Why Blood Sugar Spikes Affect Your Mood, Sleep & Energy Long Before Diabetes Transcript

(Transcripts are generated by AI and may contain errors)

Podcast Intro and Guest Welcome

We hear insulin resistant. What does that even mean, right? It means your cells are resistant to insulin. Insulin is a hormone that comes by on the cells and actually signals the Glut4, which are the glucose transport molecules that come up and basically open the doors like you would for a hotel to allow the sugar inside the cell to be processed.

Welcome to the Holistic Truth Podcast. I'm Jamie Dorley, CEO of Nutritional Frontiers. And I'm Christine Genovese, creator of the Soul Intelligence Method.

We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally and energetically. With real proven strategies, protocols and tools you can use in your practice today.

Hello everyone and welcome back. wellness and natural healing. I'm your host, Jamie Dorley, CEO of Nutritional Frontiers and actually the co-founder of nutritional frontiers.

We are making the world healthy. And I am so excited. Always excited for our podcast, but I love when we have special guests on. I just want to welcome back, of course, the co-host before we welcome our special guest today.

You know, she's our chief growth officer. She's the creator of the Soul Intelligence Method, award-winning author, and my partner in crime. All good crimes, these days, but I love working with her and sharing my life with here.

Welcome back Christine Genovese. So you look a little cold today, you okay? Yeah, actually, it's a little chilly in Florida, but I can't really complain because most of the country is like 7, 12, 20. You know, nobody's complaining about 40 to 60 degrees typically.

But yeah, It's little chill in florida today. Yeah. I started telling Bob, Papa, our finance director that it was a Little windy in flora. He said, well, I just got done shoveling eight inches of snow.

Yeah, you got to be careful who you share these stories with. So, well, welcome back, Christine. I know we've had so many incredible guests on. We're really excited today because we have an elite VIP from Nutritional Frontiers joining us all the way from Texas.

She's got 20 plus years experience as being a not only physical therapist, but a DPT, a doctor of physical therapy. She works with IASIS, which is really a microcurrent that she does neurofeedback with.

So we're really excited because not only she is certified professional to do that, but also a certified mentor the last few years. And doing some homework over the weekend on her was really exciting to see.

Odessa College and Texas Tech. I think they're Red Raiders. She's been a really great person to work with. We work her and her cousin and Justin down in Texas.

And, um, you know, ever since we met her, she's just been, uh, a bundle of energy and positivity. and, we're really excited to have her on, today to share her experience on with the neurofeedback, but really tying it into.

Diabeticity and diabetes, which really hits home for me, of course, with me and my brother and and I'm really excited to learn more from her. So a nice warm welcome from Michael, Dr.

Michael Resnick. Welcome to the show, doc. How we doing? We are doing great, Jamie and Christine. Thanks so much. I'm really excited to be here with you guys today and coming from Odessa, Texas, where we are 32, 34

degrees this morning.

Not the usual, even though we're in the desert. So we get cold, but also it's a little colder.

Why Blood Sugar Matters

Christine, I can identify with the whole. Oh, so getting ready for that December weather. No fooling. Well, I think we all wanted a little chilly around the holidays, but today was just certainly a surprising smack in the face.

Let's just put it that way. Yeah. So you treat so many various conditions in your practice. But when we asked you, you know, what are you most passionate about or what do you see more regularly?

You mentioned blood sugar regulation and how that's become such an important part of your Tell us a little bit about what you do or what Yes, diabetes, but anxiety, depression as well.

And across the, you know, gamut, I am just seeing blood sugar issues. So I really started taking a deeper dive into what does that look like for people?

It's really interesting because we think that our annual labs It wasn't a problem or I was borderline, I'm working on it. But how are we really monitoring that?

How do we know how that is impacting our life daily? And I liken it to driving around in our vehicle. And would we do that when we drive around on a vehicle with our gas gauge not working with, our battery, you know, level and not-working alternator, all that.

And really, we would not. We trust the technology in our vehicle to work. And then we see it's reliable. Whenever the gas light comes on, at some point, were going to refill with fuel.

But we're not looking at our body and all the gauges that are available for our bodies to be able to give us all this information. There's a lot of bio gauges out there now.

and we can roll things in and roll thing out. So is it a problem? Maybe, maybe not, but let's look. And so, but just the annual lab tests may not be enough for a lot of people.

