

# Metabolic Health News

## The engine for life

Issue 5 | July 2026 | For Metabolic Health resources please visit: [healthshelf.org](https://healthshelf.org)

## Steady energy, steadier mood: the blood sugar connection

Do you ever get a post-lunch slump? Mid-afternoon you are flat, foggy and looking for something sweet to give you a boost. You might take this as lack of willpower or needing a 'treat' to give you a boost. But often it is your blood sugar.

When we eat a carbohydrate heavy meal, (such as a sandwich and crisps), glucose rises quickly in the blood. The body responds with a surge of insulin to bring it back down, and this spike can then overshoot. The dip that follows can show up as tiredness, irritability, poor concentration and cravings. Your brain depends on a steady glucose supply, so it feels these swings quickly.

The good news is that small changes steady the curve and can make a big difference to how you feel during the day, giving you more consistent energy. These are some of the habits we look at with our patients who are working on improving their metabolic health:

- Rethink how you build your plate. Think about your protein first, then vegetables or salad and some natural fats. Then add carbohydrates if desired. The proteins, fat and fibre will help slow the rise in blood glucose and smooth your blood sugar levels
- Start the day savoury. Experiment with a savoury breakfast – an omelette with your favourite fillings or last night's leftovers hold you steadier than cereal or toast. If you don't feel like savoury, Greek yoghurt can work well.

- Walk after eating. A ten minute walk lets your muscles soak up glucose from your meal and soften the glucose spike [2]. This can be especially helpful after dinner as insulin works less well later in the day. So a short walk, or a few squats, can steady blood sugar before bed and may help you sleep.
- Watch the liquid sugars. Sweet drinks and fruit juices raise blood sugar fastest of all, with nothing to slow them down.

None of this is about cutting out the foods you love or eating perfectly. It is about giving your body a gentler ride, so your energy and mood stay more level through the day.

Try it for a week and pay attention to your afternoons. Many people find the day feels easier and smoother.

*Dr Rebecca Hiscutt is a registered dietitian with a specialist interest in metabolic health, based at Wincanton Health Centre.*

### Reference

1. Hijikata Y, et al. Positive impact of a 10-min walk immediately after glucose intake on postprandial glucose levels. Scientific Reports, 2025. <https://www.nature.com/articles/s41598-025-07312-y>.

# Our First Metabolic Roadshow Event!

Symphony  
Healthcare Services

## METABOLIC HEALTH

Do you want to feel well, have more energy, a better mood and a slimmer waist?  
Learn what metabolic health is, how to measure it, and how to improve it. Then put your 28 Day Plan into action.



GP with a special interest  
in Metabolic Health

Dr Campbell Murdoch



Dietitian with a special  
interest in Metabolic Health

Dr Rebecca Hiscutt PhD

Dulverton Town Hall  
TA22 9EX  
Wednesday 16<sup>th</sup> September  
Opens at 6pm  
Talk starts at 6:30pm

Everyone is welcome!  
This event is on behalf of Symphony Exmoor  
and Lister House Health Centre.

METABOLIC  
HEALTHCARE

## Discover the Power of Metabolic Health.

### Free Community Talk at Dulverton Town Hall!

Are you feeling tired, struggling with your weight, concerned about your blood pressure, or simply looking for ways to improve your health and wellbeing?

Join us for our first Metabolic Health Talk at Dulverton Town Hall and discover how small, achievable changes can have a powerful impact on your health. This event is open to everyone in the community, including patients from Lister House Surgery and Exmoor Medical Centre, as well as anyone interested in learning more about improving their health.

### What You'll Learn

- What metabolic health is and why it matters
- How metabolic health affects your energy, weight, sleep, mood, and long-term health
- Simple ways to measure and monitor your metabolic health
- Practical steps you can start straight away to improve your wellbeing

Our aim is for you to leave feeling informed, inspired, and empowered to take control of your health. The changes we discuss are based on approaches we see making a difference in general practice every day. One patient recently completed a 28-day metabolic health plan. By reducing carbohydrates, increasing protein intake, adding 20 minutes of movement each day, and changing the timing of their meals, they reported:

- ✓ Losing 9 lbs in just 28 days
- ✓ Reducing their waist measurement by 4 cm
- ✓ Sleeping better
- ✓ Feeling more energetic and positive
- ✓ Seeing improvements in their blood pressure

Imagine what could be possible for you. Whether you're looking to lose weight, improve your energy levels, reduce your risk of chronic disease, or simply feel better day to day, this talk will provide practical information and achievable strategies to help you get started.

Your health is one of your greatest assets. Come along, ask questions, and discover how small changes can lead to big improvements.

**We hope you'll join us at Dulverton Town Hall.  
Take the first step towards better health and wellbeing.**