



Implementation Transcript

Hello and welcome to the *Implementation* module of the Insulin Resistance Solution Practitioner Training. I am Dr. Ritamarie Loscalzo. It is really exciting to present this to you because it is where everything we have learned so far, is being pulled together. I am going to teach you how to guide your clients through what I like to call a 30-day metabolic reset. It is basically a 30-day period where we are keeping all of the things that could affect negatively their insulin receptors, we're keeping those out. We are also avoiding things that raise the insulin levels. So they get a nice period of rest, basically, for 30 days where the insulin levels are kept low, and all of the factors that damage and desensitize the insulin receptors are kept to a minimum.

Before we begin I just want to make sure that you know that everything that I am presenting here, and everything that you are presenting to your clients, is not intended to replace a one-on-one relationship with a qualified health practitioner. It is not medical advice. It is not diagnosis. We are doing some assessments and some evaluation, and helping them to identify those factors in their diet and lifestyle and the nutritional status, that are impacting their health negatively. You are educating them about the steps that they can take to correct and restore balance. When the body is restored to balance, healing can occur. If they are under the care of a medical practitioner, if they are on any medication at all, especially if they are on medications related to blood sugar regulation and blood pressure regulation, you need to make sure that they are doing the program with the knowledge of that practitioner, so that that practitioner can help them if they need to have any reduction or change in the medication that they are currently taking.



Review

Before we jump in I want to do a little bit of a review of where we are in the program. We started out with an introduction, an overview of all of the different factors. We gave you a hint and some highlights of what we will be covering in the metabolic reset. We went through assessments. Remember, it was not only the pen and paper assessments, and the online questionnaires, and various blood tests, and most especially and most important, the blood sugar testing via the glucose meter. We talk about nutrition. We went to some of the supplements you can get people started on to help to reduce the cravings because they help to restore some of the sensitivity of the insulin receptors. We went through stress and taught you a variety of things you can work with when you are with your clients.

We went through fitness. We gave you some very simple things in the fitness realm that your clients can do without having to become a triathlete or a marathon runner or a bodybuilder, simple things that they can do in the fitness realm to help restore sensitivity of their insulin receptors. We talked about the ever-important sleep, and how even one night of bad sleep in a healthy person can create temporary insulin resistance, so chronic low sleep creates insulin resistance. Finally went through timing. It is not just what you do, it is when you do it that is very important.

Putting It All In Place

Now we are going to go through the putting it all into place. How to guide people through a 30-day period where their insulin receptors become happy again and start functioning again, and what to do once you've gotten them through that period, how do you transition them out, and how you get them on a maintenance program that maintains healthy blood sugar forever. After this we are going to give you some insights as to how you can take this and put it into practice and educate your community, and market your program so people are actually drawn to you to get this kind of help.

5 Key Steps

Remember we keep talking about five key steps that we have been working through with these five different aspects of lifestyle: increasing insulin sensitivity, decreasing insulin need, reducing inflammation so that the insulin receptors can be restored to normal functioning, optimizing fat burning and lean muscle mass building because it is the hormones that are involved with that, that actually need to be balanced in order to get insulin in balance. Finally, minimize the impact of 'candy-bar' eating effects of stress. These are the things that have to happen in order for balance to occur.



Normal Blood Sugar

Remember we talked about what is normal blood sugar. This is what we are going to maintain. This is what we are striving for, not the top which are the highs. Not necessarily the very low, but towards the middle to low end of the spectrum is what we are looking for. The graphic at top is the glucose levels.

In a normal healthy person even if they take a boatload of sugar, their glucose is not going to go up very high until they do that chronically and then damage the whole system. With someone who is healthy, an occasional sugar is not going to send their blood sugars up to the roof. The lower curve is insulin, and you can see that insulin parallels the glucose in most cases; and in the nutrition module we talked about a few cases where that does not happen and how you have to be careful of certain foods that spike insulin without actually spiking blood sugar.

Breaking the Vicious Cycle of High Glycemic Carbohydrate Addiction

[5:54] Finally, really important in everything we are talking about in this talk and all of our other talks, is how we are going to break that vicious cycle of the high carbohydrate, high-glycemic carbohydrate addiction. Because those high-glycemic carbs promote excess insulin, and in the normal cells, over time, adapt to those high levels of insulin by turning off. Then they require very large amounts of insulin to even open up a little bit.

