



INE INSTITUTE OF NUTRITIONAL ENDOCRINOLOGY



INSULIN RESISTANCE SOLUTION PRACTITIONER TRAINING

**Implementation**

*With Dr. Ritamarie Loscalzo*

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**Medical Disclaimer:** The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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**Insulin Resistance Solution**

- Introduction
- Assessment
- Nutrition
- Stress
- Fitness
- Sleep
- Timing
- Implementation
- Education and Marketing



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### 5 Key Steps to Restore Balance

- Increase**
  - insulin sensitivity
- Decrease**
  - insulin need
- Reduce**
  - inflammation
- Optimize**
  - fat burning and lean mass building
- Minimize**
  - impact of "candy bar eating" effects of stress

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### What is Normal Blood Sugar?

**What is a Normal Blood Sugar?**  
 Normal blood sugars after a high carbohydrate breakfast eaten at 7:30 AM. The blue line is the average for the group. The brown lines show the range within which most readings fell (2 standard deviations). Bottom lines show Insulin and C-peptide levels at the same time. [Graph is a screen shot from Dr. Christensen's presentation cited below.](#)

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### Break the Vicious Cycle of High-Glycemic Carbohydrate Addiction

- ✓ High-glycemic carbs promote excess insulin.
- ✓ Normal cells adapt to the high levels by "turning off" and thus require a very large amount of insulin to open up.
- ✓ High insulin leads to hypoglycemia.
- ✓ Hypoglycemia leads to cortisol and/or adrenaline spikes.
- ✓ Adrenaline and cortisol spikes promote craving for high-glycemic carbs.

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### Overview of 30-Day Plan

- ✓ Consume greens, chia seeds (or other omega-3 rich foods), and optional protein powder **within an hour of waking up**.
- ✓ Add walking or **low intensity aerobics**.
- ✓ Include **burst training** and resistance training.
- ✓ Add/experiment with a **cleansing day** (or days) each week.
- ✓ Practice **stress management**.
- ✓ Bedtime by **11:00 p.m.** (or earlier).
- ✓ Schedule **7 - 9 hours of sleep** per night.
- ✓ Consume only foods that keep sugars at **110 or below**.

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### 30-Day Strict Low-Glycemic Diet

- ✓ No sugar of any kind
- ✓ No grains unless it's clear they are tolerated
- ✓ No potatoes
- ✓ No bananas or other high-glycemic fruits
- ✓ No dried fruit
- ✓ No fruit juice

**Low-glycemic fruits in small quantities**

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### Other Foods to Avoid

- ✓ Heated oils, trans-fats
- ✓ Eliminate top allergens and all known allergens
- ✓ Anything that raises blood sugar above 110



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### Allergens and Potential Allergens

<b>Top 6 Food Allergens</b>		<b>Runners Up</b>
Gluten		Shellfish
Dairy		Tree nuts
Soy		Strawberries
Corn		Citrus
Eggs		Oats
Peanuts		Yeast

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### Ready For Maintenance Phase If:

- ✓ At least 3 weeks of stable glucose
  - Under 110 and
  - Rarely, if ever, below fasting level within 2 hours or more after a meal
- ✓ Consistently taking basic supplements: Cr, Mg, DHA
- ✓ Fairly consistent on exercise, stress, sleep, and timing
- ✓ Noticing definite improvements



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### Foods Best to Avoid for Life

- ✓ Sugar and all its relatives. Occasional hint of unrefined sweetener in an otherwise healthy, whole-foods dessert may be tolerable... Test and don't make it a habit.
- ✓ Pasteurized fruit juice.
- ✓ Flour – even whole grain. Body handles like sugar. Baked flour products contain acrylamide, a known carcinogen.
- ✓ Heated polyunsaturated oils and trans-fats – especially shortening, mayonnaise, and margarine.
- ✓ Gluten, unless you've tested and found yourself non-reactive and are asymptomatic. [www.enterolab.com](http://www.enterolab.com) or [www.cyrexlabs.com](http://www.cyrexlabs.com)
- ✓ All known allergens.
- ✓ Non-organically raised animal products.