Yeah, it's interesting. I know a lotta healthcare professionals have different ways that they evaluate their patients and clients. And I think the consumers, the patients themselves are a little bit confused.

They hear blood sugar, they hear A1C, cholesterol is such a big tests that people focus on. Can you give us a little better idea of what types of evaluations you're doing with your patients so that you can get a much clearer way to customize the program?

But I'm curious to know how you evaluate, of course, blood work, I am assuming, but I'd like to hear just a bit more of, what are you doing to evaluate them upfront and then throughout the process?

Yes, so great question. So we'd start with the Nutritional Frontiers toxicity test. Love that. Love the symptom questionnaire and love the tolerability tests.

And so that really is a place that we start at Resnick Focus Center because it looks at the human body as a whole. Instead of, oh, I have a cough. I need to go, you know, to a lung specialist or my ear, nose and throat or primary care or, the toxicity test and symptom questionnaire is my favorite because it looks at the entire body because we are one body with a beautifully complex system inside of us.

And so we want to look at that because, maybe joints and muscles are connected to the gut. Yes, it is. And it just gives a nice one page picture of my entire body, all of these systems, how they're working together, and we can pick out parts of that and really be able to customize for an individual.

Now, if they are having stress, emotional mind, joint and gut problems, I'm really looking at blood sugar at that point because that's maybe something that hasn't been cleared yet.

And so I do ask clients to bring in their labs oftentimes. And a lot of our clients already have labs drawn with their primary care. So whenever they come into our natural health care clinic with neurofeedback, it may not be something that they need to redraw so we can look at some other things.

But we not only want to talk about blood sugar at the moment of the lab draw, that's just a moment in time. just one particular moment whenever those labs were drawn, what was going on in the body at that particular.

And that's a place to start, but that not giving us daily constant feedback information.

Evaluating Patients and Using CGM Data

If it looks like blood sugar is something that we need to navigate, then I recommend that clients and I send them a link and they can just buy this Dexcom G7 sensor from a group, Stelo.com and it's $100 for two sensors.

That could be potentially a month's supply, but looking at, this is something FDA has approved for those who do not have diabetes, who don't need to go through their insurance, because insurance usually won't pay for these monitors unless you're on insulin.

Okay. So who did you recommend they get that from? What's that website? Stelo.com, S-T-E-L-O dot com. Oh, thank you. Yes, absolutely. And this is just a standard way people can rule in and rule out.

Is this a problem for $100? Yeah, you mentioned car gauges before, Christine. So it'd be like you're trying to drive your car without the speedometer.

It might be a lot more speeding tickets that you currently get. But if a patient is trying do this without a DEXCOM, like I've done at times, it makes it more challenging because you have to test a little more often and you don't know the initial responses.

I appreciate giving us that. Fingersticks are inconvenient, but they are also a way that we can test our blood sugar throughout the day. But I love looking at my app, on my Stelo app and it can tell me trends and they can't tell at night what was my bloodsugar doing.

I do turn off on the app with my clients and myself. I turn of the alerts because if it goes high, if goes low and it's the middle of night, that's not worth my sleep.

You know, I don't need to be interrupted of my asleep because my sleeping is super, super important. But I love being able to look back and see the trends of what was my body during the night and then also during day.

And then we start talking about protein. So what are some of the things that, you know, kind of stand out to you? Why blood sugar is such an important component to managing our health today?

Yes, so it impacts so many things until we have ruled it out. It's very likely that it is impacting our sleep and it's one reason that we wake up for no reason in the middle of the night.

What is our blood sugar doing? Well, I'm not going to do a finger stick in The middle Of the Night to see what my blood Sugar is doing. Is that a reason why I am wide awake for No reason.

So the glucose monitor is very helpful to rule in rule out, you know is my sleep interrupted because of my blood sugar going too high or too low. And then also stress.

Our stress is super duper thing, especially this time of year coming up with the holidays. You know, our society is very driven this year to celebrate a lot of customs.

That's a wonderful thing. But at the same time, it's not like people are taking off work and putting on the shelf other daily responsibilities. This is really an add-on to what most people are already over scheduled, overstressed just on the daily.

And so then here come the holidays. We're super duper stressed and we are adding more sugar to our diet this time of year. You know how customary is that?