The high insulin leads to hypoglycemia so they are overproducing the insulin and it overshoots its mark. The hypoglycemia leads to cortisol spikes and adrenaline spikes, which causes muscle to be burned to create new glucose and it also produces a craving for those high-glycemic carbs, which then, if you go ahead and eat, you are back in the cycle. So this whole process is about breaking this cycle. Then the five key lifestyle areas that we are going to be addressing. We are going to go into lots more details about that right now.

30-Day Plan Overview

Let me give you an overview about the 30-day program that you are going to put people on. It might be longer for some people and shorter for others, but this is the overview. Then we will go through the summaries in each area. **Greens, Chia seeds**, or other omega-3 foods, **green powder** optionally in the morning **within an hour of getting up**, I find that is a really nice balance. You've got the omega-3's, you've got the protein and you've got all the vital nutrients in the greens and all of the minerals that help keep your blood sugar balanced. **Walking or low intensity aerobics**, even getting them to do 20 minutes or a half hour of walking, or 10-minute bursts of walking, were found to be just as effective.



If people say, 'I don't have time for that', you can say 'Can you find five minutes or ten minutes?' The burst training, we talk about that in the fitness part and we gave you lots of videos and things you can do.

Experiment with the **cleansing day each week**. That is for those who need to lose a little bit of weight. For those who are thin they may not want to do this, although it can be highly beneficial even for thin people. That is where it is either all day of just juicing or smoothies, but what is better than all day, is to do it for a 24-hour period that starts somewhere in the day; so it is not like you wake up in the morning and you do not eat or you do just juicing. You have a normal breakfast. You skip lunch or dinner or you juice or blend or something like that. Then you have a normal breakfast the next day so it does not feel like such a burden.

You are really only missing two main meals. It can either be where you do cleansing foods like juices and broths and smoothies, or it could be a fast with water and that is called intermittent fasting. We've got a document that describes in great detail how to do that. That really helps people when they do that once a week. It really helps them to reset things and keep them on track.

The **stress management**, whatever they can do. You may have a stress management specialty. Maybe you have a specific type of meditation that you can teach. I have given you an example of what I teach, but you can use whatever works for you and your clients. Always ask them what they are doing, and see if that is sufficient or if you need to get them to do more of it.

Bedtime by 11 pm, and then schedule **7 to 9 hours of sleep every night** while they are in the 30-day phase, it can be dramatic, really dramatic. This is what you want them to do for 30 days. You may have a period of 30 days leading up to this where you are gradually introducing these concepts, and then you say 'okay, here is what we are going to do: you do this for 30 days, but you are also going to eat only the foods that keep the **blood sugar under 110 at all times**.' With the recommendations that I give you, that will happen.

30-Day Strict Low-Glycemic Diet

This is a 30-day, strict, low-glycemic diet. **No sugar**, of course, of any kind. That includes agave and maple syrup. **No grains** unless if it is really clear that they tolerate it, especially in your thinner patients. They may say, quinoa is fine, it does not raise my blood sugar and it gives me the extra bulk and keeps me full. That is fine. For your overweight people, or your diabetic, or pre-diabetic people, that is going to be problematic if it raises their blood sugar.



Thirty days of no grains can really be dramatic. If they are not willing to go 30 days with no grains at all, and they are eating quinoa and things like that, make sure they are not having any flours like pasta and bread. That can be problematic. **No potatoes**, they tend to spike blood sugar high, so we avoid those. We **avoid bananas and other high-glycemic fruits** like mango, papaya, and pineapple can be on that list. You remember when we went through that whole process of getting them to do testing. They will know what these foods are.

If you've got somebody who does not want to do the pricking of their finger then you can give them the strictest chart to follow. It is a 30-day metabolic reset. **No dried fruit** and **no fruit juice**, because the body treats them just like sugar. If they tolerate low quantities of low-glycemic fruit, the berries are usually good for some people, for some people the green apples, for some people but not all, the grapefruits. I've had a lot of my patients who just cannot tolerate grapefruit. It shoots their blood sugar up to 185. You avoid it.

