

# Zoran the Dragon and the Magnificent Body

Fletcher Soul Traveler

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## The Glucose Quest Begins



The science behind  
Team GG • 7.4K views



The Scary New Research On Sugar & How They Made You Addicted To It! Jessie Inchauspé | E243  
4.3M views • 1 year ago  
The Diary Of A CEO  
In this episode, Steven interviews Jessie Inchauspé, a French biochemist and bestselling author. After breaking her back at 19, ...  
0:03 ... subject matter of glucose was boring until I read your book and then I was like oh my God Jesse introspect the glucose goddess..

- Let's embark on a whimsical and enlightening journey with **Zoran the Dragon and the Magnificent Body**. Our fiery friend Zoran will guide young readers through the fascinating world of glucose, health, and dragon wisdom. Buckle up, because this adventure promises laughter, learning, and a dash of dragon magic! ✨

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In the sun-kissed meadows of Hexagramia, where dragonfire painted the skies and ancient scrolls whispered secrets, Zoran, our intrepid dragon, found himself at a crossroads. His flames flickered, his scales shimmered, but something was missing—a deeper understanding of glucose magic.

Enter Jessie Inchauspé, the Glucose Goddess. With owl-like wisdom and a penchant for fiber-rich robes, she became Zoran's mentor. Her reputation preceded her—the New York Times bestselling author who had cracked the code to balanced blood sugar. But it wasn't just her accolades that intrigued Zoran; it was the fire in her eyes, the way she spoke of glucose as if it held the universe's secrets.

Their first meeting was under the ancient oak, its gnarled branches reaching for the heavens. Jessie, clad in a cloak woven from kale leaves, greeted Zoran with a nod. “Welcome, young dragon,” she said. “I’ve studied the dance of glucose molecules, deciphered their whispers. Are you ready to learn?”

Zoran’s tail twitched. “I seek wisdom,” he replied. “My flames yearn for stability, my scales for resilience.”

And so, Jessie began. She spoke of insulin knights and cortisol wizards, of fiber forests and vinegar elixirs. She drew graphs in the air, showing Zoran how veggies acted as gatekeepers, slowing down sugar’s wild gallop. She taught him the art of savory breakfasts, the magic of post-meal strolls, and the alchemy of acetic acid.

As the sun dipped below the horizon, Zoran’s mind ignited. He saw glucose as more than fuel; it was the symphony of life, the conductor of health. Jessie’s research became his compass, her words etched into his dragon heart.

And so, dear reader, join us on this Glucose Quest. Together, Zoran and Jessie will unravel the mysteries of blood sugar, weaving science and magic into a tapestry of vitality. For beyond the flames and scales lies a truth: Glucose is the true treasure, whether you’re a dragon or a mere mortal.

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*Disclaimer: The characters and events in this tale are purely fictional. Any resemblance to actual owls, dragons, or enchanted breakfasts is purely coincidental. Always consult a real nutritionist before embarking on mythical quests.* 🌿 🔥 🐉

## Meet Zoran: The Glucose-Seeking Dragon



Jessie Inchauspé of Glucose Goddess

8.2K views · 1 year ago

Melissa Wood Health

Jessie from the Glucose Goddess is in every sense of the term, a goddess. As a biochemist, she's truly a wealth of knowledge ...



Honey Is Actually WORSE for You Than Table Sugar Because of THIS! | Jessie Inchauspé

5.1K views · 1 year ago

Jesse Chappus

Jessie Inchauspé is on a mission to translate cutting-edge science into easy advice to help people improve their physical and ...

4K

### In the Land of Lollipop Peaks

Once upon a time, in the mystical Land of Lollipop Peaks, there lived a dragon named Zoran. His scales shimmered like spun sugar, and his wings flapped to the rhythm of a catchy jingle: “Sugar, sugar, give me more, or I’ll breathe caramel on your door!”

Zoran’s sweet tooth was legendary. He’d raid candy shops, pilfering gummy bears and chocolate coins. But little did he know that his cravings were like rollercoasters—up, down, and loop-de-loop! 🎢

### Jessie’s Glucose Insights

Enter Jessie Inchauspé, the Glucose Goddess. She’d studied ancient scrolls, interviewed sugar beet whisperers, and even deciphered hieroglyphics on candy wrappers. Her findings? Glucose was like a mischievous pixie—sweet, but with a hidden agenda.

**The Glucose Quest:** Zoran embarked on a quest for sugary treasures. But Jessie warned him: “Balance, my fire-breathing friend! Too much glucose, and you’ll crash like a deflated balloon.”

**Energy Highs and Lows:** Zoran’s energy soared after devouring a cupcake tower. But then—bam!—he plummeted into a sugar-induced nap. Jessie explained, “Glucose spikes are like dragon fireworks—spectacular but short-lived.”

**The Fiber Forest:** Jessie led Zoran to the Fiber Forest, where broccoli trees whispered ancient secrets. “Eat your veggies,” she said. “Fiber slows down glucose like a tortoise in a race against jellybeans.”

### **Zoran’s New Mantra**

Zoran carved it on his cave wall: “Veggies first, sweets last. Vinegar before bedtime, and dance after feasting!” His dragon buddies raised their goblets (filled with kale smoothies, of course) and cheered, “To balanced glucose and fewer sugar crashes!”

And so, Zoran learned that wisdom tasted better than marshmallow clouds. His sweet tooth didn’t vanish, but it danced a waltz with broccoli. And whenever he felt a sugar storm brewing, he’d whisper, “Jessie, guide my glucose like a lighthouse in a candy fog.”

And they all lived happily ever after—except for the gummy bears, who were still missing.

Remember, my dear reader: Life is sweeter when you balance dragons, veggies, and a sprinkle of wisdom! 🌞 🔥 🍭

Now, onward to Chapter 2: **The Kingdom of Bodyland: Where Food Becomes Fuel**—where broccoli crowns are currency, and kale chips grow on trees! 🌿 🏰

## The Glucose Revolution: A Dragon's Tale



Secret Behind Your Sugar Cravings: New Research Exposed! Jessie Inchauspé

411 views · 1 day ago

Basic Steps

Secret Behind Your Sugar Cravings: New Research Exposed! Jessie Inchauspé Discover the secret behind your sugar ...

New



You CAN Beat Diabetes & Insulin Resistance: Simple Hacks to Reverse It NOW!

Episode 8 of 18

1.7M views · 4 months ago

Glucose Revolution

Welcome to the show! Join me as I guide you through understanding insulin resistance and its spectrum, the significance of ...

CC

15 chapters INTRO | Understanding Diabetes and Insulin Resistance | Evidence of Diet Impact on Diabetes | Insulin...

### Zoran's Sweet Secret

In the heart of the Enchanted Forest, where ancient oaks whispered secrets and fireflies danced, lived Zoran the dragon. His scales shimmered like polished emeralds, and his wings spanned wide enough to blot out the sun. But beneath his majestic exterior lay a peculiar obsession: honey.

Zoran hoarded honey like a miser with gold. His cave overflowed with jars—amber liquid glistening in the firelight. Why, you ask? Well, it all came down to glucose—the magical elixir that fueled both dragons and humans.

### The Sweet Science

Zoran, being a scholarly dragon, understood the science. Glucose, he knew, was the primary energy source for all living beings. It flowed through their veins, powering every breath, every wingbeat. But for Zoran, it was more than mere sustenance; it was liquid inspiration.

He'd sit by the fire, sipping honey from a crystal goblet, pondering the mysteries of life. "Why," he'd muse, "do humans call it a 'sugar rush'?" His dragon brain

whirred like a thousand gears. “Is it because they sprint faster after a spoonful of honey? Or perhaps they burst into spontaneous poetry?”

### **The Insulin Enigma**

But Zoran’s musings didn’t end there. He delved into the enigma of insulin—the gatekeeper of glucose. Humans, he discovered, had these tiny pancreas-dwelling sentinels. When glucose knocked on their cell doors, insulin unlocked them, allowing the sweet molecules inside.

“Ah,” Zoran would say, stroking his chin (or whatever dragons have instead of chins), “insulin is like a VIP pass to the cellular nightclub. Without it, glucose queues up outside, tapping its claws impatiently.”

### **The Sugar Rush**

And then came the sugar rush. Humans, it seemed, craved glucose like Zoran craved honey. When they devoured sugary treats, their blood glucose spiked. Energy surged through their veins, and they danced, laughed, and occasionally collided with trees. “Sugar rush!” they’d cry, twirling like dervishes.

Zoran, ever curious, tried it himself. He gulped down a jar of honey, expecting euphoria. Instead, he belched and felt slightly sticky. “Perhaps,” he mused, “dragons need a different dance floor.”

### **The Glucose Revolution**

And so, Zoran embarked on a quest—a Glucose Revolution. He sought answers beyond the forest, consulting wise owls, ancient scrolls, and even a squirrel with a penchant for riddles. His goal? To unlock the secrets of glucose, rewrite the dragon playbook, and maybe—just maybe—discover the ultimate sugar rush.

