



IRSPT: Nutrition Protocols for Blood Sugar Balance - Action Steps

Check Items as You Complete:

- ☐ Review the core content *Nutrition* recording.
- ☐ Get familiar with the recommended supplements so you can determine which ones are best for each client. Get each client started on the top 3 recommended supplements right from the start to help repair the insulin receptors, reduce carbohydrate cravings, and to ease the suggested diet changes.
 - ☐ *Sweet Spot Solution: Supplement Checklist For Improving Insulin Sensitivity*
 - ☐ *Sweet Spot Solution: Supplement Resource Guide*
- ☐ Review the diet and nutrition introductory guidelines resources:
 - Documents**
 - ☐ *Sweet Spot Solution: Getting Started Beverages*
 - ☐ *Blended Greens for Health and Longevity*
 - ☐ *Creating a Healing Kitchen*
 - ☐ *Digestion Enhancing Eating Strategies*
 - ☐ EWG Pesticide Guide (free access on the EWG website)
 - ☐ *Green Meals on the Run: Greens, Snacks, and Protein Powder Resources – Video Slides*
 - ☐ *Hydration Strategy and Schedule*
 - Videos**
 - ☐ *Greens, Snacks, and Protein Powder Video Demonstration*
 - ☐ *How to Make a Green Smoothie: Quick & Easy Green Smoothie Recipe Video*
- ☐ Optimize your clients' magnesium, potassium, and vitamin C:
 - ☐ *Magnesium Loading*
 - ☐ *Potassium-Rich, Low-Glycemic Foods*
 - ☐ *Vitamin C Calibration*
- ☐ Optimize your clients' essential fatty acids:
 - ☐ *Chia Seed Nutrition Chart*: See why this seed is such a powerhouse!



- ☐ *Omega-3 and Omega-6 Content of Common Foods*: Excel spreadsheet
- ☐ *Omega-3 and Omega-6 Content of Common Foods*: PDF

- ☐ Review the following documents to become familiar with how foods, herbs, and nutrients help heal damaged insulin receptors:
 - ☐ *Sweet Spot Solution: Effects of Food on Glucose and Insulin*
 - ☐ *Sweet Spot Solution: Herbs Reported to Restore Insulin Sensitivity*
 - ☐ *Sweet Spot Solution: Summary of Diet and Nutrition Guidelines*
 - ☐ *Sweet Spot Solution: Supplement Checklist For Improving Insulin Sensitivity*

- ☐ Read *Sweet Spot Solution: How the Glycemic Index of Foods is Measured*. The glycemic index is a rough estimate of how a food will act in your body. We're each unique. Learn how the glycemic index is calculated.

- ☐ Review the *Sweet Spot Solution: Foods to Phase Out* document (this is a sample of a document you can share with your clients). It's important for them to phase out both the top allergenic and processed foods. Do it yourself so you know what they will be experiencing.

- ☐ Review the *Withdrawal Busting Strategies* document. These are guidelines you can use with your clients to help them through the difficult times.

- ☐ Become familiar with the *Sweet Spot Solution 30-Day Meal Make-Over Menu Planner* and *Recipe Collection* so you can teach your clients how to:
 - ☐ Phase out the high-glycemic foods and those that damage insulin receptors
 - ☐ Jumpstart the day with blood sugar balancing breakfasts and beverages
 - ☐ Keep sugar steady with blood sugar balancing lunches and dinners
 - ☐ Manage your clients' sugar cravings with blood sugar friendly desserts (these cravings will soon be under control once clients are more well-nourished)
 - ☐ Use "*Snack Attack*" *Strategies* between meals if needed
 - ☐ Understand the importance of protein intake and fat balancing

- ☐ Provide your clients with a guide such as the *Blood Sugar Balance: Sample Day* document that will show them approximately what a day following blood sugar balancing protocols will look like.



- ❑ **Step-by-Step for Clients:** Teach clients to add foods that will restore sensitivity and then remove the foods that contribute to insulin resistance. Modify the steps with your own favorite nutrition management activities. Encourage clients to add steps at their own pace.
- ❑ Order and start taking your top recommended supplements: especially Chromium Polynicotinate, DHA, and Magnesium Citrate or Glycinate.
- ❑ Order a blood glucose meter and test strips.
- ❑ Stock up on fresh foods, healthy cooking staples, and recommended equipment.
- ❑ Complete a pre-program diet and nutrition assessment.
- ❑ Use the digestion enhancing strategies before meals. To keep it simple, remember to breathe and appreciate before you eat.
- ❑ Optimize your water intake. Aim to drink 1/2 your body weight in fluid ounces each day. Add an extra 8 ounces for every 15 minutes of exercise that makes you sweat.
- ❑ Add as many leafy greens and green vegetables to your diet as you can. Blended smoothies and green drinks are a great way to pack in a lot of nutrition.
- ❑ If you're short on time, use your favorite green powders in your green beverages or keep a handy supply of green snacks.
- ❑ Start making low-glycemic green beverage recipes and adding more nutritious drinks to your diet. Be sure to consume at least one green beverage per day.
- ❑ Test your glucose. Create and maintain a personalized glucose tracking chart.
- ❑ Increase the volume of your greens and/or green beverages intake.
- ❑ Phase out processed/high-glycemic foods
- ❑ Phase out the top 6 allergenic foods
- ❑ Implement withdrawal busting strategies
- ❑ Review any available low-glycemic menu plans and recipe collections.
- ❑ Discontinue the use of processed, high-glycemic, and allergenic foods.
- ❑ Experiment with adding more helpful foods and herbs.
- ❑ Learn to balance your omega fats.
- ❑ Understand the importance of protein intake and fat balancing.
- ❑ Optimize your doses for magnesium, Vitamin C, and Vitamin D.
- ❑ Consider advanced supplement strategies.
- ❑ Learn about the glycemic index and glycemic load.
- ❑ Use snack attack strategies between meals if needed.
- ❑ Eliminate all fruit if it makes your blood sugar spike.



IRSPT: Nutrition - Protocols for Blood Sugar Balance - Action Steps

- ☐ Plan your meals ahead of time.
- ☐ Consider adding a 3 - 5 day "fruit fast" to your schedule if you are unable to keep your glucose below 110 while eating fruit.
- ☐ Add a cleanse day to your schedule to give your digestive system a break.
- ☐ Add the benefits of wheatgrass juice to your diet.
- ☐ Learn to grow your own sprouts.
- ☐ Aim for 3 weeks (preferably 4) of stable sugars before testing/reintroducing foods.
- ☐ Continue testing your blood sugar to monitor your progress.
- ☐ Follow the suggested allergy elimination protocol when you are ready to begin re-introducing foods.
- ☐ Complete a post-program diet and nutrition assessment.