

SESSION 6

CHOOSE THE BEST

Every "no" choice is actually a "yes" choice.

Choosing the Best

Test Your Knowledge

1 How many choices does the average American make each day?

- a 5,000
- b 10,000
- c 25,000
- d 35,000

2 We _____ our own
_____ by the choices
we make.

3 The dictionary defines temperance as: self-restraint in the face of misled desire. What's the opposite of temperance?

- a fun
- b freedom
- c impulsivity
- d choice

“

Channel your *choices* into the best reality possible.

—WES YOUNGBERG, DrPH

”





Reflect

1 Does the thought of “temperance” make you feel confined or controlled? If so, how can you adjust your thinking to view temperance as something that leads to freedom?

2 In what area of your life would you like to practice more temperance? By saying no, what would you be saying yes to?

Here Comes the Sun

Test Your Knowledge

1 People with optimal Vitamin D levels are _____ percent less likely to develop type 2 diabetes than those with low levels.

Vitamin D helps fight:

- ★ Diabetes
- ★ Heart disease
- ★ Stroke
- ★ Some forms of cancer
- ★ Obesity
- ★ Kidney disease
- ★ Colds and flus
- ★ Bacterial infections
- ★ Osteoporosis
- ★ Autoimmune disease
- ★ And much more...

2 The human body contains _____ genes. _____ of them are regulated by Vitamin D in some way.

Vitamin D has been described as “the key that unlocks the genetic library.” It gives the body access to the information it needs to fight disease.

3 How many Americans are Vitamin D deficient?

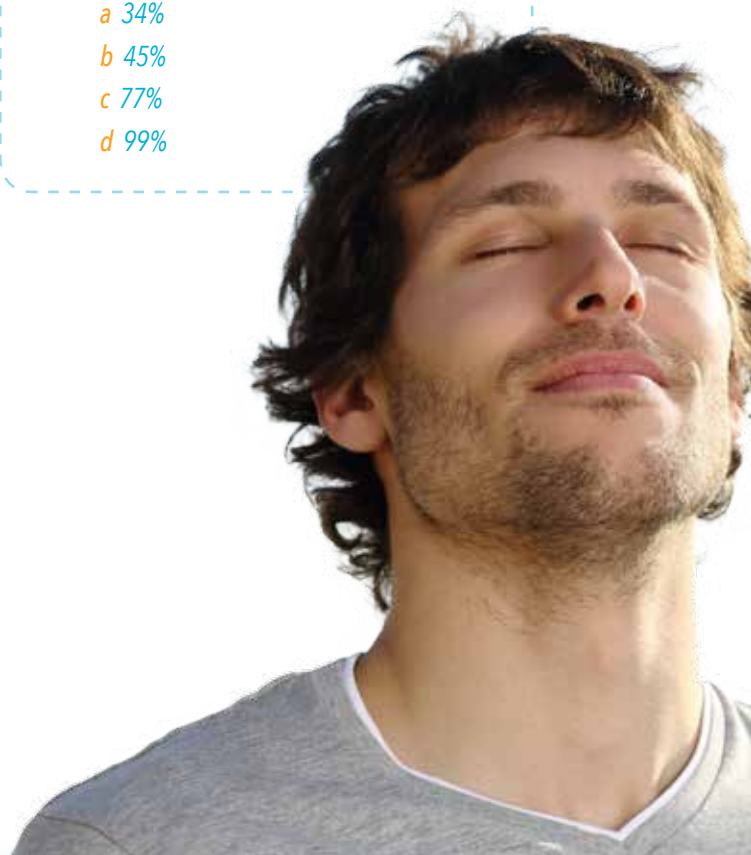
- a 34%
- b 45%
- c 77%
- d 99%

“

Keep your face to the *sunshine* and you cannot see a shadow.

—HELEN KELLER

”



How to Optimize Your Vitamin D Level:

1 Get tested.

Ask your doctor to order the 25 Hydroxy Vitamin D Test. This test measures the storage form of Vitamin D in your blood. You can also order an in-home test kit and mail a small blood sample to the lab. The results will be mailed back to you.

2 Aim for a Vitamin D level of 50-100 ng/mL.

Sunlight can help, but most people need supplementation. If your level is low, you could start at 10,000 units per day. A good maintenance dose might be 5,000 units daily for women and 6,000 units daily for men.