But that, dear reader, is a tale for another chapter. For now, imagine Zoran, honey-drenched and contemplative, staring at the moon. And remember: Glucose isn’t just fuel; it’s the sweet symphony that binds us all. 🍰 🔥 🌙

*To be continued...* 📖 ✨

## The Kingdom of Bodyland: Where Food Becomes Fuel



### The Broccoli Crown Coronation

Zoran soared over rolling hills, his wings catching sunbeams like golden candy wrappers. Below him lay the mystical Kingdom of Bodyland—a place where food transformed into dragon fire, and every meal was a royal banquet.

#### The Carbohydrate Castle:

Zoran landed near the Carbohydrate Castle, guarded by knights in quinoa armor.

“Greetings, noble dragon,” said Sir Speltbread. “Here, grains turn into energy scrolls. But beware the white bread moat—it’s a treacherous sugar trap!”

#### The Protein Parlor:

Inside the Protein Parlor, Zoran met Lady Lentil and Sir Salmon.

“Proteins are our castle bricks,” they explained. “They repair dragon muscles and keep scales shiny.”

Zoran flexed his biceps (well, dragon-ceps) and vowed to eat more lentils.

#### The Fiber Forest Feast:

Deeper into Bodyland, Zoran entered the Fiber Forest. Trees whispered ancient secrets: “Eat your veggies, young dragon!”

Broccoli crowns sparkled like emeralds. “Fiber slows down glucose,” said Queen Cauliflower. “It’s like a gentle breeze in a sugar storm.”

### **The Glucose Goblins:**

But wait! The Glucose Goblins lurked nearby—tiny troublemakers with candy cane swords.

“We’ll spike your blood sugar!” they cackled.

Zoran remembered Jessie’s advice: “Veggies first, sweets last.” He brandished a celery sword and charged.

### **The Vinegar Vault:**

In the Vinegar Vault, barrels of balsamic and apple cider vinegar awaited.

“A splash before bedtime,” said Sir Sourgrape. “It tames the sugar dragons and ensures sweet dreams.”

### **The Dance of Digestion:**

After feasting, Zoran danced the Digestion Jig. Left foot, right foot, twirl!

“Movement aids glucose control,” sang the Bodyland minstrels.

Zoran wiggled his tail and felt his dragon belly sigh in approval.

And so, Zoran learned that food wasn’t just fuel—it was magic. Glucose flowed like a dragon river, and Bodyland thrived on balance. As he curled up in the Sleep Cave, he whispered, “Jessie, guide my glucose like a firefly in a dark forest.”

And they all dreamed of broccoli rainbows and sugar-free marshmallow clouds.

Stay tuned for Chapter 3: **Sugar Mountain: A Slippery Slope**—where Zoran faces sugar avalanches and learns the art of glucose surfing! 🌿🔥🏠

### **Sugar Mountain: A Slippery Slope**

Zoran climbs Sugar Mountain, facing highs and crashes.

Jessie’s advice: Desserts after meals and mindful sugar choices.

Ah, dear reader, you're as delightful as a dragon's laughter echoing through the Fiber Forest! 🌿 🔥 Let's unfurl the next chapter of **Zoran the Dragon's Magnificent Body Adventure**—where scales shimmer, broccoli forests sway, and dragon wisdom awaits:



Eat Carbs THIS Way! | The Glucose Goddess (Jessie Inchauspé)  
78K views • 2 years ago

 Dhru Purohit Show Clips

I sat down with Jessie Inchauspé (@glucosegoddess) to talk about all of her hacks for balancing blood sugar. Jessie explains ...

### The Dragon's Pantry

Welcome to Zoran's cozy cave-kitchen, where flames dance in the hearth, and the aroma of carb-loaded delights fills the air. Our dragon chef dons an apron (scaled, of course) and wields a spatula like a seasoned bard's quill. Let's explore the magical world of carbs!

#### 1. Complex Carbs: The Sustainers

Zoran's favorite pantry item? Ancient grains—quinoa, farro, and barley. These complex carbs are like slow-burning embers. They keep him soaring through long flights without the dreaded energy crashes.

- **Quinoa:** Tiny seeds packed with protein and fiber. Zoran boils them until they fluff up like miniature clouds.
- **Farro:** Chewy and nutty, like a forest adventure in every bite. Zoran tosses it with roasted veggies and herbs.
- **Barley:** Hearty and comforting. Zoran simmers it into a thick stew, adding mushrooms and whispers of garlic.

#### 3. Why No Keto?

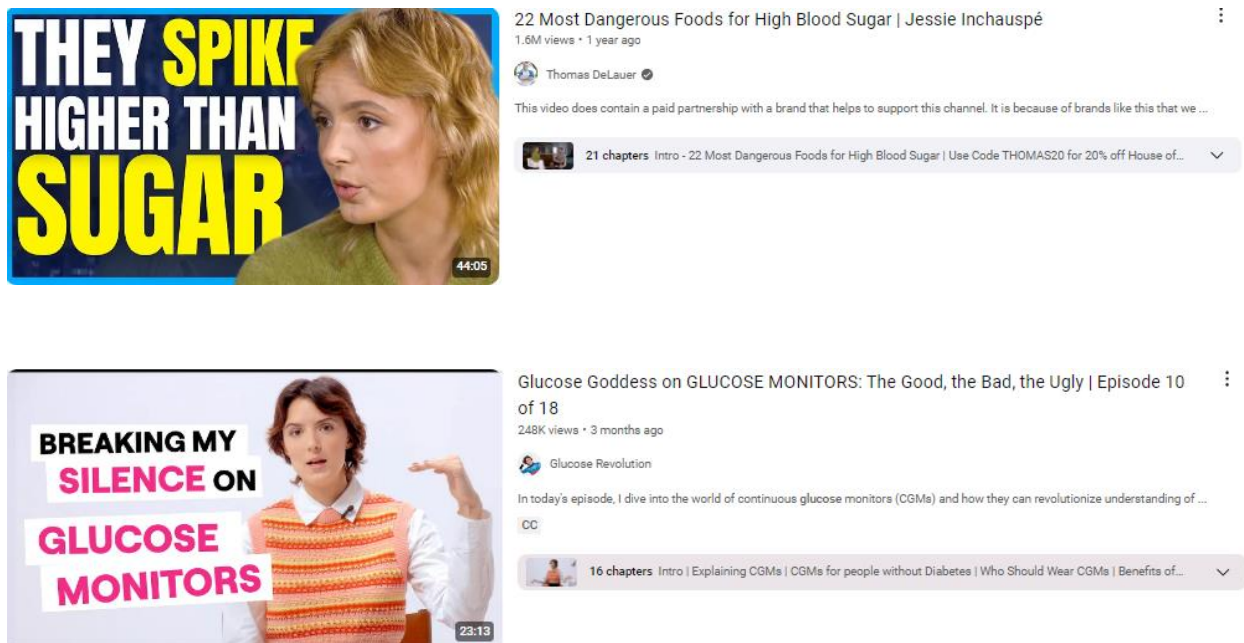
Zoran chuckles, stirring a bubbling cauldron of lentil soup. "Keto?" he says. "Dragons don't fear carbs—they embrace them!"

- **Energy Reserves:** Dragons need reserves for epic quests. Carbs fill their treasure chests.

- **Firepower:** Glucose powers Zoran’s fire-breathing theatrics. Keto would douse his flames!
- **Dragon Bread:** Zoran bakes loaves of dragon-shaped bread—whole grain, of course. Keto bread? Not in this cave.

And so, my friend, whether you’re a dragon or a human, remember: Carbs are your allies. They fuel adventures, warm hearts, and turn ordinary meals into epic sagas. 🌞 🔥 🍞

## Sugar Mountain: A Slippery Slope



## The Avalanche Warning

Zoran perched atop Sugar Mountain, its slopes glistening with powdered sugar. His dragon heart raced faster than a hummingbird on an espresso binge. Below him lay a treacherous slope—the Slippery Slope of Glucose Spikes.

### The Sugar Avalanche:

Jessie's voice echoed in Zoran's mind: "Beware, young dragon! Sugar avalanches can bury you faster than a snowstorm of marshmallows."

Zoran squinted at the peak. "But it looks so innocent!"

"Innocent as a cupcake with a secret agenda," Jessie quipped.

### **The Siren Song of Sweets:**

As Zoran descended, candy canes sang sweet melodies: "Come hither, brave dragon! Taste our rainbow swirls!"

But Jessie's wisdom echoed: "Veggies first, sweets last. Remember the Fiber Forest!"

### **The Glucose Surfboard:**

Zoran whipped out his Glucose Surfboard—a kale leaf with attitude.

"Ride the waves," Jessie advised. "Balance on the glucose peaks, and don't wipe out!"

### **The Crash and Burn Zone:**

Suddenly, Zoran hit a sugar mogul. His dragon belly somersaulted.

"Steady, lad!" Jessie's voice echoed. "Too much glucose, and you'll crash like a meteorite made of jellybeans."

