

GlucoseGoddess[®]

How to make prevention exciting
Meet the glucose hacks



KING'S
College
LONDON





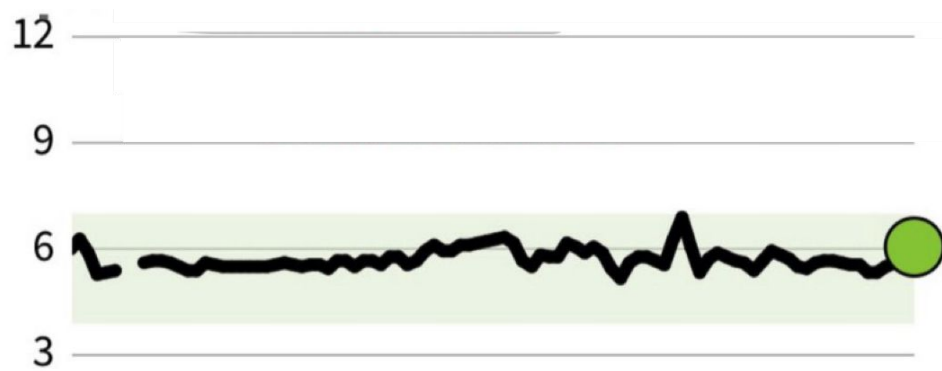
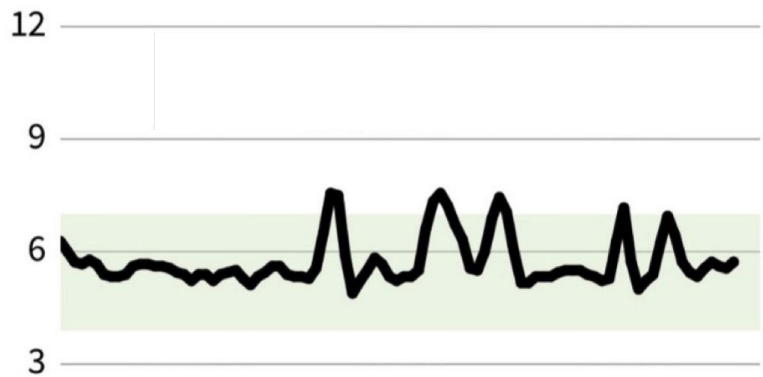
Georgetown
University



