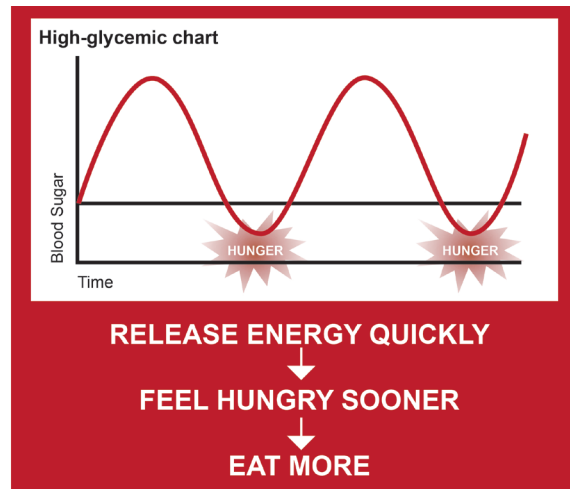


When your blood sugar level increases too much after eating, it causes an increased amount of insulin in your blood stream. Insulin then pulls the sugar out of the blood for immediate energy in your muscles, and storage in your liver, and then the excess is stored in fat cells. That is why insulin is called a fat storage hormone. If you are raising insulin levels, you are storing fat!

After a spike in blood sugar, there is a drop, which often leads to drowsiness, loss of energy and mental clarity, and feeling hungry with cravings for more carbohydrates. If this pattern of excess blood sugar is repeated, over time it causes weight gain, depression, mood swings and sleep disorders. In severe situations, it can lead to the onset of type-2 diabetes and many other health conditions.

The *Glycemic Index* is all about foods high in carbohydrates. Foods high in fat or protein do not cause your blood sugar



to raise much. The most common foods with high *Glycemic Index* include alcohol (especially drinks with added sugar such as margaritas), bread, pasta, rice, potatoes, candy, cake, cookies, cold cereals, soft drinks, and frozen yogurt because of the added sugars.