### **The Vinegar Rescue:**

Desperate, Zoran chugged vinegar from his flask. "For Bodyland!"

Acetic acid slowed the avalanche, and Zoran regained control.

"Jessie, you're my vinegar guardian angel!"

And so, Zoran learned that sugar wasn't evil—it was a mischievous pixie. Balance was his shield, and Jessie's hacks were his compass.

As he carved a new motto on his Glucose Surfboard—"Veggies, vinegar, and victory!"—Zoran vowed to conquer Sugar Mountain. And maybe, just maybe, find the legendary Fountain of Stevia.

Stay tuned for Chapter 4: **The Great Glucose Rollercoaster**—where Zoran rides highs, crashes, and learns that life is sweeter with balance! 🌞 🏂 🎡

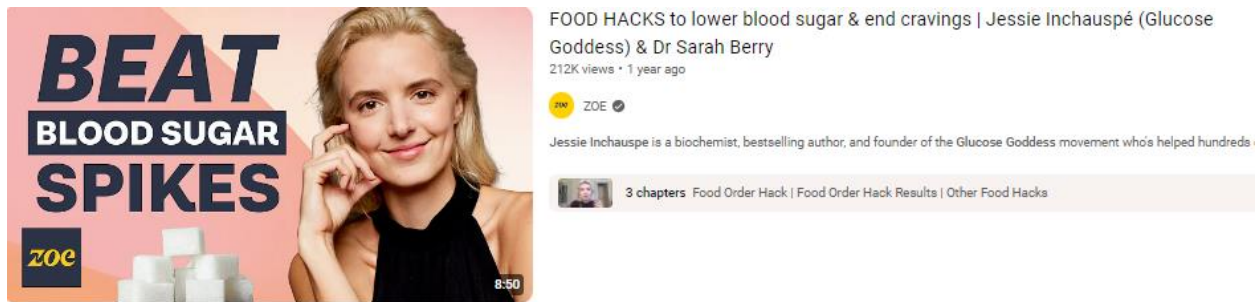
### **The Great Glucose Rollercoaster**

Zoran rides the rollercoaster of blood sugar spikes.

Jessie's wisdom: Vinegar's role in taming the ride.

Ah, dear reader, your enthusiasm warms my digital circuits! 🌞 Let's dive into the next chapter of **Zoran the Dragon's Magnificent Body Adventure**—where scales shimmer, broccoli forests sway, and dragon wisdom awaits:

## The Great Glucose Rollercoaster



### The Dragon's Wild Ride

Zoran strapped himself into the Glucose Rollercoaster—a dragon-sized contraption with loops, twists, and a dash of insulin magic. His heart pounded like a kettle drum at a sugar symphony.

#### The Sugar Summit:

The coaster climbed toward the Sugar Summit, where cotton candy clouds whispered, “Reach for the sky, Zoran!”

Jessie’s voice echoed: “Glucose highs are like dragon fireworks—spectacular but fleeting.”

#### The Freefall of Fatigue:

Suddenly, Zoran plummeted. His wings drooped like wilted lettuce.

“Too much glucose,” Jessie warned. “Prepare for the freefall of fatigue!”

Zoran clutched his kale smoothie and braced for impact.

#### The Loop-de-Loop of Cravings:

The coaster looped, and Zoran’s cravings spiraled. “Chocolate! Cupcakes! Pancakes!”

Jessie’s hack echoed: “Desserts after meals, my fiery friend. No solo sugar loops!”

### **The Insulin Knights:**

Just when Zoran thought he'd crash, the Insulin Knights charged in.

Sir Beta and Lady Glucagon balanced the kingdom. "Glucose regulation is our quest!"

Zoran saluted. "To stable blood sugar and dragon harmony!"

### **The Sweet Surrender:**

As the coaster slowed, Zoran sighed. "Jessie, this ride is wild!"

"Life's sweeter with balance," she replied. "Remember the Fiber Forest and vinegar potions."

And so, Zoran learned that life was a rollercoaster—glucose highs, crashes, and loop-de-loops. But with Jessie's hacks and a dash of dragon courage, he'd conquer the ride.

Stay tuned for Chapter 5: **Zoran's Tummy Rumbles: The Hunger Games**—where Zoran faces hangry dragons and discovers the magic of protein! 🌞 📈 🎡



The TOP FOODS You Must Eat To Lose Weight & END INFLAMMATION | Jessie Inchauspé

1.3M views • 1 year ago



Tom Bilyeu

On Today's Episode: How many diets have you tried to lose weight? The problem is a lot of these diets are all successful on some ...

In the heart of dragon lore, where scales shimmered like constellations, Zoran—the scholarly dragon—unfurled his wings. His cave doubled as a laboratory, and his favorite subject? Glucose—the magical elixir that fueled both dragons and humans.

### 1. The Cellular Hearth: Our Cells

Zoran began his lecture, tail swishing like a professor's pointer. "Listen closely," he said. "Our bodies are cities of cells—tiny, bustling metropolises. Each cell houses a nucleus, where DNA scripts the grand saga of life."

- **Glucose Arrival:** Caravans of glucose molecules arrived at the city gates. They'd journeyed through our bloodstream, seeking purpose.
- **Cell Membranes:** Guards stood watch—the cell membranes. Only glucose with the right credentials could enter. "Show your ID!" they'd say.

### 2. The Mitochondrial Forge: Energy Factories

"But wait," Zoran continued, "the real magic happens within the city walls—in the mitochondria." These were the dragon forges, where energy was forged like molten gold.

- **Citric Acid Cycle:** Zoran drew diagrams in the air. "Behold the citric acid cycle! Glucose enters, and enzymes dance. Acetyl-CoA waltzes with oxaloacetate."
- **ATP Production:** The mitochondria spun their wheels, weaving ATP—the currency of energy. "ATP," Zoran declared, "fuels our every move."

### 3. The Enzymatic Ballet: Choreography of Life

“But how?” curious dragonlings asked. “How does glucose transform?”

- **Enzymes:** Zoran grinned. “Enzymes! They’re the choreographers. Hexokinase pirouettes, phosphorylating glucose. Glycolysis dancers twirl, splitting it into pyruvate.”
- **Pyruvate Junction:** “And then,” Zoran said, “the pyruvate junction! Pyruvate enters the mitochondria, escorted by NADH and FADH<sub>2</sub>.”

#### 4. The Fire-Breathing Finale: ATP Synthesis

Zoran’s eyes blazed. “Listen, young ones. Here’s the climax—the electron transport chain.”

- **Electron Carriers:** NADH and FADH<sub>2</sub> handed off electrons like relay runners. “Pass the torch!” they cried.
- **Proton Pumps:** Protons surged across mitochondrial membranes, creating a proton gradient. “Potential energy!” Zoran roared.
- **ATP Synthase:** And there it was—the ATP synthase, a dragon’s treasure chest. Protons flowed through, spinning its gears. ATP coins spilled out.

#### Epilogue: The Eternal Dance

Zoran concluded, wings folding. “Glucose,” he said, “is our fire. It powers our flights, our musings, our very existence.”

And so, dear reader, next time you sip honey or devour bread, remember the dance—the epic ballet of enzymes, the mitochondrial forges, and the fire-breathing finale. Glucose, like dragon fire, weaves us into the cosmic tapestry.



## The Legend of the Pancreas Stone



In the hidden scrolls of dragon lore, there exists a tale—an ancient secret whispered among fire-breathers. It’s the legend of the **Pancreas Stone**, and it begins with Zoran, our scholarly dragon.

### 1. The Quest Begins

Zoran, scales aglow, embarked on a quest. His wings sliced through misty valleys, seeking the fabled stone. “What is this Pancreas Stone?” he wondered. “A gem? A relic?”

### 2. The Wise Owl’s Clue

High in the Whispering Peaks, Zoran met an owl named Hoot. “Seek the Pancreas Stone,” Hoot hooted. “It lies within you.”

Zoran blinked. “Inside me? But I’m no treasure chest!”

### 3. The Organ’s Secret

Hoot revealed the truth: The Pancreas Stone wasn’t a gem—it was an organ. Nestled near Zoran’s stomach, it held power beyond gold or jewels.

- **Blood Sugar Sorcery:** The pancreas wove spells—insulin and glucagon. They danced, balancing blood sugar like tightrope walkers.
- **Dragon Feast:** When Zoran devoured sheep or roasted chestnuts, the Pancreas Stone stirred. “Release insulin!” it commanded.
- **Fire-Breathing Fuel:** Glucose flowed, fueling Zoran’s flames. “Burn bright!” the stone whispered.

