

Special Considerations:

Perimenopause, PCOS, A1c, Thyroid & Autoimmune Health



Understanding Special Considerations

Some women need to approach blood sugar balance with a few extra layers of support. If you're navigating perimenopause, PCOS, high A1c, thyroid issues, or autoimmune conditions, it doesn't mean your body is working *against* you—it just means your strategy needs to be more personalized.

This guide breaks down what's going on beneath the surface and offers targeted, realistic adjustments to help you move forward with clarity and confidence. You're not broken—and you're not alone. You just need the right tools.

Perimenopause

What's Going On:

- Hormones like estrogen and progesterone start to fluctuate, often unpredictably.
- Cortisol (your stress hormone) tends to increase.
- Insulin sensitivity declines, meaning your body doesn't handle carbs as well.
- Sleep can become disrupted, especially in the early morning hours.
- You may notice more fat gain around the midsection—often despite eating and training the same.

How This Impacts Blood Sugar:

- Estrogen normally supports insulin sensitivity—so when it drops, blood sugar control becomes harder.
- Stress and poor sleep spike cortisol, which can lead to elevated fasting glucose.
- Insulin resistance makes it easier to store fat and harder to burn it.

What Helps:

- Prioritize **protein** and **fiber** at every meal to blunt glucose spikes.
- Strength train consistently to improve insulin sensitivity and preserve lean muscle.
- Build in stress-reducing practices (even 5–10 min/day) to lower cortisol.
- Focus on **balancing your plate** — not restricting food groups.
- Keep blood sugar stable through meals + movement first, *then* consider supplements if needed.

💡 *You don't need to cut carbs—you need to become more intentional with how you pair them.*

Polycystic Ovary Syndrome (PCOS)

What's Going On:

- PCOS is often linked with **insulin resistance**, even in lean women.
- Elevated insulin levels can trigger excess androgen production (like testosterone), which worsens symptoms like acne, hair growth, and cycle irregularity.
- Blood sugar instability can drive fatigue, cravings, mood swings, and stubborn fat gain—especially around the belly.

How This Impacts Blood Sugar:

- Your cells aren't as responsive to insulin, so the body produces *more* of it to keep blood sugar down.
- High insulin = fat storage mode.
- The more insulin resistance you have, the harder it becomes to lose fat—even in a calorie deficit.

What Helps:

- Focus on **slow-digesting carbs** (like sweet potatoes, legumes, berries, and brown rice) instead of cutting them out.
- Always **pair carbs with protein and fat** to avoid spikes.
- Strength training is one of the most powerful ways to reverse insulin resistance in PCOS.
- Be mindful of **sleep and stress**, which worsen hormone imbalances.
- Avoid under-eating or over-restricting—it can backfire by increasing stress and cortisol.

💡 *PCOS doesn't mean you can't lose weight—you just need to stabilize insulin first.*

High A1c & Insulin Resistance

What's Going On:

- A1c reflects your **average blood sugar over the past 2–3 months**.
- A higher A1c usually means frequent spikes in blood sugar or chronically elevated levels—both of which lead to excess insulin and fat storage.
- Insulin resistance means your body isn't responding well to insulin, so it keeps pumping out *more*—which keeps you stuck in storage mode.

How This Impacts Blood Sugar & Fat Loss:

- Chronically elevated insulin = less fat burning, more fat storing
- High blood sugar over time leads to inflammation, fatigue, and hormonal imbalances
- Crashes (low dips) after spikes can trigger **intense cravings, brain fog, and hunger**

What Helps:

- Reduce blood sugar *spikes* by focusing on **balanced meals (protein + fiber + fat)**

- Limit refined starches and added sugars—but don't fear carbs entirely
- **Walk or move after meals** to bring glucose down naturally
- Track trends with a CGM or glucometer to spot hidden patterns
- Get consistent with sleep and resistance training to improve insulin sensitivity

💡 *When you reduce insulin spikes, fat loss becomes easier—without extreme restriction.*

Thyroid Health (Hypothyroidism & Hashimoto's)

What's Going On:

- Your thyroid regulates metabolism, energy production, and hormone balance.
- When thyroid hormones are low, your **metabolism slows down**, digestion may be sluggish, and **blood sugar becomes harder to regulate**.
- Hypothyroidism can also worsen insulin resistance and increase fat storage, especially in the belly and hips.

How This Impacts Blood Sugar & Fat Loss:

- Slower metabolism = slower glucose clearance from the blood
- Poor thyroid function often leads to **low energy**, which can make movement and consistent habits feel harder
- Unmanaged blood sugar fluctuations can put **extra stress** on an already sensitive thyroid

What Helps:

- Prioritize **protein and nutrient-dense foods** to support thyroid hormone conversion (zinc, selenium, iodine, B12)
- Eat **regular meals**—long fasts or skipping meals can worsen fatigue and stress the thyroid
- Strength train consistently to support metabolism
- Manage stress and avoid overtraining—too much intensity can make things worse
- Talk with your provider about testing **full thyroid panels** (not just TSH)

💡 *A supported thyroid + stable blood sugar = a more efficient, energized body that can let go of fat.*

Autoimmune Conditions

What's Going On:

- Autoimmune conditions occur when the immune system attacks the body's own tissues—often creating chronic **inflammation**, stress on the adrenals, and nutrient depletion.
- Many autoimmune diseases also impact **thyroid function**, digestion, or blood sugar balance indirectly.

- Flare-ups, fatigue, joint pain, and food sensitivities can make consistency more difficult—but the right support makes a huge difference.

How This Impacts Blood Sugar & Fat Loss:

- Chronic inflammation makes **insulin resistance worse**, even with a clean diet
- Fluctuations in energy and digestion can lead to irregular eating patterns and cravings
- Stress (emotional, physical, or dietary) can trigger both **flare-ups** and **glucose spikes**

What Helps:

- Eat in a way that lowers inflammation: **whole, unprocessed foods**, balanced meals, and minimal added sugars
- Identify personal triggers—some autoimmune conditions worsen with gluten, dairy, or highly processed foods
- Get regular movement, but listen to your body—**consistency > intensity**
- Focus on gut health: cooked veggies, bone broth, fermented foods, and plenty of hydration
- Avoid extremes (fasting, cutting entire food groups) unless medically guided

💡 *With autoimmune conditions, blood sugar stability is foundational for reducing symptoms and supporting healing.*

You're Not Starting From Scratch—You're Starting With Insight

Your body isn't fighting you. It's communicating with you. Whether you're navigating hormone shifts, insulin resistance, thyroid imbalances, or inflammation, the tools in this program are here to help you respond—not react.

Balanced blood sugar won't fix *everything*, but it's one of the most powerful, accessible changes you can make to support your body's healing, energy, and ability to let go of what it no longer needs.

You deserve to feel good in your body—and that starts with giving it what it needs, consistently and compassionately.

Disclaimer

This guide is for educational purposes only and is not intended to diagnose, treat, or cure any condition. It is not a substitute for medical advice. Always consult with your healthcare provider before starting a new nutrition, exercise, or lifestyle plan—especially if you are taking medication or managing a diagnosed health condition.