



BALANCED BLOOD SUGAR - NATURALLY

A free and simple guide to stabilising blood glucose, energy, mood and hormones during perimenopause and menopause

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Disclaimer

The material in this eBook is for informational and educational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical advice, diagnosis, treatment, prescription or recommendation. All viewers of this content, especially those taking prescription or over-the-counter medications, should not make any changes in their health regimen or diet before first consulting a qualified health professional.

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Welcome!

Do you crave sugar or carbohydrates more than you used to?

Do you feel shaky, anxious, light-headed or irritable if you do not eat regularly?

Are you gaining weight despite eating the same way you always have?

Blood sugar regulation often shifts in menopause and can drive many other symptoms.

Hi, I'm Joanna

Do you often feel tired after meals, crave sweets in the afternoon, or wake up at night feeling restless or hungry? These are signs that your blood sugar levels may be out of balance - a common issue during perimenopause and menopause.

As estrogen and progesterone fluctuate, your body becomes more sensitive to insulin, the hormone that regulates blood sugar. This can lead to energy crashes, mood swings, and stubborn weight gain.

The good news? You can stabilise your blood sugar naturally with simple daily habits that nourish your body and calm your hormones.

In my clinical experience, the key elements to therapeutically address for blood sugar balancing include:

- Dietary habits review and correction
- Adrenal and liver support
- Stress and cortisol balancing
- Sleep and natural rhythms
- Gut health and microbiome

These steps are included in my personalised therapeutic programs and consultations with clients.

This guide briefly covers

- ✓ The 4 key factors that influence blood sugar balance in menopause
- ✓ Natural swaps to help you feel steady and energised
- ✓ A daily checklist to keep your blood glucose, energy and mood stable
- ✓ Resources and tips that work



Key Factor #1

Skipping meals or eating too little protein

Why it matters

When you skip meals or eat mostly carbohydrates, your blood sugar first spikes and then drops too low, triggering cravings, irritability, and fatigue. Irregular eating causes blood sugar dips that trigger cravings.

Skipping meals or not consuming enough protein during menopause can also lead to muscle loss, decreased energy, and increased risk of osteoporosis. It's important to maintain a balanced diet with adequate protein to support blood sugar balance during this transition.

Natural swaps & tips



Eat a protein-rich breakfast within 30–60 minutes of waking. include eggs, organic full-fat yogurt, cheese, bacon or other meat, smoothies with seeds and greens. Consider adding a quality protein powder e.g. whey powder. Cinnamon is another food/spice to include as it can lower blood glucose.



Include protein with every meal including snacks - eggs, fatty fish, red meat or poultry, legumes, beans, nuts and seeds.



Avoid long gaps between meals as this can lead to fluctuations in glucose levels. Eating regular, balanced meals every 4 to 5 hours helps maintain stable blood sugar and energy levels throughout the day. NB. Consult your health practitioner on meal frequency if you have blood sugar issues.

Balanced meals keep your energy steady and prevent the mid-afternoon crash.

[Additional resources: Joanna's plant proteins blog](#)



Key Factor #2

Refined carbohydrates and sugary snacks

Why it matters

Processed foods and sugary snacks cause rapid blood sugar spikes followed by sharp drops, leaving you tired and craving more sugar. White bread, pastries, and sweets cause rapid spikes and crashes.

Refined carbohydrates and sugary snacks can worsen menopause symptoms by causing blood sugar spikes and crashes, which may lead to increased hot flashes, fatigue, and weight gain. Aim to limit these foods and opt for whole, low glycemic index options to help manage symptoms better.



Natural swaps & tips



Choose whole foods: quality meats, eggs, vegetables, fruits with fibre, nuts, seeds, and whole unprocessed grains.



Eat protein with every meal to stabilise blood sugar and for increased satiety and appetite control - eggs, meat, fish, legumes, nuts, and seeds.



Replace sweet snacks with nuts, seeds, or a small piece of dark chocolate.



Pair carbohydrates with protein or healthy fats to slow sugar absorption, reduce blood sugar crashes and cravings.

These swaps help your body maintain stable energy and reduce cravings naturally.

[Additional resources: Check out Joanna's healthy homemade snacks blog](#)



Key Factor #3

Stress & cortisol spikes





Why it matters

Chronic stress raises cortisol, which increases blood sugar even when you're not eating. Over time, this can lead to insulin resistance and weight gain.

Cortisol is a hormone released by the adrenal glands in response to stress, playing a key role in the body's "fight-or-flight" response. When faced with stress, cortisol levels spike to provide energy and help manage the situation, but chronic stress can lead to consistently high cortisol levels, which may negatively impact health.