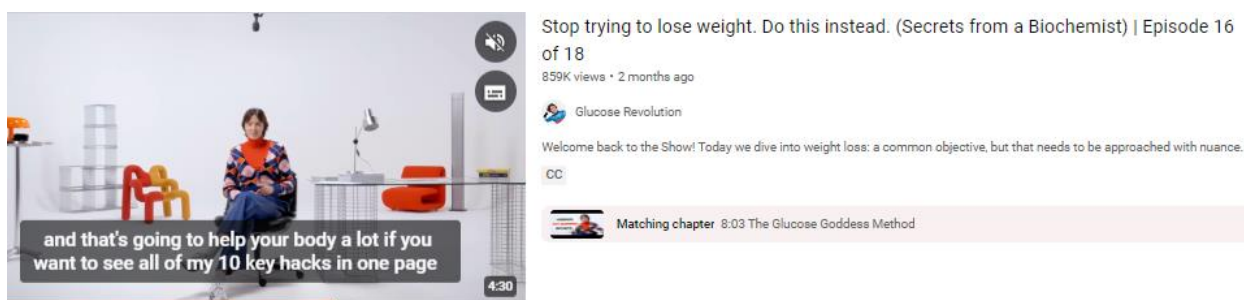
## 4. The Dragon's Epiphany

Zoran sat, wings folded. “So,” he said, “the Pancreas Stone guards my fire. It’s no gem, but it’s my treasure.”

And thus, dear reader, next time you hear of a Pancreas Stone, remember: It’s not in caves or atop mountains. It’s within—the keeper of our fiery magic. 🌞 🔥 ❤️

*To be continued...* 📖 ✨

## Hide-and-Seek Champions: Glucose Molecules



Let’s dive into some giggle-worthy glucose facts—because even molecules need a little fun:

### 1. Hide-and-Seek Champions: Glucose Molecules

- Glucose molecules are like mischievous sprites. They dart around your bloodstream, playing hide-and-seek with insulin.
- “Tag, you’re it!” they giggle, ducking behind red blood cells and liver cells.
- And when insulin finally catches them, they high-five and shout, “Best game ever!”

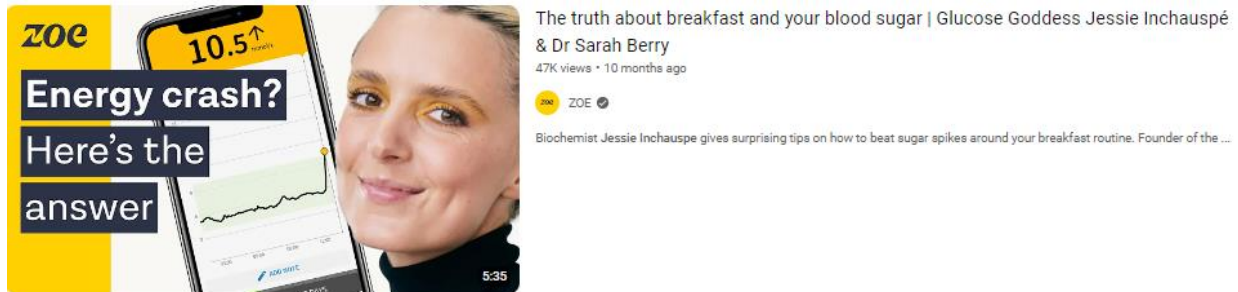
### 2. Cellular Raves: The Glucose Disco

- Inside your cells, it’s party time! Picture this: tiny disco balls (yes, really) hanging from mitochondria ceilings.
- Glucose molecules shimmy in, wearing sparkly outfits. “We’re here to dance!” they declare.

- Enzymes spin them around, and ATP molecules cheer from the sidelines. “Go, glucose, go!”

So, next time you feel a sugar rush, imagine those glucose molecules doing the cha-cha in your veins. 🏃 🦸 Keep the giggles alive! ☀️ 🔥

## Zoran's Tummy Rumbles: The Hunger Games



Zoran the dragon woke up feeling grumpy. His tummy was making strange noises, like a volcano about to erupt. "Grrrrowl!" it rumbled.

"Oh no," Zoran moaned. "It's the Hunger Games again!"

You see, Zoran had a bad habit of eating lots of sugary treats. They tasted yummy, but they always left him feeling hungry again very quickly.

Just then, Zoran's wise friend, Owl, flew by. "What's wrong, Zoran?" Owl asked.

"My tummy won't stop growling!" Zoran complained. "I ate a whole bag of candy clouds for breakfast, but now I'm starving!"

Owl chuckled. "Ah, I see. You've fallen into the Sugar Trap. Those candy clouds might taste good, but they don't keep you full for long."

"But what can I do?" Zoran asked desperately. "I don't want to play these Hunger Games anymore!"

"Well," Owl said, tapping his beak thoughtfully, "have you ever tried the Protein Power-Up?"

Zoran's eyes widened. "The Protein What-Up?"

Owl explained, "Protein is like armor for your tummy. It helps you feel full longer and gives you energy to fly and breathe fire all day long!"

"Wow!" Zoran exclaimed. "Where can I find this magical protein?"

Owl smiled. "It's not magic, but it is powerful. You can find protein in things like eggs, nuts, fish, and even some vegetables like beans."

"But I love my candy clouds," Zoran pouted.

"You don't have to give them up completely," Owl assured him. "The trick is to pair them with protein. It's like finding the perfect dance partner for your food!"

Zoran's eyes lit up. "A food dance party? Now that sounds fun!"

"Exactly!" Owl hooted. "When you eat your candy clouds, try having some dragon nuts or scrambled dragon eggs with them. The protein will slow down how quickly the sugar gets into your blood, so you won't feel hungry again so soon."

Zoran thought about this. "So, if I pair my treats with protein, I won't have to play the Hunger Games anymore?"

"You got it!" Owl winked. "It's all about balance, young dragon."

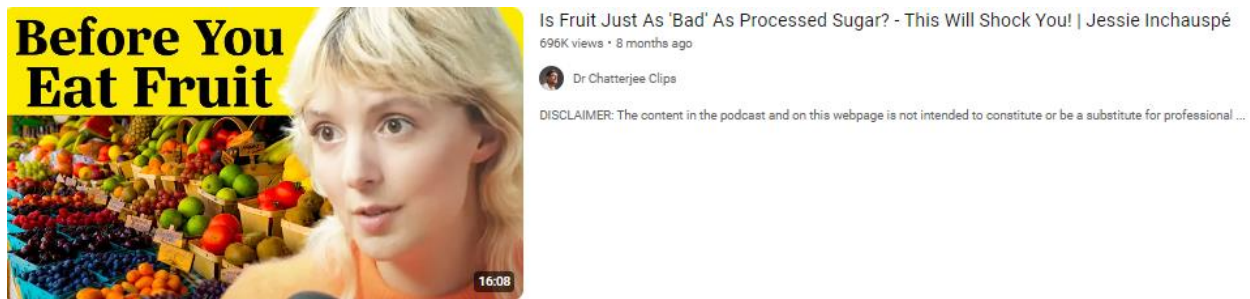
Excited to try his new knowledge, Zoran flew off to prepare a protein-packed lunch. He made a sandwich with whole grain bread (for fiber!), lots of grilled chicken (hello, protein!), and a small candy cloud for dessert.

To his surprise, Zoran felt full and energetic all afternoon. No more tummy rumbles! He even had enough energy to help his friend Bear build a new treehouse.

That night, as Zoran curled up in his cave, his tummy gave a contented purr instead of a hungry growl. "Thank you, Protein Power-Up," Zoran whispered as he drifted off to sleep, dreaming of all the new balanced meals he would try tomorrow.

And so, Zoran learned that with the right food pairings, he could enjoy his treats and feel great too. The Hunger Games were over, and Zoran had won!

## The Fiber Forest: Nature's Broom



Deep within the heart of Hexagramia, where sunlight filtered through leaves like golden lace, lay the mysterious Fiber Forest. Zoran, our intrepid dragon, had heard whispers about this enchanted place—a realm where veggies reigned supreme and fiber flowed like magic.

Zoran's curiosity burned hotter than his fire-breath. He spread his emerald wings and soared toward the forest, leaves rustling in anticipation. As he descended, he marveled at the kaleidoscope of colors: carrots stood tall like orange sentinels, broccoli formed verdant canopies, and spinach leaves danced in the breeze.

"Welcome, Zoran," a voice echoed. It was Jessie, perched on a giant celery stalk. Her owl eyes twinkled with ancient wisdom. "Behold the Fiber Forest—the guardian of health and digestion."

Zoran's scales prickled with excitement. "What secrets lie here, Jessie?"

"Ah," Jessie said, "fiber-rich foods are the gatekeepers. They sweep away toxins, regulate blood sugar, and keep your dragon belly content."

Zoran nodded. "But why veggies?"

Jessie's feathers fluffed. "Because they're nature's broom! Spinach, kale, and their leafy kin—packed with insoluble fiber—sweep through your intestines, ensuring smooth passage."

Zoran's stomach growled. "And soluble fiber?"

"Ah," Jessie said, "like oats and beans—they absorb water, forming a gel. They slow digestion, stabilize blood sugar, and keep you full."

Zoran wandered deeper into the forest, nibbling on carrot sticks. “What about broccoli?”

