

SESSION 5

BUILD YOUR TEAM

There's strength in numbers.

A Word on Weight

Test Your Knowledge

1 Why is skipping breakfast the worst way to cut calories?

2 Which of the following is a more accurate way to determine diabetes risk?

- a weight
- b body composition
- c BMI
- d appearance

3 Which of the following habits influences weight?

- a healthy eating
- b sleep
- c drinking water
- d all of the above



Tips for weight loss:

- ★ Ignore the diet industry.
- ★ Eat whole, plant-based foods without added sugar, fat, and salt.
- ★ Be active.
- ★ Drink water.
- ★ Get adequate sleep.
- ★ Eat regular meals.
- ★ Watch portion sizes.
- ★ Eat slowly. Chew your food!
- ★ Eat mindfully! Pay attention to your food.
- ★ Be persistent with healthy habits.
- ★ Take care of your inner well-being.

“

A healthy weight is the byproduct of a healthy lifestyle.

—DR. YOUNGBERG

”

 **Reflect**

Why did Jason's pants fall off if he hadn't lost any weight?



What About Beverages?

Test Your Knowledge

- 1 Drinking just one can of soda per day increases the risk of _____ by _____ percent, regardless of the amount of total calories consumed.
- 2 Calorie-free doesn't mean risk-free. _____ drinks can still increase the risk for diabetes, heart disease, and cancer.
- 3 100% fruit juices are a green light beverage.
 - a true
 - b false
- 4 Drinking caffeine is like living on _____. You may get a temporary energy boost, but regular consumption can lead to anxiety, insomnia, and potential addiction. They may also negatively impact the adrenal system and bone health.
- 5 The American Heart Association recommends drinking red wine for cardiovascular health.
 - a true
 - b false

“

Pure **water** is the world's first and foremost medicine.

—PROVERB

”



8 Tips for Quality Sleep

 **Test Your Knowledge**

- 1 Even _____ night of sleep deprivation can trigger insulin resistance.
- 2 As long as you sleep for 7 or 8 hours, it doesn't matter what time you go to sleep.
 - a true
 - b false



 **Reflect**

Not only do you need sleep, you also need rest-time to recharge emotionally, relationally, and spiritually. What are your favorite ways to rest?



Everybody Needs Somebody



“

*Alone we can do so little.
Together we can do so much.*

—HELEN KELLER

”

Test Your Knowledge

Five steps to social support:

STEP 1 Invest in _____.

STEP 2 Form a health _____.

STEP 3 Find a health _____.

STEP 4 Reach _____.

STEP 5 Reach _____.

Reflect

1 *In what ways do you enjoy helping the community or the people around you? How can this benefit your health?*

2 How can you “reach up” into your health plan?

3 Do you have a health buddy yet? If not, would you like to find someone who can encourage you and keep you accountable? List a few names of potential people to ask, and a goal date for asking (soon)!

“

I am not aware of any other factor in medicine that has a greater impact on our survival than the healing power of love and intimacy.

—DEAN ORNISH, MD

”





Missing Links in Your Health Plan



Test Your Knowledge

1 Diabetes can be _____.
Many people with diabetes have disease-causing factors they aren't even aware of.

2 How many Americans suffer from autoimmune disease?

- a 1 in 50
- b 1 in 20
- c 1 in 12
- d 1 in 3

3 You can think of autoimmune disease as _____.

4 Both type 1 diabetes and LADA cause damage to the beta cells of the pancreas.

- a true
- b false

5 What's the difference between type 1 diabetes and LADA?

- a type 1 damages the pancreas, LADA doesn't.
- b type 1 is autoimmune, LADA isn't.

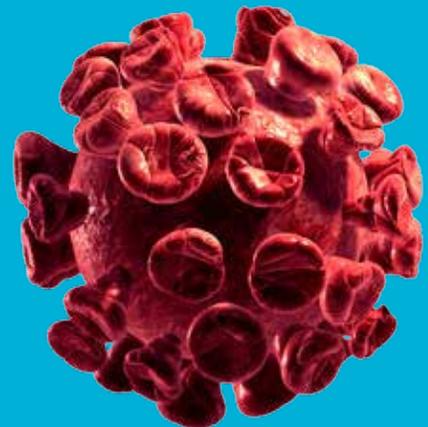
c type 1 causes quick damage, LADA causes slow damage.

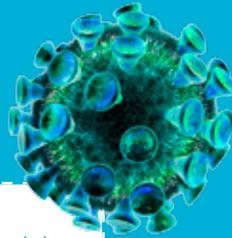
d none of the above

6 Because it progresses slowly, LADA is often misdiagnosed as _____.
(An estimated 10% of LADA cases are misdiagnosed).

People who have LADA usually...

- ★ Have classic diabetic symptoms.
- ★ Are not overweight.
- ★ Develop diabetes as adults, but before age 50.
- ★ May have another autoimmune condition.
- ★ May have a family history of autoimmune disease.





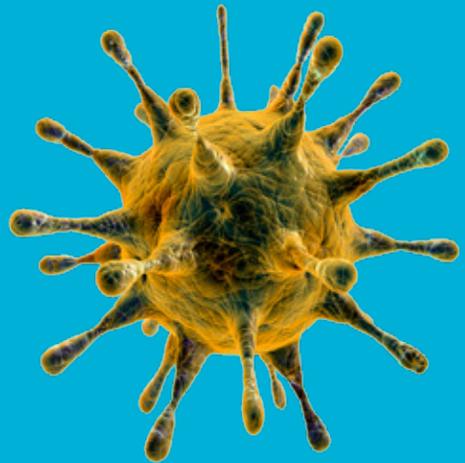
7 All autoimmune reactions are caused by antigens, or toxins the body wants to destroy. Although it's impossible to completely avoid toxin exposure, you can significantly reduce your risk by following these four simple steps.

STEP 1 Eat _____ foods.

STEP 2 Optimize your _____.

STEP 3 Use _____-free products.

STEP 4 _____ !



Chronic, low-grade infections can also lead to chronically high blood sugars. Visit your dentist and doctor regularly to combat:

- ★ Gum and periodontal disease
- ★ Yeast infections
- ★ Stomach infections, such as H. pylori
- ★ Sinus infections
- ★ Etc.

 **Reflect**

Which hidden diabetes culprits do you want to address?

8 STEPS TO TRANSFORM YOUR HEALTH

STEP 5 Build Your Team

Trust us, you're not on this journey alone! Hopefully by now, you either have a health buddy or have someone in mind to ask. With your health buddy, set a goal to encourage each other to drink enough water every day! Together, you can boost your energy and trim your waistlines, one sip at a time.

Your Goal:



STEP 1
Change Your Paradigm
Give your mindset a positive shift—your inner voice can make or break you.

STEP 2
Treat the Cause
Take time each day to discover the power of after-meal exercise.

STEP 3
Eat to Live
Make food your medicine by filling your meals with green light foods.

STEP 4
Transform Your Genes
Improve your mood, memory, and weight with deep sleep.

STEP 5
Build Your Team
Find a health buddy—someone to hold accountable and vice versa.

STEP 6
Choose the Best
Get out there—give your genes the Vitamin D advantage.

STEP 7
Dream Big
Reach for your dreams, and involve others to achieve your goals together.

STEP 8
Feed Your Soul
Let go of the things that hold you back, like bitterness, and negative thoughts.