

The 4-Week Guide to Cutting Cravings, Getting Your
Energy Back, and Feeling Amazing



With
100
super-easy
recipes

The
Glucose Goddess[®]
METHOD

JESSIE INCHAUSPÉ

#1 internationally bestselling author of *Glucose Revolution*

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The
Glucose Goddess[®]
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JESSIE INCHAUSPÉ



SIMON
ELEMENT

Jessie's disclaimer

In this book, I make existing scientific discoveries accessible to everyone. I translate them into practical tips. I am a scientist, not a doctor, so remember that none of this is medical advice. If you have a medical condition or take medication, speak to your doctor before using the hacks in this book.

Publisher's disclaimer

The material in this book is for informational purposes only.

As each individual situation is unique, you should use proper discretion, in consultation with a health care practitioner, before undertaking the diet, exercise, and techniques described in this book.

The author and publisher expressly disclaim responsibility for any adverse effects that may result from the use or application of the information contained in this book.

TESTIMONIALS *from those who*

have tried THE GLUCOSE

GODDESS METHOD

“Having no more cravings is a huge game changer. I don't think about food all day long. I feel like a ball and chain have been cut off.”

“Anyone who has a hard time sticking with a program

should do this. The easy and gentle way into the hacks

makes this so doable. Most diets are so strict that when one makes a mistake (which is 100% inevitable), one feels

terrible and either binges to ease the disappointment or quits. As the hacks become a regular part of our day, we can slowly tailor the way we eat to accomplish what we need without feeling we are denying ourselves.”

“I feel incredible. And to my surprise, I lost some weight around my belly

—eating more than ever and even having
dessert.”

“My period is back after several years without it.”

“I can’t thank you enough. This program has changed my
life completely!!”

“I feel so much better in all aspects. It’s like I’ve become a different
person and I couldn’t be happier! I lost weight, my depression has
decreased so much. It feels amazing, plus the brain fog is completely
gone.”

“I hadn’t ovulated in over 5 months due to polycystic ovarian syndrome,
and by following the Method I was able to ovulate

and then get pregnant. I was about to start ovulation medication (Clomid),
but thanks to doing this, it happened naturally. My husband and I are
OVER THE MOON.”

“I used to plan finishing my daily chores and errands by 2pm because I
would crash afterwards. I could hardly move and often took a nap. Now I
have energy all day long! It’s incredible and I can’t believe how much I
can get done
now.”

“I had type 2 diabetes. I had previously been told by my dietician that,
because I have coeliacs as well as diabetes, adjusting my metabolism
would be like adjusting the course of an oil tanker. But I noticed results
with this Method within 4 days. I continued beyond the 4 weeks, and my

HbA1C dropped in 4 months from 9.6 to 4.7. I’m no longer diabetic at all.
And I lost 25kg. This should be available through the government for
anyone with prediabetes or

diabetes.”

“Surprisingly, one of the biggest differences I’ve noticed is in my skin!
My acne has decreased dramatically. Kind of an unexpected but nice side

effect :)”

“I have eczema and histamine intolerance. Both cause red rashes on my face and body. I could see a large

improvement in them even in the first week.”

“The best thing about this Method has been realising, at 55, that I can make changes to my diet that make me feel better, but don’t feel punitive.”

“Blood pressure lowered, hair loss reduced, lost weight, especially in the abdomen area. I am so grateful for these life-changing hacks! I know so many people who would

benefit from this.”

“My endocrinologist asked me what I did to improve my

health, he couldn’t believe how much better I am!”

“Anyone who feels slightly off kilter but can’t identify why would benefit from this.”

“This Method should be called: change your life in 4 steps.”

“I have lost 2.8 kg in 4 weeks, the incredible thing is that it is waist and stomach fat. I had 6 kilos I wanted to lose for my health and now I’m halfway there. It’s been nice and easy. I will continue to assimilate all these changes until I make them completely mine. Thank you.”

