

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 12, Issue #8, October Newsletter, *Treat or Trick?*

Tonight, Halloween night, is the night for trick-or-treating in many towns. Candy sales skyrocket this time of year, because that's what costumed youth expect for their treats. Even for most adults, "treat" has become synonymous with "sweet." When we think of treats, we think of candy, cookies, cake and other sweet confections. We celebrate birthdays with cakes, Valentine's day with chocolates, and Thanksgiving with pies. Sugary treats are also used as rewards, for comfort, and for pick-me-ups when feeling lethargic, down, or bored. Everyone in my household, for instance, eagerly dove into the batch of bar cookies I'd baked to help us weather the storm Sandy. Although our power was fortunately quickly restored, I have to admit that there was something special about eating cookies by candlelight. The icky feeling I had later, however, reinforces my conviction that sugar consumption is truly a trick, rather than a treat.

Here's how our bodies are tricked after eating a sugary or high-glycemic "treat": (The glycemic index is a measurement of how fast our blood sugar rises after we eat a carbohydrate.)

As Dr. Libby Weaver describes in her book, *Accidentally Overweight*, these types of food cause a spike in our blood sugar, which makes the brain think that it's drowning in blood sugar. In order to return the body to homeostasis, the brain signals the pancreas to release the hormone insulin to deal with this "emergency." Insulin moves sugar from the blood into the cells of the body - the liver, and the muscles, which have limited storage capacity. Any excess goes into the fat cells, which have unlimited storage capacity. Insulin does its job really well because within an hour all that excess energy/sugar has been moved from our bloodstream into our cells, causing our blood sugar to drop dramatically!

Now we have another "state of emergency" - the blood sugar is too low and we're starving (or dead tired) and the brain thinks that it's starving, too. We may feel shaky, weak, or in a mental fog. This is when the brain goes into action again. It commands the release of stress hormones, such as adrenaline and cortisol, and it triggers our body's hunger signal responses. We become uncontrollably hungry with every cell in our bodies screaming "Get me food!" Our first inclination is to reach for the fastest source of energy-- a sugary or high-glycemic food. This sets off the cycle again. This spiking and dropping of blood sugar, commonly referred to as the glycemic roller coaster, is why diets don't work.

Some ways to break the cycle include:

- purging pantries of tempting, troublesome food (I had to freeze some of the cookies I baked or else they would have been devoured in a day.)
- choosing low-glycemic foods such as vegetables, berries, proteins, and whole grains over refined grains
- adding fat when eating high-glycemic foods to slow the absorption, such as topping a baked potato or a slice of bread with butter

- making healthy foods readily available (a bowl of fruit on the counter, a [Nutrition Bar](#) in your purse, a small bag of nuts in your desk drawer,)
- eating smaller, more frequent meals/snack to keep your blood sugar stable
- starting the day with a healthy, low –glycemic meal, such as [Nutrameal](#)[™], since studies show that when you spike your blood sugar in the morning you set the stage for consuming up to 80% more calories during the day
- do the 5-day [RESET](#)[™] program or join a [RESET group](#) to stabilize blood sugar and break cravings

If, as Dr. Libby Weaver recommends, you zig most of the time, eating healthfully, it's okay to zag every now and then (perhaps with a little Halloween candy). The trick of course, is not to prolong the zag, but to get right back to ziggling.

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## Upcoming programs

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Are you tired of wishing for more clients? If you are a consultant, broker, coach, realtor, designer, or other service professional wanting a system for generating a steady stream of clients and referrals, this marketing program is for you! With an overview of the Universal Marketing Cycle, we'll take the mystery out of marketing and help you determine where you get stuck in the process. You will learn the most effective marketing strategies for service businesses and will create a customized action plan. Follow-up group coaching will keep you motivated and in action.

#### Kickoff Seminar

Two Tuesdays, Nov. 13 and 20, 2012 (Plan to attend both)  
 1:00-2:30 PM Eastern Standard Time  
 (10:00 AM-11:30 AM Pacific Standard Time, 6:00-7:30 PM GMT)

#### Group Sessions

Four Tuesdays  
 Nov. 27, Dec. 4, Dec. 11, and Dec. 18, 2012  
 1:00-1:45 PM Eastern Standard Time  
 (10:00 AM-10:45 AM Pacific Standard Time, 6:00-6:45 PM GMT)  
 and  
 One Thursday, Dec. 20, 2012  
 1:00-1:45 PM Eastern Standard Time  
 (10:00 AM-10:45 AM Pacific Standard Time, 6:00-6:45 PM GMT)

Depending on the number of participants, group sessions may be extended to one hour, or an alternate group may be scheduled on the same dates one hour later.

Cost \$295

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- rejuvenating self-care practice
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- service profession, providing Reiki to clients
- enhancement to other professional services such as coaching, counseling, social work, nursing, and body work

November 19th

9 a.m.-5 p.m.

North Andover, MA location

Fee- \$160

Includes training manual, certificate, and healthy snacks

To register or for more details call Grace at (978)689-7446

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