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### Reintroducing Fruits

- ✓ Lowest sugar to highest
- ✓ Small amounts in smoothies or with greens, i.e., on top of salads to start
- ✓ Gradually increase amounts and find your tolerance
- ✓ Go slowly to avoid insulin and glucose swings



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### Ready to Start Slowly Decreasing Supplement Dosages If:

- ✓ Maintaining glucose **under 100** most of the time
- ✓ Fasting blood sugar is consistently in the **80's or 70's**
- ✓ No **dips below** **fasting** glucose level 3-5 hours after a meal
- ✓ Symptoms are **improving**



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### Cornerstone Supplements

- ✓ **Chromium Polynicotinate:** 400 mcg twice a day
- ✓ **Magnesium Citrate, Glycinate, or Natural Calm:** 400 mg or to bowel tolerance
- ✓ **DHA:** 350 to 500 mg per day, preferably **algae oil based** -- review omega-3/omega-6 documents
- ✓ **Vanadyl Sulfate** (Optional): Take 50 mg twice a day, only for 4 weeks



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### How to Wean Off Supplements

- ✓ Decrease by 1 capsule or drop dose every 3-4 days
- ✓ Carefully monitor fasting blood sugar and post-meal glucose (15, 30, 45, 60, 2h, 3h, 4h, 5h) on your highest glycemic meal(s)
- ✓ Weigh yourself and observe for increase
- ✓ Monitor your energy level, mental alertness, and any symptoms that resolved during the 30 days
- ✓ Observe for appetite changes and food cravings
- ✓ Continue to decrease unless contraindicated by above



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### Reintroducing Potential Allergens

✓ <b>Top 6 Food Allergens</b>		✓ <b>Runners Up</b>
Gluten		Shellfish
Dairy		Tree nuts
Soy		Strawberries
Corn		Citrus
Eggs		Oats
Peanuts		Yeast

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### Reintroducing Potential Allergens

Safe	Suspicious	Problematic
Food 1	Food 3	Food 5
Food 2	Food 4	Food 6



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### Fitness Guidelines Highlights

- ✓ **Short burst exercise:**
  - 2 minutes first thing in the morning (daily)
  - 2 minutes an hour before bedtime (daily)
  - 30-second bursts throughout the day, ideally 2 hours before meals (4-8 daily, 4-5 days a week)
- ✓ **Moderate intensity aerobics** like walking, jogging, cycling, swimming, a class, or on exercise equipment (30-60 minutes, 4-5 times a week)  
Walking for 10 minutes 3 times a day counts
- ✓ **Resistance exercise:** i.e., weights or body weight, see [Fitness Video Library](#) for ideas (1-3 times a week)



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### Diet & Nutrition Guidelines Highlights

- ✓ Avoid **foods that require lots of insulin** to manage. Hang the *Foods to Phase Out* document on the refrigerator door.
- ✓ Avoid **gluten and other allergens.**
- ✓ Avoid foods that cause **blood sugar to go above 110**. If not testing, only eat low GI foods.
- ✓ Keep eating and drinking **lots of greens**, chia seeds, non-starchy vegetables, and healthy fats.
- ✓ Drink **half your body weight in fluid ounces** of water each day.



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### Attitude & Stress Guidelines Highlights

- ✓ Practice **“Quick Coherence,”** aka **“Mini-Vacations,”** at least 5 times a day.
- ✓ Learn to **identify early on when going into “autopilot”** and experiencing the negative effects of stress. Use **“Freeze Frame”** to shift.
- ✓ Use the **power of appreciation and fun** to shift perspective.
- ✓ **Acknowledge accomplishments,** connect to **values and visions,** and keep eyes on the prize.



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### Sleep Guidelines Highlights

- ✓ Get to **bed by 11:00 p.m.**
- ✓ Stay in bed **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, etc.



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### Timing Guidelines Review

- ✓ Quit eating **3 hours before bedtime** to optimize growth hormone and promote fat burning while you sleep.
- ✓ **“Burst and Burn”** before bed: About 2 hours after your last meal of the day and at least 1 hour before bed, do a **2-minute burst of high intensity exercise.**
- ✓ Extend the time between your meals to **5 hours.**
- ✓ Consume **protein within an hour of waking.**
- ✓ Avoid high-carbohydrate breakfasts – Morning carb overdoses cause a premature spike in leptin and **food cravings.**
- ✓ Practice **breathing and appreciation** before your meals.
- ✓ Commit to getting to **sleep no later than 11:00 p.m.**
- ✓ Plan **fitness bursts** 2 hours before each meal.