Other Foods to Avoid

Other foods that you need to have them avoid would be: **heated oils, trans-fats** because those are inflammatory and those are going to damage the insulin receptors. Remember we are trying to heal them. The reason for the strict low-glycemic diet is to give the cells a break from insulin. They have put up their hands and said 'I am resistant now because I've had so much insulin for so long.' You are trying to give them a break. You don't want to have any of these insulin surges.

You want to eliminate any of their **top allergens**, or **any known allergens**. You will be surprised at how many people come to you and say, 'I am allergic to watermelon. Whenever I eat it I break out in hives.' You go, 'oh, how often do you eat it?' 'Oh, not often, maybe once per week'. Really? You think that is okay? No, it is not. When you know that there is something that they are allergic to, you need to stop it because it is causing inflammation. If it is causing external inflammation like hives, you can be sure it is causing inflammation internally with all of histamine's floating in their system.

Anything, anything, **anything that raises their blood sugar over 110**, even if it is an avocado and that raises their blood sugar over 110. Here is a caveat to this, and here's the exception to this. You have somebody who is a diabetic who fasting blood sugar is 120 and you are not going to get them down to 110 right away. You've got to work within their range. You have them chart, and you see what their ranges are, and have them avoid foods that raise their blood sugar more than 20 to 25 points.



If their level, their fasting blood sugar is 120, you are going to say okay, you are not allowed to eat any foods that raise your blood sugar above 140 to 145. That way they are going to be affecting a change overall, because of course, you can't get someone who starts at 130 to be below 110 at all times. That would be their dream. We are talking about people who are marginally insulin resistant, or truly insulin resistant, but haven't jumped over into the diabetic range. If they are in the diabetic range you need to be a little bit different in your criteria here.

Common Allergens and Potential Allergens

For the foods, as a review, the top six allergens, I always get them off of the top six allergens for 30 days if I can get them to do it: **gluten, dairy, corn, soy, eggs, and peanuts**. Some people have problems with the others, the runner-ups that are high and popular in the allergens are **shellfish, tree nuts, strawberries, citrus, oats, and yeast** but with tree nuts I want to say people/doctors don't really understand a lot about the allergies: cashews are not in the same family as macadamia nuts. If someone is allergic to macadamia nuts, it does not mean they have to avoid cashews. If they are allergic to almonds, it does not mean they have to avoid pine nuts. They are different families. If somebody said across the board 'I am allergic to tree nuts' I would be highly suspicious. It is rare.

I had somebody who started the program who was allergic to lemon. She said: 'All of your drinks have lemon in them what am I going to do?' I said 'We will try apple cider vinegar for that sour instead of lemon'. She did that, she did the whole program, she lost weight, she got her sugars under control and now she can eat citrus. She has no problem eating citrus. She cleaned things up. This is not permanent. I am going to talk to you in a minute about the maintenance phase.

Ready For Maintenance Phase

Once they have done this for 30 days and they say 'okay 30 days is over. I am going to do whatever I want.' No, you don't want them to backtrack. In order for them to be ready for the maintenance phase, they need to have had **at least three weeks of stable glucose**, under 110, and rarely if ever below fasting level within two hours, meaning they are not going into reactive hypoglycemia. This does apply for your diabetics because obviously if someone has been diabetic, they are not going to reverse it in 30 days. I have seen major shifts in 30 days. They may not shift it completely although I can cut you a couple of stories of people who did. I had one person who was fasting at 220. Within two weeks of us working together his fasting was 90, and he even had dips down into the 70s. It can happen quickly, but with the diabetics you may have to have them on this program longer.



Once they get to the point where there is three weeks straight of stable glucose, where they are not going above 110 and rarely if ever below fasting, and they are consistently taking their basic supplements like we talked about chromium, magnesium, and DHEA, and possibly some of the other foods, and herbs like berberine, olive leaf, lipoic acid, and some of the others. They have to be consistent. They are fairly consistent. It means that they are not 100% necessarily, but they are fairly consistent on the exercise, stress, and sleep, and are noticing improvements.

