

GABRIEL PESA AKA BRALGEI SHACKRY

if you need a guide, you know where
to find me



RULES FOR THE MANAGEMENT OF GLUCOSE, SUGARS AND STARCHES (INCLUDING THEIR BY-PRODUCTS)

1. **Do not eat breakfast (ideal is to skip it),** If you eat, the first meal should be without carbohydrates. ZERO.
 - a. You can eat protein; such as eggs, kefir, bacon, etc.; One of the best tricks is to eat a few cubes of good Parmesan cheese that is well dried and contains tyrosine crystals
 - b. These can be combined with at most some fiber, that is, leaves or green vegetables. Example: lettuce/green leaves, arugula, endive, zucchini, cucumber, maybe some cherry tomatoes.
 - c. Nothing sweet; No pasta, no rice, no bread, no potatoes, no fruits, none of that stuff
 - d. Coffee can be plain, unsweetened or with butter. Ideally, you should switch to tea.
 - i. Permitted sweeteners: green sugar, stevia
 - ii. No vegetable milk or other junk
2. **Every day and ideally before each meal, take a tablespoon of apple cider** (Bragg/Organic Cider or other variants with a high concentration of cider), if you can't find it, ask me to give you a picture) with a little water. Works better than Metformin or Glucophage (pharma variant)
 - a. You take it directly or dissolved in water; I take it directly and at most I drink some water afterwards.
 - b. This will slow down and prevent a significant percentage of carbohydrates and sugars from being absorbed into the bloodstream
 - c. I will suggest special supplements to short-circuit the absorption of sugars from carbohydrates, increase GLP1 levels (for satiety) and prevent insulin levels in the blood from rising.
3. **At main meals, start with leaves/vegetables/fiber.**
 - a. Raw or perpelleted/steamed/boiled. Fiber before meals slows down the absorption of carbohydrates from carbohydrates and sugars. You can use the same vinegar/cider or a combination of cider with olive oil and flavorings. It's ok to have a few crushed mihdale or with a little parmesan on top for taste.
 - b. Then eat the main course on the keto/paleo pattern (If you don't know what that is, google it or I'll send you examples)
 - c. **If you eat carbohydrates, never eat them plain, but together with a form of fat:** butter; oil. Ghee; kefir, sana, etc.; - The principle is to coat the carbohydrates (coating the sugars) to make their absorption slower.
THIS IS ONE OF THE MOST IMPORTANT SECRETS IF YOU STILL CONSUME SWEET THINGS. Always with a form of fat
4. **After a meal, you need to move for 10 minutes.**
 - a. And if you sit on the chair, you do heel raises for 10 minutes, but I would prefer you to walk.

GlucoseGoddess®

Hack 1: Eat foods in the right order

The right order to eat our food in to minimize a meal's glucose spike is: 1) Fiber, 2) Protein and fats, 3) Starches and sugars.

Hack 2: Veggie starters

Veggie starters reduce the glucose spike of the meal that follows them. The objective is for the veggie starter to make up about 30% of the meal.

Hack 3: Stop counting calories

Counting calories doesn't necessarily improve health outcomes. And not all calories are equal: calories derived from fructose are more detrimental than those from glucose.

Hack 4: Savoury breakfast

A savoury breakfast is composed of protein (the centerpiece), fat, fiber (if possible), optional starches, and nothing sweet except optional whole fruit (just for taste).

THE GLUCOSE HACKS

Hack 5: Have any type of sugar, they're all the same

All sugar is made of glucose and fructose. They all have an impact on our body, so have the one you prefer.

Hack 6: Pick dessert over a sweet snack

If we want to eat something sweet, it's better for our glucose to have it as dessert after a meal than as a snack between meals.

Hack 7: Vinegar

Vinegar can be taken as 1 tablespoon in a tall glass of water (with a straw), or as a salad dressing, ideally up to 20 minutes before a meal. This reduces the spike of your meal by up to 30%.

Hack 8: After you eat, move

After your meals, when you can, use your muscles for 10 minutes to reduce the glucose spike of the meal. Examples: walking, tidying your house, doing calf raises, etc.

Hack 9: If you have to snack, go savoury

Sweet snacks give us pleasure, savoury snacks give us energy. Savoury snacks include proteins, healthy fats, and fiber.

Hack 10: Put "clothes" on your carbs

Putting "clothes" on our carbs means adding protein, fat, or fiber to starches and sugars. This reduces the speed of glucose absorption in our body.

Hack 11: Take Anti-Spike

Take 2 Anti-Spike capsules before your meal of the day highest in starches or sugars. This will reduce the spike of your meal by up to 40%.

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