

The Five Stages of High Blood Sugar

 **Test Your Knowledge**

Just like running out of gas takes time, developing prediabetes or diabetes is a _____ process.



		STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5
	optimal	high blood sugar	high blood sugar	prediabetes	advanced prediabetes	diabetes
fasting	70-84	85-94	95-99	100-109	110-125	126+
1 hr	80-119	120-139	140-159	160-199	200+	
2 hr	80-99	100-119	120-139	140-159	160-199	200+

Dream & Do – Part 1

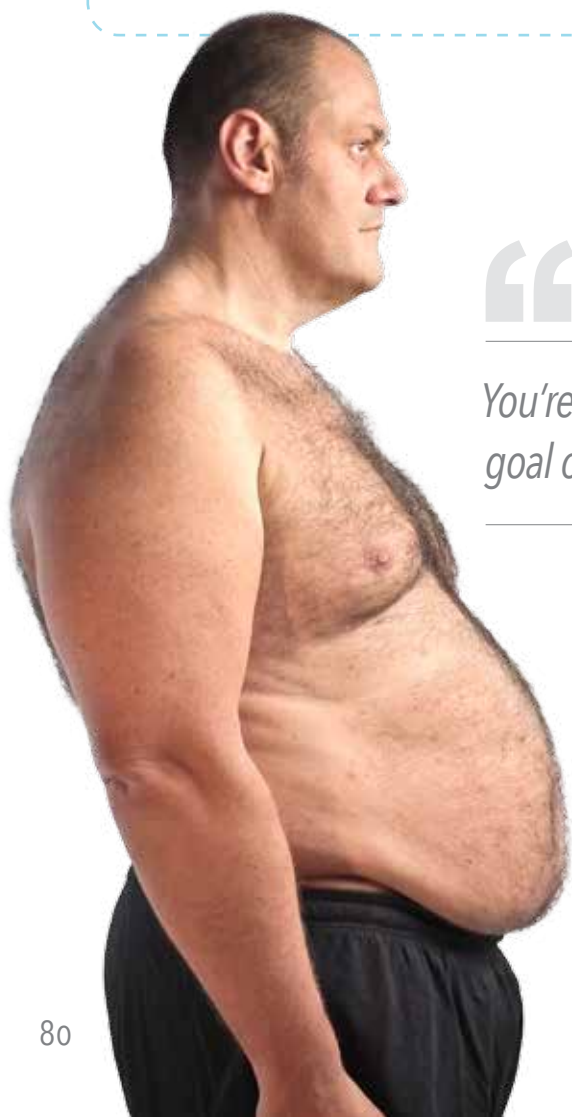
Test Your Knowledge

The people who are most successful in reaching their health goals have two things in common.

They know how to _____
and they know how to _____.

Reflect

How does David's story give you hope? What were some of his secrets to success?



“

You're *never too old* to set a new goal or to dream a new dream.

”



Dream & Do – Part 2



 **Activity**

Set at least three long-term goals for yourself, and think of two short-term goals for each that will help you achieve your long-term goals. What habits do you have to change to achieve your goal? When do you want to achieve these goals by?

What are 2-3 things that you value the most?

How will improving your health impact your ability to experience these things?

Long-term Goal No.1:

by:

- * Short-term Goal:
- * Short-term Goal:
- * Daily Habits:

Long-term Goal No.2:

by:

- * Short-term Goal:
- * Short-term Goal:
- * Daily Habits:

Long-term Goal No.3:

by:

- * Short-term Goal:
- * Short-term Goal:
- * Daily Habits:

Resolve Your Ambivalence

 **Test Your Knowledge**

Ambivalence occurs when you have _____
_____ about your health
goals.



If left alone, ambivalence can be a bad thing. But these simple steps can help you resolve your ambivalence and achieve your goals. Just grab a piece of paper and work through the steps.

STEP 1 Affirm your desire to be healthy.

STEP 2 Rate your readiness (1-10).

STEP 3 Explain your rating. Why not higher, why not lower?

STEP 4 Resolve the ambivalence (meet your objections).

STEP 5 Take a baby step.

 **Reflect**

You've already identified the things you value the most. Did your list include any people? If so, find a way to let this loved one know you appreciate and value them. Afterwards, write down what happens:





Your Pancreatic Potential

Test Your Knowledge

- 1 The beta cells of the pancreas secrete a hormone called _____ that stabilizes blood sugars.
- 2 People with type 1 diabetes have damaged _____ that no longer produce insulin.
- 3 People with type 2 diabetes still produce insulin, but their cells are _____ to it. This forces the pancreas to work extra hard to create lots of extra insulin to force blood sugars down.
- 4 High insulin levels increase the risk of several diseases, including:
 - a heart disease
 - b cancer
 - c dementia
 - d all of the above

- 5 Years of overwork can cause the pancreas to burn out. When this happens, type 2 diabetes becomes more like _____.
- 6 Which of the following tests measure pancreatic function?
 - a fasting insulin
 - b two hour insulin
 - c C-peptide test
 - d all of the above