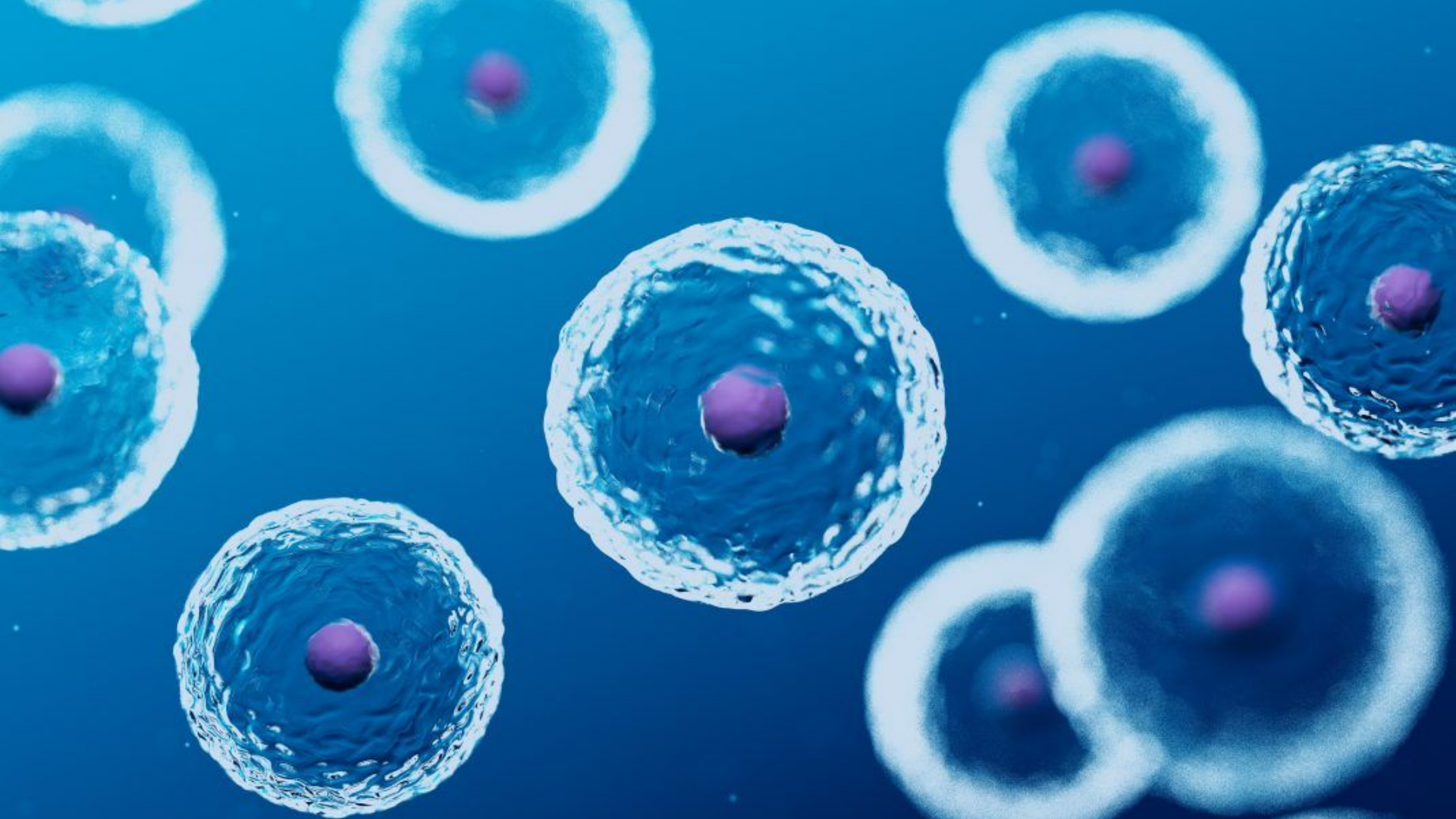
Glucose







?









Most of us experience
glucose spikes without
knowing it.

~80%



- * Cravings
- * Chronic fatigue
- * Ageing
- * Hormonal issues
- * Sleep
- * Mood
- * Mental Health
- * Insulin resistance & Type 2 diabetes
- * Dementia and Alzheimer's

The 10 core glucose hacks

- 1. Eat foods in the right order**
- 2. Veggie starters**
- 3. Stop counting calories**
- 4. Savoury breakfast**
- 5. Have any type of sugar, they're all the same**
- 6. Pick dessert over a sweet snack**
- 7. A tablespoon of vinegar**
- 8. After you eat, move**
- 9. If you have to snack, go savoury**
- 10. Put clothes on your carbs**

Emergency exits
非常口
緊急出口
이탈구
Noiausgänge
Sorties de secours
Salidas de emergencia



Alternate exit
非常口
後備出口
이탈구
Ersatz-ausgang
Deuxième Sortie
Salida secundaria de emergencia



Before opening an exit,
quickly look through a
window to check outside
for the following:



Smoke

If smoke is so thick you can not see out,
direct passengers to other exits.



Fire

If there is fire outside the aircraft,
direct passengers to other exits.

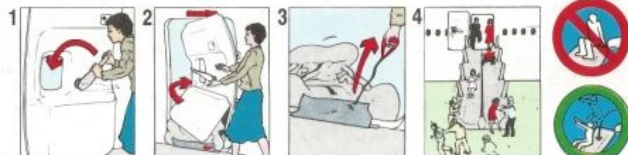


Debris/
Obstructions

If there is metal debris or obstructions,
direct passengers to other exits.

Direct passengers away
from aircraft.

Check that the slide has properly inflated and is in good condition.



Use handles to stabilize slide.



