

-your CGM experiment-

Practice eating the food that holds your ideal blood glucose range.

The CGM Booklet.

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Our objective is to identify and adopt lifestyle practices that keep blood glucose stable and within a normal, healthy range.

This range will result in healthy ketosis and a preference for body fat reserves as the primary energy source.

Healthy ketosis reduces the risk of illness, reduces inflammation, supports long-enduring athleticism, and helps maintain the optimal weight.

n = 1

While each person will have a different optimum diet, level of exercise, and stable healthy blood glucose range, for most, the normal range seems to be the best.

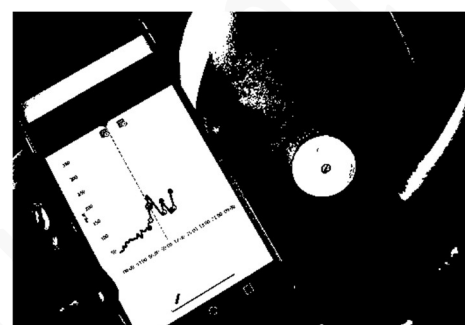
Most people thrive with fewer (food-induced) blood glucose spikes.

1. Setting up your sensor & App, and the testing procedure.

Setting up your sensor.

- Purchase your continuous glucose sensor – I recommend the FreeStyle Libre 2.
- Watch the 'Setting up your CGM' video.

- I. Clean the area you wish to attach your sensor.
- II. I recommend on the back of your arm – the triceps.
- III. Press the applicator into the cap containing the sensor.
- IV. Press the applicator into your arm.
- V. Set up your App and scan the sensor.
- VI. It will take 1 hour to register – stay tuned.



Testing.

The stacked three short lines in the top right-hand corner – return to your main menu.

Home – hit this to return to your daily progress and **SCAN**.

SCAN (blue button at the bottom) – hit scan and place it up against your sensor – like you would using epay. Phone sensors are positioned at the very top of the phone.

- It works nearly every time, but if it fails to pick up the sensor, reset it and try again.

Logbook – a reading from every scan on the that day. When hitting each log, you can note your food or movement choices.

- Noting what caused your sub-optimal reading is vital to your long-term metabolic success.

Alarm – allows a signal when registering outside your ideal BG zone. I suggest using this feature when determining your right & wrong food choices.

Daily pattern – shows your blood glucose flow throughout the day. A quick snapshot!

Time in range – shows the percentage of the day you spend in your ideal zone – the green zone. This data is the key towards your success.

In the second week of the experiment, we're aiming for an excess of 85% in your green zone.



If you didn't experience hunger, a shortage of character, or lethargy, add the percentage you spend below the green zone to your green zone.

Average glucose – your 3hr BG average – hopefully in your 'green' zone.

Daily Graph – your daily flow – with the ability to forward your results.

Estimated HbA1c – the estimate of your 12-week blood glucose. Ideally, it will fall on the low side of your green zone, and it takes six days of readings before it shows your estimated HbA1c.

Settings – Unit: mmol/L

- **Report settings:** log 4.5 – 5.8 mmol/L as your starting range.

Specialised Range Settings.

Your interest in the CGM experiment.

General wellness – **Weight Management** – Reduce ill-health immediate risk.

Start with the range **4.5 – 5.8 mmol/L** and work towards holding 85%> in this zone during week two.

Enduring Athleticism – ZERO need for weight (fat) loss.

Set the range @ **4.8 – 6.5 mmol/L** and work towards maintaining 70% of this range in week two.

Data shows committed activity NEEDS dietary carbs, both simple & complex, to be most effective.

- **Carbohydrate units:** you can log either portion (1 portion = 10 grams) or grams. It's your choice to log your carb value with the BG reading, however, I rarely bother with this.

2. The 14-day Experiment

Days 1-3

- Eat, move, and sleep as you typically would.
- Try not to change too much.
- Don't try to be 'GOOD'.
- Please take the time to make notes on your App.
- Test your favourite alcohol choices should you drink.
- Indicate the intensity of exercise, should you exercise (particularly harder efforts).
- Scan as often as possible, particularly 20 minutes after every meal.

Days 4-7

- Start reducing your carbohydrate portions.
- Trial alternatives that leave you satiated – see suggestions.
- Trialling a fasting period is a good idea (see the TRE project – MAJOR PROJECTS).

Days 8-14

- See the suggestions and play around with variations.
- Do not consume food you know will produce a BG spike.
- Your goal is to log 80%> in your BG zone at week's end.
- Data shows favourable food behaviour changes within a week.