And, you know, having dinner last night, just saying, we miss having the fudge and the divinity that we used to make at home, especially maybe some grandparents made that.

Are we continuing that and at that time, Years ago, there wasn't a fudge around the corner that you could just pick up at the store. It was more seasonal.

So we did make these things at home. But now it's available, number one, all the time, and then number two, especially around this time of year, because it is part of our customs.

And so you increase the stress, you increased the amount of sugar that we're taking in because its nostalgic. Its fun, its comfy. You know? And, so, Why am I crashing more throughout the day?

Why I'm I more irritable throughout? The day why am i yelling at people or grouchy at? People whenever do they really deserve it or is this a me thing?

And so you're talking to me I think christine's look yeah saying that's not all right I will say, you know, it just so that is tied in the blood sugar, right?

Yeah Yeah, but we blame it on the Blood Sugar. We do that quite a bit It needs to be ruled in or ruled out. Yeah, it doesn't mean it's an excuse. It means that that does affect mood.

That does effect… It's all tied into stress and cortisol. So that's what I'm hearing. Absolutely. But it was interesting when you talked about seasonal, right?

I didn't even think about how much we increase our sugar at this time. I used to do something every year with my girlfriends called Cookie Fest. And I would invite everybody over and we would bake cookies.

I'd have meat and cheese and wine and have fun.

Holiday Stress, Sugar, and Protein Support

And you know, I did it that way because if you ever had gone to a cookie exchange, some people do what I call cheat and they'll bring like store-bought cookies and I'm like no that's not the point you're supposed to make something homemade but then you also find out there are a lot of people who don't bake well right and so I didn't want to take any chances so i'm free labor everybody come over I can control the ingredients and the process and most of the time they turned out okay but I haven't done that in a number of years because I don t eat the sugar anymore you know we might make a couple of cookies but that s it you Like you said, it's nostalgia.

You know, I used to make the fudge on the stove, you know the marshmallow fudges, like homemade. And now I don't do it because we're not eating the same way that we used too.

But like you, said in terms of stress, oh my gosh, everybody's like, You've got increased activity at this time, right? Like trying to find the perfect gift or the pressure of shopping, or I got to this party and that party, and rap, all of the things.

And how are we going to pay for that? Yeah, let's just throw that in credit cards. Yeah. And then the stress hits in January, right? Cause people overextend and then they got to deal with that too.

Would you bring up a great point? So, um, I'm listening about what both of you guys are saying, you know, even for our company, You know we, we dovetailed the Christmas party for a team with our VIP party, so it wasn't as much pressure that people had to, attend to and the time and in the cost involved too, So.

Yeah, it's an interesting time of year right now. Mm-hmm. It is. Yeah. So what if someone is… Go ahead. No, go ahead, dude. Oh, its a lot of fun. You know, It's not always, not fun for everybody because that nostalgia comes with memories and then there, you know people have experienced loss as life goes on, as happens, and so it can be very difficult.

That's another added piece of stress. Yeah, we have been brought in the biggest sugar culprit alcohol, right? Alcohol, you know, people do partake a little more in that.

So I really like to know some of your strategies. One is like, Dr. Bob will say, earn your cheat and then buffer your cheap. You know if you're doing your program and you decide to have some wine that night, no problem.

Christine's got a great wine hack. But what are some things you teach your patients that they can get through the holidays and at least maintain and not gain, right?

At least maintained a sense of balance or however they, can during this really, you know, could be very stressful time of year. Absolutely. And so we want to make sure we get in our protein.

So I have a couple of props here. Just what we eat is going to be very important. This is that. There we go. Happens to me laughing cow cheese, which is Yes, it has dairy, but there's a lot of people who are dairy sensitive, who were able to tolerate some of your better cheeses.

And so it might be something to consider, that whenever we're stressed, we are burning through our protein a whole lot faster. Then that's whenever it gets into cortisol, our blood sugar is higher.

So that whole idea of buffering with protein, what is it that we can put in our body? Of course, I'm a big fan of supplements, but there's also foods available too.

And so, and this particular brand is actually lactose free. and so it helps, you know, individuals who are dairy sensitive. So, And most of us are very sensitive, But we haven't done a cleansing diet or an elimination diet to see if, to, see how much and we are sensitive to dairy.

Yeah, I see Christine drinking the shake. What's in that? I am. I'm actually drinking my nutritional protein shake full of protein right now, Michael.

