

A 4-week, 40 minute, coaching webinar-workshop, for anyone wishing to understand more about regulating blood sugar. We will be looking at understanding what causes blood sugar imbalance, how we can tweak our lifestyles and the way we eat to maintain healthy blood sugar levels.

When: Thursdays 3rd, 10th, 17th and 24th June, 10-10.40am

Cost: £10 per workshop or £30 for four. Sign up via Eventbrite. There may be a small processing fee levied by Eventbrite.

Week 1: Understand how our lives are contributing to blood sugar imbalance, and how the body responds to what we eat. Work out where your imbalances lie.

Week 2: Understand the relationship between blood sugar and insulin, and what causes blood sugar levels to spike. Look at what you do or eat that may cause spikes in blood sugar.

Week 3: Understand the role of carbs, fats, protein and fibre in the regulation of blood sugar. Learn about getting the ratios right. Think about foods you like that you can use to regulate your blood sugar.

Week 4: Understand how to keep cravings at bay and maintain the principles of healthy blood sugar balance. Work out how you can personalise these principles to reduce cravings.

Please note: Sessions will be on Zoom. You will need to keep a diary of all your meals for the duration of the course, which will not be shared with others, unless you wish to. This will be sent to you at the beginning of the workshop. Any templates or helpful handouts will be emailed to attendees of the session. The cost of the workshop(s) will be taken off the price of an Initial and Follow-up consultation with Clarissa, up to the value of £30, should you wish to have a more in-depth review of your health.