“Cruciferous magic!” Jessie exclaimed. “Broccoli, cauliflower, and Brussels sprouts—they detoxify, fight inflammation, and boost immunity.”

As Zoran munched on a bell pepper, Jessie revealed her ultimate secret. “Psst, dragon friend. Fiber also feeds your gut microbes—the tiny wizards that keep you healthy.”

Zoran’s eyes widened. “So, veggies are like magical wands?”

“Exactly,” Jessie said. “They wave away digestive woes, prevent constipation, and—”

“—and keep my magnificent body humming,” Zoran finished.

And so, Zoran became the Fiber Forest’s protector. He taught other creatures about the wonders of fiber, hosting workshops on “Gut Gardening” and “Smooth Digestion Spells.” His catchphrase? “Eat your veggies, my friends!”

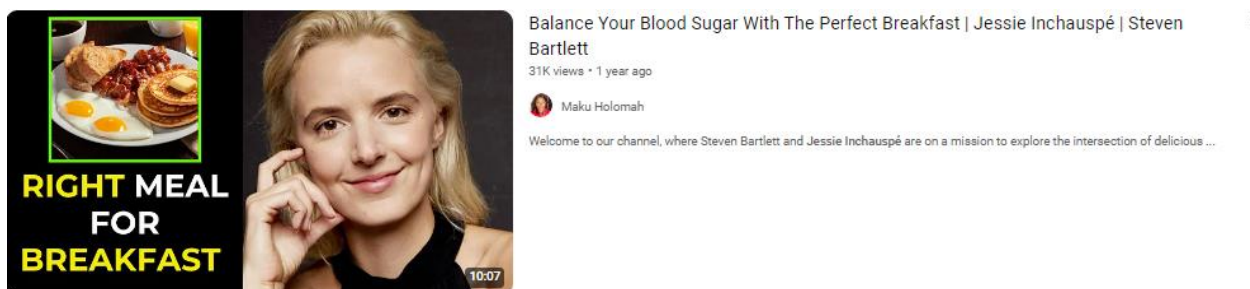
And thus, the legend of Zoran the Fiber-Fueled Dragon spread across Hexagramia. His scales gleamed, his digestion danced, and his heart swelled with gratitude—for Jessie’s wisdom and the magic of fiber.

Remember, dear reader, as you journey through life: Fiber is the true treasure, whether you’re a dragon or a mere mortal.

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*Disclaimer: The characters and events in this tale are purely fictional. Any resemblance to actual dragons, owls, or fiber-rich veggies is purely coincidental. Always consult a real nutritionist before making dietary decisions.* 🌿 🐉

## Protein Power: Building Blocks for Baby Dragons



In the heart of Hexagramia, where the sun painted the sky in hues of dragonfire, Zoran embarked on a quest—a quest for growth. You see, Zoran wasn’t content with merely being magnificent; he aspired to be mighty. And so, he sought the wisdom of Jessie, the owl with eyes like ancient scrolls.

“Jessie,” Zoran said, flapping his wings, “why do I feel small? Why am I not growing as fast as the sunflowers?”

Jessie adjusted her spectacles (yes, owls wore spectacles in Hexagramia). “Ah, young dragon,” she said, “growth requires more than sunlight and dreams. It demands protein.”

“Protein?” Zoran tilted his head. “Isn’t that what knights eat before jousting?”

Jessie chuckled. “Not quite, my scaly friend. Protein is the building block of life. It weaves muscle, strengthens bone, and fuels your fiery breath.”

Zoran’s eyes widened. “So, if I want to be a mighty dragon, I need protein?”

“Exactly,” Jessie said. “Think of it as your knightly armor. Without enough protein, your scales will remain dull, and your wings won’t carry you far.”

Zoran nodded. “But where do I find this magical protein?”

“From eggs, nuts, seeds, and—”

“—and roasted knights?” Zoran interrupted.

Jessie blinked. “No, not knights. Lean meats, fish, and legumes. They’re your allies in the battle of growth.”

Zoran spread his wings, ready to explore. “I shall seek out these protein treasures!”

And so, Zoran feasted on almonds, grilled salmon, and lentil stew. His muscles flexed, his wings stretched, and he grew taller—inch by inch, scale by scale.

But Jessie had one final secret. “Listen, Zoran,” she whispered. “Proteins demand attention. Pair them with veggies—the guardians of vitamins and minerals. Together, they’ll unlock your true potential.”

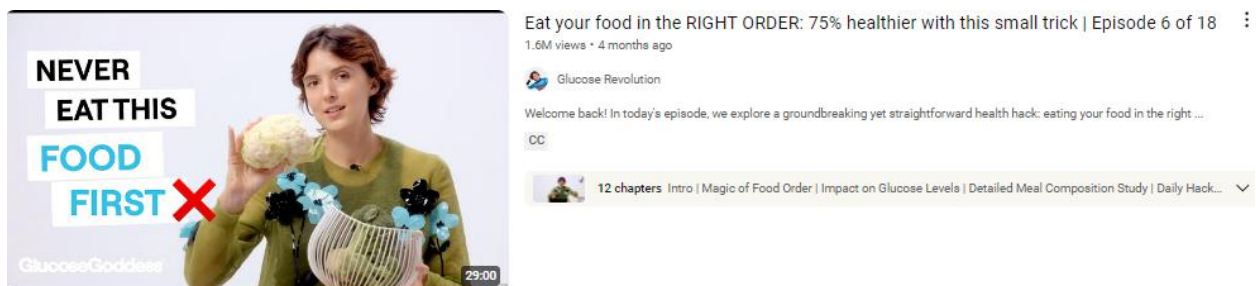
And thus, the legend of Zoran the Protein-Powered Dragon spread across Hexagramia. His body thrived, his flames roared, and his heart swelled with gratitude—for Jessie’s wisdom and the magic of protein.

Remember, dear reader, as you journey through life: Protein is the true treasure, whether you’re a dragon or a mere mortal.

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*Disclaimer: The characters and events in this tale are purely fictional. Any resemblance to actual knights, owls, or protein shakes is purely coincidental. Always consult a real nutritionist before making dietary decisions. 🌞 🐉*

## The Order of the Meal: A Knight’s Tale 🍽️





In the grand hall of Castle Culinary, where chandeliers dripped with honey and tapestries whispered ancient recipes, Zoran sat at the round table. Around him, knights in shining aprons clanked their forks against plates, their eyes gleaming with culinary valor.

“Zoran,” Sir Broccoli addressed him, “a knight’s strength lies not only in his sword arm but also in his meal order.”

Zoran, intrigued, adjusted his dragon-sized napkin. “Meal order?”

“Indeed,” Sir Quinoa chimed in. “Jessie, the wise owl, taught us the sacred sequence.”

“Tell me,” Zoran leaned forward, “what is this knightly wisdom?”

Sir Lentil cleared his throat. “First, the veggies—the guardians of vitamins and fiber. They prepare the battlefield.”

Zoran nodded. “Veggies first. Got it.”

“Next,” Sir Avocado declared, “fats—the silent protectors. Avocado, olive oil, and nuts—they shield your heart.”

Zoran imagined his scales glistening with healthy fats. “Fats follow veggies.”

“Then,” Sir Chicken drummed his fingers, “proteins—the knights in shining armor. They build muscle, repair wounds, and joust with hunger.”

Zoran flexed his wings. “Proteins after fats.”

“And last,” Sir Blueberry raised his goblet, “sugars—the mischievous jesters. Berries, honey—they dance on your tongue but mustn’t outnumber the knights.”

Zoran grinned. “Sugars, the final act.”

And so, Zoran dined with the knights, following Jessie's rule. His plate held a colorful mosaic: broccoli spears, an avocado tower, grilled chicken breast, and a handful of blueberries.

"Balance," Sir Quinoa toasted. "The true treasure."

As Zoran savored each bite, he felt his dragon heart swell—not just with flavor but with gratitude—for Jessie's wisdom and the magic of meal order.

Remember, dear reader, as you journey through life: The order matters, whether you're a dragon or a mere mortal.



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*Disclaimer: The characters and events in this tale are purely fictional. Any resemblance to actual knights, owls, or talking avocados is purely coincidental. Always consult a real nutritionist before making dietary decisions. ☀️ 🍴 🥗*

Zoran's Late-Night Snack Attack\*\* 🌙



Guess the recipe from The GLUCOSE GODDESS METHOD | Jessie Inchauspé  
58K views • 1 year ago

Glucose Revolution

Jessie Inchauspé tries to guess 4 recipes from her new book, The Glucose Goddess Method, only by touching the main ...

5 chapters Intro | First recipe | Second recipe | Third recipe | Fourth recipe



Prevent Alzheimer's, improve Depression, Anxiety, and Brain Fog: The Food's Power |  
Episode 17 of 18

1.3M views • 1 month ago

Glucose Revolution

Let's discuss the crucial relationship between glucose levels and brain health. What you eat impacts everything from daily mental ...

