

# Total Energy Upgrade

## Module 1: Rehearse



Nutrition

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## Disclaimer

- The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice.
- It is intended as a sharing of knowledge and information from the research and experience of Marla Evans, ReclaimedHealth.com, and the experts who have contributed.
- I encourage you to make your own health care decisions based upon your own research and in partnership with a qualified health care professional.



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## Your Mission, should you choose to accept it

Is to finally reclaim the energized body and focused mind you were MEANT to enjoy

so you can turn your "must-do's" into "have-done's" and still have plenty of energy left over for the things you love

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- We're learning about the 5 Lifestyle Habits needed for good health & blood sugar regulation
- We're learning new habits and *beginning* to implement them
- You may not get them all done each week and **THAT'S OK!!**

## Module 1

Rehearse & Revise



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**PROGRESS**  
Not Perfection

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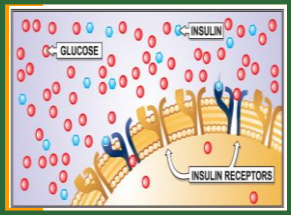
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## Review

What We Covered Last Week

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**Insulin Resistant Cell**

Insulin receptors are no longer "listening" to insulin's signal so are not escorting glucose into the cell

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OK, I'm tired all the time.  
So what? That's normal.  
Everyone's tired.

Don't Confuse Common with Normal

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We were meant to enjoy  
robust health, clear minds,  
and boundless energy.  
**THAT'S normal!**

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**It's Not Just about Food**

Food is the primary controller of blood sugar, but if the other areas aren't addressed blood sugar will never remain balanced

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Just ONE night of poor sleep  
can induce a temporary state  
of Insulin Resistance in  
Healthy People


What's it doing to those who have health challenges?

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**Balance Your Hormones**

With A Great Night Sleep


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- Ghrelin stimulates Growth Hormone
- 30 minutes of mild hunger gets you a nice spike of Growth Hormone
  - Build muscle
  - Burn fat
  - Improve insulin sensitivity

**Cool Tip!!**  
Why you should NOT eat every 2-3 hours!

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### Action Steps

- Activities in the workbook
- Complete your Action Plan
- Log into the membership site

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Ah Ha!  
Moments

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Your Mission, should you choose to accept it...

is to understand how foods affect YOUR body so you can design meal plans that leave you with boundless energy

Instead of napping at your desk

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### Your Mission

- Understand the importance of food quality
- Prioritize your food purchases
- Food To Focus On
- Phase-Out Foods
- Testing Foods
- Designing Your Meal Library

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### Your Portal Mission

- Meal Planning
- Recipes
- Supplements for Insulin Resistance
- The Importance of Quality Supplements
- “Reactions” to Supplements

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# Quality Matters

But so does the budget

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## How do We Prioritize Our Food?

- **Fats**
  - Poor quality fats cause so much damage to the body; everything from rampant inflammation, to damaged cell receptors to low hormone production
- **Meats**
  - Meats are second largely because toxins are stored in the animals fat which goes back to the damage fats do to our body
- **Veggies**
  - Yes, pesticides & herbicides cause damage to our body, but not as quickly as the fats do.

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## Know Your Fats

- **Omega-3's** (DHA) helps escort glucose into the cells
- High **Omega-6** fats trigger inflammation inhibiting glucose from entering the cell
- **Transfats** are “stiff” fats
  - Get deposited into cell walls
  - Block the transport of glucose into the cell

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## Omega-3 Fats

Food	Serving Size	%RDA
Flaxseeds	2Tbsp	133%
Walnuts	2Tbsp	113%
Sardines	3.2 oz	61%
Salmon	4oz	55%
Beef (Grassfed)	4 oz	46%
Brussels Sprouts	1 cup	11%
Cauliflower	1 Cup	9%

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## Omega-3's From Plants

Source: Weston A. Price Foundation

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## Omega-6

- We do need Omega-6 fatty acids. They're used in the healing process when inflammation is necessary.
- Must be balanced with Omega-3's or else inflammation gets out of control
- Best is 2 Omega-6 to 1 Omega-3
- SAD diet is closer to 12:1 or even higher promoting rampant inflammation

