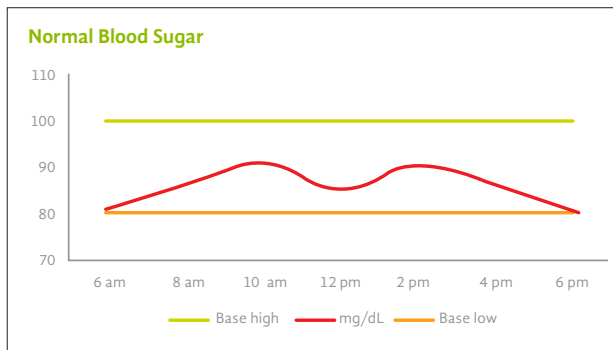




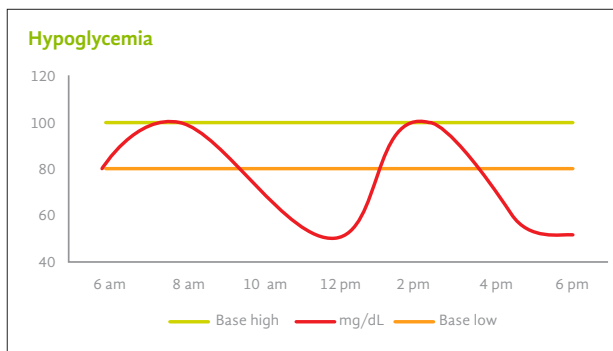
The Stages of Dysglycemia

Described below are the stages of Dysglycemia: “Abnormal blood glucose levels from any cause that contribute to dis-ease.” To be clear, if people ate a healthy balance of proteins, fats and carbohydrates, the following scenarios would be much less likely to occur.



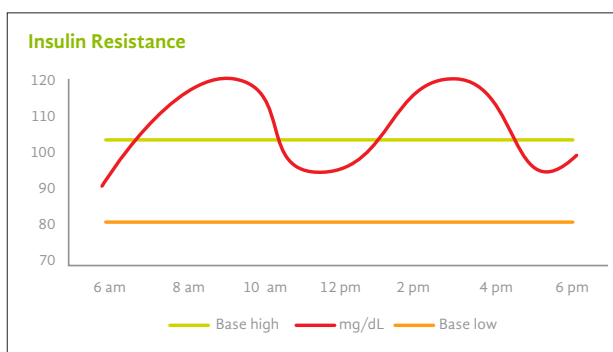
Healthy Blood Sugar Levels

Between 80 - 100 mg/dL. All is well until the body receives more sugar than it can use. The pancreas responds by releasing a higher amount of the hormone INSULIN to help regulate the excess sugar in the body. This drops the blood sugar level below the normal range which leads to...



Stage 1: Hypoglycemia

Below 80 mg/dL. This is when the blood sugar dips below normal levels. You’ve probably experienced this at some point in your life but hopefully not often. It’s that feeling of serious “brain fog,” total lethargy, irritability, etc. This is the sugar “crash” that happens about 20 minutes to an hour after the initial sugar “high.” Eventually, with all that insulin rushing around trying to bring the blood sugar into balance, the cells of the body don’t/can’t accept it anymore. This is known as...



Stage 2: Insulin Resistance

Usually around 100 mg/dL (between 90 - 120 mg/dL). Millions of people are walking around with insulin resistance and don’t even know it! The constant barrage of sugar and refined carbs is causing too much insulin to be produced. If this remains unchecked, it becomes...