

REVISED & UPDATED

DOCTORS WORKSHEET

**QUICK SUMMARY OF THE PROGRAM
AND THE SCIENCE TO BACK IT UP**

**Print this document and bring it to your appointment
with your doctor or primary health care provider.**

IMPORTANT!

NOTICE TO PATIENT: Before you start any new program, consult your doctor or primary health care provider to ensure approval, support and medical supervision.

DO NOT STOP TAKING YOUR MEDICATION OR PRESCRIPTIONS or attempt to make any changes without talking to your doctor. Check your blood sugar often and work with your doctor to adjust dosages with medical supervision.

NOTE

This program and the scientific research it is based on relate only to those that are pre-diabetic or Type 2. This program **SHOULD NOT** be followed by those who are Type 1.

LEGAL DISCLAIMER

WITH REGARDS TO CONTENT RELATING TO HEALTH & WELLNESS IN THIS DOCUMENT

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INFORMATION FOR YOUR DOCTOR

Thank you for taking the time to review this information. Your patient would like to change a few lifestyle changes to help manage their blood sugar levels based on information found in the Sugar Balance Program.

This document provides a quick overview of the program so that you can give the proper advice to your patient. Near the end of the documents, you will also find studies showing effectiveness in managing high blood sugar levels through diet.

QUICK OVERVIEW

This Program Is Based On 2 Core Scientific Principles:

1 Low Carbohydrate Diets Support Healthy Blood Glucose Levels

It has been shown that low glycemic foods have a positive effect on blood glucose levels and reduce the bodies insulin requirements. This is why the Sugar Balance Program focuses on the following foods:

Healthy Proteins		Non-Starchy Vegetables	
Beef	Fish	Asparagus	Onions
Poultry	Shellfish	Cauliflower	Mushrooms
Pork	Eggs	Cucumber	Zucchini
Lamb	Etc.	Lettuce	Etc.

These are just a few examples of foods allowed on the Sugar Balance Program. There are many more to choose from. The general idea is healthy proteins and non-starchy vegetables with a low glycemic index.

Supporting Research

» <https://www.sciencedirect.com/science/article/pii/S0899900714003323>

» <https://www.sciencedaily.com/releases/2009/01/090105175326.htm>

» <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1325029/>

2 Intermittent Fasting Improves Insulin Resistance

Intermittent fasting involves not eat for short periods of time on a regular basis. Every day, you fast for 16 hours, then eat within an 8-hour window. For example:



Eat Between 12 Noon - 8 PM

You can eat low glycemic foods such as proteins and non-starchy vegetables during this time frame each day.



Fast Between 8 PM - 12 Noon

You can have water, coffee & tea (without milk or sugar)

Fasting part of the Sugar Balance Program because it has been shown in studies to be an effective technique to support health glucose metabolism.

"Intermittent fast prevents the development of insulin resistance by creating extended period of low insulin that mains the body's sensitivity to insulin. The key to reversing high blood sugar."

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TIMEFRAME

This program was designed to be followed over 12 weeks, although some people may need to follow it for longer periods. How long it will take is based on the patients overall health and dedication.

During this time, several changes occur in the body that should be reflected in future test results. This may lead to long term improvements in blood sugar levels and other health benefits.

COMMON BASELINE TESTS

Before undergoing any new treatment, lifestyle change or program, it's a good idea to do some baseline tests to get a complete "before and after". Here are some common tests we suggest:

- » A1C (Long Term Blood Sugar Levels)
- » Oral Glucose Tolerance Test
- » Liver Enzyme & Function Tests (Fatty Liver)
- » Blood Lipids Profile (Cholesterol & Triglycerides)
- » Any Additional Test You Find Useful

It's also a good idea to measure their weight & waist size before they start.

ADJUSTMENTS & FOLLOW UP APPOINTMENTS

Both reduced carbohydrate intake and intermittent fasting have been shown to lower blood glucose levels and insulin requirements.

Please work with your patient to adjust their medication over time and provide guidelines as to how to adjust their medication as blood glucose levels lower.

We suggest weekly or bi-weekly follow up visits to ensure you are able to supervise and support your patient through the program.

SCIENTIFIC REFERENCES

The Sugar Balance program are based on multiple studies and findings of doctors and medical practitioners. See the studies at the end of this package for reference and background information.

SCIENTIFIC REFERENCES

Fasting and Diabetes. Diabetes UK, Know Diabetes, Fight Diabetes.

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/fasting>

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Furmli S, Elmasry R, Ramos M, et al Therapeutic use of intermittent fasting for people with type 2 diabetes as an alternative to insulin. Case Reports 2018;2018:bcr-2017-221854.

<https://casereports.bmj.com/content/2018/bcr-2017-221854.full>

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<https://www.ncl.ac.uk/magres/research/diabetes/low-calorie-diets/>

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