Exit
非常口
通過
Ausgang
Sortie
Salida

Do not use
機内では以下のものは使用しないでください。
請勿使用...
이것들을 사용하지 마십시오.
Benutzen Sie nicht ...
Ne pas utiliser ...
No use ...



Oxygen
酸素マスク
氧氣
산소
Sauerstoff
Oxygène
Oxígeno



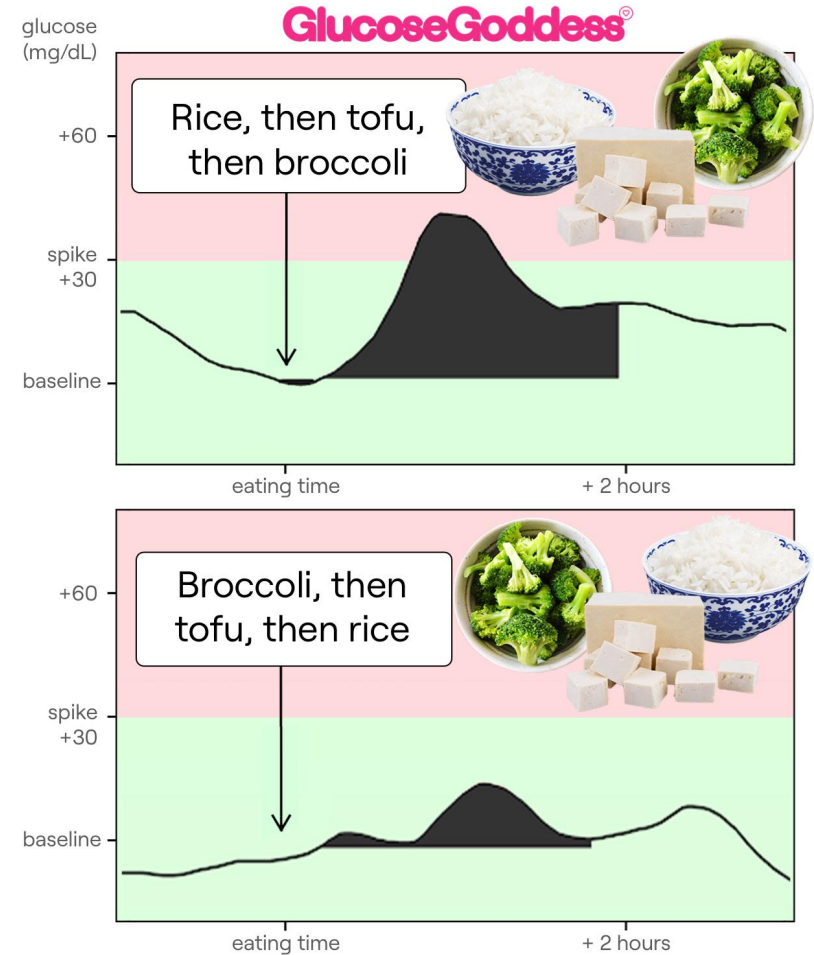
Take-off & landing
離着陸時
起飛與降落
이탈구와 이착륙
Start und Landung
Décollage et atterissage
Despegar y aterrizar

