

SOP: INSULIN RESISTANCE (PRE-DIABETES)

SUPPORTING BLOOD SUGAR BALANCE FOR METABOLIC HEALTH



OVERVIEW

- **Definition:** A condition where the body becomes less responsive to insulin, leading to elevated blood sugar levels.
- **Target Audience:** Women over 40 showing signs of poor blood sugar regulation.



SIGNS & SYMPTOMS

- ✓ Increased abdominal fat.
- ✓ Cravings for sugar and carbohydrates.
- ✓ Fatigue after meals.
- ✓ Brain fog or poor concentration.
- ✓ Elevated fasting blood glucose levels.



WHAT TO TRY: INITIAL STEPS & PROGRESSION

STEP 1: NUTRITION ADJUSTMENTS

- **Sub-step 1:** Prioritize protein in every meal (30g minimum).
- **Sub-step 2:** Eat carbs last and at a meal with protein.
- **Sub-step 3:** Avoid refined carbs and added sugars.
- **Sub-step 4:** ACV before meals or berberine after meals might be helpful.

STEP 2: STRENGTH TRAINING

- **Sub-step 1:** Strength train 2–3 times per week.
- **Sub-step 2:** Focus on compound movements (e.g., squats, deadlifts).
- **Sub-step 3:** Include progressive overload.

STEP 3: MOVEMENT AFTER MEALS

- **Sub-step 1:** Take a 10 minute walk within 30 min after meals.
- **Sub-step 2:** Avoid being sedentary for long periods by doing 10 air squats every 45 minutes or 2-5 minutes of movement each hour.

STEP 4: STRESS MANAGEMENT

- **Sub-step 1:** Implement daily ways to tap into the vagus nerve.
- **Sub-step 2:** Prioritize quality sleep.



SUGGESTED TOOLS FOR TRACKING

- **Metrics to Monitor:** Fasting blood glucose, energy levels, cravings.
- **Recommended Tools/Apps:** Continuous Glucose Monitor (CGM), Fitbit, Cronometer.
- **Frequency of Check-ins:** Bi-weekly for 8 weeks.



COMMON CHALLENGES & TROUBLESHOOTING TIPS

- **Challenge 1:** Client struggles to reduce sugar intake.
 - **Solution:** Offer protein-rich snack alternatives.
- **Challenge 2:** Client skips meals or makes poor last-minute choices.
 - **Solution:** Plan and prep balanced meals in advance.



CLIENT COMMUNICATION TIPS

- **Tone & Approach:** Clear, educational, hopeful.
- **Key Phrases to Use:**
 - *"Balanced blood sugar is the foundation for your energy and metabolism."*
 - *"Small, consistent changes will lead to big results."*



REFERENCES & RESOURCES

- Flipping 50 blogs, podcasts
- <https://onlinelibrary.wiley.com/doi/10.1155/2014/348959>
- <https://www.sciencedirect.com/science/article/abs/pii/S1043661816303085>
- <https://insight.jci.org/articles/view/162085>



NEXT STEPS FOR PRACTITIONERS

- CGM for a month again after 8 weeks.
- Refer to a healthcare provider if glucose remains elevated.



NOTES SECTION
