Fix Your Blood Sugar With The Yates Protocol Transcript

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Sandrau2019s Diabetes Wake-Up Call

Hi let me share a story with you about Sandra. Be the client that made a wonderful progress. Wonderful, wonderful progress in taking charge of her type two diabetes and reversing her A1C for 6.5 to 5.9.

And her last check that she worked hard at her job. She's always been a hard worker her whole life, and at times she was doing the work of two people.

There there'd been a lot of turmoil in her workplace. At times, the stress of that workplace was really demoralizing, leaving her feeling defeated and depressed.

She felt that she had no time for her own self care, and she didn't have energy for self-care either, to be honest. A true double whammy. She'd worked with horror, the devastation of type 2 diabetes in her own family over the years and did not want to get sick like that herself.

Then she went to see her doctor and got the news that her under the height of the attention. Wow. And it left her feeling shaken to her core. Her many years of having prediabetes within A1C of around 5.9 to 6.

Seeking Help and Learning the Yates Protocol

2 kind of in that range for a while had now changed her A1C had jumped to 6.5. She was no longer pre-diabetic. She now had type 2 diabetes full blown.

This scared her. She really was shook. So Sandra was motivated to make the needed changes in her lifestyle, but did not know how to go about it. She tried to do this herself on her own, but it didn't work.

So now she was looking for a natural approach, highly motivated to help her reverse her type 2 diabetes and get back to healthy but sugar levels again.

She realized it was time for professional guidance, so she reached out to get Support and action plan and for accountability. So these are the five steps of the Yates protocol to establish and sustain healthy blood sugar levels and heal from the damage of Type 2 diabetes and prediabetes.

Nutrition, meal, timing, stress, sleep and then exercise along with strength training muscles are so important when it comes to blood sugar control. So she started out with a much healthier nutrition plan.

She wanted to make it plant based, and she made sure to eat fresh, healthy foods and quickly learned new ways of cooking and preparing her healthy meals.

She really seemed to enjoy that part of the journey. Sometimes people struggle with cooking for themselves.

Plant-Based Nutrition and CGM Tracking

Other people take it on and they like it and some people don't want anything to do with it. In her case, it was something that gave her joy and there was no suffering in her new nutrition plan either.

Her meals were delicious, nutrient dense, and they looked good, too. She focused on plant based eating, and that approach worked for her blood sugar levels.

Now, I convinced Sandra along the way of the need to pay much closer attention to her blood sugar levels than she had in the past. She really wasn't a fan of using a glucometer and test strips.

Sometimes people find that very painful to have to constantly stick and break your fingertip to get a drop of blood and having to test strips, making sure that they're up to date and how expired and all that goes with that.

And she was like, you know what? So as I explained to her what a continuous glucose monitor is about a CGM and how it works, etc., she decided to take it because it would probably be more convenient.

And so we got her a CGM. Now she could get the critical feedback that she needed real time from her body to know what the lifestyle changes she had made, what the results were for her, you know, what was it actually doing and what further changes that you need to make.

So the CGM health data from the continuous glucose monitor, along with how she was feeling, would let her know real time what was working and what was not working.

In her case, she enjoyed really making a game out of it. She gamified it so she would challenge herself to make improvements throughout the day. Of course, corrections.

And then over the course of a week. And for her, this was fun. It was a thing of joy, because she could see directly the impact of the changes she was making and whether it was improving her blood sugar or perhaps harming it took the mystery out of it. It was really great.

So Sandra was completely new to using the CGM and as a result, she came to understand it was a much easier way to track her blood sugar rather than a glucometer and test strips.

And don't get me wrong, lifetime interests in test strips have their place.

Using CGM Feedback to Fine-Tune Habits

But for some people, CGM like it's going to be easier and more convenient if you just tap it or if it's connected via Bluetooth. If it's a Libre freestyle 3, your phone will connect automatically.

You don't need to do this tapping thing to update. It will update on its own, which I personally am a fan of. I think that's just so much more convenient.

So with Sandra's wonderful curiosity and practicality, she put the CGM on and used the data from the CGM app to help guide her lifestyle choices every day between her own interpretation of the CGM data about her blood sugar levels and the guidance.

I'm very along the way because I could also see that data. She was able to fine tune, which you needed to do to get her blood sugar levels into a healthy range and keep them there day after day.

This really took the mystery out of it and made it that much easier to give her feedback. And together we could work so she could understand what were the actionable insights that the number was telling her, whether it was from her exercise, whether she was feeling stressed, if she'd had a poor night's sleep aggravation from neighbors like whatever might have been going on.

So we used the blood sugar levels that were reported by the CGM and helped guide the way making it quicker and easier. Discover what to do and what not to do.

So the path forward to a healthier, active lifestyle became clearer by applying the steps of the Yates protocol to what her CGM was reporting as her blood sugar response to her lifestyle.

In our work together, we focused on two of the five steps in the Yates Protocol Health Program for achieving healthy blood sugar levels.

A1C Improvement and Closing Encouragement

These steps were in her case. Our focus was on nutrition. She was already making great progress there and sustained it the whole time and then stress.

Those were the two keys for her. Of all the five steps and at last report, her A1C is down now from 6.5 to 5.9 in four months. This is excellent progress.

I'm so happy for Sandra. She deserves deserves to be well. She's put the work in and the focus and now she's excited to see how much lower she can get that a year, I have no doubt if it's at all possible for her body to continue to heal that way, and A1C the number will get even lower, she's doing all the right things together and has not been overwhelming because one good thing has led to another good thing in this case.

So it's great when those things come together. So she's now on track for a healthy, active, energetic life and freedom from the long term complications and consequences of Type 2 diabetes and pre-diabetes.

I'm so glad that you specifically are here at the summit. Thank you for joining us. And for prioritizing your own health and wellness. I hope you find encouragement, inspiration and insight that helps you on your health journey.

Take care. Enjoy the other episodes that are available to you today.