-a carb is not a carb-
how you respond can be different to mine!

3. A likely fitting menu.

The following choices typically maintain blood glucose within the desired range.

NOTE – the listed suggestions are guidelines only.

Please consume and test to determine YOUR best-fitting food.

Ideas

- ✓ Trial mixing & matching the suggestions below.
- ✓ A portion to satiate your enduring appetite.
- ✓ Goal: eat & forget about eating for 6-8 hours.

NOTE – the suggestions listed typically show a 24hr range of 4.6 – 5.6 in most people.

Keep in mind that everyone has a unique response to food in terms of blood glucose.

Consume, test, and make note of "your" good and "sub-optimal" decisions.

Start of the day.

Fasting.	Omelette sort-of-thing,	Cereal sort-of-thing
<p>Trial the TRE Model (as seen in Major Projects on BP's website).</p> <p>Avoid all calories. A black coffee with additions like; full cream, butter, MCT oil, almond milk shows no disruption to healthy ketosis. I favour black coffee & ½ tsp MCT oil when I fast.</p> <p>⊗ Avoid protein shakes.</p>	<p>Eggs Cream Avocado Cheese – e.g. cheddar Goats cheese Olives Sea Salt Basil Etc... (no sauces, dressings, or fruit).</p>	<p>LSA Chia seeds Moist flakes coconut Linseeds Sunflower seeds Maca powder Cocoa nibs Water, Almond milk & stevia for sweetness Microwave for 2 minutes No honey or fruit</p>

Middle of the day

Meat & Salad sort-of-thing	Keto box sort-of-thing	Fruit zone
<p>Choose your meat Anything out of the garden Add nuts & seeds, chilli flakes etc Olive oil & seas salt Sundried tomatos in olive oil Greek salads</p>	<p>Meat Eggs Avocado Cheese like haloumi Goats cheese Green leaf Olives</p>	<p>Grapefruit, apple, orange, pear, and peaches are typically OK</p>

Be very careful with dressings – must be zip sugar	Seeds Tabouli – be sure to avoid sugary dressings Hummus	
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End of the day

Meat & Veg-like, Choose your meat. Choose all veg other than potato's & sweet potato's Use Olive Oil & Avocado Oil Steaming & boiling veg is best. Flavour with herbs & spices Again – ZERO sugar.	Soup-like Cauliflower & Cashew Broccoli & Chicken Anything, providing it shows low carb & zero sugar.	Eating out E.g. Fish & veg Keto bowls Alcohol Lager beer & Red wine typically show little spike. Ale beer, white wine & mixed drinks can show (excessive) spikes.
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Food for thought.

Simple Carbohydrates – expect fast and sustained spikes. The spike will vary from person to person, however, expect a spike between 8.0 – 12.0 mmol/L. Any choices containing 'refined sugar' will thrust an immediate spike. Avoid ALL refined sugar in week 2.

Be sure to check the labels.

In many, just 2g of sugar will produce a whopping spike – often sustained for over an hour.

Avoid commercially produced condiments, dressings, soft drinks, fruit juice, lollies, biscuits, fresh and dried fruit, and sports drinks.

NOTE – should commercial food claim to be healthy, low in sugar, and taste sweet, it's probably laced with glucose-spiking sugar. Be careful.

e.g. a clean commercial tuna sushi roll will likely be laced with sugary mayonnaise.

Complex Carbohydrates – will probably raise blood sugar.

Complex carbs like cereals (including oats & oat milk), bread, rice, and pasta will cause raised BG, however the surge is often not as quick or intense as simple sweets.

In week 2, I advise avoiding all complex carbohydrates.

NOTE – regardless of gluten tolerance, avoiding gluten for 7-14 days almost always shows health improvements.

Fibrous carbohydrates – seldom lead to a rise in BG.

Any type of garden veggie should be considered without hesitation.

Root vegetables should be tested and observed because potatoes often cause BG rise.

Protein – The majority of animal proteins normally cause a slight increase in blood sugar.

Make sure to observe any unusual protein responses.

I advise against having a lot or exclusively animal protein.

Dietary fat – Healthy nutritional fat is a fantastic option because it shouldn't cause a BG surge on its own.

Good healthy dietary fat not only tastes fantastic, but it can usually sate your appetite in a modest amount.

Give thought to your food choices,

Test the response,

Practice good choices,

Avoid the choices producing high spikes over and above your ideal range.

GOAL: 85%> in your range on days 8-14 of the CGM experiment.