I had one person who came after a month and I saw her and said 'wow, what have you been doing?' She said 'I am doing your program'. This is somebody who was in my group program who signed up online. She came to a couple of events and I had seen her a month before and my jaw dropped. She dropped 23 pounds and 9 inches in one month. It was crazy but it happens. So, they are fairly consistent and they are noticing improvements. Their weight has improved, their brain fog has improved, their energy has improved, and overall they are feeling better and their glucose numbers have improved. It is not necessarily going to be all of them. Then you are ready to help them move back in.

Foods Best To Avoid For Life

I will caution you that there are certain foods that are best for them to continue to avoid for life. What are those? **Sugar and all of its relatives**. An occasional hint of unrefined sweetener in an otherwise healthy food, for example, a tart that grandma made, grandma probably wouldn't make it, it was probably one of your friends who are into health food, that has a pinch of honey in it. Or a smoothie with a pinch of honey and all kinds of greens, but overall they should be avoiding sugar. Test and don't make it a habit. If you are going to try something that has a little honey in it, test the blood sugars. If you get away with it, don't make a habit because you are going to get back into the problem. **Pasteurized fruit juice**, nobody should drink pasteurized fruit juice. Even unpasteurized fruit juice, like fresh squeezed fruit juice, I don't think it should be drunk alone. It should be drunk as part of a green juice, 20% or less, of a green juice if they tolerate it.

Flour, even the whole-grain flour, because the body handles it like sugar and shoots those sugars up. There may be some exceptions. Also baked flour products contain acrylamide. That is a known carcinogen and it causes inflammation. We are trying to get their inflammation down. **Heated polyunsaturated oils and trans fat**, nobody should eat those. They are just bad foods. Nobody should eat those. Nobody disagrees about that either, like shortening, mayonnaise, margarine, and chips that say partially hydrogenated soybean oil.



Gluten, I think most people who have come to the stage where they are having the problems that you are dealing with, probably should avoid it unless you have tested them and found them to be unreactive; they've had a stool test, or one of those panels from CyrexLabs that does 20 different antigens, and they are non-reactive, and they are asymptomatic. I put links to those labs where you can get those tested at like Enterolab (<https://www.enterolab.com>) or CyrexLabs (<https://www.cyrexlabs.com>).

All of their known allergens unless if they discover they can put it back in again because they feel they've healed their leaky gut, just stay away from them. If they are going to eat animal products, eat real animal products, whole, pastured, organically raised. Don't eat the **luncheon meats or any processed meats**. These are the things that I don't think people should eat at all, probably no one should eat, but especially if they are coming off an insulin resistance program. Let's talk about the stuff they can add back and we want to get them on the upswing.

Reintroducing Fruits

When you are re-introducing foods you will start with the lowest sugar to highest. What you have on your page is a really cool chart I put together that gives really good recommendations about how to reintroduce, and how to teach them to reintroduce back. Small amounts of fruits can be used in smoothies or with greens or on top of salad to start. They start with fruit in a way that is less likely to raise their sugars, and they work up towards increasing it to find their tolerance level.

For example, I took a mango and cut it in half, then cut that half in small pieces, and I ate it on a bed of lettuce, and my sugar was fine. It did not raise my sugar above 105. Then I got greedy another time, and I put the whole mango on a smaller bed of lettuce and my sugar went up too high. I tried half a mango by itself and it went way up too high. I was not ready. Find a way that they can do it. One way that I find that you can still have a pleasant taste of the fruit, without it being blended up and tasting like something else, is I would have two or three pieces of that crispy romaine lettuce, and have some of that fruit and some of the crispy romaine lettuce, and then some of the fruit. As long as they are eating it with something that is green, it helps to absorb it better and slow it down, and they can usually get away with it; but again, you guide them through the tolerance. This is a process. You are there as their coach. You want to go slowly. Tell them not to go and eat a whole banana. If they want to test a banana, try a small piece of banana with some lettuce, and then the next time they can have more, and they will find their tolerance. I am fine with them having as much fruit as they can get away with whilst comfortably keeping their system functioning and purring.



