

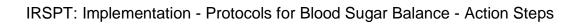
IRSPT: Implementation Protocols for Blood Sugar Balance - Action Steps Check Items as You Complete:

☐ Re	eview the core content Implementation recording.
	Insulin Resistance Assessment Lifestyle Assessment: Fitness for Blood Sugar Balancing Lifestyle Assessment: Diet & Nutrition for Blood Sugar Balancing Lifestyle Assessment: Attitude / Stress for Blood Sugar Balancing Lifestyle Assessment: Sleep for Blood Sugar Balancing Lifestyle Assessment: Sleep for Blood Sugar Balancing Lifestyle Assessment: Timing for Blood Sugar Balancing Body Measurements Tracker Lab Testing Glucose Testing
su - -	Itrition – Part 1: Ensure your client understands which foods, herbs, and pplements to add that will help to restore the sensitivity of insulin receptors. Have clients start taking the basic supplements ASAP Introduce low-glycemic and green beverages Provide a list of helpful and healing foods Low-glycemic Low-allergenic Anti-inflammatory Nutrient dense Provide a list of helpful and healing herbs Suggest additional supplements based on the client's needs



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 Stress: Ensure your client has tools and understands the importance of practicing frequent "mini-vacations" to handle and overcoming stress. Ask you client to connect with his/her visions and goals Ensure the client understands the power of appreciation Encourage your client to adopt "mini-vacations" or stress-handling technique at least 5 times per day (upon rising, before meals, and before bed)
Fitness: Ensure your client understands the importance of daily movement. Include burst training throughout the day Engage in walking and aerobics Include stretching
 Sleep: Ensure your client understands the importance of sleep with regulating hormone balance and restoring insulin sensitivity. Coach them to adopt the following routines: Go to bed by 11:00 p.m. Sleep at least 8 hours sleep 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 sleep supporting herbs
 Timing: Assist your client with optimizing the timing of all the lifestyle protocols that will help to balance hormones and restore insulin sensitivity including: 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 meals 5 – 6 hours apart with no snacking





		utrition – Part 2: Ensure your client understands which harmful foods to remove m his/her diet:	
		Common allergens and known food sensitivities	
		High-glycemic foods	
		Inflammatory foods Nutrient depleted and presented foods	
	_	Nutrient depleted and processed foods	
	30-	-Day Metabolic Reset Phase: Guide your client through a 30-day metabolic reset	
	-	riod focusing on the lifestyle habits and diet in the 30-Day Metabolic Reset at a ance document.	
		Stress transformation activities	
		Fat burning fitness activities	
		Optimizing sleep	
		Timing everything for optimal blood sugar balance	
	Transition Phase: Guide your client through the testing phase focusing on careful		
		ntroduction of healthy food choices and reduction of supplements as tolerated. The	
		estyle habits need to remain, along with an emphasis on a whole foods diet that	
		sludes lots of non-starchy vegetables and whole food fats:	
		Use the 30-Day Metabolic Reset at a Glance chart to phase back in the foods in the	
		caution section (yellow) that were avoided during the 30-day metabolic reset.	
		Follow the guidelines for reintroduction in the <i>Implementation: Post-Metabolic</i>	
		Reset Instructions and Checklist document and the Implementation video slide	
		presentation, being careful to move slowly.	
		Phase out supplements according to the guidelines provided, being careful to	
		reduce slowly after desired results are achieved. Even then, reduce slowly and by	
		one nutrient at a time. Many will want to stop everything cold turkey and that's a	
		big mistake.	
		Continue to avoid most of the foods in the avoid section (red), especially the ones	
		Continue to avoid most of the foods in the avoid section (red), especially the ones labelled as avoid for life. Small amounts of some of the others may be tolerated on	



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Mair	ntenance Phase: Guide your client through the maintenance phase focusing on:
☐ F	Finding his/her personalized ideal plan for keeping insulin and blood sugar under
C	control
	Eating for health first rather than pleasure first
	Managing emotional eating
	Creating a life-long fitness regime that fits lifestyle
	Being consistent with sleep
	Continuing to time food and exercise for maximum results
□ F	Finding something fun to do every day