Or skipping rocks across a lake just for the joy of the ripples in the water? How about spinning in circles with your arms outstretched until you fall to the ground dizzy with pleasure? Play, laugh, delight in the pleasure of being your expanded self.

**Ask Your expand self an empowering question.** Open ended questions automatically engage our expanded self and stimulate creativity. What is the best solution right now? Who do I know that can support me in this situation? How can I enjoy my life even more fully? Enjoy your new found freedom as you actively engage your expanded self with empowering questions.

**Schedule silent time.** Silence is the realm of the expanded self. Dive into the silence and allow your wor-

ries to dissolve away. Say "Yes." Say "Yes" out loud. Feel the expansion in your body. Feel your vibration instantly rise. What can you say "yes" to today? Say it often.

**Daydream for pleasure.** Allow your creativity to soar as you daydream for pleasure. Are you riding a beautiful, white horse across a sandy beach? Perhaps you are meandering among the brilliant flowers of an exquisite garden. Maybe you are receiving an award and basking in the pleasure of thunderous applause. Allow your expanded self to guide you among the wonders and excitement of your daydreams because you deserve it.

These are just a few examples of the many ways you can connect to the expansive, loving, divine presence of your expanded self. Thrive in exciting new ways as you live your life more fully, joyfully, and easily as your expanded self.

*Becky Kimes is a life coach who specializes in helping people connect with and live from the perspective of their expanded self. Visit [www.thrivingonpurpose.com](http://www.thrivingonpurpose.com) and receive a free meditation "Connecting with Your Expanded Self."*

## Seven Stepping Stones to a Life of Joy

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way, but to concentrate your energy into the singular expansion of your own genius and uniqueness. Selfishness in the highest sense of the word is about being yourself so fully that you can share yourself fully with others.

### Fifth Stone: Do your healing work

Healing work is about confronting the habits, hurts, and fears that keep you living small. When you allow the fullness of who you are to step into the light, healing happens. The need for escapism, cures, and self-destructive habits diminishes. When you let go of any guilt, pain, anger, or unworthiness that you're experiencing, you open up the channel of effortless being. Universal energy can flow through and you become the instrument of spirit you were meant to be.

There are many practices for doing healing work, from therapy to EFT to prayer. Find what works for you and commit to shifting any beliefs or feelings that are holding you back.

### Sixth Stone: Cultivate compassion

Compassion is a profound human emotion. It pulls us out of egocentrism, enabling us to experience oneness with another and with all things. This is another facet of authenticity because compassion removes the ego's false gods of competition, morality, and judgment from their thrones. It allows us an expanded view of the world as spirit sees it. There is nothing more freeing than allowing others their choices, than supporting them, instead of trying to change them, or than honoring their own ability to guide themselves.

### Seventh Stone: Hand over your keys

We've all heard the adage of surrendering to a higher power, of "letting go and letting God." The key here is to realize that this higher power is not something outside of you, it's within you. Surrender, then, is not powerlessness. Surrender is about turning over the driver's seat of your life to your soul; to the full, intelligent, powerful, creative being that is the true you. It's about freeing yourself from the reckless driving of your personality that keeps crashing you into one dissatisfying conundrum after another or that keeps speeding you right past all those lovely, magical roadside attractions. When you let your soul guide you, you surrender to the need to reach any destination, knowing that wherever you are in the moment is perfect.

The path to an authentic life is a journey inward to our inner being instead of outward into the world. It's about claiming the power within us instead of seeking our power externally. Authenticity means honoring the self, not the self-image. It means listening to soul rather than to ego. It allows our hearts, so long shushed by our intellects, to finally speak. Aren't you curious to hear what yours has to say?

*Melody Larson is author of the acclaimed books *Delighting the Soul* and *The Beginner's Guide to Abundance*. Also a teacher, she offers transformative P.A.T.H. workshops in the Seattle area. For free book excerpts, workshop info, and more delights, visit [www.delightingthesoul.com](http://www.delightingthesoul.com).*

## Creating Blood Sugar Balance

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Exercise provides stress relief and enhances insulin sensitivity, i.e. glucose can get into the cells and provide energy to the body. Exercise reduces cholesterol and triglycerides and improves weight loss. Consider power walking, jogging, biking or swimming. Discover exercise that is enjoyable and leaves you feeling positively stimulated. Take moments to breathe deeply and schedule time to reflect or meditate.

There are many herbs and supplements that affect blood sugar. Niacinamide provides protection from diabetes.

Other vitamins that affect blood sugar include vitamin B6, Biotin and Vitamin C. Magnesium deficiency has been associated with insulin resistance. Foods high in magnesium include: apples, avocados, berries, brazil nuts, cabbage, greens and spinach. Chromium is essential for sugar metabolism. Some herbs that affect blood sugar include Gymnema, the "sugar destroyer", which has been used for the treatment of diabetes for over 2,000 years. Fenugreek seed is a fiber and has been shown to lower blood sugar. Cinnamon improves the cells' uptake of glucose in doses as small as

1/4 teaspoon. During this holiday season of increased activity, family commitments, remember to take time to care for yourself. This may include eating regular meals, carrying protein snacks with you, scheduling time to work-out and remembering to enjoy the peacefulness of the holidays.

*Dr. Moira Fitzpatrick is a psychologist as well as a naturopathic physician and can be reached at (206) 25-5576 or by email at [drfitznd@comcast.net](mailto:drfitznd@comcast.net). Visit her website at [www.theemeraldcenter.com](http://www.theemeraldcenter.com).*

## Animals As Gifts

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In our area there are rescues serving dogs, cats, rabbits, ferrets and rodents, birds, pigs, horses, goats, chimps and wildlife. Go to my website, listed at the bottom, and click on Shelters for a list of many of these organizations (if you know of one that is not on my list, please let me know as listings there are free, I just need the details).

If you have determined that a new animal companion is a good idea but are unsure of what type or age, you can

give me as a gift! I will arrange an in home assessment and help find the perfect fit. If you need a gift for someone that has problems with their animal friends, a gift certificate from me for private counseling can also be a great choice.

Happy holidays to your and your animal friends.

*Martha Norwalk is an animal behavior therapist and host of *Martha Norwalk's Animal World*, Sunday mornings, from 9 a.m. to noon on *Alternative Talk AM 1150*. She can be reached at *Martha's Canine, Feline and All Creature Counseling* at (206) 525-2016 or [www.marthanorwalk.com](http://www.marthanorwalk.com). For a free, no obligation telephone evaluation or to make an appointment for Martha to work with you and your animal friend, give her a call.*

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