

More than one in three North Americans have mismanaged insulin and blood sugar levels, and usually suffer from a disturbed emotional and mental state as inconsistent blood sugar levels affect the brain's glucose (sugar) metabolism.

Characteristics of inconsistent blood sugar levels

I have seen firsthand, in my clients, the effects of mismanaged insulin and blood sugar levels. Among the characteristics displayed: inadequacy, lack of self-esteem, depression, a sense that family and friends do not support them. They felt unloved. They were insensitive to the needs of others. They were quick tempered, impatient and violent in extreme cases. They displayed an inability to reason and to handle constructive criticism. These clients also had difficulty accepting responsibility and looked to blame others. They also had difficulty trusting others.

Understandably, these traits undermined their business and personal relationships.

Further complications of mismanaged insulin and blood sugar levels include difficulty rising in the morning. They often cited a feeling of 'fuzzy-headedness' and eye colour can look faded. Forgetfulness is also a common trait, so is sexual dysfunction.

Appropriate food choices and timing of meals are of the utmost importance to balance insulin and blood sugar levels and normalize emotional and physical problems.

Diet – An Important Part of Every Clinical Assessment

I have often found the assessment of a client's clinical data incomplete. A visit with your health professional usually means talking about your condition and prescribing a remedy. When was the last time, if ever, that you were asked what you eat?

To provide a full and appropriate assessment, an overview is required of a person's daily dietary intake for approximately 3 to 4 days and their preferred food choices in various food categories: vegetables, fruits, main courses, desserts and beverages. The additional data, along with the clinical results tells a more complete picture.



For perfect slumber, we should establish a regular daily pattern for when we go to bed and when we get up.

With clients often suffering from sleep deprivation, it was interesting to note how a change of bedroom location and position of the bed, coupled with dietary changes, influenced their sleep.

Recharge your immune system while you sleep

Have you ever become ill after a period of stress with little sleep? Adequate sleep keeps us well and helps us get well by recharging our immune system. Sleep deprivation studies on laboratory rats found that they died from bacterial infections that they would normally have fought off. Without sleep, their immune resistance was down and they became vulnerable to infection.

Baby compass

Infants can automatically align themselves to the correct sleep position, especially if laid to rest in the reverse position of feet to the south and head north. Many clients have observed this in their young children. The body, in its instinctive desire to have head south and feet north, will turn itself around while at rest.

Beauty Sleep

Did you know that our growth hormone, produced mainly during sleep, has anti-aging benefits? Benefits of the hormone production include tissue and liver regeneration, muscle building, breakdown of fat stores and blood sugar stabilizing. (To encourage a deep, restorative sleep, follow the Daily Dietary Intake and Lifestyle Treatment Master Plan™ with its high level of tryptophan.)

Our sleeping hours deliver a perfect opportunity for the skin to repair itself. When we sleep, the skin is in a faster state of regeneration. As well, the efficacy of certain compounds, such as antioxidants are better absorbed while sleeping. Is it any wonder why they call it beauty sleep?

Natural bedding

Bedding fabric can also affect the quality of your sleep. Natural fibers such as cotton, linen or silk are best as they keep you warm while allowing the skin to breathe. By contrast, polyester sheets can give rise to static electricity and cause uncomfortable sweating. Wool bedding is in a class of its own.



Proper breathing is an essential element in exercise and stress relief. Unfortunately, most experts miss this vital point or fail to understand how to achieve maximum breath. Without proper breathing technique, the benefits of an exercise program can be minimal, even with great exertion!

Bel Canto vocal training

My discovery of the advantages of proper breathing technique came through my experience with a formal vocal training method called Bel Canto. I now use my training in vocal techniques in client assessment. Studying their posture and breathing patterns can help determine the efficacy of their fitness program and their level of stress.

Beautiful Singing!

Bel Canto is a style of operatic singing characterized by full, even tones and a brilliant display of vocal technique and breath control. The Bel Canto technique emerged in the sixteenth century as a singing instruction technique that Italian masters provided their students. Bel Canto means "beautiful singing."

Common aches and pains

When people are not breathing properly, they can experience a number of pain and discomfort issues. For instance, people who spend the better part of their day working sitting at a desk are more apt to report the following common ailments if proper breathing is not employed:

- Neck pain
- Shoulder pain
- Headaches
- Lower back pain
- Wrist pain
- Eye strain

Treatment for these problems usually involves physical therapy and/or drugs. Breathing is seldom, if ever, mentioned. Perfect posture, while both standing and sitting, will go a long way to relieving muscle aches and pains. Just as important are the position of the diaphragm, head, shoulders, jaw, lips and tongue when adding proper breathing technique to the equation.