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# INE: IRSPT - Implementation

Foods to Consume Regularly	Use Only if Sugar Stays < 110	Processed Foods	Foods to Avoid
<b>Unlimited Non-Starchy Vegetables</b> Raw or cooked • Broccoli • Kale • Cauliflower • Kale • Chard • Spinach • Bok Choy • Cabbage • Collard greens • Arugula • Lettuce • Celery • Cucumber • Peppers • Jicama • Radish • Tomato • Sprouts • Herbs • All other non-starchy vegetables Konjac noodles Kelp noodles **All foods in 30 day menu plan are allowed	<b>Moderate Amounts</b> Watch omega-6:3 ratio and saturated fat • Chia • Flax • Hemp • Sunflower • Pumpkin • Sesame • Almond • Cashew • Macadamia • Brazil • Pecan • Walnut • Coconut • Fibert (hazelnut) • Pinenut • Avocado • Other raw nuts and seeds <b>Animal Foods (optional)</b> • Organic, free-range, pastured or wild lean meat (7oz) • Deep ocean fish (just to 1-2 times a week, 3 ounce serving) • Turmeric	<b>Gluten-Free Grains</b> • Quinoa • Millet • Buckwheat • Brown rice • Wild rice <b>Legumes</b> • Lentils • Peas • Mung beans • Adzuki beans • Black beans • Kidney beans • Pinto beans • White beans • Red beans <b>Low-Glycemic Fresh Fruits</b> Best eaten with greens in smoothies or salads • Blueberry • Strawberry • Blackberry • Raspberry • Other berries • Green Apples <b>Starchy Vegetables</b> • Carrot • Parsnip • Turnip • Rutabaga • Sweet potato • Yam • Beets	<b>High-Glycemic Foods</b> • Flour and four products – crackers, bread, pasta etc. (avoid even if whole grain) • Grains unless tested and blood sugar stays below 110 • Legumes unless tested and blood sugar stays below 110 • White potato • Yellow potato • Starchy vegetables unless tested and blood sugar stays below 110 <b>Allegens</b> • Gluten • Dairy • Corn • Eggs • Soy • Peanuts • Your personal allergens • Commercial animal products

Medium and High-Glycemic Foods
• Banana • Pears • Plums • Peaches • Apricots • Pineapple • Mango • Papaya • Pomegranate • Guava • Passion fruit • Star fruit • Cherimoya • Persimmon <b>Dried Fruit</b> • Prunes • Dates • Raisins • Goji Berry • Others <b>Fruit Juice – Fresh or Pasteurized</b>

YES	TEST Blood Glucose and Use Caution	NO
<b>Unlimited Non-Starchy Vegetables</b> Raw or cooked • Broccoli • Cauliflower • Kale • Chard • Spinach • Bok Choy • Cabbage • Collard greens • Arugula • Lettuce • Celery • Cucumber • Peppers • Jicama • Radish • Tomato • Sprouts • Herbs • All other non-starchy vegetables	<b>Fruits</b> Best eaten with greens in smoothies or salads <b>Fresh Fruits</b> • Blueberry • Strawberry • Blackberry • Raspberry • Other berries • Apples • Pears • Plums • Peaches • Apricots • Pineapple • Mango • Papaya • Pomegranate • Guava • Passion fruit • Star fruit • Cherimoya • Persimmon <b>Dried Fruits (optional - not alone)</b> • Prunes • Dates • Raisins • Goji Berry • Others	<b>NEVER</b> • White sugar • High-fructose corn syrup • Hydrogenated oils • Processed polyunsaturated oils (they come in glass jars and are already oxidized) • Mayonnaise • Margarine • Shortening • Deep fried food • Pasteurized fruit juice • Refined flour • Refined grains (i.e. white rice) • Gluten unless tested (via <a href="http://www.allelis.com">allelis.com</a> or <a href="http://www.cystlabs.com">cystlabs.com</a> ) • Commercial animal products

Tiny Amounts on Rare Occasion (Only if no rise in blood glucose)
• "Whole" sweeteners: honey, maple syrup, raw (unrefined) cane juice, agave • Whole grain, unrefined flour products, non-gluten • Fresh fruit juice in combination with vegetable juice or in a vegetable-based dish • Small amount of vegetable oil in a big stir-fry, on occasion when out