Yes, awesome. Awesome. An ultimate shake and I love adding some of the clean collagen protein that gives 40 grams of And so, and I love, you know, putting some avocado chunks in there to really smooth it out with the water.

And, so that helps people get off of, either the cow milk or if they're not ready for a plant-based milk, then the avocado, chunks, the frozen avocado chucks make a really good addition.

So to the smoothie, instead of a banana, I used to put bananas, frozen banana half of one in my shake, And I noticed that my blood sugar was spiking more.

So I was like, well, what is going on? So, I switched my half frozen banana out for a couple, just three chunks of frozen avocado and so much better. So much.

That's fascinating. I never thought to stick frozen, avocado in my shake. Yeah. so, um, that's a Lisa Hill hack. There we go. We knew we'd get her on here somehow.

Yes, absolutely. And so, so more protein, you know, this is something that can be found at the grocery stores. There's some good online organic grocery store.

I can have this just shipped, to my home on a two, three week basis. Thrive Marketplace has been an excellent online grocery for myself. protein snake at the grocery store, decided to give it a try.

So I really prefer to make my own shake at home, but sometimes life happens and I need to grab and go. I'm with you. That's why, yeah, even traveling, I take the shake of bottles and the super shake and greens.

What are you drinking today, Christine? I am drinking your favorite. So it is the chocolate peanut butter shake today. So for me, I do one scoop of our chocolate super shake, one, scoop our peanut, butter super, shake.

And of course my favorite chocolate proline greens. It's really nice. I'm getting my protein in first thing in the morning. Can you hear this? I got it hooked on the.

Reese's peanut butter cup chocolate shake, yeah. It does help when they taste really good, you know. Most people think that the shakes don't taste good.

I said, look, I've been doing these since 1980 with my older brother. Back then they were not good Yeah, they used to be real great. So why do you feel like blood sugar is impacting us so much?

I understand around the holidays, right? But just in general, why has that become something that is so prevalent in our country? So, of course, processed foods have been around for now a couple of decades and we're just under, you know, we are undernourished and don't know it.

So it's commonly thought that just because I'm eating, I am getting all of the nutrition that I need. But most of us don't know how much muscle mass we carry, and we've got to feed that muscle.

And processed food is not going to do that. So our grocery stores do not have the same quality of food that they had even 10 years ago. Over all these years, we're getting less and less nutrition in our body.

And so that's a big problem because people are trying. They're trying to maybe to eat more at home, but they're still eating things that are processed frozen from the bag.

I would say that is a good step into not going through the drive-through as often. you know, and whenever I do my nutrition coaching, we just talk very plainly and like if somebody's going through the drive-through seven days a week, okay, can we switch that to five?

Are there two days of the week that we cannot go through drive through but we still need to eat? Where are we going to get our food? where are going get out supplements?

You know because we talk here at Resonate Focus Center, supplements are clean food in a convenient capsule, powder, chewable.

Managing Blood Sugar with Supplements

Until our food source is better, we've got to look at these high quality supplements and Nutritional Frontiers is my number one go-to because of the patented ingredients, the third party testing, all of those things that I just love being connected with reliable resources so that can trust their products, bring them in, feed them to my family, myself, my clients.

But for your question, Christine, we just have, were undernourished and were overstressed because most people, even if we're taking time off work, We're just going and we are being busy somewhere else.

We are really not restoring ourself, or not restoring our energy physically, mentally. you know, spiritually, and so we're just go, go going. We're going on trips, we are not going rest vacations and things like that.

Right down your alley, Christine, take it away. I was just listening, I'm like, that's really fascinating. You know just

kind of thinking about, you from an energetic perspective when people are having, like blood sugar, challenges or like insulin resistance, right?

Typically, that indicates a person hasn't received the love that they were looking for or that didn't feel like they loved enough. So when they have hypoglycemia, they feel like they don't deserve the love of others.

So being able to receive love is really the key. And so when we talk about extreme blood sugar issues, like moving into the diabetic range, really, the diabetics is longing for love, but doesn't know really how to get it or truly what love it.

It's kind of fascinating when you start diving in from an energetic perspective, what it is. Typically, I know we talk about three types of diabetes, type 1, 2, and 3. Type 1 is someone that really needs sweetness or attention or love and care.