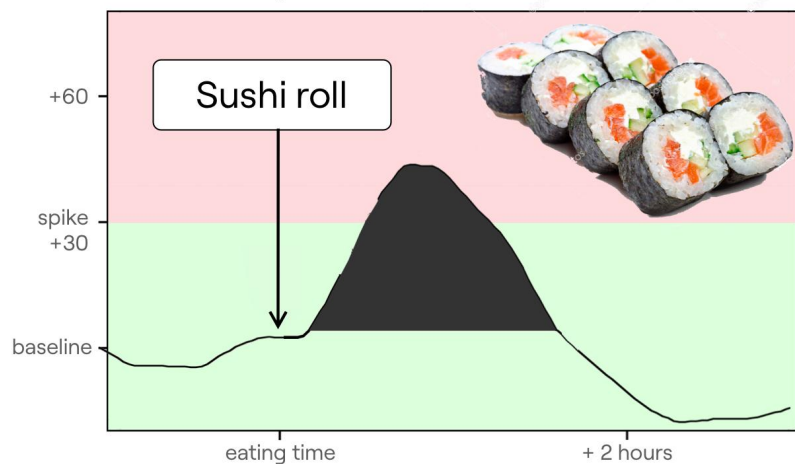
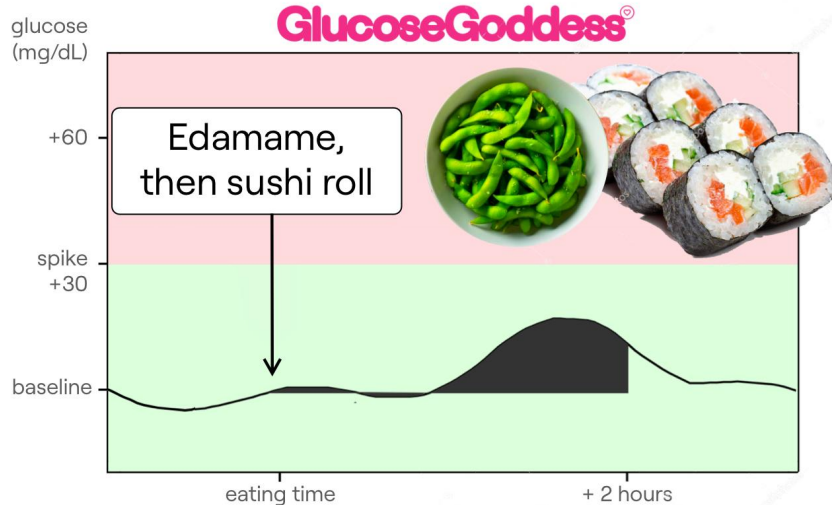


