BLOOD SUGAR BALANCING

Get the basics right before you start biohacking

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You don't need another health hack. You might need the foundations.

Continuous glucose monitors, glucose spikes, supplements, fasting protocols and endless advice about the “perfect” breakfast. Nutrition can start to feel like a full-time job.

It's easy to get caught up in trying to optimise every part of your health before you've had a chance to build the basics.

But before buying another supplement, tracking every glucose reading or following a complicated routine, it can be helpful to ask a simpler question:

Am I consistently giving my body the nourishment it needs?

Blood glucose is a normal and essential part of how your body supplies energy. Your body has systems in place to regulate it, and your food choices, activity, sleep and overall health all play a role.

This guide walks you through the foundations of blood sugar-supportive eating — without the overwhelm.

1. Eat enough

It sounds obvious, but eating enough is a fundamental part of nourishing yourself.

If you're skipping meals, regularly under-eating or trying to follow a restrictive diet, it may be worth looking at your overall intake before adding more rules.

Ask yourself:

- Am I eating enough to meet my energy needs?
- Do my meals leave me feeling satisfied?
- Am I going long periods without eating because I'm busy or trying to follow a protocol?
- Am I constantly thinking about what I should or shouldn't eat?

There is no single meal schedule that suits everyone. The aim is to find a pattern that supports your needs and fits your life.

2. Build a balanced plate

You don't need to fear carbohydrates or remove them from your diet to support healthy blood glucose regulation.

Instead, consider how you build your meals.

A useful starting point is to include:

Protein: Eggs, fish, chicken, tofu, beans, lentils, yoghurt or other foods you enjoy.

Fibre-rich carbohydrates: Oats, wholegrains, potatoes, beans, lentils, fruit and other carbohydrate foods that suit you.

Vegetables or fruit: Add variety and provide fibre, vitamins and minerals.

Healthy fats: Olive oil, nuts, seeds, avocado and oily fish.

Combining different food groups can help make meals more satisfying and can influence how quickly glucose enters the bloodstream after eating.

You don't need to achieve a perfect plate every time. Think about the overall pattern of your diet.

3. Don't fear carbohydrates

Carbohydrates are an important source of energy. The goal isn't to eliminate them but to understand the types of carbohydrates you eat and how they fit into your overall meals.

Fibre-rich options such as oats, beans, lentils, wholegrains, fruit and vegetables can support digestive health and contribute to a balanced diet.

Pairing carbohydrate foods with protein, fibre and fats may also influence the glucose response to a meal.

Rather than labelling foods as “good” or “bad”, focus on variety, nourishment and what works for you.

4. Meal timing matters, but it doesn't need to be complicated

Some people find that regular, balanced meals help them feel more satisfied and maintain steadier energy throughout the day.

Others have different routines or needs.

Start by noticing:

- Whether you regularly miss meals
- Whether you feel excessively hungry by the time you eat
- Whether your meals keep you satisfied
- Whether your routine supports your energy and concentration

You don't need to follow a strict eating window or fast for a certain number of hours to be healthy.

If you have diabetes, take glucose-lowering medication, are pregnant or have a history of disordered eating, fasting and major changes to meal timing may be inappropriate without individual professional guidance.

5. Move in ways that suit you

Physical activity supports overall health and can help your body use glucose.

That doesn't mean you need an intense workout or a complicated exercise routine.

Walking, cycling, dancing, gardening, strength training or another activity you enjoy can all contribute to an active lifestyle.

If it suits your circumstances, a short walk after a meal can be a simple habit to experiment with. You don't need to turn every meal into another task to optimise.

6. Sleep and stress are part of the picture

Nutrition is important, but it isn't the only part of metabolic health.

Poor sleep and ongoing stress can influence hormones involved in glucose regulation, appetite and energy.

Consider whether you have opportunities to:

- Keep a reasonably consistent sleep routine
- Take breaks during busy days
- Spend time outdoors
- Move your body in ways you enjoy
- Make space for activities that help you unwind

You don't need to perfect your sleep, stress levels and nutrition all at once. Start with what feels realistic.

7. Before you biohack, ask yourself these five questions

Before purchasing a glucose monitor, adding another supplement or following a new protocol, check in with the basics.

1. Am I eating enough?

2. Are my meals varied and satisfying?

3. Am I including protein and fibre-rich foods regularly?

4. Am I getting enough sleep and movement for my needs?

5. Is this new strategy helping me, or making food and health feel more stressful?

Technology and more advanced approaches may be useful in some circumstances, particularly when guided by a healthcare professional. But they don't automatically replace the foundations of good nutrition.

You don't need to measure everything to take care of yourself.

8. Your simple starting plan

For the next week, choose two habits to focus on.

For example:

- Build more balanced, satisfying meals.
- Include a source of protein at breakfast.
- Add a fibre-rich food you enjoy.
- Notice whether you're eating enough throughout the day.
- Find a form of movement you look forward to.
- Create a more consistent bedtime routine.

Choose habits that fit your life, rather than trying to change everything at once.

If you have diabetes, prediabetes or concerns about your blood glucose, speak with your GP or diabetes care team about the right approach for you. This guide is not a substitute for individual medical advice or treatment.

A final reminder

Your health doesn't have to become a project you spend every waking moment trying to perfect.

It's easy to be drawn towards the newest research, the latest supplement or the next biohacking trend. But often, the most useful starting point is making sure your everyday habits are supporting you.

Less overwhelm. More nourishment. Back to the basics.

That's the approach I believe in.

Want support that's personal to you?

I'm Arabella, a qualified Nutritional Therapist and Homeopath. I help people explore their nutrition and wider health in a way that feels practical, individualised and achievable.

If you'd like help understanding your nutritional needs and deciding where to focus, book a free discovery call at **arabellasaucell.com**.

This guide is for general educational purposes only. It does not diagnose, prevent or treat diabetes or other medical conditions. Do not change prescribed medication based on this information.