They might feel insecure or be needy or reliant on others. And so you really want to surround yourself, you know, with love and loving people and kind of shift yourself up and out of that, as opposed to being focused on what's wrong, trying to focus on And, you know, I know that diabetes is something that, um, more and more people are talking about today and.

More of our public is called pre-diabetic. So I was always like, what does that mean? Everybody has it. What do you mean we're pre diabetic? All predisposed to it?

So Jamie, that you've had a personal experience with diabetes and managing that yourself. Maybe you can share a little bit about your story. I guess I have no choice.

So speaking of type one, yeah. You know, when I was starting a business in nutritional frontiers, you know I probably always had challenges growing up and I think bodybuilding, wrestling, like these extreme diets.

When you really starve yourself down, get cut down and then afterwards the rebound, right? Because when wrestling season is over, there is no weight class.

When the bodybuilding competition is over, you don't have to go up on stage. Looking back and reflecting on those experiences, I think that rebound effect, nowadays it's more common for someone coming out of a competition or a restless season, not to have that big rebound, right?

Because, you know, eating all that processed food or sugars can really damage you. So it does run in my family a little bit. The males, my dad and brother, are both lean, which is only 10% of type 2 diabetics are lean or healthy.

Um, and both of them have that and I was probably going through insulin resistance type two and eventually I had an infection and my pancreas shut down.

So, uh, type one diabetes. What I'm hearing is I need to receive more love, Michael. That's what I've hearing. I hear it loud and clear, so I am ready to.

Yeah. But, ah, seriously that happened in like 2013 with an. And, you know, um, It taught me a lot. Right. And I'm still learning through it. I hear what you're saying, Michael, about stress and cortisol and sleeping patterns.

It all ties in. But I think starting the business, you know, and people say, would you do it all over again? I says, no. It was quite a bit the first 10 years.

You know, you learn a lot, but I think the cortisol and the pressure and stress can get to anybody. I mean, when you compound alcohol, processed foods to really eat for that comfort or that stress or cortisol management, I believe that's a recipe for disaster.

So I highly recommend people live a better lifestyle, regardless of what the diagnosis is. Cause you know, I don't

say I'm a diabetic. I say, i have blood sugar management issues, right?

Because once you embrace that, think energetically, it makes it a lot harder. But I do have to take insulin. i use a while less than I had to at the beginning.

You know? I use the shakes every day. Uh, this morning I've walked twice and was in the gym with my daughter. So. I am living the healthy lifestyle. And I believe in the supplements, you know, Glucolize is a foundation for me.

Also, I've been using the new Sweet Balance and I feel like that's been a big help on top of that. So you give me an A-OK, so I can use that with your patients, Glucolize, Sweet Balanced in conjunction with the shakes and what's the experience so far?

And, and also love Nutri-Glutide. Yeah. So I, depending on what we learn through the, our intake process, and if we're on a glucose monitor, then we, I use glucose if it's a more mild case and just really helping to, you know, balance that out.

I used neutral glutide if were needing more sugar support. And so really these high sugars, people are running on high sugar, You know? And with their cortisol, looking at the Sweet Balance.

I love, just last week, Justin, our rep, so gave us a, he and Dr. Lin gave my team here at Resonant Focus Center a great end service on NAD plus and Sweet balance.

And so, you know, and it just reinforces all the good quality supplements that in the research and the support coming out of Nutritional Frontiers. And, so some clients want more blood sugar support during the day and Nutri Glutide and Glucolize, one of the two are going to be the person for the supplement for them.

If somebody's like, oh, I want to, you know, help support my blood sugar. So if somebody is less likely to take supplements throughout the day, then I might start them with sweet balance.

And so because I'm really wanting to meet my clients where they are, some people are into supplements. Some people aren't. some People are open to it, but hey, taking one in the morning, one at night, and one is where They can start.

Okay, no problem. We have options. and so looking at, You know. what can we do blood sugar wise and then maybe if they're not doing supplements that's whenever we talk more about the protein options and have it taking in protein before we take in something that is more sugary and so I like you know the the idea of sandwiching yes if I can just get have five seconds of you knows some self-discipline before I take that cookie then do I have some protein around that I can get in my body because food is information to our body.

And so if I could take in the food with a better quality protein before I take it in a poorer quality, nutritional quality food such as sugar or alcohol, and I'm not saying to never have sugar and never alcohol.