“Every single person on earth would benefit from doing this Method.”

“My relationship with food has changed completely. I LOVE

that the Method does not demonise any type of food or

craving, nothing needs to be cut out.”

“My body feels great. Joints don’t hurt so much. Cravings way down!”

“Going through perimenopause and I feel that these hacks have lessened the symptoms of feeling tired, low energy, brain fog, feeling hungry all the

time.”

“Thank you so much for this Method. I have felt so stuck for so long and now something has finally clicked and I am seeing results!”

THE QUESTION THAT STARTED

EVERYTHING

“Jessie, can you move in with me please?” The first time I was asked this question was in an Instagram message in May 2022—a few days after my first book, *Glucose Revolution*, came out. In that book, I shared the science of how blood sugar (also known as *glucose*) affects all aspects of our lives, and provided ten easy hacks to manage it in order to heal our bodies and get our happiness, energy, and health back.

So why did everybody suddenly want me as a roommate?

Because many of you wanted more than my first book provided.

You had taken onboard my research showing that the majority of us experience glucose spikes—rapid increases in blood sugar after eating—and that most of us didn’t know it. You recognized the signs of glucose spikes in yourself (cravings, chronic fatigue, sugar addiction, poor sleep, inflammation, brain fog, polycystic ovary syndrome, diabetes, and many more). And you understood the hacks and loved how easy they were, but you wanted a plan to get started.

You wanted me by your side to help you put the science into practice, day by day, meal by meal. You wanted a workbook, recipes, encouragement, and inspiration. You wanted to know how other people had healed. You wanted help turning the glucose hacks into lifelong habits.

I jumped at this fantastic idea, sat down and got to work.

I thought about how I applied the hacks to my life when my glucose journey began four years ago. I thought about how I decided on the first hack. And then the second... I thought about how I chose what to buy at the grocery store, and about the first new dishes I cooked. I thought about

what I say these days to friends who ask me for a step-by-step plan to start their glucose journey. I thought about what recipe I suggest to a family member who calls me for some inspiration. I thought about how I spoke to myself and what had motivated me along the way. I reached out to

the readers of my first book and asked those who had successfully turned the hacks into habits what had helped them. Then I asked those who had found the hacks harder to sustain what they needed.

Out of this research came two things: First, lots of excitement on my part. Second, the book you are holding in your hands. I present to you... (drumroll please): *The Glucose Goddess Method*.

This actionable companion to *Glucose Revolution* consists of a four-week guide to help you incorporate the most important glucose hacks into your everyday life. It includes a step-by-step workbook that you can write in, a hundred of my favorite easy and delicious recipes, and answers to all your questions.

It is the equivalent of me moving in with you for four weeks, and showing you how to steady your glucose and feel better than ever.

Learning how to reduce glucose spikes changed my life. And together, we are going to help you to thrive from the inside out so that you can show up as your optimal self and live your best life.

Congratulations for doing this and thank you for having me. I promise I'm a pretty good roommate.

THE 2,700-PERSON PILOT

EXPERIMENT

From the very beginning of the Glucose Goddess movement in 2019, the involvement of the community has been phenomenal. For this book, I wanted to run a pilot experiment in which people would go through the Method, ask questions, and share their results. As I was putting together the recruitment form, I thought that a hundred people joining would be great... but to my surprise and delight, *thousands of you* volunteered.

Two thousand seven hundred amazing people have tried and tested the

Glucose Goddess Method and helped make it the best it can possibly be. First, I'd like to thank them. You can find their names on [pages 272-77](#), and lots of their quotes and tips throughout. They were from 110 countries, aged from 20 to 70

years old.