When to Start Slowly Decreasing Supplement Dosages

How do you know if they have to take these supplements for life? Maybe, some of them do. Do they have to take them for prolonged periods? Maybe, some of them do. Here is how you know if you can start to decrease the dose of those supplements. If they are maintaining their **blood glucose under 100 most of the time** and rarely over 110, if their fasting blood sugar is consistently in the 80s or 70s. If there are **no dips below their fasting glucose levels 3 to 5 hours after a meal**. And if their **symptoms are improving** and they say 'you know I am really tired of taking these four chromium pills every day, can I reduce it?' What do you do, stop and see what happens? No, you don't, because that is what patients want to do. They just want to stop it.

Cornerstone Supplements

I see people all of the time who have been on these great protocols and they come see me three months after they have stopped it and feel like crap again. No, don't let them do it. The typical supplements that we've had them on to start was **chromium polynicotinate** 400 micrograms twice per day, so if they are on that, or 200 micrograms four times a day, you just have them go to three times a day, so it will go to 600 mcg and they do that for a few days, and monitor and see how they feel. Are they gaining weight? Are they having more brain fog? Is their blood sugar going up? How is their fasting blood sugar? How is it after meals? If it is fine then you can go ahead and reduce their **magnesium** a little bit. You can have them reduce their **DHA** a little bit.

As a reminder, if you do put them on **vanadyl sulfate**, make sure you do it 50 mg, twice per day for four weeks maximum, because beyond then you get into problems with kidney overload. The DHA? They may be on that permanently if they are not consistently eating foods like algae and fish that contain fat. These are the supplements and you are just going to gradually decrease their dosage.

How to Wean off Supplements

Decrease by one capsule or one drop dose every 2 to 4 days, carefully monitor their fasting sugar and their post-meal glucose the way we always do it, 15, 30, 45, 60 minutes, 2 hours, 3 hours, 4 hours, at least when you are weaning off again it is important to go back there. They may have gone to the point where they were just testing at 45 minutes. Now you want to go back to testing more often to see what is happening. Weigh them. Have them weigh themselves to observe if there is an increase in weight. Monitor energy level, mental alertness, and any symptoms that resolved during the 30-day metabolic reset.



If they start to come back when they start to wean off supplements you know that it was not a good idea to go back. If you do them one at a time, and you do it in small amounts at a time, they are not going to get into such a downward spiral that they start to reverse.

Reintroducing Potential Allergens

Same thing with the allergens. Here is the list again. You reintroduce them one at a time. I highly recommend that they be off of gluten for at least six months, that they test it, that they know they are not genetically prone, they know they don't have the antibodies, and they are feeling great, then they can reintroduce it gradually. Dairy is the same way. The other foods, corn, soy, eggs, are not as problematic. Peanuts, I do not recommend they go back on at all unless it is occasionally; sometimes there will be a peanut in a salad that I will eat. I don't bother to be as picky with that as I am with gluten, but peanuts are inflammatory and inflammation is the problem here. We have a whole process for reintroducing the allergens, and I am giving you that document on your page.

Basically, summary, they make three columns. They have a safe column, a suspicious column and a problematic column. As they test foods that they removed, they put them in one of the 3 columns. In order to get into the **safe** they have to have eaten it for three days straight and not have any symptoms. They have introduced it and eaten it for three days straight. **Suspicious** is they have introduced it, and somewhere within the three days they get a headache or something happens, but it didn't seem really clear. It could have been something else. Then it is a suspicious food and they are going to go back again.

Problematic is they are feeling great and they started to eat eggs and they got a headache, their intestines blew up, and they felt awful within a short period of time, it is a problem. Stick it in the list and avoid it. You might come back and retest it later. You may have to take them through a leaky gut repair protocol. That is the reintroduction.

That is something that is as important as it is taking them off of things and putting them on a metabolic reset. It is just as important to be really careful about the reintroduction phase. This is not an overnight process. They may get results overnight, but for them to maintain long-lasting, lifelong results, you are going to be with them for a while. You are going to be in their life. What we do, when we take groups through, the program itself goes for about 10 weeks, and then we give them access to our VITAL Community for about two months, and then we continue to give them access so they can come on and ask questions, so they have access on an ongoing basis. For those people who are in my private program where I coach them, we are working on this for months. We are going really carefully.



Sometimes there are setbacks and they come to you and say 'look, I am going backwards.' You are here to help them because you understand it. It is really great when you understand how it works.

