

Zone 2 — Low Blood Glucose

When your glucose levels fall too low, your cell function can suffer, especially in neurons and your brain. This becomes apparent by the brain-related symptoms associated with low glucose levels, which include:

- Carbohydrate cravings
- Brain fog
- Mental fatigue
- Irritability
- Agitation

You not only need healthy, stable glucose levels for proper cell function, but for hormone balance as well. Erratic swings in blood sugar can also lead to many other issues:

- Sex hormone imbalances
- Insulin dysregulation
- Changes to appetite regulating hormones and leptin resistance

The most common causes of low blood glucose are inconsistent meal timing, imbalanced macronutrient intake, insufficient carnitine intake (found primarily in animal proteins, especially grass fed beef), sedentary lifestyle, chronic unmanaged stress, adrenal dysfunction, and poor 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 with markers such as 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 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 and other critical markers 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).

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

- Eat breakfast
- Consume protein every 3-4 hours while awake
- Replace sugary food and refined carbohydrates in your diet with more fiber-rich vegetables and fruits

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

DESIGNS FOR HEALTH CARNICLEAR

- Support fatty acid oxidation and thus gluconeogenesis, helping to stabilize glucose levels in carnitine-deficient individuals.
- ½ teaspoon twice daily with meals.

DESIGNS FOR HEALTH B-SUPREME

- Maintaining healthy and stable glucose levels requires a number of B vitamins, and without proper levels, blood sugar fluctuation can occur.
- 1 capsule per day.

COMPREHENSIVE

DESIGNS FOR HEALTH ADRENOTONE™

- A primary job of cortisol is to prevent low blood sugar. Adrenotone™ provides the nutritional support needed to optimize the adrenals' response to low blood sugar and help prevent fluctuations.
- 2 capsules 1 or 2 times daily with meals (start with one, wait a few days, add in a second, etc.).

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, timing carbohydrates around exercise
- Include active recovery at least weekly in your routine