The Meal Structure That Steadies Blood Sugar After 40 Transcript

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Stabilizing the body for better sleep

And we're going to do one leg at a time. And we're going to do one leg at a time. For those of you it may be stabilize For those of you it may be stabilize your body. What does that mean? So if my your body. What does that mean? So if my body is stable, that means when I go to body is stable, that means when I go to bed at night, I'm getting a good night's bed at night, I'm getting a good night's sleep. So that when I wake up in the sleep. So that when I wake up in the morning, I'm not like this tired.

morning, I'm not like this tired.

How poor sleep affects cravings and energy

Because some women go to sleep at night Because some women go to sleep at night and when they wake up they are so sleepy and when they wake up they are so sleepy they don't even want to get the head off they don't even want to get the head off the pillow. Actually they tell me you the pillow. Actually they tell me you have to peel the head off the pillow.

have to peel the head off the pillow. But so listen if we stabilize the body But so listen if we stabilize the body your stress level goes down. And when your stress level goes down. And when your stress levels down it helps your your stress levels down it helps your next day do better. That means your next day do better. That means your cravings are down the next day. So cravings are down the next day.

Sleep control and next-day appetite

So today, today's Tuesday. If I have my today, today's Tuesday. If I have my sleep under control tonight, sleep under control tonight, when I wake up and I look at my meals on when I wake up and I look at my meals on Wednesday, Wednesday, Wednesday, right, I'm not craving all the time.

right, I'm not craving all the time. I start off feeling calmer. I start off feeling calmer. So there are others of you who are So there are others of you who are waking up two and three hours a night.

waking up two and three hours a night. It just throws your day off. But so here It just throws your day off.

A clientu2019s bedtime routine improvement

But so here is this. If you're unable to get to is this. If you're unable to get to sleep in like you should, you're trying sleep in like you should, you're trying to figure out why am I having such a to figure out why am I having such a tough time the next day. We need to tough time the next day. We need to stabilize the body.

stabilize the body.

Practical wind-down ideas for tonight

A client of mine and she was having A client of mine and she was having difficulty sleeping and all we did I difficulty sleeping and all we did I focused on her routine before she went focused on her routine before she went to bed. And by making that adjustment to bed. And by making that adjustment before she went to bed, it helped her to before she went to bed, it helped her to wind down better. But it also affected wind down better. But it also affected her cravings the next day. All that her cravings the next day. All that craving she was doing started going craving she was doing started going down. She was like, "Oh my gosh, I can't down. She was like, "Oh my gosh, I can't believe it. Those foods I used to crave, believe it. Those foods I used to crave, they kind of dulled out." So here's

one they kind of dulled out." So here's one move I want you to think about for move I want you to think about for yourself. Just stop for a minute.

yourself. Just stop for a minute. What's one downshift What's one downshift tonight you can do? How could you wind tonight you can do? How could you wind down a little differently?

down a little differently? Consistent bedtime maybe. Consistent bedtime maybe.

Why bedtime habits affect tomorrow

or even going for a walk after a dinner or even going for a walk after a dinner meal. Think about what you can do. This meal. Think about what you can do. This is a good time for folks just to think is a good time for folks just to think about it.

about it. I didn't realize that by not stabilizing I didn't realize that by not stabilizing my body, it's throwing me off tomorrow. my body, it's throwing me off tomorrow.

That's exactly what's been occurring. That's exactly what's been occurring. Okay, so those were those for the leg Okay, so those were those for the leg