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## Trans-fats

- Damage cell walls and the insulin receptors
- ALL hydrogenated or partially-hydrogenated oils contain trans fats
  - EVEN IF THE LABEL SAYS ZERO TRANS FATS
  - Loophole in the labeling laws allow it
- Found in processed foods
  - Margarine
  - Mayonnaise



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## Vegetable Oils

- Subjected to very high heat & pressure
  - Damages the structure of the oil
  - Oxidizes (spoils)
- Treated with bleaches to make it clear
- Steam deodorized to mask the rancid smell
- Genetically modified



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## Animal Products

- The healthier the animal the healthier their meat.
- Fish: High in Omega-3 but only if wild caught. Farmed fish are fed an artificial diet and live in artificial environments so do not have the same nutritional quality
- Poultry: Pasture-raised.
  - Cage-free no longer means anything.
- Grass-fed AND grass-finished beef: The USDA now says that as long as they got some grass during their lifetime they can be called grass-fed even if that was only for 1 week.



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EWG's 2017 **Dirty 12™**

1. STRAWBERRIES
2. SPINACH
3. NECTARINES
4. APPLES
5. PEACHES
6. PEARS
7. CHERRIES
8. GRAPES
9. CELERY
10. TOMATOES
11. SWEET BELL PEPPERS
12. POTATOES

EWG's 2017 **Clean 15™**

1. SWEET CORN
2. AVOCADOS
3. PINEAPPLES
4. CABBAGE
5. ONIONS
6. SWEET PEAS
7. PAPAYAS
8. ASPARAGUS
9. MANGOES
10. EGGPLANT
11. HONEYDEW
12. KIWI
13. CANTALOUPE
14. CAULIFLOWER
15. GRAPEFRUIT

Buy Organic!      Regular OK



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## Focus Foods

Add as many as you can

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If it's green  
EAT IT!

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### Focus Foods

- Green Leafy Vegetables
  - Arugula, sprouts, collards, kale, etc
  - Minerals, B-vitamins, antioxidants
  - Salads, juice, smoothies
- Sea Vegetables
  - Kelp, chlorella, dulse (great chip!), nori
  - Minerals, Omega-3
  - Nori, kelp powder (in place of salt)



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## But I HATE green foods!

They taste like my lawn

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### Minimize the Green Taste

- Lemon/Lime
- Vanilla
- Chocolate
- Herbs/Spices



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### Focus Foods

- Omega-rich seeds & nuts
  - Chia, flax, hemp, walnuts
  - Smoothies, puddings
- Pumpkin seeds
  - Zinc



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### Focus Foods

- Brazil Nuts
  - Selenium
- Quality Protein Sources
  - Protein powders
  - Organic meats



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### Other Foods to Include

- Non-Starchy Vegetables (unlimited)
  - Raw or Cooked
- Low-Sugar Fruits
  - Berries, green apple, grapefruit (if test OK)
- Quality Animal Products (4-6 oz day)
  - Wild-caught fish
  - Pasture-raised poultry
  - Grass-fed Beef




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### Other Foods to Include


- Whole-Food Fats
  - Nuts, seeds (especially sprouted)
  - Chia, flax hemp
  - Coconut
  - Avocado



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## Phase-Out Foods

Some are only temporary  
Some permanent for long-term health



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## Name Some Phase-Out Foods

You already know the biggies



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## TIP: Keep it out of the house (or at least out of sight)



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### Phase-out Foods

- Allergenic foods (inflammation & autoimmune)
  - Top 6
  - Any you know you are sensitive to
- High-glycemic carbs
- Processed Fats
- Sugar & it's relatives




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### Top 6 Most Common Allergens

MEMORIZE THIS LIST

- Gluten (Wheat)
- Dairy
- Soy
- Corn
- Eggs
- Peanuts



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### High-Glycemic Carbs

- Grains & Flour (including most gluten free)
  - Simple starches are quickly absorbed and spike blood sugar
  - Pro-inflammatory
  - Gut irritant leading to autoimmunity
  - Quinoa & sprouted buckwheat *may* be OK. Test