TEST YOUR PANCREAS

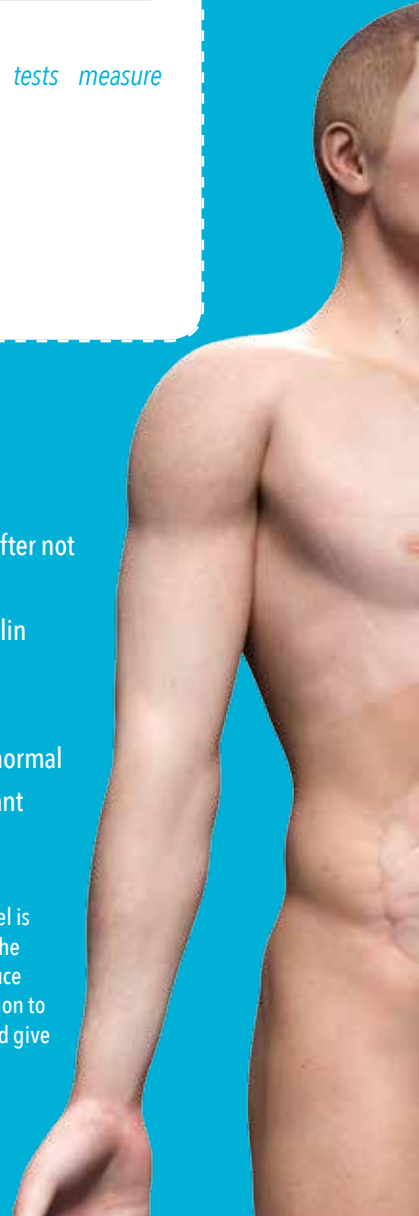
Fasting Insulin Test:

- ★ Measures insulin levels after not eating overnight.
- ★ 10+ indicates major insulin resistance.
- ★ < 7 is much healthier.
- ★ High sugars with low to normal insulin suggests significant beta cell loss.

Note: Although a high insulin level is dangerous, it at least shows that the pancreas still knows how to produce insulin. It's a reminder to take action to reverse your insulin resistance and give your pancreas a break.



Pay attention to your pancreas!



Two-Hour Insulin Test:

- ★ Reveals how your body responds to carbohydrates in your meal.
- ★ May detect insulin resistance even when fasting insulin level is normal.
- ★ Level should be < 25 (Ideally < 10). A level > 25 indicates major insulin resistance.

C-Peptide Test

Sometimes people are started on insulin before they know whether or not they have type 1 or type 2 diabetes. The insulin they are taking can skew the insulin test results.

The C-peptide test is another way to identify which type of diabetes is present. A low level indicates type 1, while a medium or high level indicates type 2.

Stimulated C-Peptide

The stimulated C-peptide test may reveal what your long-term chances are for controlling your blood sugars through lifestyle alone, without the need of insulin.

To perform this test, your blood will be drawn an hour after drinking a glucose drink or eating a carbohydrate-rich meal.

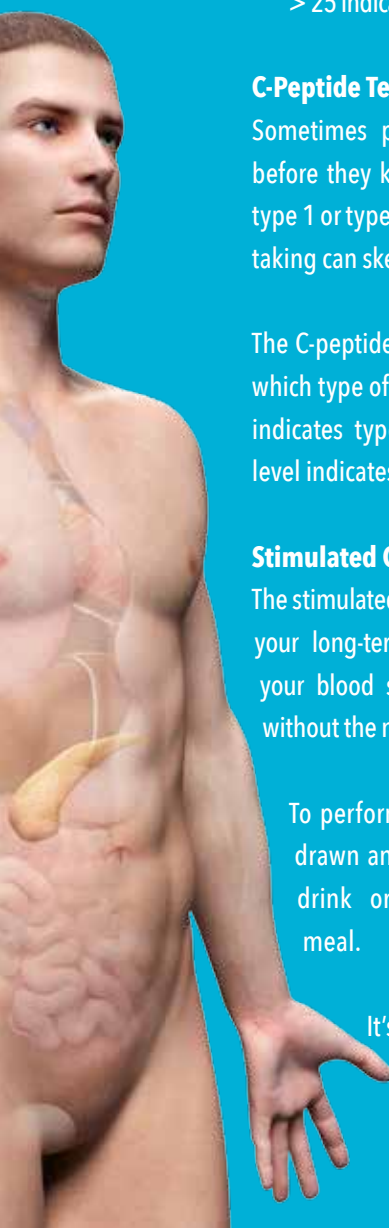
It's important to note that these guidelines are experimental,

not official. But we believe that they are valuable.

- ★ < 2 ng/mL: Severe pancreatic damage—Although lifestyle interventions can still improve health, most likely there will be an ongoing need for insulin.
- ★ 2–4 ng/mL: Pancreas damaged but still functioning—At this level, there's a 50% chance that someone can address the problem through lifestyle alone.
- ★ 4+ ng/mL: Pancreas functioning well—A person at this level has a 95 percent chance of eventually being able to control their blood sugars with no insulin or other medication.

 **Reflect**

When the pancreas overworks, it gets burnt out. How does this principle apply to the rest of your life? What steps can you take to prevent burnout?




STEP 7

Dream Big

Dreams are meant to be shared, and are much sweeter when achieved with others. Whether your goals are geared towards healing your relationship with exercise, nutrition, sleep, water, sunshine, or all of the above, do it with someone! Take one of the long-term goals you brainstormed in "Dream & Do - Part 2" and resolve to achieve it alongside someone you love.

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.