3 Keep Getting Tested.

After 2-3 months, get tested again. Then test at least twice each year: in the fall when levels are highest and in the spring when levels are lowest. As you test, you'll discover how much Vitamin D you need to take to keep levels stable all year round. *The good news is that Vitamin D toxicity is extremely rare and would require prolonged periods of much higher doses to occur.*

Sunlight does more than help produce Vitamin D. It also improves sleep, enhances mood, reduces stress, improves digestion, and much more. Try to get at least 15-20 minutes of direct sunlight each day.



Reflect

What are some of your favorite things to do in the sunshine?

Important Blood Sugar Tests

1 The Fasting Blood Glucose Test

The most common test used to diagnose diabetes. You can get tested by your doctor or by using your own blood sugar monitor.

A fasting glucose of 126+ indicates that diabetes is present. Prediabetes can be diagnosed by a level of 100–125. Remember, prediabetes alone significantly increases the risk of heart disease.

By current standards, a fasting blood sugar between 70 and 99 is considered “normal.” However, the lower end of this range is much healthier.

2 The Random Blood Glucose Test measures the blood sugar at any time during the day. You don't have to be fasting to take it. A random blood sugar of 200 or higher accompanied by classic diabetic symptoms means that diabetes is present.

3 The Glucose Tolerance Test is the most accurate way to detect diabetes, prediabetes, or any blood sugar problem. This is a stress test that shows how the body responds to a sugar load.

Sometimes the glucose tolerance test picks up on a blood sugar problem that the other tests fail to recognize. Blood sugars constantly change throughout the day depending on meal timing, exercise, and other factors. A fasting or random blood sugar could at times show up as normal, even in a diabetic person. The glucose tolerance test measures how the body responds to sugar over a two to four hour time period.

To get this test, set up an appointment with your doctor or at a local clinic. You will begin the test after fasting for at least 8 hours. First, your fasting blood sugar will be taken. Then you will be given a syrupy sweet glucose drink. Your blood sugar





will then be taken at several different times after you finish the drink, to track how your body responds to a glucose load. This test will show how your body naturally responds to glucose found in foods.

If two hours after drinking the drink, your blood sugar is 200+, this indicates diabetes. A two-hour blood sugar of 140–199 is prediabetes.

It's also valuable to know the one-hour level—the blood sugar reading one hour after drinking the glucose drink. This mimics blood sugar levels after a meal. Usually blood sugars are highest 45 minutes to an hour after eating. Sometimes people's two-hour levels are normal, while their one-hour levels are not. Research shows that having a blood sugar of 155+ one hour after drinking the sweet drink is an independent risk factor for cardiovascular disease.

4 The Pepsi-Jelly Bean Challenge

Dr. Youngberg has had many clients who were skeptical about the results from the glucose tolerance test. "Well of course my blood sugar was high," they would say, "It's because I drank all that glucose. I never consume that much sugar in real life."

When this happens, Dr. Youngberg tells them to take what he calls the Pepsi-Jelly Bean Challenge. You can try it too.

Pick your favorite soda or juice and your favorite starchy snack—cookies, crackers, or even pasta or pancakes. Make sure you have 75–100 grams of sugar or carbohydrate in the snack. The majority of the calories should come from carbohydrate, not protein or fat. You will also need a blood sugar testing kit.





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Don't deny the diagnosis.
Defy the verdict.

—NORMAN COUSINS

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Once you have all the supplies, you're ready to start. Here's what to do next.

Wait at least three or four hours after eating a meal, then record your blood sugar. This will serve as your "fasting" blood sugar. Eat your snacks and drink your juice or soda. After one hour, check and record your blood sugar level. After two hours, check and record again.

Compare your fasting, one-hour, and two-hour levels to the blood sugar criteria Dr. Youngberg explained when he discussed the glucose tolerance test. This should give you a good idea as to whether or not your blood sugars are compromised.

5 The Hemoglobin A1c measures your average blood sugar control for the past two to four months. If your hemoglobin A1c is 6.5% or higher, you have diabetes. If your hemoglobin A1c is between 5.7 and 6.4%, you have prediabetes. Normal levels are typically considered somewhere between 4.5 and 5.6%. However, an optimal level for somebody without diabetes would ideally be about 5% or maybe a little bit less. If you have diabetes or prediabetes, it's very important to evaluate your hemoglobin A1c regularly, typically every three months.

Other Types of Exercise

Aerobic exercise includes activities like brisk walking, jogging, hiking, biking, and swimming. It involves continuous movement of your large muscle groups and increases your heart rate and need for oxygen.

Benefits of aerobic exercise:

- ★ Lowers blood sugars.
- ★ Strengthens the heart.
- ★ Burns fat.
- ★ Lowers triglycerides.
- ★ Boosts energy.
- ★ Reduces disease risk.
- ★ Improves mood.
- ★ Increases longevity.



