Learn How To Optimize Your Morning Blood Sugar Levels In Type 2 Diabetes Transcript

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Donnau2019s diabetes turnaround

Hi. Let me share with you a story about Donna, a client who made wonderful progress in taking charge of her type 2 diabetes and working towards reversing it.

She shared this with me, which is just an amazing statement. Quote, Fasting morning. Sugar was 75 and answered prayer. The keys that I gave her are really beneficial, end quote.

I was thrilled, absolutely delighted for her to receive this wonderful news. I was jumping for joy because I know how hard and focused she was on working on this.

She, of course, was also delighted and it was so well-deserved.

Why her blood sugar worsened

What a wonderful woman that she'd made real progress on her blood sugar control. When we first started working together on her health goals, her A1C was adding an 11.

Now, seven months prior, before we met and started to work on this, it had been around 6.0 had pretty much plateaued for years and then suddenly had jumped up to 11.0 in seven months.

That's scary when that happens. Wow. So Donna took actually immediately to keep this from getting any worse. She had worked the nightshift for years before retiring.

We will find over time, if you look up the research nightshift work or changing shifts for your work. So unstable work hours is really a recipe for all kinds of metabolic problems, whether it causes type 2 diabetes, whether it causes problems with cancer, whether it causes problems with heart disease, night shift and or changing shift.

Work is a real problem for human metabolism. So just know that's part of the recipe of illness later on. Interestingly, she had also been a vegan and vegetarian for a number of years while her agency had stayed stuck at 6.0.

Lifestyle factors and caregiving stress

And during this time period, it also jumped up to 11.0. That's often not what happens when people become vegetarians and vegans. But for some of us, the vegetarian vegan diet, you know, I always say do what actually works for you.

And I appreciate people's philosophical attachment to whatever it may be, but the results really are there to look at. And if something's healthy for you, great, do it.

And if it's not, maybe it's time to make a change. So she had worked hard at her job, and at one point was the primary caregiver for her ailing mother and for her ailing grandmother.

She was carrying quite a load in addition to all of her other responsibilities. And she did not want her children to have to care for her like that. There was a cost that she paid with her own health for caring for the health of her loved ones.

And she did indeed love them. Still does, but it was at her expense. She understands that. Right. And that's reflected in her health situation now. She was determined to get healthy herself so she could enjoy her life and not

be a burden to her children later on now that she's retired.

The Yates protocol for blood sugar control

So these are the five steps of the Yates protocol to establish and sustain healthy blood sugar levels and feel and the damage of type 2 diabetes and pre-diabetes.

They are nutrition, meal, timing, stress, sleep and exercise along with strength training because active working muscles are blood sugar sponges. And of course, there's always the mindset component.

You know what we believe, what we think about really matters for our health. And I reminded her gently and on occasion to not beat herself up for any mistakes that there is always tomorrow.

You know what? There's always the next meal. So if something happens unexpectedly or you go out, you can't find healthy food to eat, which unfortunately is a real issue.

Certainly here in the U. S. Other situations, you know, not to panic, make the best choice you can in that moment and move forward. So as we worked together, she discovered that she needed to do more vigorous exercise. This was interesting, right?

Sometimes people need to do less vigorous exercise.

Exercise changes and improved glucose readings

Some of us are just working too hard and beating ourselves out. We're pounding ourselves into the ground, and as a result, we never recover. And our blood sugar can reflect that, our sleep can reflect that, etc..

For her, she needed to bump up the level of vigor. So she had been doing yoga and walking for exercise. The CGM, the continuous glucose monitor, blood sugar levels data indicated that she might benefit from more vigorous exercise, so she tried it out.

Test don't guess right. She started running twice a week and found that this, along with her nutrition changes and focus on sleep, brought her fasting morning blood sugar numbers down from in the 175 to 200 plus range on average.

So the number she would see when she first woke up, when she checked her blood sugar levels came down to 75. She was thrilled, absolutely thrilled. So Donna continues to have hope and determination as she continues on in her health journey.

Encouragement and closing remarks

And she's on track for a healthy, active, energetic life and freedom from the long term complications and consequences of type 2 diabetes and pre-diabetes.

So here you are today with us at the summit. I'm so glad that you're here. Thank you for taking the time out and making this a priority. I hope you find encouragement, inspiration and insights that help you on your health journey.

Take care.