Key concept: Stress hormones raise blood sugar even without food!

Natural swaps & tips

-  **Take short breaks throughout the day** to breathe deeply, go for a short walk outside or stretch.
-  **Spend time outdoors a few times during the day** - sunlight and movement can help regulate cortisol and can alleviate blood sugar spikes.
-  **Practice mindful eating and relaxation before meals.** A few deep breaths can help your body digest food calmly and mindfully.
-  **Consider having calming herbal teas** - tulsi, lemon balm or chamomile.

When your stress hormones settle, your blood sugar follows.

[Additional resources: Check out Joanna's magnesium for relaxation blog](#)



Key Factor #4

Poor sleep and late-night eating




Why it matters

Lack of sleep disrupts hunger hormones, making you crave sugar and carbs. Eating late at night can also keep blood sugar elevated while you sleep. Lack of sleep increases hunger hormones and cravings for sugar.

Poor sleep can lead to higher blood sugar levels, and late-night eating may worsen this effect by impairing glucose metabolism. Consuming a significant portion of daily food intake late in the evening is linked to poorer glucose tolerance, especially in individuals with insulin resistance, prediabetes or diabetes.



Natural swaps & tips

-  **Finish dinner at least two hours before bed in order to fast overnight for 10-12 hours to stabilise blood sugar levels and properly digest dinner.**
-  **Keep a consistent bedtime routine and aim for 7-8 hours of sleep** as irregular sleep patterns may lead to increased insulin resistance and higher glucose levels. A regular sleep schedule supports the body's natural circadian rhythm, which plays a crucial role in glucose metabolism
-  **Avoid caffeine after 3pm and limit alcohol in the evening** as caffeine can disrupt sleep even when consumed several hours before bedtime. Limiting alcohol in the evening is also beneficial, as it can interfere with sleep quality and duration. Enjoy herbal teas instead - dandelion root tea, chamomile, passionfruit, rosehip.

Restful sleep helps your body reset and improves insulin sensitivity.

Additional resources: [Check out Joanna's top 2 sleep promoting nutrients blog](#)



Next steps

Balanced blood sugar is the foundation of steady energy, calm mood, and healthy hormones. Small, consistent changes - like eating regular meals and managing stress - can help transform how you feel each day.

Your daily blood sugar balance checklist

- 🔍 Protein-rich breakfast within an hour of waking
- 🥗 Balanced meals with protein, fibre and healthy fats
- 💧 Hydration — 6–8 glasses of filtered water daily
- 🧘♀️ Stress reduction and/or mindfulness practice
- 🌙 Consistent bedtime and quality sleep, dark nights
- ☀️ Spending time outdoors in sunlight daily

An invitation

What you have just read is one piece of a much bigger picture. Menopause can show up in **more than 100 different ways** across the brain, nerves, gut, joints, skin, mood and metabolism. That's why symptoms can feel confusing and hard to pin down.

I created **"The Menopause Symptoms and Systems Guide: A practitioner's guide to the physical and emotional changes of the menopause transition"** to bring clarity to that complexity, and help you recognise what your body is communicating.

It includes a comprehensive symptom map and simple explanations of causes to help you see where your own patterns may sit. You may get it by clicking the button below.

[GET THE FULL GUIDE](#)