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### High Glycemic Carbs

- Beans & Lentils
  - Might be ok, need to test



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### High-Glycemic Carbs

- Potatoes & starchy vegetables
  - Corn
  - Peas
  - Carrots
    - Raw is probably OK
    - Juiced or cooked probably not
- May be OK (Test)
  - Sweet potatoes & yams, especially if you need to gain weight
  - Squash



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### High-Glycemic Carbs

- High-Sugar Fruits
  - Banana
  - Mango
  - Pineapple
  - Papaya
  - Grapes
- Including carrot & beet
- Dried Fruits
  - Dates, raisins, cranberries, etc
  - Sugars are concentrated during the drying process
- Fruit Juice



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### Possible Low-Glycemic Fruits (Test)

- Berries
- Kiwi
- Green Apple
- Grapefruit



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### Sugar & All Its Relatives

- Any "ose"
  - Sucrose, glucose, fructose, maltose, dextrose
- Maple Syrup
- Honey
- Corn Syrup
- Barley Malt
- Coconut nectar
- Palm sugar
- Agave
- Evaporated cane juice
- Rapidura
- Turbinado Sugar
- Raw Sugar



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## Sugar Alternatives

- Liquid Stevia
  - NOT Truvia!
  - Powdered stevia products are more fillers than stevia
- Lo Han, also called Monk Fruit
- Erythritol
  - May have a laxative effect
- Xylitol



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## Processed Fats or Heated Oils

- Contribute to cancer & heart disease
- Promote inflammation
- Damage cell walls
- Use sparingly:
  - Olive Oil
  - Coconut Oil
  - Grass-fed butter



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## What The Heck Am I Going To Eat??

I got ya covered!

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The first thing we need to know is what foods work for your body

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## How do we figure that out?

Easy! We test

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## Introduction to Glucose Testing

Knowing how your body responds to foods is the key to designing meals that work for your body

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- Morning Fasting  
75 – 85
- Peak After a Meal  
Goal: 110 or lower  
Danger Zone: 114 – 139  
YIKES!!: Never over 140
- 2 Hours After a Meal  
Return to fasting level, not below

## Healthy Blood Sugar Ranges

This is the goal  
If severely compromised or already diabetic it will take time to get here

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## Functional Approach vs Western Medicine

- Western medicine is focused on *disease management*
- Functional health practitioners want to know *is the body functioning at it's best*

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## Designing Your Personalized Menu

- Know when your blood sugar peaks after meals
  - Anywhere from 30 – 90 minutes
  - Average peak is around minutes
- Test different individual foods and food combinations to see how they affect you
  - Build a library of “safe” meals for the Reset phase
- **Avoid foods that raise your blood sugar more than 25 points**

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## Step 1: Determine Your Peak

- Perform an at-home glucose tolerance test
- This is similar to lab work your doctor can order. While not as accurate, it's fine for our purposes
- The purpose of this test is to discover when your blood sugar peaks after meals.
- We'll use this information in future meal testing

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## At-Home Glucose Tolerance Test

- Choose the worst meal you generally eat
- Check your blood sugar before you begin eating
- *Enjoy* your meal
- Check your blood sugar after you finish
- Continue checking every 15 minutes until it starts to come down
- Note when the peak occurred

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## Step 2: Develop Your Meal Library

Now that you know how long it takes for your blood sugar to peak, begin testing meals

- Check your blood sugar before you begin eating
- Enjoy your meal
- Check your blood sugar at your peak time
  - Record what you ate, how you felt and your peak blood sugar number
- Check again 2 hours after eating. Should be back to fasting level and not below



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## Goals

- Blood sugar never goes over 110 after a meal\*
- Blood sugar returns to fasting levels, not below, within 2 hours of eating
- Avoid foods/meals that cause a jump of more than 25 points



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## Step 3: Test individual foods

- Not all low-glycemic foods work for every body
- Some foods are listed as “maybe”
- If in doubt, TEST!
- Test individual foods the same way you test meals
- If it causes a spike of over 25 points



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## Order Supplies

- Pick up a meter for about \$10-20 either at the pharmacy or on Amazon
  - PRO TIP: The price of strips is more important than the price of the meter
- Get the finest lancets you can find
  - Fine lancet means no pain
- Download a blood sugar tracking App
  - OnTrack



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## At-Home Glucose Tolerance Test

- Blood sugar peaks between 30 min – 90 min after you eat
- We need to know when *your* insulin levels peak after a meal



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## Keys to Success

PLANNING!