After the 4-Week Glucose Goddess Method:

90%

of participants
are less hungry

89%

of participants
have reduced
their cravings

77%

of participants
have more
energy

67%

of participants
are happier

58%

of participants
who wanted to
sleep better are
sleeping better

58%

of participants who
were struggling with
their mental health
have improved it

46%

of participants
who had skin
issues have seen
improvements
in their skin

41%

of participants who
wanted to improve
their diabetes have
improved it

35%

of participants
who were looking
to improve their
hormonal health
have improved it

During the course of this pilot experiment, dozens of women who weren't having their period anymore (a common symptom of glucose spikes) got their periods back, and three women who had been struggling to conceive for months got pregnant! I received countless messages telling of relationships improving, diabetes numbers getting better, lives changing. You can find more details about the study at glucosegoddess.com/method-whitepaper.

A note on weight loss

The Glucose Goddess Method is not a diet. Its objective is not weight loss. It is not restrictive, it does not ask you to count calories, and it actually asks you to eat more than usual. It is about health and healing your body from the inside out, and feeling amazing at any body size. But to many people's surprise, they actually lose weight while doing it, even while eating more than usual and not counting calories. That's because when we flatten our glucose curves, cravings dissipate, hormones rebalance, and we are in fat-burning mode more frequently and for longer. Weight loss is a common side effect of steadying our glucose levels. Of the 2,700

participants, **38 percent of people who wanted to lose weight did in fact lose weight in those four weeks.**

And, finally, 99 percent of people on the program said that they would be continuing with the hacks when the four-week study came to an end. They created new transformative habits for life. And so will you.

Before we dive right in, here are some of the basics of what you need to know.

Is the GLUCOSE GODDESS

METHOD for you?

I used to believe that only people with diabetes needed to care about their glucose levels. In fact, everyone used to believe that. But reviewing the latest scientific progress showed me otherwise (you can find the references on [page 278](#)): the majority of the population experiences glucose spikes, which can lead to a wide range of symptoms and conditions. I like to think that these symptoms are our body speaking to us, trying to tell us about the glucose roller coaster happening within.

Ask yourself these questions to find out if you are experiencing glucose spikes, and if the Glucose Goddess Method can help you.

Do you crave sweet foods?

Are you “addicted to sugar”?

Do you get tired throughout the day?

Do you find it difficult to find the energy to do what you’d like to do?

Do you need caffeine to keep you going through the day?

Do you experience brain fog?

Do you get a “food coma” after eating?

Do you need to eat every few hours?

Do you feel agitated or angry when you are hungry, aka *hangry*?

Do you have extreme hunger pangs during the day?

Do you feel shaky, light-headed, or dizzy if meals are delayed?

Do you have acne?

Do you have eczema?

Do you have psoriasis?

Do you suffer from inflammation?

Do you have endometriosis?

Do you have polycystic ovary syndrome (PCOS) or missed periods?

Do you suffer from difficult premenstrual syndrome or painful periods?

If you are female, are you experiencing balding on the head or hair growth on the face?

Are you struggling with fertility?

Are you trying to lose weight but finding it difficult?

Do you have trouble sleeping or wake up with heart palpitations?

Do you have energy crashes where you break out in a sweat or get nauseous?

Do you experience anxiety?

Do you experience depression?

Do you experience any other mental health symptoms?

Do you often find yourself becoming irritated by your friends and family for no obvious reason?

Is your mood variable?

Do you frequently get colds?

Do you experience acid reflux or gastritis?

Have you ever been told that your glucose levels are elevated?

Do you have reactive hypoglycemia?

Do you have insulin resistance?

Do you have prediabetes or type 2 diabetes?

Do you have difficulty managing gestational diabetes?

Do you have difficulty managing type 1 diabetes?

Do you have nonalcoholic fatty liver disease?

Do you have heart disease?

And lastly (but perhaps most importantly)...

Do you think you could feel better than you currently do?

If you answered yes to any of these questions, this Method is for you. Welcome!

What's GLUCOSE AGAIN?