Fitness Guidelines Highlights

Let's just finish up with a brief review of the highlights of the guidelines of each of the five main areas we will be working with people on. Start with fitness. The highlights of the **fitness** is **burst training**, really getting people into the mode that they don't have to be in the gym for two hours a day sweating off their pants to try to get the weight off. What they need to be doing is short bursts of intense activity. What we recommend are two-minute first thing in the morning, two minutes before bed, and 30-second bursts throughout the day, ideally a couple of hours before meals, and 4 to 8 of them daily. These you would do four to five days per week. You don't want to do them every day. Every other day is fine.

Next we look at **moderate intensity aerobics**. Again we don't have to be training for a marathon or a triathlon. Moderate intensity--**walking, jogging, cycling, swimming, an exercise class, working on some kind of equipment**--30 to 60 minutes, 4 to 5 times per week. 30 minutes is fine for your more sedentary people, and 60 minutes is the max it should be unless somebody is an athlete in training. For the average person it does not have to be more than that. Doing it in 10 minute-increments three times per day is super important; this is important for you to get across to people. Adding some resistance exercises would be nice, ideally one to three times per week. We have given you some ideas in the fitness video library.

Diet and Nutrition Guidelines

On the diet and nutrition guidelines you want to **avoid the foods that require lots of insulin** to manage. There is a *Food To Phase Out* document. Have people hang it on their refrigerator door. **Avoid gluten and other allergens**. Also, **avoid any foods that cause their blood sugar to go above 110**. If they are not testing, only eat the low-glycemic foods; they are going to have to be a little stricter. If you can encourage them to test, by all means I recommend that you do that. Have them keep eating **lots of greens** and drinking lots of greens, using **chia seeds** if they tolerate them, **non-starchy vegetables, and healthy fats**, omega-3s like flax, chia, hemp, walnuts, and your coconut, which has a lot of medium chain triglycerides and are super helpful. And have **half your bodyweight in fluid ounces of water** every day. We have a more detailed chart that I will review with you at the very end. It is a phenomenal resource that you are welcome to share with your clients.



Attitude & Stress Guidelines

A review of the stress and attitude guidelines. I love '**Quick Coherence**', the *HeartMath* 'mini-vacation' as I like to call it. I like to get people to do that at least five times per day: before each meal, before getting out of bed, and before going to sleep, minimally. I do it probably dozens of times each day and it just starts to be automatic. Whenever you feel yourself getting a little stressed, that is something that you can teach people how to learn to do, how to identify when they're going into that stress mode; because remember, that stress creates a lot of cortisol, which causes the blood sugar to go up. **Learn to identify early on when they are going into autopilot** and experiencing the negative effects of stress and using something to call 'Freeze Frame' to shift. That is detailed in the *30-Day Stress Transformation* package that you have, and you are welcome to go to the *HeartMath* website, get their books, and really focus in on learning how you are going to teach people these techniques.

Use the power of appreciation and fun to shift perspective. We have given you a lot of resources to share with people on that. Then help them to **acknowledge their accomplishments, connect with their values and visions**, and keep their eyes on the prize. Whether that prize is a really slim, trim body fitting into the dress or jeans, or whatever they want to fit into, or whether it is really getting their brain back and starting a business, or really excelling in their current position. Or just knowing that they are protecting their insides and they are not at high risk of heart attack and stroke, like their parents were. Whatever that prize is for them, it is important that they keep their eyes on it.

Sleep Guidelines

Then sleep. For some this might be the toughest part. I know it is for me. Going to **bed by 11:00 p.m.** would be so awesome, 12 at the latest, 10 even more ideal, and staying in bed for **at least 8 hours** per night, most nights. Some people with really sensitive systems need to be in bed 9 to 10 hours per night. Tell them to **turn down the activity intensity starting a couple of hours before bedtime** like turning off the TV, dimming the lights, read by candlelight, a nice romantic time with the partner, get away from the computer, take a warm bath that is not too hot, and listen to soft music. All of the things that we talked about in the sleep section.

Timing Guidelines

Finally, reviewing the timing guidelines. You hear me say this over and over again, get them to **quit eating 3 hours before bedtime** to optimize growth hormone and promote fat burning while they sleep. You saw all of those lovely graphs that pointed out why this is important.



