



IRSPT: Implementation Protocols for Blood Sugar Balance - Action Steps

Check Items as You Complete:

- Review the core content *Implementation* recording.

- Assessments:** Ensure your client has completed all the following assessments:
 - 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: Timing for Blood Sugar Balancing
 - Body Measurements Tracker
 - Lab Testing
 - Glucose Testing

- Nutrition – Part 1:** Ensure your client understands which foods, herbs, and supplements **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



- 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



- ❑ **Nutrition – Part 2:** Ensure your client understands which harmful foods **to remove** from his/her diet:
 - ❑ Common allergens and known food sensitivities
 - ❑ High-glycemic foods
 - ❑ Inflammatory foods
 - ❑ Nutrient depleted and processed foods

- ❑ **30-Day Metabolic Reset Phase:** Guide your client through a 30-day metabolic reset period focusing on the lifestyle habits and diet in the *30-Day Metabolic Reset at a Glance* 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 reintroduction of healthy food choices and reduction of supplements as tolerated. The lifestyle habits need to remain, along with an emphasis on a whole foods diet that includes 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 *Implementation: Post-Metabolic 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 labelled as avoid for life. Small amounts of some of the others may be tolerated on occasion.



- ❑ **Maintenance Phase:** Guide your client through the maintenance phase focusing on:
 - ❑ Finding his/her personalized ideal plan for keeping insulin and blood sugar under 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
 - ❑ Finding something fun to do every day