



GL: What is it & why is it so good?

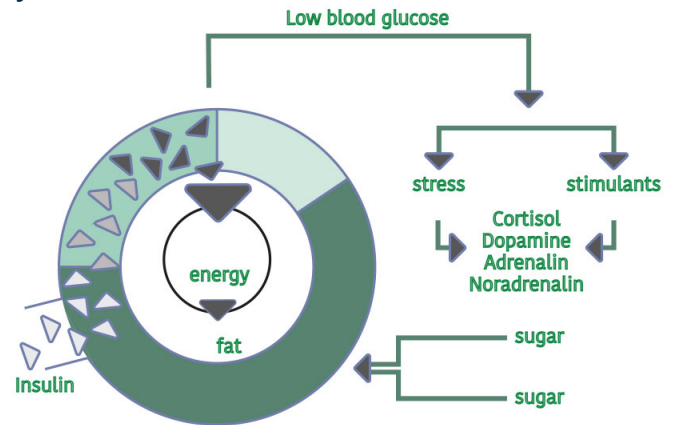
GL stands for Glycaemic Load. It is a measure of the quantity and quality of carbohydrate in any given food. It shows us the effect each type of food has on our blood sugar. Keeping your blood sugar stable is the secret to losing weight. Foods with a high GL rating encourage the body to store fat. Foods with a low GL rating encourage the body to burn fat.

The science behind the blood sugar balancing diet is very simple. Your body is designed to burn glucose for energy. Carbohydrates, such as grains (bread, pasta, rice) and fruits, are broken down into glucose in the body.

But in today's typical western diet, the wrong types of carbohydrates are consumed excessively resulting in too much blood glucose. The excess is stored as fat, leaving the body craving even more food to meet its energy requirements.

The body has lost blood sugar control and weight gain becomes inevitable. If your blood glucose levels are even, you'll have a steady supply of energy and a healthy but balanced appetite. This is the reason you'll have no problem maintaining the right weight on this diet. But if your blood sugar levels are too high, you'll lay down fat, and if they are too low, you'll feel tired and lethargic. Balance is key.

A high proportion of people who are overweight or obese have difficulty keeping their blood sugar balanced. The result is exhaustion and further weight gain. And this is just the beginning. Obesity is believed to account for 80-85% of the risk of developing type 2 diabetes, while recent research suggests that obese people are up to 80 times more

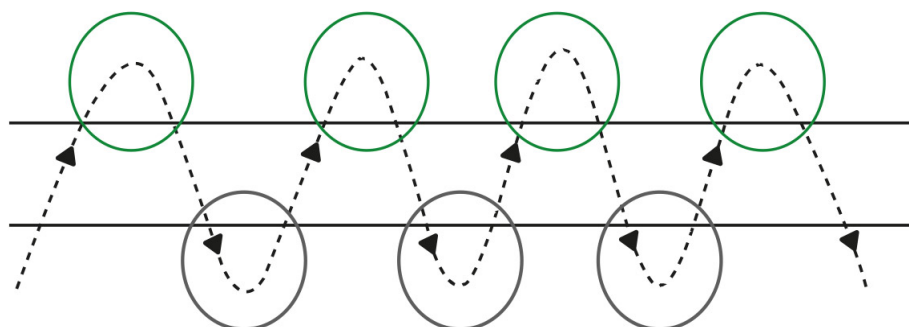


likely to develop type 2 diabetes than those that are not overweight (Diabetes UK). This statistic alone tells you how strongly linked weight gain is to blood sugar control. So the best way to be healthy, have abundant energy and be the right weight is to regain blood sugar control, which heralds the return of your body's ability to burn fat.

You'll lose weight effortlessly, without having to starve, and gain health and vitality at the same time. Keeping your blood sugar balanced depends on choosing foods with a low GL; you might be amazed by some of the foods that have a high GL rating. Cornflakes have a very high GL, whilst peanuts do not!

The more your blood sugar goes up and down, the more fat you store.

high blood sugar damages arteries & insulin converts excess sugar into fat



low blood sugar: tired, low mood & concentration