

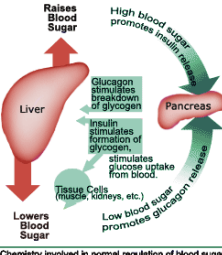
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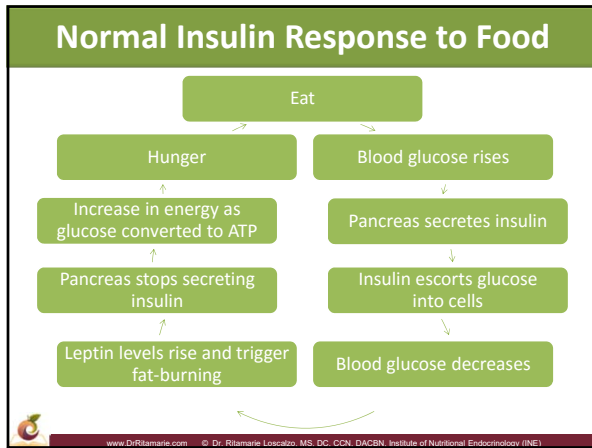
Normal Blood Sugar Management

- ✓ Involves **pancreas, liver, adrenals, and brain**
- ✓ When **blood sugar gets too high**
 - insulin released
- ✓ When **blood sugar gets too low**
 - glucagon released
- ✓ Influenced by **genetics**
- ✓ Impacted by **stress**
- ✓ Affected by **diet**
- ✓ Shaped by **lifestyle**



Chemistry involved in normal regulation of blood sugar

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Steps to Follow in Working with Your Clients


1. Assessments
2. Supplements, foods, and herbs to increase sensitivity of insulin receptors
3. Attitude and stress adjustments
4. Movement
5. Timing guidelines to optimize hormones
6. Improve quality and quantity of sleep
7. Phase out foods that increase insulin requirements
8. 30-Day metabolic reset
9. Transition period
10. Maintenance



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Assessments

- ✓ Insulin Resistance Assessment
- ✓ Short Lifestyle Assessments
- ✓ Lab Testing
- ✓ Measurements
- ✓ Glucose Testing and Tracking



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Supplements and Foods to Increase Sensitivity of Insulin Receptors



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Attitude and Stress


- ✓ Power of appreciation, mini-vacations
- ✓ Visions and goals
- ✓ De-stress breaks



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Movement


- ✓ Bursts
- ✓ Walking and aerobics
- ✓ Stretching



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Timing Guidelines


- ✓ Stop eating at least 3 hours before bedtime
- ✓ Allow at least 12 hours between dinner and breakfast
- ✓ Eat as close to within an hour of getting up as possible: a low-carbohydrate, moderate protein meal, omega-3-rich, fiber-rich meal
- ✓ Space meals 5 – 6 hours apart with no snacking



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Improve Quality and Quantity of Sleep




- Bed by 11:00 p.m.
- 7 to 9 hours sleep
- 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
- Herbs



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Phase Out Foods That Increase Insulin Requirements


- ✓ High sugar/glycemic index foods
- ✓ Common allergens
- ✓ Inflammatory foods
- ✓ Nutrient depleted processed foods
- ✓ Heated and processed fats



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Putting It All In Action

- ✓ 30-Day metabolic reset
- ✓ Transition period
- ✓ Maintenance



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Insulin Resistance Solution

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



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