

The CGM Experience

This 3-phase experience will show you how YOUR lifestyle habits are working for YOU, and where you may be able to better optimize them through fascinating observations using a continuous glucose monitor.



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Disclaimer

Here's all the fun legal stuff my lawyer says I have to put in here. This program is for information purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counselling. Rather, as nutritional and exercise guide this is intended only to supplement, not replace, medical care or advice as part of a healthful lifestyle.

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What is a continuous glucose monitor (CGM) and how does it work?

Continuous glucose monitoring means using a device to automatically estimate your blood glucose level, also called blood sugar, throughout the day and night. You can see what your blood glucose level is at any time. You can also review how your blood glucose level changes over a few hours or days and spot trends.

A CGM user inserts a small sensor directly under the skin, usually on the belly or arm. A thin tube, or cannula, pierces the top layer of skin and measures glucose in the interstitial fluid. This is the fluid that surrounds cells in the body and provides a similar reading to blood glucose.

Most sensors are waterproof and an adhesive patch keeps them firmly in place. Users will need to regularly replace the sensor, with most working for roughly 7–14 days.

The sensor connects to a transmitter that allows the system to wirelessly send blood glucose readings. The transmitter communicates with the sensor and monitor and passes on the information displayed on the monitor.

Benefits of Blood Sugar Balance:

A steady blood sugar means your cells don't get overloaded with insulin which gives your body time to burn fat for energy between meals and overtime results in weight loss. Making simple changes to the way you eat helps your body to work more efficiently so you can be healthy without giving up the foods you love. Less insulin equals less belly fat. Limiting the amount of time there is an excess of sugar in the blood means your body has less opportunity to store fat.

Fewer cravings

Stable moods

Better Sleep

Improved focus

Controlled appetite

Lower inflammation

Better long term health

How does blood sugar balance work?

Our body needs 4g of sugar (that's only 1 tsp!) in the blood for normal function.

If your blood sugar drops too quickly it can lead to uncomfortable symptoms like; dizziness, headaches, irritability (hangry much? lol), nausea, blurred vision, sweating and cravings.

Problems can also occur if blood sugar levels become too high causing; increased thirst/hunger, fatigue (food coma), increased urination (especially at night) and blurred vision.

What is a healthy blood sugar balance?

A healthy blood sugar balance is when the glucose in our blood stream rises after a meal and then decreases slowly to the pre-meal level.

How to keep blood sugar levels balanced

Focusing on the type and timing of meals, as well as lifestyle factors like exercise, sleep and stress management will help to keep blood sugar levels balanced.

Normal Vs. Optimal Blood Sugar Ranges

Do you want to be “normal” or optimal? There are “normal” fasting plasma glucose guidelines that are used by the medical doctors to determine if intervention or medication is required. However, knowing what we know about how elevated blood sugar negatively impacts our health in so many ways, I want to prevent you from getting to the stage where intervention is necessary. I want you to aim for OPTIMAL levels of blood sugar that will keep you on course for vibrant health free of chronic disease as you age.

Blood glucose ranges

Fasting Glucose Levels:

- Fasting blood glucose is taken first thing in the morning after an overnight fast of 12 Hours

- Optimal = 3.8 to 4.7mmol/L (70 to 85 mg/dL)
- “Normal” = less than 100 mg/dL
- Prediabetes = 100 to 125 mg/dL
- Diabetes = 126 mg/dL or higher

The Abbott Libre2 monitors blood glucose in mmol/L

In order to convert milligrams per deciliter, multiply the total amount of mmol/L by 18. This will convert the value into mg/dL

Phase 1 - DAY ONE & TWO: Observations

For the first 48 hours I recommend not changing anything about your diet or lifestyle. This will allow you to get baseline data indicating what your everyday blood glucose ranges are.

There are a few key times to take note of your levels;

- First thing when you wake up in the morning
- Before and after exercise
- Before and after everything you eat and/or drink
- If you wake up during the night

All data will be stored on your CGM app, but it’s easier to associate your glucose level with your recent activities when you see it in real-time, as opposed to reviewing your results later.

(Make note of your observations below and/or share in our private Facebook page

PHASE 2

DAY THREE: 16-HOUR FAST

For this phase, you're going to observe how your body handles a short duration fast (only consuming plain water) from 7pm until 11am the next day (16hrs), or as late in the morning as you are comfortable waiting to eat. Record your glucose reading at 16hrs and note your energy levels, sleep quality, etc.

DAY Four: STRESS RESPONSE

To gain an appreciation for how the body releases glucose as a non-food related stress response, you're next exercise is to either take a cold shower (it's not pleasant but it's harmless and will do the trick) and/or challenge yourself with an intense bout of exercise (be sure to warm-up sufficiently and stay well within your physical limits). Example: walking/running up a steep hill at a pace you can just maintain for approximately 15 minutes, if that's appropriate for you. Record any fluctuation in your glucose readings.

I was going to include one more experiment in phase 3, the food-based stress response to intentionally cause a spike and crash in blood sugar by drinking 1 cup of orange juice on an empty stomach...but I'm quite sure that you will observe a similar spike at some point during your remaining ten days of this experience ;)

Phase 3 - DAY FIVE to FOURTEEN: OPTIMIZE YOUR DIET & LIFESTYLE

This is part where you're going to take what you've observed this far and apply it for the purpose of improving your daily habits so they better serve your health and fitness goals. The best part about this is you will get immediate feedback from your CGM for every choice you make, for better or for worse lol.

By taking what you've learned from your observations in the previous phases, making positive adjustments and using the real-time feed back from your CGM, the next 11 days can be your chance to see if you can keep your levels balanced.

If you want a done-for-you guide to follow that will get your blood glucose levels balanced quickly, and get your chemistry into fat burning mode, I highly recommend my [21-Day Keto Challenge Success Manual](#) with [Meal Plan](#) included for you here.

Resources

Link to purchase Abbott Libre2 CMG

https://www.amazon.ca/Freestyle-Libre2-Sensor-Glucose-Compatible/dp/B0BM3SBSMS/ref=sr_1_1?crid=38IEUV1N5MBG5&keywords=abbott+libre+2&qid=1701205494&srefix=abbott+libre2%2Caps%2C83&sr=8-1&ufe=app_do%3Aamzn1.fos.71722c10-739d-471b-befb-3e4b9bf7d0d6

<https://sgmdcom.s3.amazonaws.com/Gottfried+3-31-21+Blood+Sugar.pdf>

Books:

The Hormone Reset Diet, Dr. Sara Gottfried

How To Eat Move & Be Healthy, Paul Chek

The Metabolic Typing Diet, William Woolcot