

- Session 1 of the workshop entails : Balancing blood sugar and insulin and how this impacts hormonal health
 - Balancing blood sugar sounds relatively simple right, you just eat less sugary foods? And you may well already be on the January roller coaster where you have placed restrictions on what foods you are eating and polarising food as 'good' & 'bad'.

Now here's the thing starvation tactics and depriving yourself is not only punishing but during the menopause may be detrimental. Being kind, gentle, taking rest and honouring your health with nourishing food are beneficial to a perimenopausal and menopausal body and loving yourself through this nurturing approach can calm the nervous system.

Hormonal menopause changes can trigger fluctuation in blood sugar levels. [Oestrogen](#) has been shown in studies to have a beneficial effect on blood sugar due to its influence on insulin.

Therefore, the natural decrease in oestrogen during and after menopause can lead to poorer control of blood sugar, some studies have concluded that [low blood sugar may be a trigger to hot flushes](#); low blood sugar will often precede high blood sugar levels – these kind of spikes and dips may lead to fatigue and lethargy and feelings of stress where cortisol is released

Evolutionary stress and cortisol release is a good function it allows us to flee danger in the wild. However, modern day stresses are plentiful and may lead to elevated cortisol leading to elevated blood glucose. Cortisol inhibits insulin secretion in an attempt to prevent glucose storage and favouring immediate use (ready to flee danger) in this scenario blood sugar remains high for longer periods without adequate insulin to transport glucose in the blood to the cells where they are stored for energy. Excess blood glucose can lead to patterns that may contribute to joint aches and pains, high blood pressure a prediabetic state.

Addressing blood sugar is not just dietary change, it involves a cluster of stress releasing lifestyle adjustments, adding certain ingredients to food such as cinnamon, increasing fibre in the diet and avoiding foods that may not contain sugar but due to their structure quickly elevate blood sugar levels.

Understanding this during menopause equips you to be the master of your hormonal journey. Come join our workshops for greater understanding.