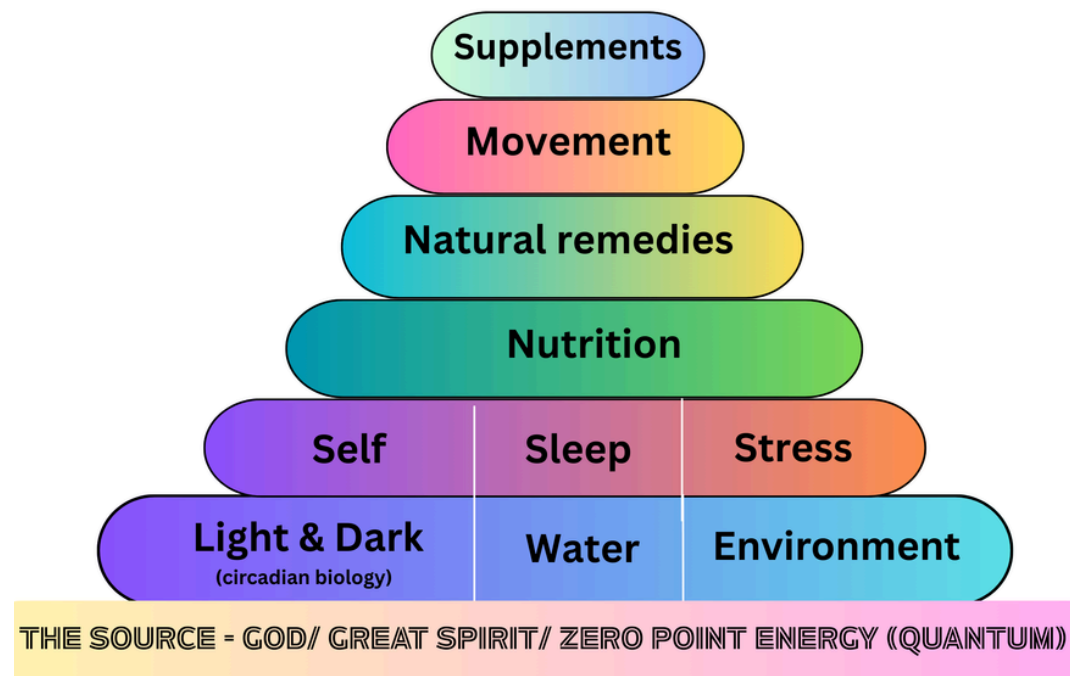
Inside, you will also find how my Naturimedica Blueprint approach supports the whole body, not just individual symptoms.

If you would like personal support, you can also learn how I work with women to create a natural, sustainable plan for their unique menopause journey inside the full guide and on the next page here.



The Naturimedica Signature Blueprint for Health & Wellbeing

One method. Many paths. Always personalised.



At the heart of the Blueprint lies a pyramid structure that reflects what, from my clinical and personal experience, truly drives lasting wellbeing:

- **~60% Lifestyle Foundations (i.e. two bottom layers, key to any transformation)::** light and dark balance, hydration, nature connection and mindful environment, quality sleep and self-care, and stress reduction.
- **~30% to 40% Nutrition:** eating real, nourishing food tailored to your body's needs.
- **~10% to 15% Supplements, Natural Remedies and Movement:** targeted support to fine-tune your health and body function.

This layered approach blends natural wisdom, science and personalisation, helping you move from any imbalance or hormonal challenges toward renewed harmony and energy. **The interconnected structure ensures that every step supports the next - restoring energy, balance and vitality from the ground up.**

Explore the Signature Blueprint graphic and method to see how each layer builds upon the next, creating strong foundation for lifelong wellness.

Download your free Naturimedica Signature Blueprint guide [HERE](#) (or from the website), then connect with me for personalised support to start your own transformation journey to health and wellbeing.

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Resources

For additional and more in-depth information on natural and lifestyle approaches to perimenopause and menopause visit my website: www.naturimedica.com

Here are the links to the most relevant website information:

- <https://www.naturimedica.com/category/hormones-menopause/>
- <https://www.naturimedica.com/category/circadian-biology/>

If you'd like more information and simple, basic guidance on other specific perimenopause or menopause symptoms/ topics, the following FREE guides are also available to review:

- Hot flushes
- Key symptoms self-check
- Gut health
- Weight loss
- Adrenals & energy
- Blood glucose management
- Brain fog
- Thyroid health
- Anxiety & depression
- Sleep
- Skin, nails, collagen
- Osteoporosis
- Hair loss
- Circadian Daily Light Guide: Practical Steps + Benefits

Feel free to contact me if you'd like any of the above guides emailed to you.

Email: joanna@naturimedica.com

I also regularly publish valuable free resources and practical information on social media.

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About me



As a Wholistic Natural & Lifestyle Therapist with 15 years clinical experience, my passion is helping women to restore energy, sleep and vitality by reconnecting with Nature and its rhythms.

I combine nutrition, herbal medicines, naturopathy and lifestyle strategies with practical education, so clients can take charge of their own health.

My approach is grounded in both research and traditional naturopathy. My therapeutic strategies are always tailored to the individual.

I believe true health comes from following daily rhythms aligned with nature, and from nurturing the body with good nutrition, sleep, rest and re-establishing good function, not quick fixes. The fact is: we can't outsmart Nature!

I've seen consistently how small, habitual changes add up to create big result over time. My goal is simple: to guide you back to health with tools and remedies that are natural, safe, sustainable and effective.

Visit my website www.naturimedica.com for more information on my therapeutic approach, areas of expertise and special interest, and how to connect with me. Follow me on social media for more support: and updates.

[Instagram](#)
[Facebook](#)

[LinkedIn](#)
[Wellness Blog](#)

I look forward to connecting with you and supporting you in your ongoing health journey.

Best of Health

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