No smoking
禁煙
請勿吸煙
금연
Rauchen verboten
Défense de fumer
No fumar



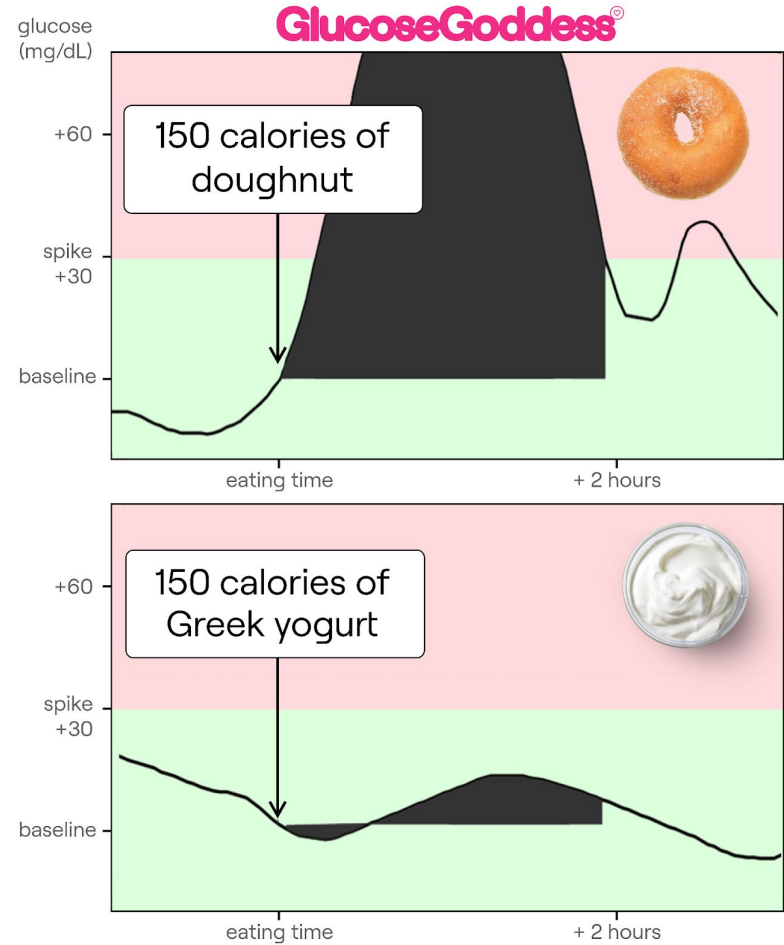
Eat foods in the right order



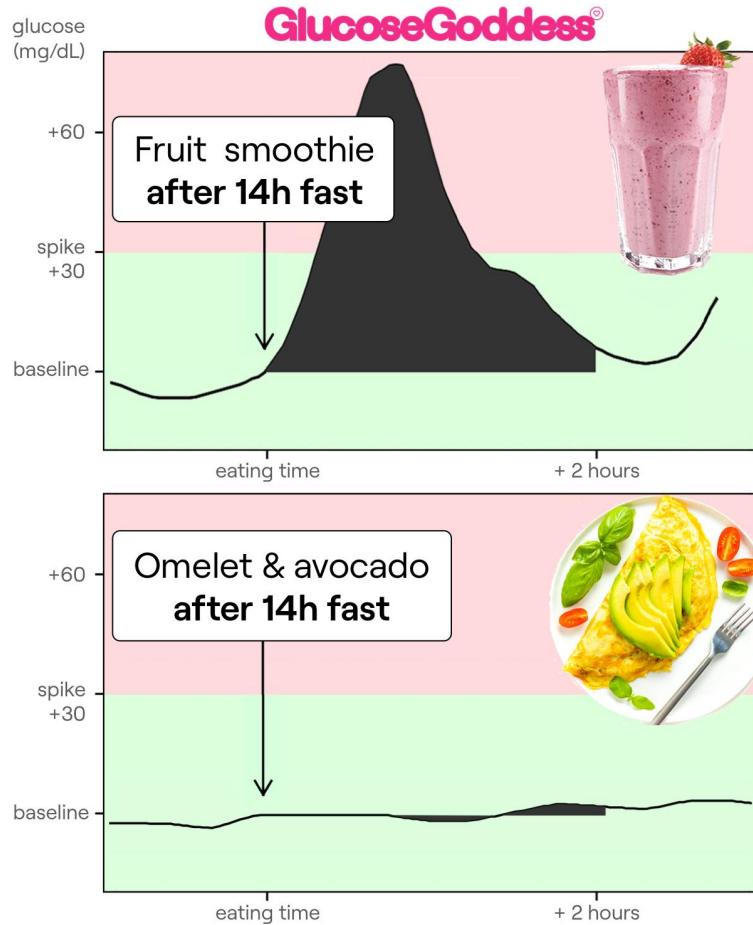


