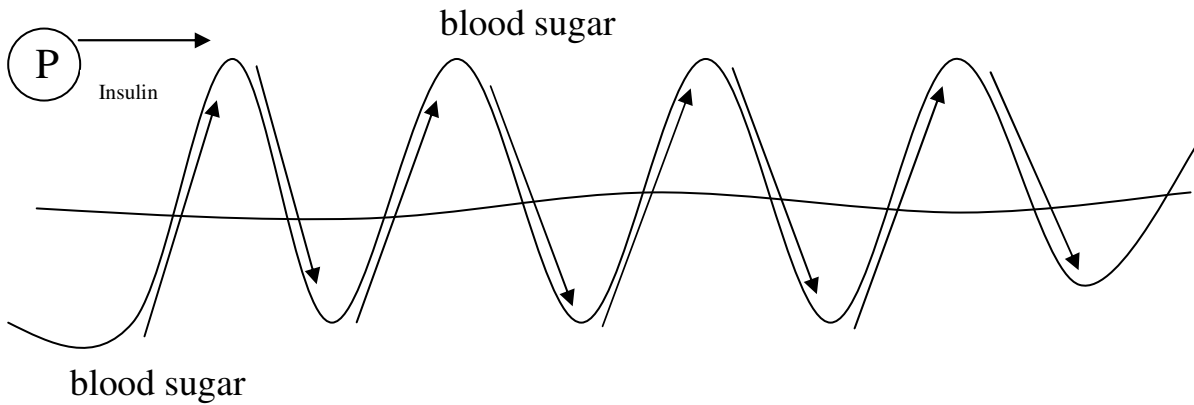


Get Off the 'Rollercoaster!'

👉 **The 'Tsunami'** - high glycemic foods, skipped meals, little protein, man-made (refined) carbs,

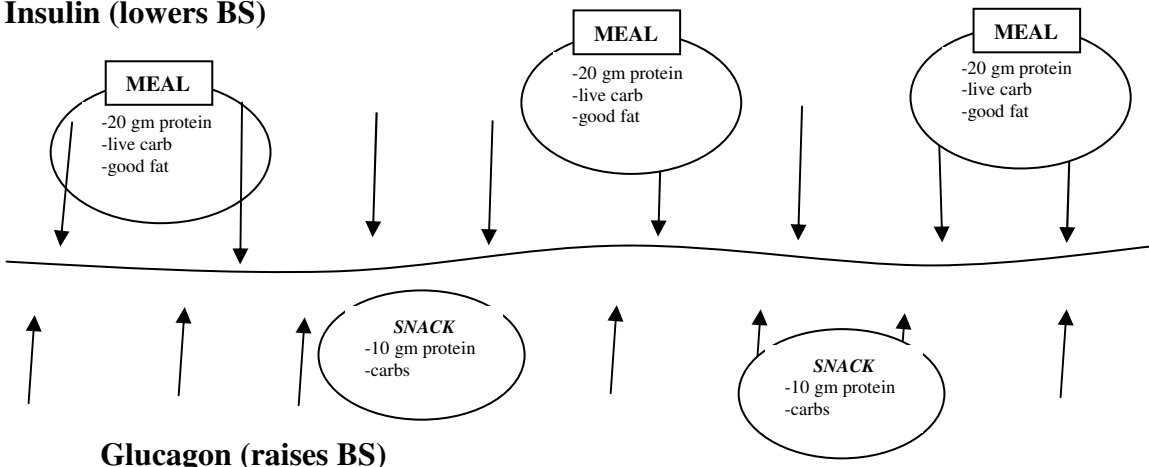


- tired, cravings, emotional outbursts, hormonal fluctuations, weight gain, *poor food choices*.
- ***Acidifies the body, burns lean mass, builds fat stores, lowers metabolism***

👉 **Calm Waters** – low glycemic foods, eating every 2-3 hours, high protein, 'live' carbs. Minimize or cut out 'white' foods (rice, potatoes) and no man-made, refined foods (crackers, cookies, fast food).

- Eat 60-80 grams protein (15-20 gm first am), 'live' carbs & good fats (3 meals and 1-2 snacks)

Insulin (lowers BS)



- energized, level hormones, level emotions, sound sleep, no cravings, *wise food choices*
- ***alkalines the body, burns fat, builds and maintains lean mass, maintains strong metabolism***