



IRSPT: Nutrition – Progress Checklist

Progress Checklist

- ☐ Read Learning Objectives
 - ☐ Understand the effects of foods on insulin receptors
 - ☐ Identify foods and herbs that your clients can use to restore insulin sensitivity
 - ☐ Be comfortable with making blood sugar balancing recipes and teaching them to your clients
 - ☐ Assist your clients with optimizing their hydration and digestion
 - ☐ Become familiar with the process of optimizing your clients' vitamin C, magnesium, potassium, and EFA intake
- ☐ Work Through Core Content Topics
 - ☐ Nutrition
- ☐ Review Advanced Topics / References
 - ☐ [Insulin Index of Foods](#)
 - ☐ [Low Fat Vs Low Carb Weight Reduction Diets - Effects on Insulin Resistance - 2009](#)
 - ☐ [Meal Composition and Satiety - Driver- 1988](#)
 - ☐ [Protein-Rich Breakfast: Effects on Appetite and Food Intake in Adolescents - 2010](#)
 - ☐ [The effect of coingestion of fat on the glucose, insulin, and gastric inhibitory polypeptide responses to carbohydrate and protein - Collier & O'Dea - 1983](#)
 - ☐ [Role of Insulin Resistance in Human Disease - Banting Lecture 1988 - Gerald Reaven](#)
 - ☐ [Olive Leaf - Alternative Medicine Review - Volume 14 Number 1 - 2009](#)
 - ☐ [Berberine Improves Insulin Sensitivity - Evidence-Based Complementary and Alternative Medicine - Volume 2012 - Article ID 363845](#)
 - ☐ [Berberine: Get Your Type 2 Diabetes Under Control... Without a Single Drug - Dr Jonathan Wright](#)
 - ☐ [Berberine: Get your type 2 diabetes under control without a single drug! - Dr. Jonathan V. Wright](#)
 - ☐ [Why Can Insulin Resistance Be a Natural Consequence of Thyroid Dysfunction? - Gabriela Brenta](#)



- ☐ [Ketogenic Diet Improves Insulin Sensitivity and Numerous Aging Markers - Dr. Mercola](#)
- ☐ [Insulin and Its Metabolic Effects, Part 1 - By Dr. Mercola](#)
- ☐ [Insulin and Its Metabolic Effects, Part 2 - By Dr. Mercola](#)
- ☐ [High Blood Sugar In Ketogenic Dieters! \(why glucose may rise in low carb dieters\)](#)
- ☐ [Coconut Oil and Diabetes](#)
- ☐ [Hypothalamic Regulation of Glucose-Stimulated Insulin Secretion - Owen Chan and Robert S. Sherwin](#)
- ☐ Review Done-For-You Resources
- ☐ Complete the Next Steps
 - ☐ If your own testing suggests insulin resistance, begin the supplement protocols.
 - ☐ Begin to add foods that support insulin receptors and healing.
 - ☐ Find a client or family member to whom you will suggest the supplements and foods.
 - ☐ Become familiar with the *Sweet Spot Solution Recipe Collection* and *Sweet Spot Solution Menu Planner* and other recipes provides
 - ☐ Track your own omega 6/3 ratio using the spreadsheet provided.