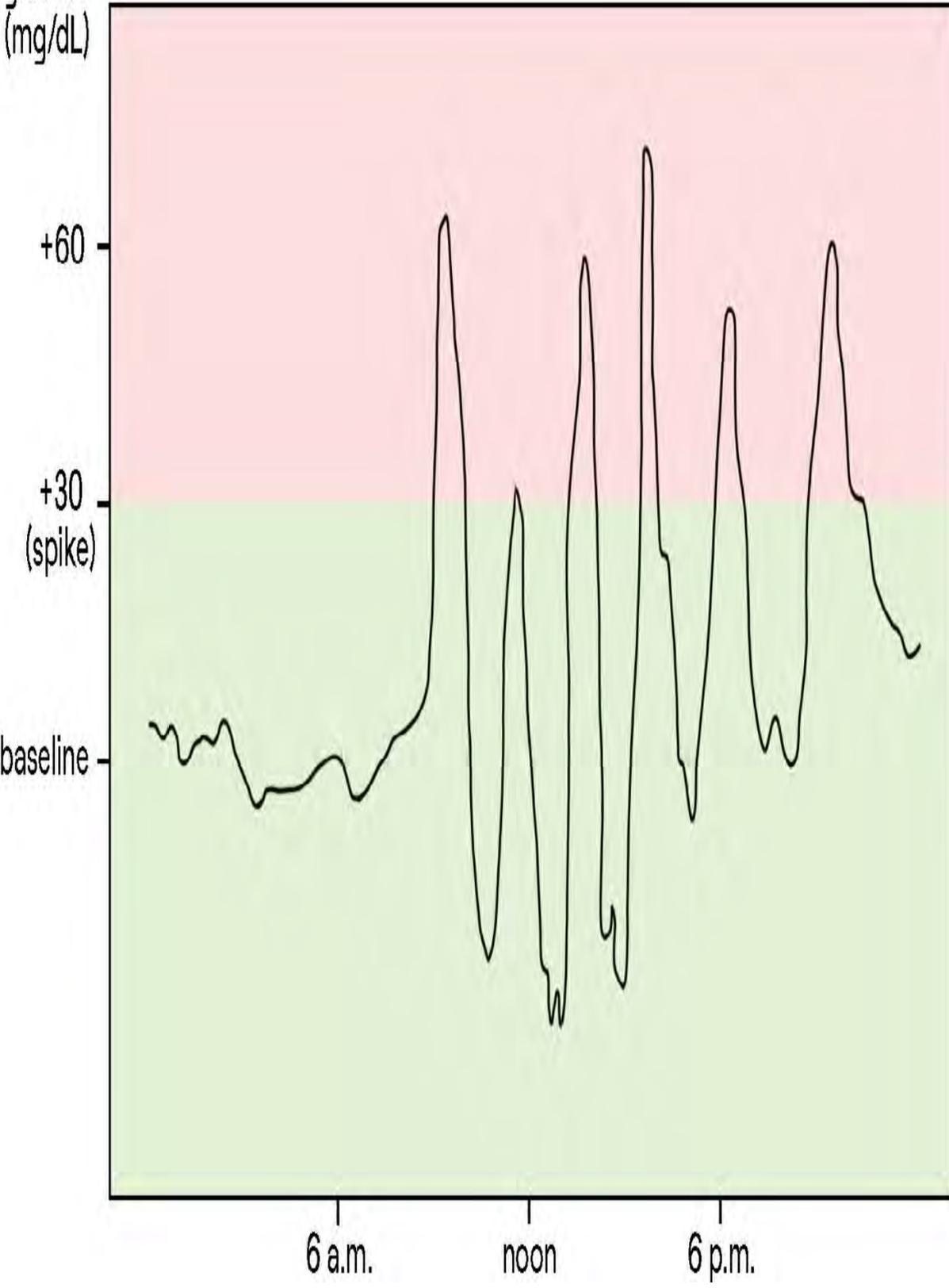
Glucose is our body's preferred source of energy. Every cell in our body uses glucose to perform its function: our lung cells to breathe, our brain cells to think, our heart cells to pump blood, our eye cells to see, and so on. Glucose is important. And the main way we provide our bodies with glucose is by eating it. Glucose is found mostly in foods we call "carbohydrates" (or "carbs"): starchy foods (bread, pasta, rice, potatoes) and sugary foods (fruit, sweets, desserts).

