

Body balanced blood sugar

You are what you eat, a common phrase often recited amongst fitness lovers and health fanatics, but what effect does your diet or lifestyle have on your personal biochemistry? Blood sugar is managed throughout your body for the purpose of energy output and storage in a quest to sustain the most balanced homeostatic point of optimal health and living. Increase or decline of the amount of glucose we release into our bodies is governed by a series of complex reactions throughout our nervous system, which in effect is largely affected by the available nutrients we ingest throughout our diet. Stress is a modern day resource of which there is little sign of shortage of supply. Stress is not all bad as it governs our loss of fat, an over supply however may cause depletion of our ingested nutrients or worse yet compromise our ability to absorb nutrients in the first place.

Nutrition is a complex subject of chemicals that create a cause and effect on our biology, never has there been such controversy as to what 'diet' works as we now see in the media and with due cause. With a world growing in pace and population the unforeseen factors of pollution and mutation to our environment is causing an epidemic of unwanted health issues, ranging from inefficiency to store essential fatty acids to impaired tolerance to process glucose. In short our genetic code is being influenced by switching on epigenetic reactions that cause a wide variety of ailments, that are not specific to a generalization of a population. In truth there is no such thing as a wonder diet, from Bunting to the Zone diet all strategies warrant their use for a determined period of time, governed by the raw effect on our blood sugar profile.

Assessment of our biological reaction to food can be complex, involving testing protocols of immunology to endocrinology. Although stringent testing may at times be warranted, simply measuring your glucose response at specific times of the day, may prove to be useful in providing insight toward not only what you should eat, but also how to conduct the stress of your training. Autonomic responses govern our flight or fight response to a deemed perception of stress as such also play a huge role toward both optimal muscle contraction and nutrient assimilation.

Ever partake in a stringent diet to initially find there is an awesome effect on your body composition, only to have your abs stagnate into a soft sheet no matter how determined or diligent the dietary effort? Well truth be told a diet may govern the balance of the autonomic nervous system for a particular period of time, by either reducing the volume of catecholamines (stress hormone) we need for energy or improving our insulin sensitivity. A seemingly healthy diet may have untold reactions to our gastric endocrine function, impairing the way in which we assimilate or digest nutrients in our bodies. From decreased gastrin release to reduced CCK reactions, an impaired gut will increase our autonomic response to either being in an excessive state of sympathetic or parasympathetic dominance. In the nervous system a dominance of any system is not a good thing, as it creates imbalance of our ability to completely perceive our environment and orchestrate the best response. From sustaining your PB (personal best) to the reaction you may have with your spouse over simply house chores, the state of your nervous system is essential to sustain balance between both excitation and inhibition.

Confused as to what to do, or are you about ready to stop eating and start living in a shell? No need to become dramatic, there is a solution! Measuring your fasting glucose in the morning provides valuable insight into what current state your autonomic nervous system may be in, from a state of hyper to hypoglycemia there are alterations one can make not only to the volume of calories ingested but also the ratio of macronutrients consumed. Balancing your glucose by way of effective load (caloric density) and chemistry (nutrient profile) on a daily basis will give you a greater opportunity to not stagnate fat loss but to also keep on lifting at your most optimal point. The Gamma Project by Hulk Enterprises provides an online coaching service to the modulation of your blood sugar and in essence biology. The Gamma Project aids a set point on a daily basis of both your caloric and nutrient needs where there is little room for error on the Project regarding both your training and diet. Daily enquiry into food type, duration between meals and underlying stress factors are constantly being discovered on the Gamma Project, in the quest to unveil your unique biochemical advantage point in a world of toxic overload.

Not only is your fasting glucose going to play a role in your nutrient assimilation. Ever eat a healthy meal full nutritious food only to find that your belly is bloated with flatulence that would put a hippo to bed? Our immune systems are extremely organized and at times complicated in reaction toward foreign stressors such as food. As with every living organic structure in the world, everything has a code to which may either strengthen a biological program or cause confusion and continual need for rebooting your CPU (fatigue). Testing your postprandial (after eating) glucose response can provide you with insight into your positive or detrimental biological reaction to the food. Often bodybuilders and fitness models consuming a standard 'healthy' diet of deprivation may have caused immune reactions mediating an excessive IgG response. Stressful responses to food cause a plethora of unwanted ailments such as inflammation and or dysbiosis (unwanted bacterial imbalance), all of which negatively impact the way in which our bodies may process toxins and effectively sustain health.

Hypertrophy and fat loss are the by-product of discipline, however with an ever changing level of competitiveness in any sport, it is imperative to recognize and educate ourselves on the chemical processes our food or environment may have on our biology. Simply eating regularly or cutting out the sugar may simply not be enough to combat the stressful effect both external and internal stimulus may have on our biochemistry. To find out more about how to optimize your biological response to training and nutrition visit www.hulkenterprises.ltd