We do need to enjoy we do have fellowship around food. We have Fellowship around beverages. I was at a Christmas party this last weekend. They had mocktails and those were fantastic.

But then I like look at all of that sugar. They probably had more sugar than the alcohol. Right, right. But I'm glad that there's options. I am very glad, socially, we're seeing a lot more options now.

And so that's really good. Yeah, and I think that is where you had mentioned Lisa Hill with our hacks. So Christine, do you have any hacks for wine or desserts?

I'd love to hear. Well, absolutely. One of my favorites is to take four Glucolis before I have wine, because you mentioned early on, Michael, how And people's blood sugar can spike in the middle of the night and they'll wake up and don't know why.

So that's pretty common, right? Especially with alcohol consumption in particular. And so since I love to enjoy a glass of wine, that is one of my favorite things, I do take my glucolize before then.

What I was going to do is I wonder if I could just take one sweet balance. Would it have the same effect or better? So now that we have the sweet balance with the Dahlia in it, I would love it if Jamie would kind of talk just a little bit about the difference between Glucolize and Sweet Balance just because I think it would be kind-of interesting to see how you can interchange them.

I heard how Dr. Michael uses them, so Jamie, just from an ingredient profile. Yeah, it's interesting when you brought up doing the Glukolized before wine or dessert because we actually did some VIPs in one of the events, we had some staff that attended from an office and they all had their Dexcoms because the Dextcom rep had been in the office that day.

So Christine goes run over them and goes, great. Well, you guys can have dessert. Take the Glucolize and let's see what happens. They go, are you nuts?

You put me on the spot right here. Like, I'm like, please God, i'm asking for help.

Jamie's Diabetes Journey and Lifestyle Changes

Make sure the Glucolize helps them out. What happened when they did that Christine? Well, the coolest thing was, I didn't realize that I was putting Jamie into fight or flight, but the cool thing is they measured, you know, their blood sugar before they had dessert.

They took the glucose and they measure it after. Every single person, they're blood sugars didn' spike. I'm like, that is so cool and so powerful. make sure these things work, but that was a true test, right?

So it's interesting when you mention glucolize and nutriglutide and sweet balance. So glucalize are all the nutrients that help make the cells. We hear insulin resistant.

What does that even mean, it means your cells are resistant to insulin. Insulin is a hormone that comes by on the cell and actually signals the Glut4, which are the glucose transport.

molecules that come up and basically open the doors, like you would for a hotel, to allow the sugar inside the cell to be processed. Right? What happens is, you know, when people are, as you mentioned, nutritionally deficient, right?

That's still the number one killer on the planet, believe it or not, nutritional deficiencies, Right. So when People are nutritionality deficients, insulin is not able to bind to the sell well.

It's like a doorbell that has a short. It doesn't really send the signal in strongly to allow those glute fours to come up, open the doors and allow all that sugar in to get to the mitochondria or the blast furnace to be burned.

So a lot of people that are overweight or blood sugar, they're nutrient deficient. They have no energy because they can't get inside. Insulin resistance, there's a lotta nutritional deficiencies tied into that.

Things like chromium. minerals, right? That we really need, you know, chromium, of course, that we need. We need B vitamins that are really important.

Then we needs certain herbs in there, too, like cinnamon and gymnema. So I look at glucolides like you said, a foundation. These are all the nutrients we needed to make sure the cells are not deficient and they're able to receive insulin signaling much better.

So that's a foundation for anyone who has blood sugar issues. If you're pre-diabetic type two, type one, and type three, it doesn't matter. Or even acutely, you know, in the case of Christine using four capsules per glass of wine,

that bottle goes pretty quick.

We're coming out with a family size, Michael. Well, I mean, to be honest, the first time I saw it used, it was at a VIP dinner and our Dr. Len, who's our medical director at Nutritional Frontiers, we had those little mini desserts that come in shot glasses at that restaurant.

I think it's season 52. Yeah. And so he wanted to have a couple and he goes, give me that glucolides. I go, what are you doing? He goes I want to make sure my blood sugar doesn't spike when I drive home later.

So, and I went three of these. Really? That's going to work? And I'm like, I wonder if that would work for wine. He says, oh yeah, of course it will. That was it.