Have a veggie starter

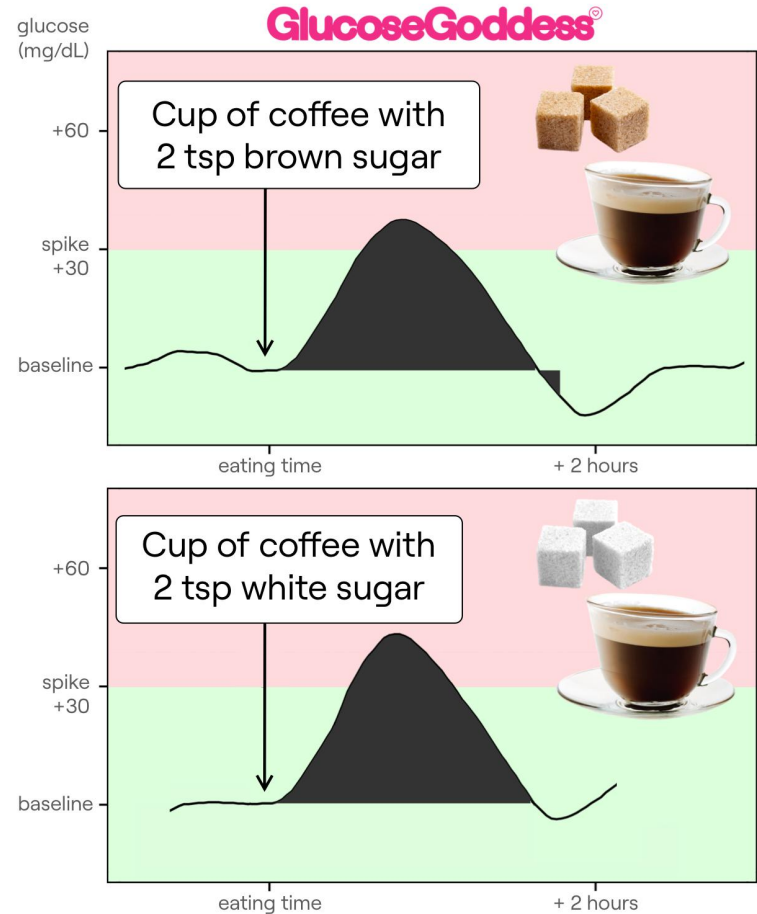
Stop counting calories

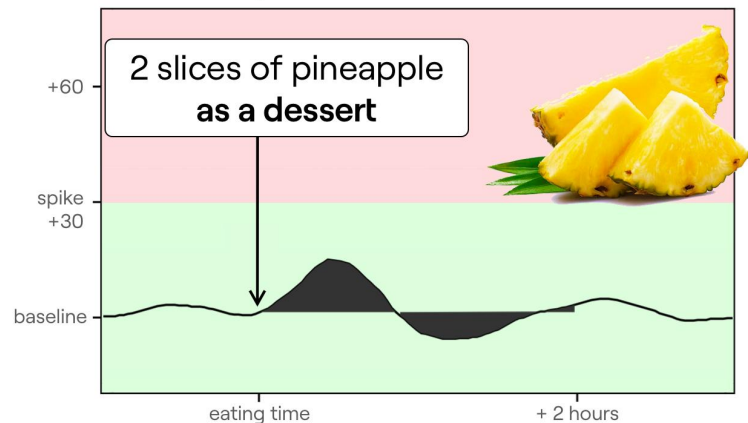
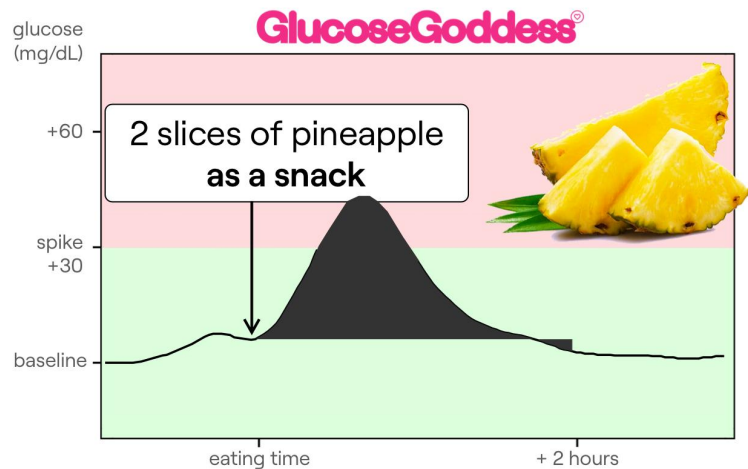