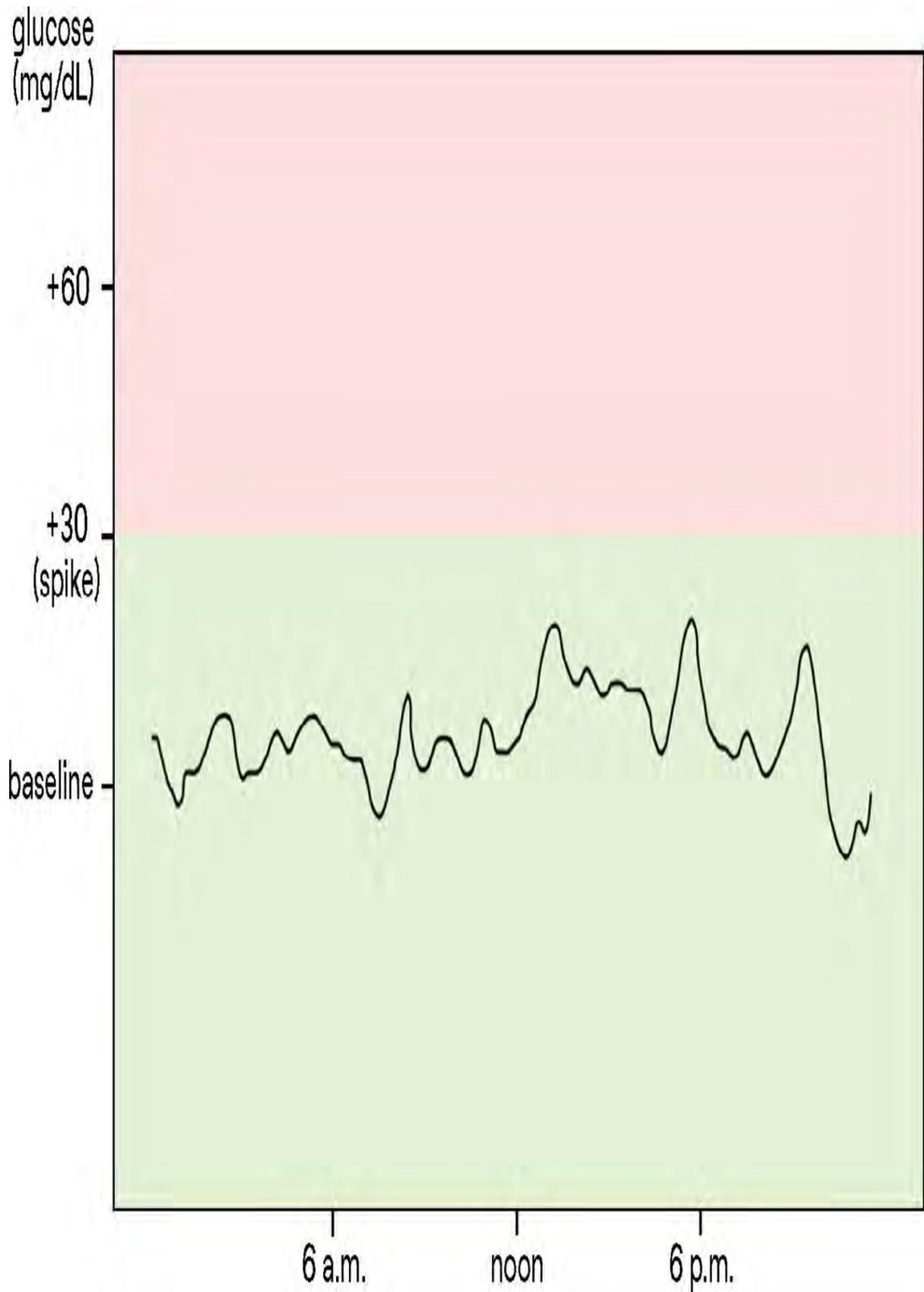
You may think that if we need glucose for energy, more glucose will give us more energy, so we should try to eat as many sugary and starchy foods as possible, right? Actually, that's not the case: a plant needs *some* water to live but if you give it too much water, it dies. In the same way, give a human too much glucose and bad things start happening.