So Buccalage is a foundation. Now, we want to bring in something, a little extra support, like you had mentioned. That's a new one called Sweet Balance.

Christine, myself, and my son, Zach, were out at the Supply Side Show. We met our partners from Down Under. And they had always worked with Green Lip Muscle for joint health, which we always used, too.

They said, We have incredible research on this dahlia. It's flower, or plant. and they showed us all the research on not only acute blood sugar, but A1C levels and even more importantly, type 3 diabetes where the brain is on fire and inflamed.

They actually have the pictures of the brains inflames before, during and after Dahlia therapy. So we took that research and we ran with it. Our research team was so excited, so we put that with a couple of key minerals that we need right so again chromium is always an important one so we put that together in a formulation and we found incredible results personally professionally I know you're smiling you've had that with patients too so those are really bread and butter our blood sugar bundle you do glucose for a day and sweet balance two or more per day.

Now, you started bringing in other things with nutriglutide. Look at the four most common underlying causes of metabolic syndrome. One is we mentioned cortisol quite a bit.

So when cortisol is high, that's a fat storage hormone. and it's going to affect blood sugar rapidly. So one is stress. Two is going be insulin resistance.

We have things in there like Sinulin, which is a patented research trademark, Cinnamon. For the stress, we're doing things like Sensoril, a patent, Ashwagandha, plus L-Theanine, the sun-theanines.

This has seven trademarked ingredients in one. Insulin resistance, one, number two is Stress. Number three is Fat cells are pro-inflammatory. Do you remember years ago, we were told, oh, fat cells don't do anything.

Well, lo and behold, we found that all the pro-inflammatory hormones are actually in the fat cells. So fat-cells promote more fat storage due to the inflammatory process.

We use something that works on sirtuin genes called SirtMax, black-tie ginger, and excellent at cooling down the fatty cells, now that we have those three main things done, Now we can stimulate fat burning with the red hot chili pepper.

So, NutriGlutide is great. It's an all-in-one formulation, seven trademark ingredients, four different biochemical pathways. And if you bought these ingredients individually, first of all, it's hard to take seven products, but it would cost over $300 a month.

When you do Nutrigluteide, its less than $3 a day. So Glucolize, number one, Sweet Balance, two, and then NutrGluetide which I'll start after the holidays again.

Well, Dr. Michael, you said some really powerful stuff and I wrote it down because I'm like, these are great nuggets.

But you talked about how everyone is undernourished and overstressed.

Movement, Mindset, and Pancreas Wisdom

And I think, that is really great wisdom to keep in mind as we kind of go forward and we think about, wow, I guess blood sugar, everybody is pre-diabetic.

So how do we manage it and attack it? Do you have any like words of wisdom or some like a nugget that you want to leave with our audience before we go?

I know we've been, I can't believe how quick this episode went, but I would love for people, first of all, to know where to find you because I'm sure they're going to want work with you regardless if they are in West Texas or not.

And just to give us a little bit more information on how they can find and you know, one piece of advice. Well, thank you. So we are located in Odessa, Texas, and our website is resnicfocus.com.

That's R-E-Z-N-I-K focus. com. And we do have online telehealth support. Are you accepting new patients too? Yes, we. Outstanding. Yes. You know, we're here in West Texas and we've been, in our fourth year of the practice being open.

And so it started with just me answering the phone, the appointments, and then now we have grown to staff of over 10. So I'm really grateful for all of that.

Oh my gosh. Congratulations. That's an incredible accomplishment, pulling this off door in the COVID years and in, you know the world that we live in right now, that is very impressive.

Thank you, thank you. And it's just such a blessing to be able to take my hobby of health and wellness to a brick and mortar and then beyond. Then my pearl that I want to share is that even if we're getting enough protein, we really need to look at 100 grams a day, my next step is for people to eat it often throughout the day.

because that's something I learned with my blood sugar sensor is that to keep my muscle mass that I work really hard in the gym for, because as part of my anti-aging, you know, we as women need to our bones strong, that muscles connect to the bones, so we feed our muscle to And I need to, I, need, to be eating my protein every two hours, which is something I learned wearing that sensor.

I had no idea. It was just with my happy stress of my work, of, my life, and I was losing my, protein, you know, after two, hours it didn't matter if it was 20, 30, 40 grams, but every, two.

