

Disclaimer

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Welcome!!!
Just hang On :o)
Our meeting will start soon.



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Type 2 Diabetes and Obesity Are Closely Associated

- Hyperinsulinism
- Syndrome X
- Obesity
- Insulin resistance
- Metabolic syndrome
- Blood sugar imbalances

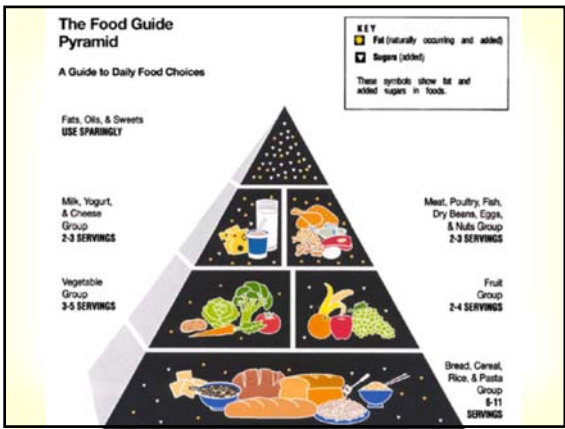
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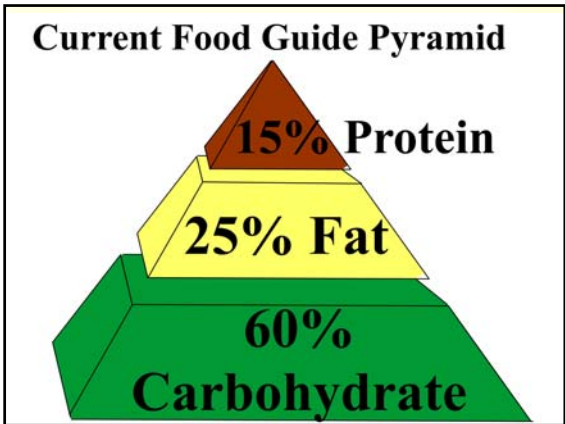












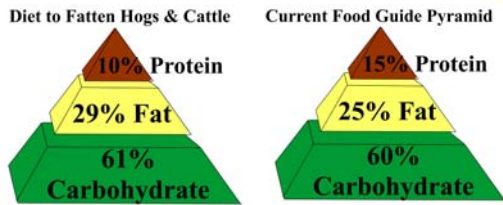
Current Food Pyramid

- Carbs were popular
- Low-Fat and Fat-Free were IN
- But was the pyramid ever tested on the human population?

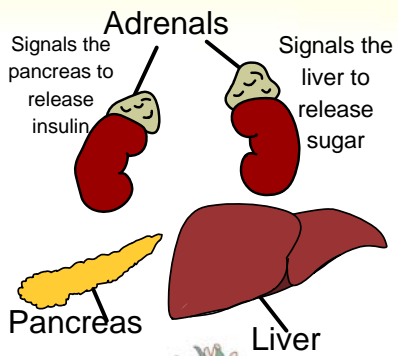
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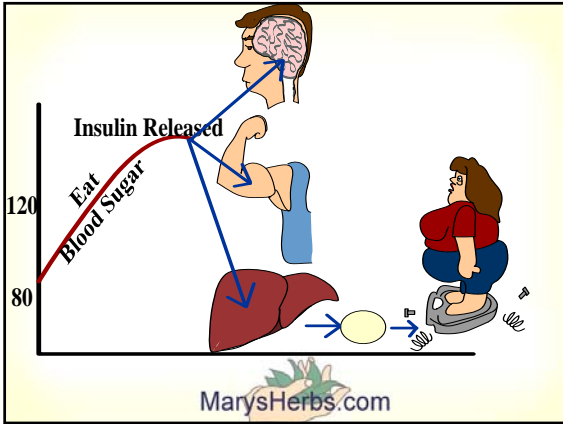
Is it any wonder we as a society are gaining weight?