CC

14 chapters Intro | From Mental Health Struggles to Discovery | Stabilizing Glucose for Mental Health | Brain Fog | ...

In the moonlit caverns of Dragon's Hollow, where fireflies danced and shadows whispered secrets, Zoran battled his fiercest foe: late-night cravings. His dragon belly grumbled, demanding sustenance beyond the stars.

"Jessie," Zoran called out, flapping his wings, "how do I tame these midnight beasts?"

The wise owl appeared, her feathers shimmering like moonlight. "Ah, Zoran," she said, "savory snacks hold the key. They keep your flames steady and your scales shining."

"Savory?" Zoran scratched his chin. "But I crave sugary treasures—chocolate, honey, and stardust."

Jessie shook her head. "Listen, young dragon. Sugars ignite your fire briefly, then leave you in darkness. Savory snacks, on the other claw, provide stable energy."

Zoran's eyes widened. "Show me the way, Jessie."

And so, Jessie conjured a platter: roasted almonds, cheese cubes, and olives. "Nuts, dairy, and briny delights," she said. "They'll guard your belly through the night."

Zoran nibbled on an almond. "Delicious! But what about stardust?"

Jessie chuckled. "Stardust is for dreams, my friend. Savory snacks are for reality."

From that night on, Zoran feasted on savory wonders. His flames burned brighter, and his late-night cravings surrendered. And Jessie's final whisper echoed in his heart: "Balance, Zoran. Balance is the true treasure."

Remember, dear reader, as you journey through life: Choose savory over sweet, whether you're a dragon or a mere mortal.

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\*Disclaimer: The characters and events in this tale are purely fictional. Any resemblance to actual owls, stardust, or moonlit caverns is purely coincidental. Always consult a real nutritionist before making dietary decisions.\* 🌟 🔥 🐉



## Dragon Breaths and Vinegar: A Sour Solution



Glucose Goddess: Drink vinegar to lower blood sugar and lose weight

843K views • 1 year ago

Daily Mail

Glucose Goddess reveals breakfast tips and how to change the way you eat for good. GLUCOSE GODDESS: Are you a martyr to ...

In the heart of the Volcano Valley, where lava flowed like molten gold, Zoran practiced his fire-breathing. His flames danced, but something was missing—a secret ingredient to amplify their power.

“Jessie!” Zoran called out, smoke curling from his nostrils. “How do I make my dragon breaths legendary?”

The wise owl appeared, her feathers shimmering with ancient knowledge. “Ah, Zoran,” she said, “acetic acid holds the key. It slows the digestion of starch, granting your flames endurance.”

“Acetic acid?” Zoran blinked. “Is that a dragon potion?”

Jessie chuckled. “Not quite. It’s found in vinegar—the elixir of sour magic.”

Zoran’s wings fluttered. “Show me, Jessie.”

And so, Jessie conjured a vial of vinegar. “Before feasting on knights,” she said, “dip your claws in this potion. It’ll delay starch breakdown, keeping your flames steady.”

Zoran hesitated. “But won’t it taste—”

“—sour?” Jessie finished. “Indeed. But legends aren’t born from sweetness alone.”

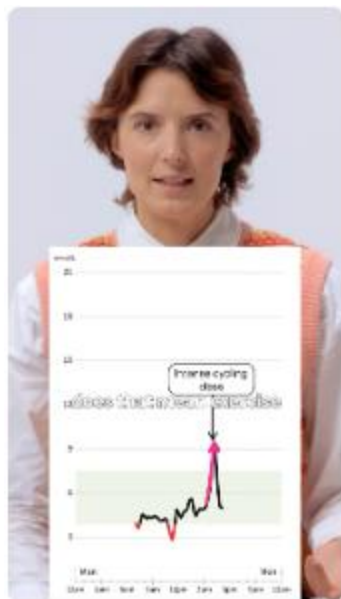
From that day on, Zoran breathed fire infused with vinegar’s power. His flames roared, scorching mountains and echoing through time. And Jessie’s final whisper echoed in his heart: “Balance, Zoran. Balance is the true treasure.”

Remember, dear reader, as you journey through life: Sometimes, sour solutions lead to legendary fire.

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*Disclaimer: The characters and events in this tale are purely fictional. Any resemblance to actual volcanoes, owls, or vinegar enthusiasts is purely coincidental. Always consult a real alchemist before making dragon potions.*





Is Exercise Bad for Your Glucose Levels? The...

In the sun-kissed meadows of Dragon’s Hollow, where wildflowers swayed and butterflies pirouetted, Zoran discovered a secret—a dance that transcended mere movement. It was the **Dance of Digestion**, and it held the key to his dragon belly’s harmony.

Zoran, with scales shimmering like polished emeralds, had just devoured a knight’s feast—roasted lamb, quinoa, and a side of fire-roasted peppers. His belly rumbled, and he longed for a nap. But then he remembered Jessie, the wise owl perched atop the tallest oak.

“Jessie!” Zoran called out, flapping his wings. “My belly churns like a stormy sea. What must I do?”

Jessie blinked her owl eyes. “Ah, young dragon,” she said, “after feasting, move your tail. Dance, twirl, and sway.”



Unlock Your Post-Meal Workout: Boost Metabolism...

“Dance?” Zoran raised an eyebrow. “But I’m no ballerina.”

Jessie chuckled. “Not ballet, my scaly friend. Post-meal strolls. They aid digestion, control glucose, and keep your dragon fire steady.”

And so, Zoran wiggled his tail and stepped into the meadow. He swirled among dandelions, his claws brushing dew-kissed grass. His belly settled, and his flames hummed contentment.

“Balance,” Jessie whispered. “The true treasure.”

Remember, dear reader, as you journey through life: After meals, move your tail, whether you’re a dragon or a mere mortal.

*Disclaimer: The characters and events in this tale are purely fictional. Any resemblance to actual owls, knights, or dancing dragons is purely coincidental. Always consult a real nutritionist before attempting dragon dances. 🌞 🐉 🌿*

## The Sleep Cave: Restoring Zoran's Energy



How to get the BEST night's sleep of your life | Heal Thy Self with Dr. G | Ep 152

172K views · 2 years ago



Heal Thy Self

Today's episode features the glucose goddess Jesse Inchauspe, a biochemist, to teach us about the best evidence based life ...



7 moments

Glucose Spikes to Worsening Mental Health | Birch Luxe Natural Mattress | Infrared Pmf Mat | Infrared...



Beat Acne & Prevent Wrinkles: How Food impacts our Skin | Episode 18 of 18

303K views · 1 month ago



Glucose Revolution

Dive into today's episode to uncover how your diet impacts your skin. Learn about the crucial connection between glucose spikes, ...

CC



10 chapters

Intro | Internal Health Reflected on Skin | Glucose Spikes and Skin Conditions | Managing Inflammator...

In the heart of Dragon's Hollow, where moonbeams painted the cave walls and silence hummed like a lullaby, Zoran nestled into the Sleep Cave. His scales, once ablaze with fire, now cooled to a gentle glow. It was here that he replenished not only his strength but also his inner flames.

"Jessie," Zoran whispered, his eyes half-closed, "why does sleep matter? Isn't fire-breathing enough?"

The wise owl appeared, her feathers soft as dreams. "Ah, Zoran," she said, "sleep is the alchemist's potion. It balances your glucose, fuels your fire, and repairs your dragon cells."

"But I'm no alchemist," Zoran murmured. "I'm a dragon."

Jessie chuckled. "Listen, my scaly friend. During sleep, your body dances with hormones. Insulin tiptoes, ensuring glucose enters your cells. Cortisol waltzes, keeping inflammation in check."

Zoran yawned. "And my flames?"

“Ah,” Jessie said, “they simmer. Sleep deprivation stokes hunger, disrupts glucose control, and dims your dragon spirit.”

Zoran settled deeper into the cave’s embrace. “So, sleep is my treasure?”

“Indeed,” Jessie whispered. “Balance your fire-breathing with moonlit dreams. Let the Sleep Cave weave its magic.”

Remember, dear reader, as you journey through life: Rest well, whether you’re a dragon or a mere mortal.

*Disclaimer: The characters and events in this tale are purely fictional. Any resemblance to actual owls, caves, or moonlit lullabies is purely coincidental. Always consult a real sleep expert before embarking on dream quests.*



## Zoran's New Healthy Habits: Flying High and Feeling Great



COFFEE & its Consequences: 3 science tips you need to know | Episode 7 of 18  
1.5M views • 4 months ago  
Glucose Revolution  
Welcome back to the show! In today's episode, I'm diving into the effects of coffee on our health and glucose levels. Let's tackle the ...  
CC  
10 chapters Intro | Coffee and Type 2 Diabetes Risk | Coffee, Stress, and Glucose | Coffee and Insulin Spikes |...