When we deliver too much glucose too quickly to our body after a meal, we experience what is called a *glucose spike*. This is not something that only affects people with diabetes. **Most of us experience glucose spikes** (about 80 percent of the population, according to some US estimates), and unfortunately, these spikes carry with them consequences that can harm our physical and mental health.

When we have lots of glucose spikes throughout a day, our blood-sugar level looks like this:

glucose
(mg/dL)





These spikes and drops leave us feeling tired, give us strong food cravings, and make us feel hungry every two hours; they are linked to inflammation,

aging (and wrinkles!), low mood, hormonal imbalances that can result in difficult menopause symptoms, PCOS, brain fog... and in the long term, conditions such as type 2 diabetes and Alzheimer's. Scary, I know. But the good news is that we don't have to live with these symptoms.

How do we get off this roller coaster? We flatten the spikes. And this is where the hacks in this book come in.

When we incorporate the hacks, our glucose looks like this:

The beauty of it all is that the hacks that enable us to achieve these great results are easy. They do not ask you to go on a diet or cut out any foods. They are simple to implement, and once they are habits, you'll feel so good that you'll never want your day to go any other way.

FIRST, A BIT OF IMPORTANT

SCIENCE...

Before we get to the hacks, I want you to be aware of what exactly happens in your body when you experience a glucose spike (and if you want to dive deeper, grab my first book, *Glucose Revolution*).

When we experience a glucose spike, it doesn't just

happen in our bloodstream. Every single one of our cells, organs, and body parts feels it. Glucose disperses into every nook and cranny of our body, and three main processes are set in motion within us.

Mitochondria

First, our **mitochondria** (the powerhouses of our cells) **become overwhelmed**. These organelles are responsible for transforming glucose into energy

for the body. But during a glucose spike, the

amount of glucose coming their way becomes too

much to handle. They become stressed and shut

down. This leads to inflammation, and reduces

their ability to make energy properly. Cue: chronic fatigue.

Glycation

Second, the more glucose spikes we experience, the faster we age. Glucose spikes accelerate a

process called **glycation**, which is responsible for aging. It is actually similar to cooking, just like a

chicken cooks in the oven. From the moment a

human is born, they slowly cook (crazy, but true!)

via this process of glycation. Then, when they are

fully cooked, they die. Each glucose spike

(especially those that come from sweet foods)

accelerates glycation. This shows on our skin with

wrinkles, and also internally as our organs slowly

deteriorate. Glycation also increases inflammation,

just like the first mitochondria-related process.

Insulin

Third, let's touch on insulin. Our body has a clever

protection mechanism to shield us from some of

the damage done by elevated glucose levels.

During a glucose spike, **our pancreas sends out a**

hormone called insulin, whose job it is to take glucose out of the bloodstream, to reduce the

mitochondrial damage and glycation taking place.

What does this insulin do with excess glucose? It

stores it in our liver, muscles, and fat cells. This is one of the ways we gain fat on our body. And we

should be thankful for this, because without insulin

our body would be in a state of permanent crisis.

The downside is that when insulin is present, fat-

burning is deactivated. And over time, too much

insulin carries with it its own consequences, such

as the development of hormonal issues or type 2

diabetes.

