



Are Carbohydrates Making You Tired?

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Have you ever wondered why some foods can make you feel sleepy while others give you a lift? Do you find yourself most of the time wanting to have a nap after a big meal or reaching for a sugary snack when you're tired? In addition to giving us nourishment, the things we eat and drink can pick us up or slow us down.

If you find that you are tired almost every day around the same time after lunch, then you may be experiencing a symptom of insulin resistance. Insulin resistance is a condition where your body doesn't process carbohydrates and sugars like it is supposed to.

Insulin is a fat-storing hormone, and insulin resistance simply means your cells don't respond like they should to this hormone. Insulin is the key that unlocks the cell door to let glucose inside. With insulin resistance, the insulin key isn't fitting properly and so your body will store the glucose that cannot get inside cells as fat.

Insulin causes your body to become very eager to store fat. People can have varying degrees of insulin resistance, some more severe than others. When you have insulin resistance for a long time, it almost always leads to type 2 diabetes. The good news is, insulin resistance is easily reversible with the right type of meal plan.

Carbohydrates give you a jolt of energy but eating refined carbohydrates like bread and pasta can cause a rise in blood sugar, followed by a plunge in insulin levels, which can leave you feeling lethargic and tired. That sudden drop in blood sugar is known as hypoglycaemia. This makes us feel sleepy and unable to focus, which makes us crave sugar again. Most people are in a constant battle to get back to feeling normal.

Carbohydrates are your body's main energy source, but they can also work against your wellness and energy levels. By choosing the correct carbohydrates, you can maintain stable energy levels.

1. Avoid high GI foods containing quickly digested carbohydrates and opt for low GI foods.
2. Eat more healthy fats, especially saturated fats and omega-3 polyunsaturated fatty acids.
3. Add protein to every meal.
4. Try to eat zero refined sugar, if possible.



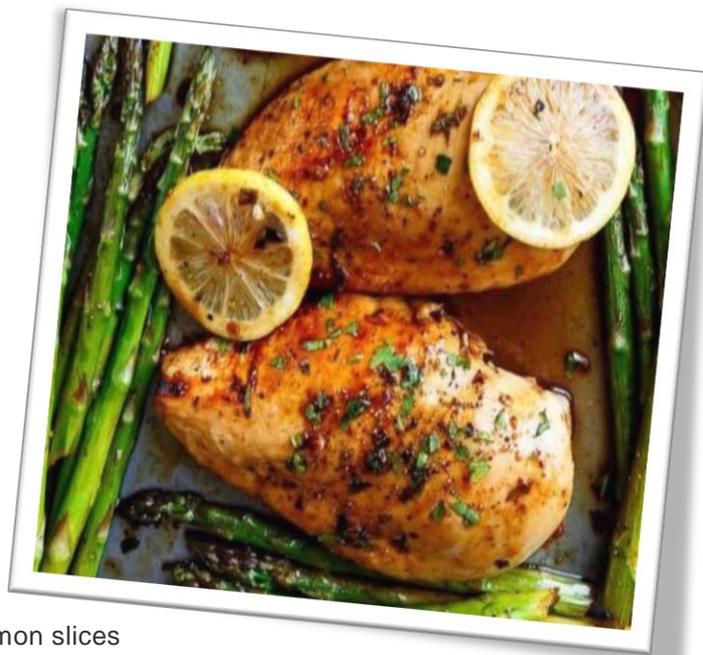
Evie's Eats - Lemon Chicken with Asparagus

Ingredients:

- 2 chicken breasts, boneless and skinless
- 1/3 cup lemon juice freshly squeezed
- 1 clove of garlic finely chopped
- 1 teaspoon fresh thyme chopped
- 1 teaspoon fresh rosemary chopped
- 1 teaspoon fresh parsley chopped
- 1 or 2 bunches asparagus, woody ends removed
- 1 teaspoon of butter
- Salt and pepper to taste
- 1 lemon sliced to garnish

Method:

1. Preheat oven to 200°C. Line a baking tray with baking paper and arrange chicken on the sheet.
2. Combine the lemon juice, garlic, thyme, rosemary, parsley, salt and pepper. Pour three quarters of the lemon and herb mixture over the chicken. Arrange the lemon slices over the top.
3. Cover with foil and bake for 20 minutes, or until the chicken is cooked through. Uncover, arrange the asparagus around the chicken. Pour the remaining lemon and herb mixture over the asparagus. Cook until the chicken is golden, and the asparagus is cooked.
4. Serve on its own or with a side of rice. Enjoy!



Quote of the Month - Success is the sum of small efforts, repeated day-in and day-out!



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Take control your life, be happy! – rock on!

Till next month... *Evie*