Have a savoury breakfast



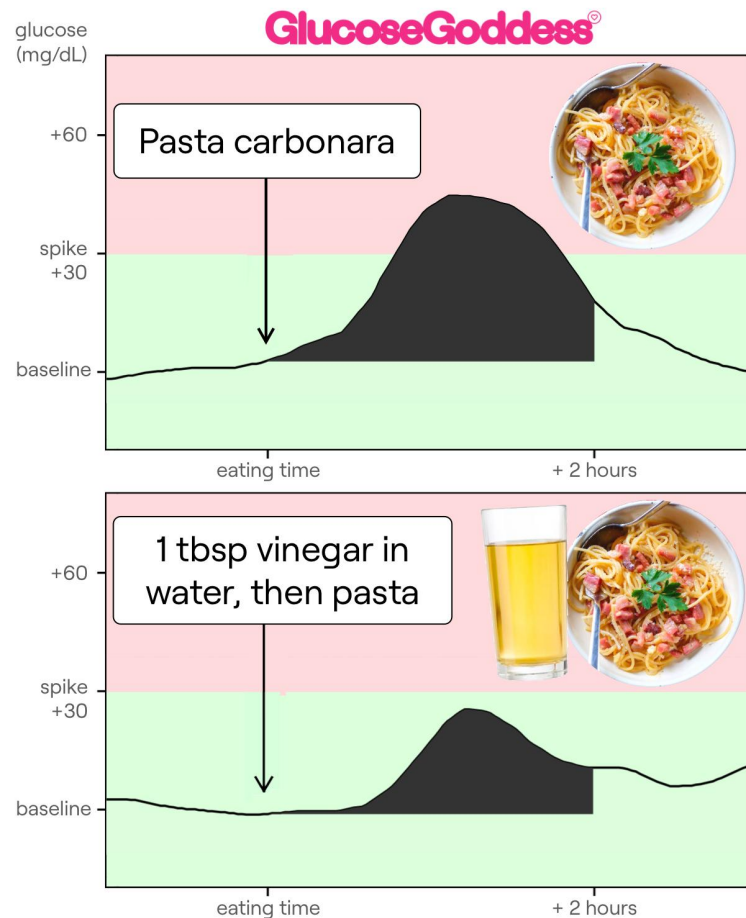
Have any type of sugar,
they're all the same



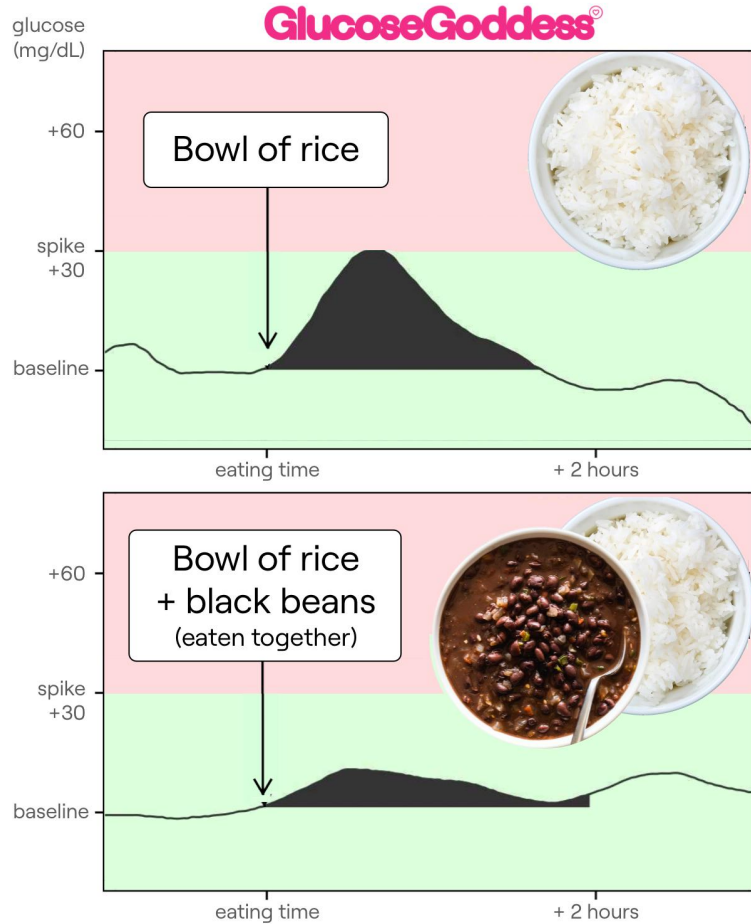


Pick dessert over a sweet snack

Drink a tablespoon of vinegar in water before meals



Put clothes on your carbs



HUMAN
HUMAN IS THE NEW NORMAL



2+ million books read
41 languages
3+ million on social media
A global movement



tips and hacks on how and what to eat – a must for
s to improve their health! Professor Tim Spector