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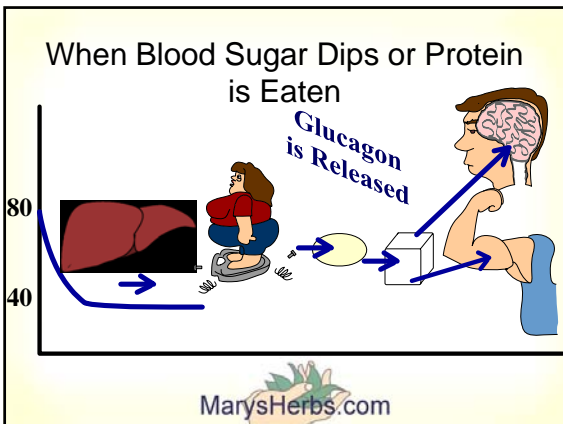
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**Insulin is a Storing
Hormone**

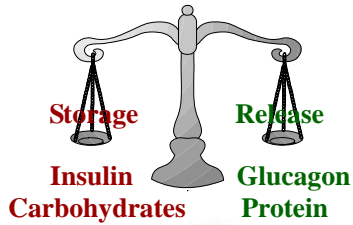
**Glucagon is a
Releasing Hormone**

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To Lose Weight Eat More Protein than Carbs...
To Gain Weight Eat More Carbs than Protein

Balancing Insulin and Glucagon



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Protein

Any food composed primarily of
Amino Acids.

Both plant and animal



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What is a Carb?

#1 If it is composed primarily of some
form of SUGAR

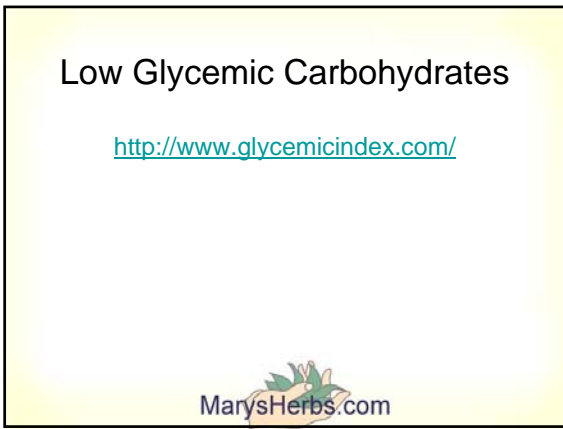
#2 If it grows out of the ground

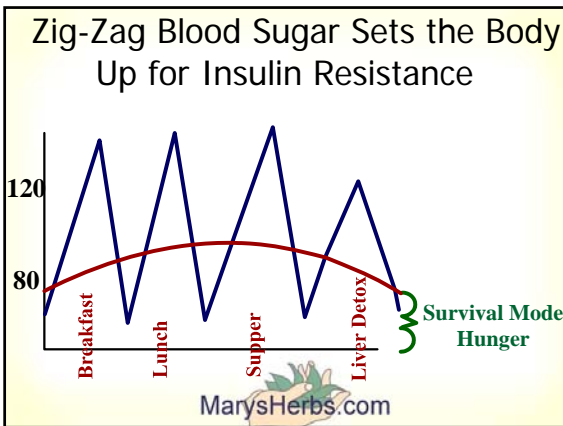
#3 If it is a fruit, vegetable or grain

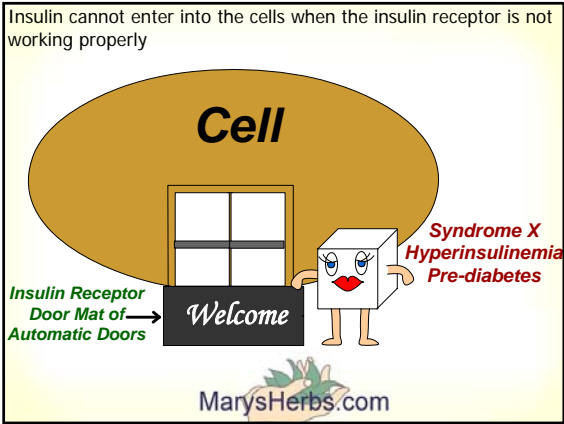


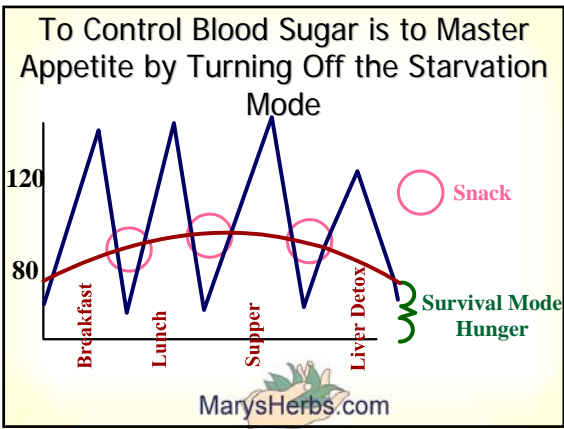
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#1 Eat Low-Glycemic Carbs