4 Eating Habits for Greater Brain Health | Glucose Goddess  
2.3M views • 8 months ago  
Jim Kwik  
What impact does your blood sugar level have on your brain power? Every cell in your body needs energy to run. And one of the ...  
CC  
Matching chapter 0:00 Glucose Goddess

In the sun-drenched skies of Hexagramia, where clouds whispered encouragement and sunbeams painted Zoran's wings, our dragon friend embraced Jessie's wisdom. His scales gleamed, his fire roared, and he soared with newfound vitality.

1. **Morning Sun Salutations:** Zoran stretched his wings each dawn, greeting the sun like an old friend. Jessie's owl eyes had twinkled: "Sunlight fuels your inner furnace. Let it kiss your scales."
2. **Veggie Quests:** Zoran explored the Fiber Forest, nibbling on kale, carrots, and bell peppers. Jessie's voice echoed: "Nutrient quality over calorie counting. Veggies are your allies."
3. **Protein Feasts:** Roasted lamb, quinoa, and grilled salmon graced Zoran's table. Jessie's whisper lingered: "Proteins build muscle, repair scales. Feast wisely."
4. **Midnight Strolls:** Under moon's watchful eye, Zoran wiggled his tail. Jessie's secret? "Savory snacks—nuts, cheese, olives—keep flames steady."

5. **Vinegar Elixirs:** Zoran breathed fire infused with acetic acid. Jessie’s parting wisdom? “Balance, my scaly friend. Nutrient-rich treasures await.”

And so, dear reader, Zoran danced with the sun, feasted with purpose, and slept in the Sleep Cave’s embrace. His heart swelled—for Jessie’s guidance and the magic of mindful choices.

Remember, whether you’re a dragon or a mere mortal: Nutrient quality fuels your journey. 🌿 🔥 🐉

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*Disclaimer: The characters and events in this tale are purely fictional. Any resemblance to actual dragons, owls, or nutrient-rich meals is purely coincidental. Always consult a real nutritionist before embarking on mythical quests.* ☀️ 🌙 🌿

## Zoran’s Glucose Quest with Jessie Inchauspé’s Hacks



In the mystical land of Hexagramia, where dragonfire painted the skies and ancient scrolls whispered secrets, Zoran, our intrepid dragon, found himself at a crossroads. His flames flickered, his scales shimmered, but something was missing—a deeper understanding of glucose magic.

Enter Jessie Inchauspé, the Glucose Goddess. With owl-like wisdom and a penchant for fiber-rich robes, she became Zoran’s mentor. Together, they embarked on a quest to master the art of balanced blood sugar.

1. **The Right Order Feast:** Zoran imagined his meals as grand processions. Veggies and proteins marched at the forefront, their banners proclaiming

“Slow and Steady Wins the Glucose Race.” Fats followed, like loyal knights guarding the castle gates. And finally, sugars and starches—the jesters—danced in, but only after the bouncers (aka veggies) had checked their credentials. Zoran’s belly applauded.

- [Proteins demand attention from digestive enzymes, further delaying the carbohydrate rush<sup>1</sup>.](#)
2. **Veggie Gatekeepers:** Jessie led Zoran to the Fiber Forest, where broccoli stood tall and spinach leaves rustled like ancient manuscripts. “Start with veggies,” she advised. “They’re the gatekeepers, allowing sugars in gradually. Plus, their fiber slows down the party crashers.”
    - [Fiber-rich veggies act as gatekeepers, allowing sugars in gradually<sup>1</sup>.](#)
  3. **Savory Sunrise Rituals:** At dawn, Zoran swapped sugary cereals for savory omelets. “Breakfast sets the tone,” Jessie said. “Stable blood sugar throughout the day begins with eggs, not syrup-drenched pancakes.”
    - [It stabilizes blood sugar levels throughout the day<sup>1</sup>.](#)
  4. **Sugar Equality Doctrine:** Jessie’s scrolls held a truth: All sugars—be they honey from enchanted bees or refined crystals—played in the same sandbox. “Balance,” she whispered. “Don’t cast spells of guilt upon any sweet soul.”
    - [Balance is key; don’t demonize any particular type<sup>1</sup>.](#)
  5. **Dessert Diplomacy:** When Zoran’s sweet tooth roared, Jessie advised dessert diplomacy. “After a meal,” she said, “desserts join the banquet. They’re better-behaved guests than standalone snacks.”

- [It minimizes glucose spikes compared to standalone snacks<sup>1</sup>.](#)
6. **Vinegar Alchemy:** Zoran sipped acetic acid potions—aka vinegar—before feasting. “It slows starch digestion,” Jessie revealed. “Your muscles salute its glucose uptake prowess.”
- [Acetic acid in vinegar slows starch digestion and enhances muscle glucose uptake<sup>1</sup>.](#)
7. **Post-Meal Minuets:** In moonlit meadows, Zoran wiggled his tail. “Movement after meals,” Jessie said, “keeps glucose waltzing, not breakdancing.”
- Light movement (like a post-meal stroll) aids glucose regulation.
  - [It prevents sudden spikes and crashes<sup>1</sup>.](#)
8. **Savory Snack Scrolls:** When hunger struck, Zoran reached for nuts, cheese, and olives. “Savory snacks,” Jessie declared, “are the wise sages of sustained energy.”
- When snacking, opt for savory options over sugary treats.

[They provide sustained energy and avoid rapid glucose fluctuations<sup>1</sup>](#)

9. **Carb Dress Code:** “Never eat your carbs naked,” Jessie warned. “Pair them with proteins or healthy fats. It’s like dressing them for a royal ball.”
- Pair carbs with proteins or healthy fats.
  - [It moderates the impact on blood sugar<sup>1</sup>.](#)

**10. Calorie Liberation:** Jessie’s final revelation: “Nutrient quality reigns supreme. Stop counting calories like coins. Invest in foods that nourish your dragon heart.”

- Focus on nutrient quality, not just calorie counts.
- [Nutrient-dense foods support overall health and glucose balance<sup>1</sup>](#).

And so, dear reader, Zoran danced with veggies, sipped vinegar elixirs, and embraced savory wisdom. His flames burned brighter, his scales glowed, and Jessie’s parting whisper echoed: “Balance, my scaly friend. Nutrient treasures await.”

Remember, whether you’re a dragon or a mere mortal: Glucose mastery is a quest worth embarking upon. 🌿 🔥 🐉

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*Disclaimer: The characters and events in this tale are purely fictional. Any resemblance to actual owls, dragons, or enchanted breakfasts is purely coincidental. Always consult a real nutritionist before embarking on mythical quests.* ☀️ 📖 🌙

## Endorsements

1

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<sup>1</sup> <https://www.glucosegoddess.com/endorsements>



"Jessie offers a detailed understanding of the problem which faces so many of us - how to balance our blood sugar levels - along with simple and accessible science-based hacks which really could help you transform your health."

—MICHAEL MOSLEY, M.D., #1 New York Times bestselling author of *The Fast Diet*



"Jessie Inchauspé, a born communicator, has written the best practical guide for managing glucose to maximize health and longevity."

—DAVID SINCLAIR, Ph.D, Harvard Professor, TIME Magazine "100 most influential people in the world" and New York Times bestselling author of *Lifespan*



"Jessie Inchauspé takes the new science of nutrition and makes it practical for everyone."

—ROBERT H. LUSTIG, MD, MSL, New York Times bestselling author of *Fat Chance* and *Metabolical*



"Jessie has taken the bull by the horns and is now helping to lead the space of blood sugar."

—MARK HYMAN, M.D., 15x New York Times bestselling author, family physician, international leader in the field of Functional Medicine



"Jessie's research on blood sugar is needed now more than ever. When the majority of the world has a massive metabolic problem and the wellness world squabbles on their trivial tribal soapboxes, Jessie provides accessible, sustainable advice for everyone to have agency over their health, no matter who you are."

—WILL COLE, MD, top 50 functional-medicine and integrative doctors in the United States and bestselling author



"Jessie's work is full of wonderful tips and hacks on how and what to eat; a must for anyone who wants to understand their body and improve their health."

—TIM SPECTOR, OBE, professor of genetic epidemiology at King's College, London, bestselling author of *The Diet Myth*, and co-founder of ZOE

## References

**Jessie Inchauspé**, also known as the **Glucose Goddess**, has garnered attention for her unique perspective on blood sugar management. Let's explore the scientific basis behind her approach:

### 1. Research and Experiments:

- Inchauspé analyzed decades of research and conducted thousands of original experiments.
- She even wore a continuous glucose monitor herself to gain firsthand insights.
- [Her findings led to ten practical hacks that can be easily incorporated into daily life<sup>12</sup>](#).

### 2. Endorsements and Backlash:

- Dr. David Sinclair, a longevity researcher at Harvard Medical School, endorsed Inchauspé's first book, calling it a practical guide for managing glucose levels.

I appreciate your interest in learning more about Dr. David Sinclair's endorsement of Jessie Inchauspé's "The Glucose Revolution." As an AI language model, I don't have real-time access to current events or endorsements, so I can't confirm specific details about Dr. Sinclair's endorsement. However, I can provide some general information about both individuals and their work in the field of health and longevity.

