

## Zone 1 — High Blood Glucose

Chronically elevated glucose is a concern as it is associated with an increased risk of many metabolic conditions, including:

- Diabetes
- Cardiovascular disease
- Hormone imbalances
- Mood disorders
- Certain types of cancer

In addition, having chronically elevated blood glucose can lead to many other challenges that may prevent you from reaching your goals.

- Weight gain, especially around the midsection
- Frequent hunger
- Cravings for carbohydrate-based foods
- Difficulty getting high-quality sleep
- Fatigue, especially between meals

The most common causes of chronically elevated blood sugar are a diet with macronutrient imbalances, sedentary lifestyle, unmanaged stress and disrupted sleep quality and/or quantity.

Based on the questionnaire, some recommendations to address this zone are:

### **KNOW IT: UNDERSTAND YOUR UNIQUE METABOLISM THROUGH LAB TESTING.**

#### **FOUNDATIONAL PANEL (45 markers)**

Gives insight to your potential metabolic barriers to success. This panel investigates unique markers that will provide the necessary information about your individual metabolism and blood sugar management markers like glucose and Hemoglobin A1C to help guide your programming in a more concrete, customized direction.

#### **ADVANCED PANEL (70 markers)**

Builds upon the information given in the Foundational Panel to take understanding your metabolism and barriers to the next level. Through consideration of additional markers, you will have a clear, concise understanding of your metabolism and blood sugar management with markers like glucose, Hemoglobin A1C, and C-peptide to provide a higher degree of certainty of results.

#### **COMPREHENSIVE PANEL (82 markers)**

The comprehensive panel incorporates all the incredible markers found in both the Foundational and Advanced Panels, plus Glycomark® (which gives insight to blood sugar trends over the past two weeks), as well as other critical pieces to ensure you have an all-encompassing picture of your metabolic functioning. Provides unparalleled information about your unique metabolism to custom-build your exercise, nutrition, lifestyle and supplement programming with the highest degree of certainty.

#### **RECOMMENDED REASSESSMENT: Glucose Regulation Panel (3 markers)**

This smaller panel assesses C-peptide (a marker of insulin levels), Hemoglobin A1C (gives insight over to trends over the previous 3 months), and Glycomark® (which gives insight to the previous two weeks).

## Zone 1 – High Blood Glucose

### **NOURISH IT: GIVE YOUR BODY THE NUTRIENTS IT NEEDS TO FUNCTION OPTIMALLY.**

- Ensure you chew food thoroughly, aiming for 30 chews per bite
- Include starchy, real-food carbohydrates in amounts appropriate for your activity level
- Consume protein every 3-5 hours while awake
- Prioritize healthy sleep habits, aiming for 7-8 hours each night

### **SUPPLEMENT RECOMMENDATIONS**

#### **FOUNDATIONAL**

##### LIFE TIME FITNESS AM/PM MULTIVITAMIN

- Many adults fail to meet their requirements for key vitamins and minerals. Without adequate vitamins and minerals, it's difficult to achieve optimal health. A high-quality multivitamin makes getting better nourishment more convenient.
- 3 capsules twice daily with food.

##### LIFE TIME FITNESS OMEGA-3 FISH OIL

- Supplementing with fish oil rich in EPA and DHA is an easy way to increase metabolic rate, improve-fat-burning and promote a normal inflammation response.
- 1 to 3 capsules twice daily with food.

##### LIFE TIME FITNESS PROTEIN POWDER

- Protein is needed to build and repair tissue, make enzymes and promote hormone balance. It is an important building block of bones, muscles, cartilage, skin and blood. Without optimal protein intake, we cannot be fully healthy.
- As needed to meet protein needs.

#### **ADVANCED**

##### LIFE TIME FITNESS FIBER

- Plant-based, water-soluble fibers formulated to promote regularity and healthy glycemic control, enhance nutrient absorption and maintain optimal digestive function.
- 1 to 2 servings a day with water in divided doses.

##### DESIGNS FOR HEALTH CHROMIUM SYNERGY™

- Enhances insulin function on a cellular level which increases insulin sensitivity. This helps regulate and lower elevated blood sugar levels.
- 1 capsule with lunch.

#### **COMPREHENSIVE**

##### DESIGNS FOR HEALTH BERBERINE SYNERGY

- Acts as a potent regulator of intracellular metabolism, improving cellular uptake of glucose, oxidation of fatty acids, insulin sensitivity and glucose transportation.
- 1 capsule twice daily with meals.

### **MOVE IT: MOVE FREQUENTLY AND TRAIN WISELY.**

- Do something active and get at least 10,000 steps in every day
- Strength train at least 2 to 4 times per week, prioritizing large muscle group contractions