



IRSPT: Timing Protocols for Blood Sugar Balance - Action Steps

Check Items as You Complete:

- Review the core content *Timing* recording.
- Assess your clients' timing habits. Use your own assessment or modify the done-for-you document provided to suit your needs.
- Explain the relationship between timing and blood sugar to your clients. Using the documents provided below, you should be able to explain and your clients should understand:
 - How the timing of meals, movement, and sleep affect blood sugar and how proper timing is a critical component of a program that will get clients the results they are looking for
 - How timing of meals and exercise affect hormones involved in blood sugar balance
 - How exercise timing affects growth hormone and insulin
 - How meal timing affects leptin levels and how leptin resistance affects insulin

Documents

- The 12-Hour Break: How to Stop Eating Before Bed*
- Start Your Day With Protein*
- Meal Spacing and Intermittent Fasting*



- ❑ **Step-by-Step for Clients:** Teach clients to balance blood sugar through proper timing of lifestyle habits. These are steps I use. Modify the steps with your own favorite timing optimization activities. Encourage clients to add steps at their own pace.
 - ❑ Complete a pre-program timing assessment.
 - ❑ Burst out of bed (2 minutes - upon rising)
 - ❑ Fitness bursts 90 minutes to 2 hours before meals and 90 minutes to 2 hours after meals optimizes growth hormone and thus fat burning and lean muscle building. Growth hormone stays elevated for 90 minutes, so this timing allows for full growth hormone activity without the interference of insulin.
 - ❑ A 2-minute burst of high intensity exercise about 2 hours after last meal of the day reliably lowers blood glucose by 20 – 40 points and is effective for those with persistently elevated first AM readings.
 - ❑ Quit eating 3 hours before bedtime to optimize growth hormone and promote fat burning during sleep. Having digestion "turned off" before bed will enhance healing, repair, and detoxification plus result in a more restful night and more refreshed awakening.
 - ❑ A 12-hour gap between dinner and breakfast optimizes hormone activity and lean body building.
 - ❑ Extend the time between your meals to optimize leptin. Ideally, you should eat 3 meals per day and there should be about 5 hours between your meals. If that's not comfortable for you, extend the time between your meals by 15 minutes each day.
 - ❑ Consume protein within an hour of waking and avoid carbs in the morning. Protein within an hour of waking improves balance of leptin, cortisol, and insulin throughout the day. Ideally, this is achieved by consuming greens, high omega-3 seeds, or a plant-based protein powder.
 - ❑ Practice breathing and appreciation before your meals.
 - ❑ Getting to sleep no later than 11:00 p.m. optimizes growth hormone and fat burning during the night. The earlier the bedtime the better.
 - ❑ Stress transformation breaks like "mini-vacations", done throughout the day and before meals, will improve blood sugar stability by managing cortisol.
 - ❑ Use a timer to remind you about stress transformation breaks like "mini-vacations".
 - ❑ Complete a post-program timing assessment.