LOSE WEIGHT
STOP CRAVINGS
YOUR ENERGY BACK

GLUCOSE REVOLUTION



life-changing power
balancing your blood sugar

JESSIE INCHAUSPÉ

CA PESO
RE ENERGIA
O QUE GOSTA

REVOLUÇÃO DA GLUCOSE

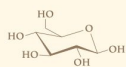
equilibrar
us níveis
glucose

INCHAUSPÉ

GLUCOSE REVOLUTION

글루코스 혁명

저서 인차우스페 지음
최수현 옮김
조영민 디자인



좋아하는 음식을 즐기면서
과학적으로 체중을 줄이는 10가지 방법



살을 빼고 싶든가? 늘 두가지만에 시달리는가? 당신이 먹는 음식에 답이 있다

“혈당 밸런스가 삶의 밸런스다!”

출간 즉시
미국
베스트셀러

출간 즉시
22개국
출간 순위

출간 즉시
출판 1주
순위 1위

출판

JESSIE INCHAUSPÉ

@GlucoseGoddess

La méthode fantastique
et scientifique
pour perdre du poids
et retrouver votre énergie

Faites votre
glucose
révolution



Robert Laffont

LOSE WEIGHT, STOP CRAVINGS,
GET YOUR ENERGY BACK
AND STILL EAT WHAT YOU LOVE

GLUCOSE REVOLUTION

The life-changing
power of balancing
your blood sugar

JESSIE INCHAUSPÉ



Джессика Инчауспе

КНИГА,
ПО КОТОРОЙ
МЕНИТ ВСЕ
МИР

БОГИНЯ ГЛЮКОЗЫ

Нормализуйте уровень сахара в крови,
чтобы изменить свою жизнь

- КАК СБРОСИТЬ ВЕС,
- ПЕРЕСТАТЬ ХОТЕТЬ СЛАДОГО,
- ЗАРЯДИТЬСЯ ЭНЕРГИЕЙ
- И ПРОДОЛЖАТЬ НАСЛАЖДАТЬСЯ
ЛЮБИМОЙ ЕДОЙ



Jessie Inchauspé

BESTSELLER
INTERNAZIONALE

PUOI
MANGIARE
CIO CHE
VUOI

La rivoluzione del glucosio

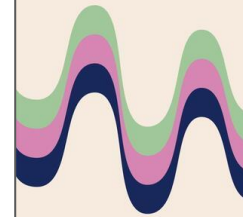
Come controllare
i livelli di zucchero
nel sangue per
perdere peso,
abbattere la fame
e avere più energia

Con autotest e
10 sorprendenti
trucchi nutrizionali

VALERIE

Jessie Inchauspé

Meer energie, minder
dit boek verandert



Gluco revolu

Krijg grip op je bloedsu-
verbeter je gezondheid en

FONTEINE UITGEVERIJ

Pierde peso, deshazte de los
y recupera tu energía

JESSIE INCHAUSPÉ

LA REVOLUCIÓN DE LA GLUCOSA

Equilibra tus niveles de glucosa
y cambiarás tu salud y tu vida



DIANA

The 4-Week Guide to Cutting Cravings, Getting Your
Energy Back, and Feeling Amazing



The
Glucose Goddess[®]
METHOD

JESSIE INCHAUSPÉ

#1 internationally bestselling author of *Glucose Revolution*

After 4 weeks, on a study of 2,700 people:

90%

of participants
are less hungry

89%

of participants
have reduced
their cravings

77%

of participants
have more
energy

58%

of participants
who wanted to
sleep better are
sleeping better

58%

of participants who
were struggling with
their mental health
have improved it

46%

of participants
who had skin
issues have seen
improvements
in their skin

41%

of participants who
wanted to improve
their diabetes have
improved it

3 keys for making prevention exciting

Lead with visuals

3 keys for making prevention exciting

Lead with visuals

Make it human

3 keys for making prevention exciting

Lead with visuals

Make it human

Make it bite-sized

Merci