Something we call 'burst and burn' before going to bed. About two hours after the last meal and an hour before going to bed, do a **2-minute burst of high-intensity exercise** and really go at it but not for too long. You don't want to raise the core temperature too much and then interrupt their sleep. Then **extend their time between meals to five hours**, four at the low end, six at the high end, but five is a good number.

Consume **protein within an hour of waking**. We talked about how that affects the way cortisol comes up and it goes after protein to break it down and turn it into glucose. Give it the protein so it does not go after the muscles. **Avoid high-carbohydrate breakfasts**, which cause the leptin to spike too early and then the food cravings to set in, in the evening. **Practice breathing and appreciation before meals** to get the cortisol levels down. Commit to **getting to sleep no later than 11:00 p.m.** Plan **fitness bursts two hours before each meal**, that is a really awesome thing to do because that helps to get body into fat burning before consuming more food.

Chart Resources

That is it for the summary. I want to share with you a couple of last things before we close. One, this is a chart that you have in the *Metabolic Reset at a Glance* document. It is an awesome chart that I get people to pin up on the refrigerator. There are **green, yellow, and red columns**. **Green foods**: the foods to consume regularly, unlimited amounts, moderate amounts, and to include often, as often as they like.

The **yellow foods**. Only eat these if the sugar stays under 110. If they decide not to test their sugar, the yellow becomes red and it is in the food to avoid. You don't want them to take a chance. If they are not willing to test, then leave these things out because it has potential for raising the sugar.

Red foods: the foods for everyone to avoid. Even if they have tested and the blood sugar is below 110, it is probably not a great idea except for the ones that I have noted. Some people need to get the grains or the legumes, especially if they are low-body weight and they are trying to keep the weight on. That is not the common, average person that you are dealing with, but believe me there are other people who are going to be challenging to work with. So the processed foods, the high-glycemic foods, all of the allergens, the medium and high-glycemic fruits and the dried fruits, and again, the fruit juice, fresh or pasteurized, it doesn't matter, fresh squeezed apple or orange juice is just as high-glycemic.



This is an at-a-glance chart. If they just do this, if you can get them to do nothing but this, you are going to get some great results. If you add to this, the summary of two of the highlights in the stress, the sleep, the timing and the fitness areas, you are going to get great results.

Finally, a summary chart that you can use with people to help them to come back off the 30-day metabolic reset, and start to test to make sure that they continue **to maintain good glucose balance**. The *YES* side has the same yes foods that they are able to have during the reset; the unlimited non-starchy vegetables, a moderate amount of good fats. Then on the *Testing Blood Glucose And Using Cautiously* side, are some of the foods that we had to avoid or be cautious with during the reset. Of course the fresh fruits, and I gave you a good rundown on how to test those and use them with lettuce, go slowly with small amounts to start. Because the last thing you want somebody to do, after they have maintained a great glucose level throughout the month and have gotten the insulin receptors to be more receptive and more sensitive, is to suddenly just have three bananas and have the blood sugar go shooting up. You want to go with small amounts, because when the sugar goes up it is going to be a little bit, they will notice it before it goes so high as to start to undo some of good ground that they gained in the 30-day reset.

Then the *NO* foods. These are the things that I think nobody should do ever: white sugar, high-fructose corn sugar, hydrogenated oils, all of the processed foods, the margarine, mayonnaise, the deep fries, the pasteurized juices, refined grains, gluten, and commercial animal products. I think if somebody wants to be healthy, those things need to be avoided. Then there are some things that if somebody wants to slip in occasionally, as long as they don't shoot their sugars up, may be okay, but not to get into a regular habit of using some of the whole sweeteners like honey, maple syrup, dehydrated cane juice, or agave. They are still concentrated sources of sugar with very small amounts of nutrition. Be careful with the whole grains. Some people do best to avoid all grains. A lot of people do best to avoid all grains, even the non-gluten's. Then there's fresh fruit juice, if it is occasional and in combination with some veggie juice like 90% veggie and 10% fruit, it might be okay. Again, these are things that are going to be very, very personal to each individual that you work with.

This is the implementation plan. This is the metabolic reset and how you get them on it and how you get them off it. This is how you put it all into action. It is a summary of everything you learned. Now it is time to go out and do it. Pick a person, start to work with them, and get some results.