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## Meal Planning

- Online recipe storage, menu planner & shopping list
  - PepperPlate.com
  - PlanToEat.com
- My Routine
  - Plan on Thurs
  - Shop on Fri
  - Prep on Sat
    - Wash, chop, store



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## Meal Planning

- Leftovers are your friend!
  - Double the recipe & freeze individual portions
  - Helps on crazy weekends
- Have healthy foods readily available
  - Sliced zucchini/celery with healthy dip
- Dinner for Breakfast & Breakfast for Dinner



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## Breakfast

- Large glass of water upon waking
- Protein & Greens within an hour of waking up
  - Protein shake (not whey or soy)



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## Desserts

- Craving sweets after meals is a sign of insulin resistance
- It will take time to overcome
- Low-glycemic dessert recipes are in the portal



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## Snack Attack!

- Tune in
  - Are you really hungry?
    - Board
    - Stressed
    - Emotional?
- Hunger vs Thirsty
- If truly hungry, have a small snack



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## Snacks

- Green juice or powdered greens
- Half serving of protein shake
- Small portion of chia pudding
- Non-starchy veggies with homemade dressing
  - Try my Ranch Dressing recipe!!
- 1 ounce of raw nuts/seeds
- Raw crackers



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## Supplements

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### Supplements for Insulin Resistance

- Chromium Polynicotinate
  - 200 mcg breakfast/lunch
  - 400 mcg dinner
- Magnesium Citrate or Magnesium Glycinate
  - Refer to Magnesium Loading document to find your optimal dose
- DHA
  - 350 to 500 mg per day
- Vanadyl Sulfate (optional)
  - **For 4-6 weeks only** and only if longstanding history of insulin resistance or diabetes

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### Chromium

- Transports glucose across the cell membrane
- Released from the liver in response to insulin
- Over time, elevated insulin levels use up the body's store of chromium contributing to insulin resistance

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### Chromium Polynicotinate

- **Polynicotinate** is the best form of chromium
  - Use **Picolinate** if you can't find Polynicotinate
- Can help stabilize blood sugar levels
- Can help manage cravings

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*"Rarely" do so many studies from around the world find universal agreement on a subject!*

**The evidence is clear: if you want to optimize your metabolism and keep your risk for type 2 diabetes low, one of the things you need to do is consume adequate magnesium.**

Unfortunately, this is not the norm, as an estimated 80 percent of Americans are magnesium deficient!"

### Magnesium

<http://articles.mercola.com/sites/articles/archive/2014/05/10/magnesium-type-2-diabetes.aspx>

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### Magnesium

- Used in over 350 processes in the body
- Depleted by stress and high insulin

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## Magnesium

- Glycinate – less diarrhea
- Citrate – if tend toward constipation (mild laxative effect)



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## DHA

- Sensitizes insulin receptors
- Influences mood, memory, learning
  - This is why salmon is called “brain food”
- Helps with blood sugar regulation
  - Increases adiponectin



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## Review

- Understand the importance of food quality
- Prioritize your food purchases
- Food To Focus On
- Phase-Out Foods
- Testing Foods
- Designing Your Meal Library



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## Review of Lifestyle Habits

Here's what your day looks like so far

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## Morning

- Upon waking: 16-32 ounces of water (with lemon)
  - Hydration & detox
- 5 minutes of sunshine on your face
  - Turns off melatonin and turns on cortisol
- Protein within 1 hour of waking
  - Steady blood sugar for the day
- Green smoothie, juice or powder
  - Micronutrients & antioxidants



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## Lunch

- Non-starchy vegetables
- Raw nuts & seeds
- Quality protein & fat
  - \*\*Remember to drink your water, but not with meals
  - Half your body weight in ounces every day



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## Dinner

- Non-starchy vegetables
- Raw nuts & seeds
- Quality protein & fat



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## Snacks

- Avoiding as much as possible
- Use the Snack Attack Strategy
- Choose protein/fat over carbs



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## Evening

- Finish the rest of your water
  - The earlier the better!
- Bed time ritual
- Sleep Hygiene



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