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Balancing Blood Sugar for Better Health Webinar

Key Takeaway Points

What is blood sugar dysregulation?

An abnormality in blood sugar stability. We don't want blood sugar levels that are too high or too low. Blood sugar needs to be just right to prevent disease and achieve optimal health.

What labs are used to assess blood glucose and what values should I be aiming for?

Hemoglobin A1C

- An A1C level below **5.7%** is *normal*
- between **5.7 and 6.4%** indicates you have *prediabetes*
- **6.5% or higher** indicates you have *diabetes*

Fasting Blood Glucose (must be performed after at least 8 hours of fasting)

- A fasting blood sugar level of **99 mg/dL or lower** is *normal*
- **100 to 125 mg/dL** indicates you have *prediabetes*
- **126 mg/dL or higher** indicates you have *diabetes*

Symptoms of poor blood sugar management:

- Extreme fatigue
- Frequent urination
- Excessive thirst or hunger
- Unintended weight loss
- Skin changes
- Blurred vision
- Slow-healing foot infections
- Hearing problems

Role of Insulin

- Regulate blood sugar levels
- Store excess glucose for energy

Simple versus Complex Carbohydrates

Simple carbohydrates:

- Are **digested quickly** and send **immediate bursts of glucose (energy)** into the bloodstream.

Complex carbohydrates:

- Complex carbohydrates are **digested more slowly** and supply a lower and steadier release of glucose into the bloodstream due to the **added fiber** component.

Dietary Tips:

- Avoid regular soda, fruit punch, sports drinks, sweet tea, and other sugary drinks. Choose water, teas, or nutritive smoothies.
- Avoid artificial sweeteners, such as Splenda and aspartame and saccharin. Even “zero calories” foods can still negatively influence insulin sensitivity.

Supplements and Herbs

- Gymnema
- Berberine
- Vitamin D
- Chromium
- Fenugreek
- Psyllium
- Cinnamon
- Bitter melon

Professional Products for Glucose Management

- MetaGlycemX by Metagenics
- UltraGlucose Control by Metagenics
- Medibolic by Thorne
- Diabenil by Thorne
- GlucoSupreme Herbal by Designs for Health

Lifestyle Interventions:

- **Get moving:** Avoid a sedentary lifestyle; incorporate cardiovascular exercise to improve insulin sensitivity, metabolism, and mitochondrial health
- **Reduce stressors** and establish boundaries
- Make **sleep** a priority
- **Monitor fasting blood sugar** regularly
- Consider **testing for environmental toxins** which have been linked to alterations in glucose tolerance
- Stay **well-hydrated**

Join our 21-day Program!

- 3-week menu to lower your blood glucose (omnivore, vegan or vegetarian)
- Supplement pack: Glucose Control Manager (powder) + MetaglycemX + Mitocore
- Chat support (Mon – Fri; 9AM – 6PM)
- Glucose monitor device
- List of foods to eat / not eat

What does this investment in my health cost?

3-week menu to lower blood glucose	\$450.00
(omnivore, vegan or vegetarian)	
Supplement pack	
Glucose Control Manager (14 servings)	\$91.40
MetaglycemX (60 tabs)	\$69.50
Mitocore (60 caps)	\$45.00
Chat support (Mon - Fri; 9AM - 6PM)	\$450.00
Glucose monitor, lancets, and needles	\$65.00
List of foods to include and avoid for blood glucose regulation	\$95.00
Healthy swap list	\$95.00
What to pick at restaurants	\$95.00

TOTAL: ~~\$1,455.90~~

Special offer: **\$299**

Are you ready to make real changes to better your health, manage cravings, lose weight, and feel amazing?

YES, SIGN ME UP!