

THE **SECRETS** TO NATURALLY BALANCE BLOOD SUGAR & CRUSH HUNGER CRAVINGS



To lower high blood sugar you must get the right nutrition to do so. Healthy nutrition is like medicine for the body to grow and heal.

The problem of high blood sugar is insulin resistance which has come from either stress or poor nutrition and a sedentary lifestyle.

This has made your metabolism dysfunctional.

When you have insulin resistance you also have a high insulin level which is the cause of obesity.

Now to lower your blood sugar you must get **the right nutrition** which will help lower it, and at the same time lower your insulin level so that you can begin to burn stubborn fat again.

Stubborn fat is a **hormonal problem with insulin**. And high blood sugar is the same, insulin can't bring the blood sugar into the cells because of insulin resistance.

The secret to balance blood sugar and crush hunger cravings is to fix this hormonal problem with insulin through healthy living.

You cannot exercise your way to a healthy metabolism. That is a myth! But most people believe this.

To correctly fix this issue there are two ways to do this:

- 1) Eating a healthy diet + getting daily exercise.
- 2) Taking a dietary supplement to get the right nutrition that will help re-start your metabolism.

Both of these options will help you fix your metabolism so you can lower your blood sugar and begin to lose weight again.



ABOUT

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Jesper Sorensen is a certified health coach, blogger and author as well as the founder of bodyresetmethod.com

He is the creator of Eat Right Masterclass, Master Your Diabetes Book, Eat Right Workbook and Body Reset Method To fix your metabolism and lower blood sugar, and lose weight.

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