Test Your Knowledge

A good goal is to build up to _____ minutes of aerobic exercise at least _____ times each week. You can work your way up gradually.



Reflect

1 If exercise was a pill, how much would you pay for it each day?

2 Imagine your life 3 months from now. What choices can you make this week that your future self will thank you for?



Activity

Let's go for a 30-minute walk!



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Take care of your body. It's the only place you have to live.

—JIM ROHN

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The Rest of the Tests



Test Your Knowledge

- 1 Health is _____.
- 2 Blood sugars are important, but are just one _____ in the _____.

TEST YOUR HEART

Heart disease is the leading cause of death in the United States and worldwide. People with high blood sugars are at an even higher risk. In fact, two out of three people with diabetes will die prematurely from a heart attack or stroke. Here are some tests to evaluate your heart health.

- 1 **Lipid or Cholesterol Profile:** You can reduce your risk for heart disease by keeping your cholesterol under control. Talk to your doctor about this test, which includes total cholesterol, HDL, LDL, and triglycerides.
- 2 **Advanced Cardiovascular Risk Profile:** As valuable as the Lipid/Cholesterol profile is, it only picks up 50% of your actual risk for developing heart disease. By adding the following tests, you can identify 90% of your risk:

- ★ sd-LDL is the specific form of small dense LDL cholesterol that more easily promotes plaque.
- ★ HDL2b is the most heart protective form of HDL cholesterol that actually removes plaque from your arteries.
- ★ Lipoprotein (a) is a form of the “bad” LDL cholesterol that is ten times more likely to form plaque than regular LDL cholesterol.
- ★ Homocysteine is a protein in the blood that increases the risk for atherosclerosis, heart disease, and stroke.
- ★ Low Vitamin D levels in the blood strongly influence the risk of diabetes and heart disease.
- ★ Apolipoprotein E is a gene mutation test that identifies advanced risk for both heart disease and Alzheimer’s disease.
- ★ Factor V Leiden is a gene mutation test that strongly influences your risk of developing clots in your blood stream.

3 Cardiovascular Inflammation Tests

- ★ Cardiac CRP (a.k.a. high sensitivity CRP test) measures the level of inflammation in the body. High inflammation significantly increases the risk of heart disease, diabetes, and many other diseases. This test is an excellent predictor of heart disease risk but can be elevated for other reasons as well.
- ★ Lp-PLA2 test (aka PLAC test) This test specifically shows if you have inflammation in the artery wall associated with plaque buildup representing the risk of a heart attack or stroke.

4 Iron and Ferritin: High levels of iron and ferritin (the storage form of iron) represent an increased risk for heart disease and diabetes.

TEST YOUR KIDNEYS

High blood sugars cause kidney damage and even failure. Unfortunately, symptoms of kidney disease don't appear until the very late stages. The only way to identify the problem sooner is through testing. Talk to your doctor about ordering a renal panel to evaluate your kidney function.

TEST YOUR LIVER

High blood sugars also damage the liver. The majority of diabetics have fatty liver disease. Liver damage can occur from excess fat intake or as a side effect of many diabetic and cholesterol-lowering medications. Talk to your doctor about tests to evaluate your liver function.

TEST YOUR THYROID

People with diabetes are almost twice as likely to have a thyroid problem. Poor thyroid function impairs circulation—increasing the risk of heart disease and all diabetes-related complications. Be sure to evaluate your thyroid function with a thyroid panel test.

TESTING RESOURCES

For more extensive information, read Chapter 10 in Dr. Youngberg's book *Goodbye Diabetes*, which can be found at dryoungberg.com or on Amazon. There you will find specific details on various tests and optimal lab values. Sometimes lab values that are considered standard aren't really optimal. Levels can be based on national averages instead of what's actually the healthiest goal. You can compare your test results with the optimal levels found in this chapter.

It's also important to find a healthcare provider who is well trained in lifestyle, nutrition, and functional medicine. Someone with this background will be more knowledgeable about some of these tests, and better equipped to help you understand your results.

Reflect


Why are so many health tests available? Because your body is complex! Take a moment to write out your gratitude for all the things your body does that you don't even know about.

STEP 6

Choose the Best

Give your genes the Vitamin D advantage by choosing one of the best natural healers given to us: the sun. Set a goal to enjoy the sunshine with your health buddy from **STEP 5**, or go on a walk after lunch (**STEP 2**).

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.