



Comprehensive Insulin Resistance Reversal: Step-By-Step Plan

- ☐ **Assess Your Client to Determine Where They Are at the Start**
 - ☐ Insulin resistance assessment
 - ☐ Short lifestyle assessments
 - ☐ Lab testing
 - ☐ Measurements
 - ☐ Glucose testing and tracking

- ☐ **Suggest Supplements and Foods to Increase Sensitivity of Insulin Receptors**
 - ☐ Supplements – basics
 - ☐ Beverages
 - ☐ Food list
 - ☐ Herbs
 - ☐ Supplements – advanced

- ☐ **Offer Tools to Address Attitude and Stress**
 - ☐ Power of appreciation / mini-vacations
 - ☐ Visions and goals

- ☐ **Counsel on Insulin Sensitizing Movement Bursts**
 - ☐ Bursts
 - ☐ Walking and aerobics
 - ☐ Stretching

- ☐ **Empower Incorporation of Timing Guidelines**
 - ☐ Stop eating at least 3 hours before bedtime
 - ☐ Allow 12 hours between dinner (supper) and breakfast
 - ☐ Eat within an hour of getting up, a low-carbohydrate, moderate-protein meal
 - ☐ Space your meals 5 – 6 hours apart with no snacking



☐ **Improve Quality and Quantity of Sleep**

- ☐ Go to bed by 11 p.m. or earlier most nights
- ☐ Sleep at least 8 hours most nights.
- ☐ Turn down the activity intensity starting a couple of hours before bedtime:
 - Turn off the TV
 - Dim the lights
 - Get away from the computer
 - Take a warm bath
 - Listen to soft music
- ☐ Take herbs to calm the nervous system and reduce cortisol

☐ **Coach Through the Phasing out of Foods**

- ☐ Low-glycemic
- ☐ Low-allergenic
- ☐ Anti-inflammatory
- ☐ Nutrient dense

☐ **Guide Through a 30-Day Metabolic Reset:** Strict adherence to all guidelines for 30 days, ideally while monitoring glucose throughout the day.

☐ **Transition Period:** Gradually test and phase out supplements no longer needed and phase in foods that had been removed, as tolerated.

☐ **Maintenance:** Guide your clients to determine what's required to maintain optimal glucose, insulin, and hemoglobin A1C levels; stable weight energy; and mental clarity.