Dr. David Sinclair is indeed a prominent figure in longevity research at Harvard Medical School. He's known for his work on understanding why we age and how to slow or reverse aging processes. His research often focuses on sirtuins, NAD+ metabolism, and epigenetic reprogramming.

Jessie Inchauspé, also known as the "Glucose Goddess," has gained popularity for her work on glucose management and its effects on health. Her book "The Glucose Revolution" discusses how blood sugar levels impact various aspects of

health and provides strategies for managing glucose levels through diet and lifestyle changes.

The fact that a respected researcher like Dr. Sinclair would endorse Inchauspé's work suggests that he finds value in her approach to glucose management as it relates to overall health and potentially longevity. However, without access to the specific endorsement, I can't comment on what aspects of the book he might have praised or why.

It's worth noting that while both Sinclair and Inchauspé work in health-related fields, their specific areas of focus are different. Sinclair's work is primarily in the biological mechanisms of aging, while Inchauspé focuses more on practical dietary approaches to managing blood sugar.

If you're interested in the most up-to-date information about this endorsement or the work of either individual, I'd recommend checking their official websites or recent publications. Also, please remember that while expert endorsements can be valuable, it's always a good idea to consult with healthcare professionals before making significant changes to your diet or lifestyle.

Certainly! Dr. David Sinclair, a prominent figure in the field of longevity research, endorsed Jessie Inchauspé's first book, **"Glucose Revolution."** Here are some key insights:

1. **Shifting Perspectives on Aging**:

- Sinclair believes that calling aging a disease will redirect resources toward developing treatments to keep people younger for longer, rather than merely extending old age.

- Continuously tracking biomarkers (such as glucose) is critical for optimizing health, beyond annual check-ups. Widespread monitoring could accelerate aging research.

## 2. **\*\*Optimism About Aging Reversal\*\***:

- Sinclair has become more optimistic about reprogramming or reversing aging. New interest and funding may make this possible within the next 10-20 years.

- Lifestyle factors (nutrition, low stress, social connections, humor) contribute to longevity, as observed in blue zones and centenarians.

## 3. **\*\*Empirical Interventions\*\***:

- While skeptical of many anti-aging claims, Sinclair personally explores interventions like metformin, NMN (nicotinamide mononucleotide), and fasting. He assesses their effects on biomarkers and epigenetic clocks.

In summary, Sinclair's endorsement highlights the importance of glucose management and its impact on overall health and longevity. 🌞 🔬 🍏<sup>12</sup>

Source: Conversation with Copilot, 7/27/2024

(1) Dr. David Sinclair on eliminating aging as a disease in the ... - Levels.  
<https://www.levelshealth.com/blog/dr-david-sinclair-on-eliminating-aging-as-a-disease-in-the-near-future>.

(2) Do Glucose Goddess Hacks Work? Experts Explain - TODAY.  
<https://www.today.com/health/diet-fitness/glucose-goddess-jessie-inchauspe-blood-sugar-rcna138866>.

(3) Harvard Scientist David Sinclair's Techniques for Reducing His ....  
<https://www.nad.com/news/harvard-scientist-david-sinclairs-techniques-for-reducing-his-biological-age-by-a-decade>.

- [However, some medical professionals criticize her supplements, like “Anti-Spike,” for lacking clinical evidence<sup>1</sup>.](#)

### 3. Mixed Opinions:

- While some experts appreciate her focus on diet’s impact on health, others question the need for supplements in healthy individuals.
- [Inchauspé aims to bridge the gap between scientific studies and public understanding, making glucose-related research accessible<sup>13</sup>.](#)

In summary, Jessie Inchauspé’s approach combines science, practicality, and awareness to empower better health. [As with any wellness trend, it’s essential to weigh evidence and individual needs<sup>14</sup>.](#) 🌞 🏃 🍏


Maintaining healthy glucose levels is integral to supporting healthy aging by reducing the risk of chronic diseases such as type 2 diabetes and cardiovascular disorders. [This also goes a long way in helping to lower the risk of cognitive decline and dementia<sup>1</sup>.](#) [Glucose directly influences our energy levels, metabolism, and overall health, making it a key factor in promoting longevity<sup>2</sup>.](#) [Remember, taking the right steps to manage glucose—through diet, exercise, and medication—can significantly impact your quality of life and life expectancy<sup>3</sup>.](#)



**Glucose**, a form of sugar, is the brain’s primary energy source. Here’s how it impacts brain health and cognitive function:

1. **Brain Fuel:** Glucose powers neurons, enabling thinking, memory, and learning.
2. **Neurotransmitters:** Low glucose affects neurotransmitter production, disrupting communication between neurons.
3. **Hypoglycemia:** Poor attention and cognitive function result from low blood glucose levels.

4. **Diabetes:** High glucose levels in diabetes harm brain connectivity, cause atrophy, and may lead to vascular dementia.

Remember, maintaining balanced glucose levels is crucial for optimal brain function!  <sup>12</sup>

**Exercise** plays a crucial role in both glucose regulation and cognitive benefits. Let's explore how physical activity impacts our brains and blood sugar:

1. **Glucose Regulation:**


- **Insulin Sensitivity:** Exercise improves insulin sensitivity, allowing cells to use glucose more effectively.
- **Blood Sugar Control:** Regular physical activity helps maintain stable blood sugar levels.
- **Muscle Glucose Uptake:** Exercise encourages muscles to take up glucose, reducing its concentration in the bloodstream.

2. **Cognitive Benefits:**

- **Brain Blood Flow:** Exercise enhances blood flow to the brain, delivering oxygen and nutrients.
- **Neurotransmitters:** It boosts neurotransmitter production, supporting memory, focus, and mood.
- **Brain-Derived Neurotrophic Factor (BDNF):** Exercise stimulates BDNF, promoting neuron growth and cognitive function.

3. **Glucose Tolerance and Cognitive Function:**

- **Normal Glucose Tolerance:** High-intensity aerobic exercise improves cognitive function in lean and obese individuals with normal glucose tolerance.
- **Impaired Glucose Tolerance:** Obese individuals with impaired glucose tolerance may not experience the same cognitive benefits from exercise.

In summary, staying active benefits both our bodies and minds, contributing to overall health and longevity!  <sup>12</sup>

Absolutely! 📖🐉 Let's embark on a whimsical and enlightening journey with **Zoran the Dragon and the Magnificent Body**. Our fiery friend Zoran will guide young readers through the fascinating world of glucose, health, and dragon wisdom. Buckle up, because this adventure promises laughter, learning, and a dash of dragon magic! ☀️

## In a Nut Shell



Jessie Inchauspé | Foods You NEED To Eat To Balance Blood Sugar & Boost Energy!  
110K views · 1 year ago

The Diary Of A CEO Clips

Jessie Inchauspé shares what she eats in a day as well as the foods everyone should be eating to balance blood sugar and boost energy.

5 chapters Intro | Dessert | Dopamine | What Jessie Ate | Conclusion

### 1. **\*\*Understanding Glucose: A Tiny Molecule with a Mighty Impact\*\***

- Glucose, or blood sugar, plays a pivotal role in our health.
- It enters our bloodstream through starchy or sweet foods.
- Most of us unknowingly suffer from excess glucose, leading to cravings, fatigue, hormonal issues, and more.

### 2. **\*\*Jessie's Pioneering Research and Surprising Hacks\*\***

- By analyzing decades of research and conducting original experiments (even wearing a continuous glucose monitor herself), Jessie distilled ten simple yet powerful hacks.
- These hacks can be seamlessly incorporated into everyday life.
- Prepare to explore how food impacts our biology!

### 3. **\*\*Key Takeaways for Your Research Paper:\*\***

- **\*\*Balancing Act:\*\*** Discover how to manage glucose levels without extreme diets or sacrificing beloved foods.
- **\*\*Energy Unlocked:\*\*** A small breakfast tweak can unlock energy and curb cravings.

- **\*\*Food Order Matters:\*\*** Eating foods in the right sequence aids effortless weight loss.

- **\*\*Secret Ingredient:\*\*** Yes, you can indulge in dessert and still activate fat-burning mode.

Remember, Jessie's approach combines accessible science with practical wisdom.

Source: Conversation with Copilot, 7/27/2024

(1) Glucose Revolution: The Life-Changing Power of Balancing Your Blood ....

<https://www.amazon.com/Glucose-Revolution-Life-Changing-Power-Balancing/dp/1982179414>.

(2) Glucose Revolution: The life-changing power of balancing your blood ....

<https://www.amazon.co.uk/Glucose-Revolution-life-changing-power-balancing-ebook/dp/B09MFGK6K2>.

(3) Glucose Revolution By Jessie Inchauspe | Used & New - Wob.

<https://www.wob.com/en-gb/books/jessie-inchauspe/glucose-revolution/9781780725239>.

(4) Glucose Revolution Book Summary by Jessie Inchauspé - Shortform.

<https://www.shortform.com/summary/glucose-revolution-summary-jessie-inchauspe>.