Hours I have to. Be replenishing protein as my fuel source. Otherwise my blood sugar spikes. I'm living on adrenaline and cortisol. That does not meet my anti-aging and longevity goals, because I do want to live to be over 100, and I want live well.

And so I am 49, so, I still have more than half of my life to life, So I'am excited about that. So you're not even halfway there, you got forever. You know, it's funny, since you said something, I always say food's information, right?

I love that because what you give your body tells it how to respond and react. And the two every two hours, that's like a bodybuilding competition diet, so you eat smaller meals more frequently so that you can digest, assimilate, absorb, and excrete the nutrients.

The other thing that we always talk about, Christine, is muscle is medicine. Right. So, do you have one tip during the holidays to keep people active?

Because I feel that, you know, we've changed a lot since I was a kid, right? We were playing outside. It didn't matter the weather, because if you were inside, You were going to be doing something you didn' want to do, Right?

Now, it's such a sedentary world. You know I, was walking on the beach the other day, and it was almost sad to see everyone on their phone, on The beach.

I'm like, "You don't need music. you don' need a phone. Just look." So I sat there for a couple hours just meditating, looking out at the water. But every hour or two, I'd go for nice long walk just to kind of keep the blood flowing.

So any words of wisdom on being active during the holidays or any time of the year? Yes. And so I've had a challenge with a friend of mine. We do squats, 10 squats every Number one.

Number two. You're working large muscle groups. And so that's really good for blood sugar stress. and you can get your heart rate up a little bit, you know, cause that your body weight.

So it's, but now does it happen every hour? Just because I'm planning to do 10 squats every. That means that I am doing them throughout the day regularly.

Okay. But I'm keeping it at the forefront of my brain and I am keeping myself moving. I don't know if I want to thank you for that little nugget or not, Michael, because I can see him grinning.

He's going to make this challenge to our leadership team. You watch. It's awesome. Oh, we're doing that at our meeting today. That's how we start our meetings.

Our two are doing it again. And you don't get sweaty, but you get some movement. And then if your blood sugar is high, then those muscles are going to pull that blood.

Hey, it's okay. Today is day one. We're getting ready for the PTE 2026. It's right around the corner, folks. So Christine, how about yourself? We want some of your words of wisdom for bloodsugar.

I know you have some fun and cool stuff that you recommend. Any words or wisdoms for everybody out there? Well, I'm just going to say one thing about the pancreas, because we talked about, you know, the Pancreas shutting down, right, and makes it a critical organ.

And of all the internal organs, believe it or not, it's the most masculine in the body, And it teams up with the spleen, which is the more feminine organ in body.

But the word pancreas literally means made of flesh. Pan means the whole, The universe, God of creation. And kriya means flesh. So everything connected to the value of the soul actually takes place in the pancreas, right?

The soul is everlasting and our relationship with the divine is actually expressed in The Pancreas. If you're having challenges there, I know, talk about impactful in this time of year when we're all feeling Our connection to a power greater than ourselves, right?

Source, divine, whatever you relate to. And feeling connected with everyone. You just realize how much we really truly need to support the pancreas and our connection too.

The love and the divine and just kind of filling ourselves with gratitude at this time of year, Right? I got chills. Wow. Well, I can't believe another episode went by, James.

I know when you're having fun, time sure does fly. And I'm so honored to be around such a two smart, beautiful and fun women that are really making the world healthy with us.

It makes me proud that I am surrounded with people like this. I just so grateful you made time today. Michael, thank you so much. Thank you, Christine, as always for being an incredible part of our team and our podcast.

And, you know, we're on this mission to make the world healthy and we do it one person at a time. I wrote down a lot of notes even for myself. And I do appreciate both of you bringing so much words of wisdom and fun and joy.

I think that's been kind of the theme lately is, you know, joy and peace. Isn't that like around the holidays, peace on earth, right? But I've really been feeling that a lot lately and this really confirmed a of my readings and thoughts and journaling over the weekend.

So thank you both so Appreciate all your help. Let's have a great holiday season and let's enjoy it, and God bless, my friends. And if you loved what you heard on this episode today, I highly encourage you to please like, comment it and share it with anyone who needs to hear it.

We'll talk to you next time. Thanks for tuning into the Holistic Truth Podcast. If this episode spoke to you, please follow the show and share it with someone ready to take charge of their wellbeing.

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