

The Balanced Type Starter Kit



This guide will help you take your first
steps toward peace with food and more
steady blood sugars — without
restriction, guilt, or all-or-nothing
rules.

The Meaning Behind the Rocks

Stacking rocks is a simple, mindful practice found in many cultures — a symbol of balance, patience, and presence. Each stone must be placed with intention and awareness, creating stability through subtle adjustments.

This mirrors the process of finding balance with Type 1 Diabetes. Just like building a rock stack, it's not about perfection — it's about small, steady actions that support one another.

When we calm the mind, we create a stable base — the first stone that grounds everything else.

When we nourish the body, we add strength and structure — steady energy that helps maintain balance.

And when we balance blood sugars, we bring harmony to the whole system — a sense of equilibrium that allows everything to stand tall.

Each stone, each choice, each moment of awareness contributes to your foundation of balance — built with care, compassion, and trust in the process.

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Welcome to Karen Pries: The Balanced Type

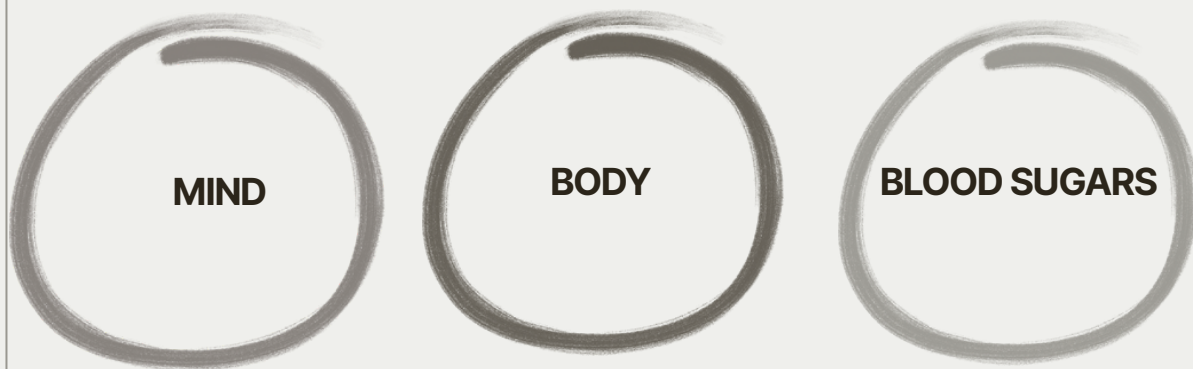
Hi, I'm Karen Pries — Physiotherapist, Health Educator, and person living with Type 1 Diabetes since 2007.

For years, I battled the binge-restrict cycle, food guilt, and blood sugar chaos. I thought I just needed more willpower — but what I really needed was balance.

This guide will help you take your first steps toward peace with food and steadier blood sugars — without restriction, guilt, or all-or-nothing rules.

Inside, you'll discover my simple 3-step Balanced Type Method — the same approach that helped me rebuild trust with my body, stabilize my blood sugars, and finally feel calm around food again.

You don't have to do everything perfectly. Just start with one small shift. Because balance is built, one choice at a time. 🌱



Step 1: Calm the Mind

FOCUS:

Breaking the binge–restrict cycle starts with your thoughts, not your willpower. When blood sugars are high or low, or you’ve “blown it” with food, the inner critic gets loud — which fuels shame and leads right back to the next binge.

TAKEAWAY:

Awareness and self-compassion reduce binge urges more effectively than control or punishment.

ACTION STEP:

Pause before reacting to a “bad” number or eating moment. Say to yourself: “This is information, not judgment.”

Write down what triggered you — hunger, stress, numbers, fatigue — just to notice, not fix.

MINI WIN:

You’re learning to respond, not react.

NOTES:

Step 2: Nourish the Body

FOCUS:

Under-eating, delaying meals, or skipping carbs often backfires — driving cravings and loss of control later.

Your body and brain both need steady fuel to feel safe.

TAKEAWAY:

Binge eating is often a biological response to restriction — not a lack of willpower.

ACTION STEP:

Eat every 3–4 hours, including protein, fibrous carbs, and fat at each meal.

Add one balanced snack if you tend to binge later in the day.

MINI WIN:

Your body starts to trust that food is coming — cravings quiet down naturally.

NOTES:

Step 3: Balance Blood Sugar

FOCUS:

Extreme highs and lows increase stress hormones and hunger signals, making binges harder to resist.

Gentle, predictable blood sugar patterns support emotional steadiness and food freedom.

TAKEAWAY:

Stable blood sugars help calm both body and mind — creating the space to make balanced choices.

ACTION STEP:

Track patterns with curiosity — not perfection.

Notice what meals or situations make numbers swing and which feel steady.

Choose one small change to experiment with (like pairing carbs with protein, or pre-bolusing a bit earlier).

MINI WIN:

You feel more in control without chasing perfection.

NOTES:

Wins & Reflections

YOUR FIRST WINS:

You're already doing the hardest part — showing up for yourself.

Here are a few small wins that build momentum:

- ✓ I ate a balanced meal and noticed my blood sugars and mood.
- ✓ I noticed one critical thought and replaced it with curiosity.
- ✓ I paused before each meal and took 3 slow breaths.
- ✓ I identified one time of day I'm most vulnerable to a binge.
- ✓ I celebrated one small success — even if it felt tiny.

REFLECTION:

“When my mind, body, and blood sugars feel balanced, I notice that I...” (write freely — no right or wrong answers)

NOTES:

You Don't Have to Figure This Out Alone

If this guide resonated with you, you're already part of a growing community of people with Type 1 Diabetes who are ready to find peace with food — for good.
Here's how you can stay connected:

1. 🎧 Listen to my YT channel The Balanced Type — conversations about sugar freedom, emotional eating, and living balanced with T1D.
2. ✉️ Join my email list — I'll send you practical tips, real stories, and encouragement each week.
3. Follow me on Social Media for inspirational tips – Facebook, Instagram
4. 💬 Work with me — coming soon: The Balanced Type Coaching Program — a supportive path to end the binge–blood sugar cycle for good.

You deserve a life that's more than numbers, rules, and food guilt.
You deserve balance.

Warmly,

Karen Pries

Physiotherapist | Health Educator | The Balanced Type

Notes