- Counting carbs VS glycemic Index
- American and International
- Know your GI for Foods
- General Rules
 1. Fruits and veggies generally have a low GI
 2. Grains and starches generally have a high GI
 3. More refined, the higher the GI
 4. More fiber or fat the lower the GI

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#2 Add Fats to Your Meal

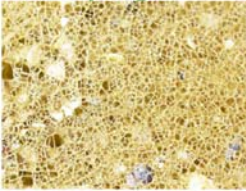
- *Fats and Oils from Plants
- * Fats have **NO EFFECT** on Insulin Secretion
- * Eating Small Amounts of Fats, **DO NOT** Make you Fat
- * Insulin triggers Fat Storage
- *Fat Makes You Feel Satisfied



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#3 Add Fiber

Soluble fiber looks like a sponge **Insoluble fiber looks like straw**



Fiber slows down the absorption of sugars
Raw is better than cooked which is better than juiced

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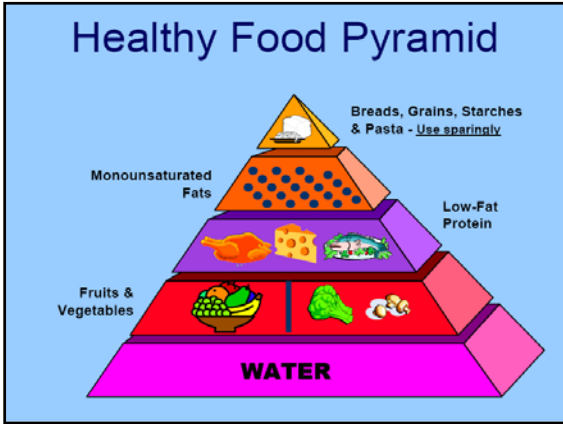
#4 Balance Proteins, Carbs & Fats

Balance varies per diet

HOW DO YOU KNOW WHICH IS THE RIGHT RATIO FOR YOU?

- You will feel satisfied for 4 to 6 hrs after the meal
- No hunger
- Good mental clarity
- Good energy

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Measuring Portions Hand Method

NEVER go more than 5 hours without eating while you are awake

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You must eat within 1 hour after you awoken

Never go longer than 5 hours without eating while you are awake.

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**Your protein portion
should be the size & thickness
of your palm**

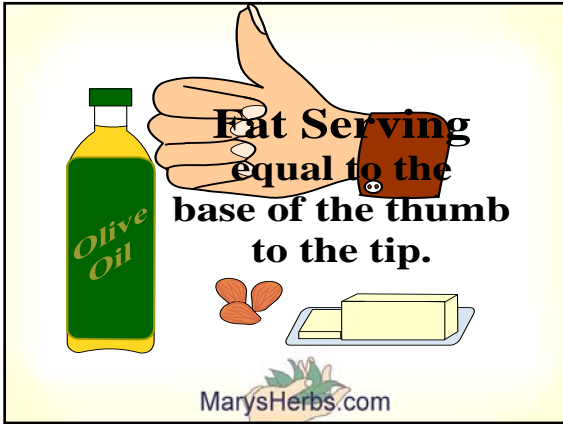
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**Good Carbohydrates
You get 3 LARGE cupped
handfuls per meal**

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**Bad Carbohydrates
One Serving - a fistfull
per meal**

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#5 Blood Sugar Balancing Supplements

Omega 3	Cinnamon
GTF Chromium	Cedar Berries
Sugar-Reg	Goldenseal
Blood Sugar Formula AV	Juniper Berries
Pro-Pancreas	Blueberry leaves tea
L-Cartinine	Nature's Three/Loclo/Fat Grabbers
Carbo Grabbers	Magnesium helps
Thai-Go	in the production
CLA	of Insulin
IGF I	MarysHerbs.com

Questions???



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