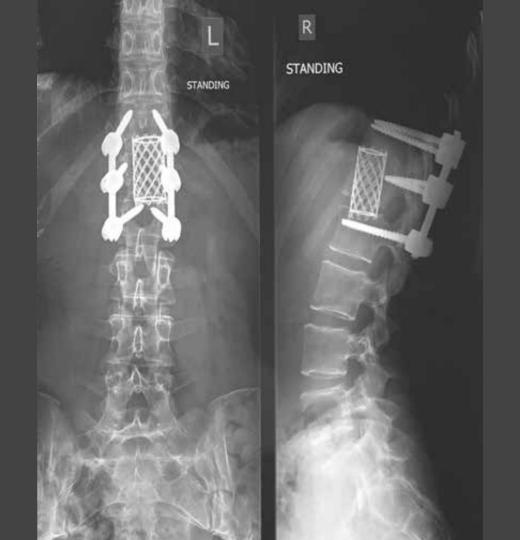
# GlucoseGoddess®

How to make prevention exciting *Meet the glucose hacks* 









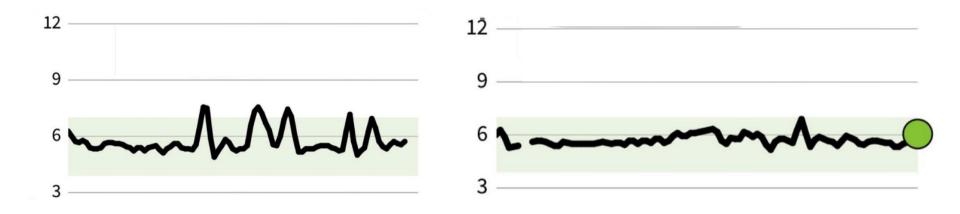
# Georgetown University

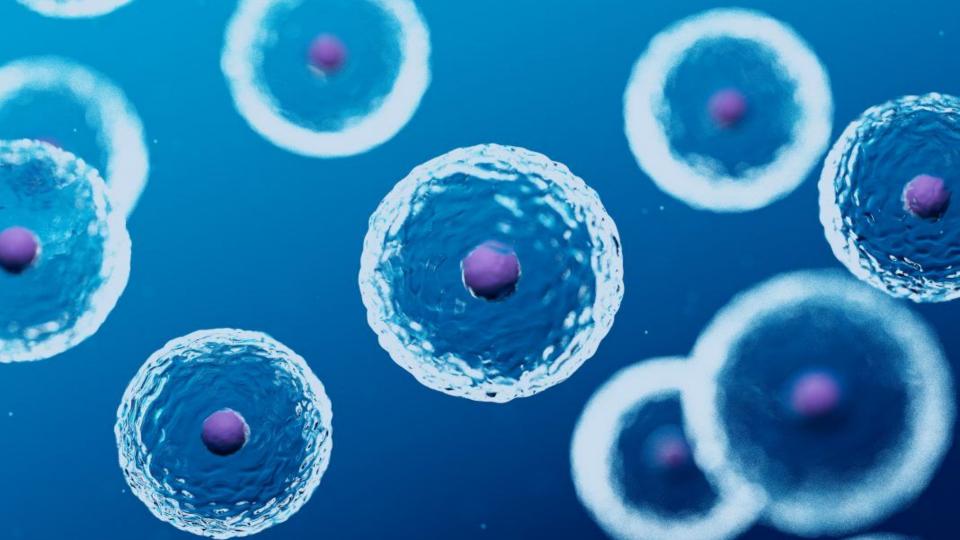


# Glucose

















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

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EDITORIAL | VOLUME 39, ISSUE 8, P2335-2336, AUGUST 01, 2020

Food intake sequence modulates postprandial glycemia

Maarten R. Soeters <sup>1</sup> . show footnotes Published: June 18, 2020 . DOI: https://doi.org/10.1016/j.c

The postprandial state is the period in which the larg

inflammatory changes occur in normal, healthy, day-

substrates will find their way to target organs and the

accompanied by profound endocrine changes and m

also a risk factor for cardiovascular disease [ [2] , [3]

nature metabolism

nature > nature metabolism > articles > article

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Food Research International Volume 43, Issue 4, May 2010, Pages 943-948

**Therapeutic Implications** 

Front, Endocrinol., 08 March 2019 | https://doi.org/10.3389/fendo.2019.00144

Impact of Nutrient Type and Sequence on

Glucose Tolerance: Physiological Insights and

Loronzo Nestilit 💦 Alescandro Mongozzilit and 💈 Domenico Tricò<sup>1,2</sup>

Effect of ultrafine grinding on hydration and antioxidant properties of wheat bran dietary fiber KeXue Zhu, Sheng Huang, Wei Peng, HaiFeng Qian, HuiMing Zhou 🙁 🖾 Show more V postprandial period has a powerful anabolic capacity + Add to Mendeley of Share 55 Cite Get rights and content

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ders was prepared by ultrafine grinding, whose mposition, hydration and antioxidant properties

#### Article Published: 12 April 2021 norr

#### Postprandial glycaemic dips predict individuals

Patrick Wyatt, Sarah E. Berry, Graham Finlayson, Ruairi O'D George Hadjigeorgiou, David A. Drew, Haya Al Khatib, Long Nguyen, Inbar Linenberg, Andrew T. Chan, Tim D. Spector, Franks, Jonathan Wolf, John Blundell & Ana M. Valdes 🖂 https://doi.org/10.1016/j.appet.2014.04.031

Nature Metabolism (2021) Cite this article 166 Accesses | 330 Altmetric | Metrics

Abstract

#### Appetite Volume 80, 1 September 2014, Pages 236-241 Return of hunger following a relatively high **appetite and energy intake in healthy** carbohydrate breakfast is associated with earlier

Paula C. Chandler-Lanev<sup>a</sup>, Shannon A. Morrison<sup>b</sup> A 🕮, Laura Lee T. Goree<sup>a</sup>, Amy C. Ellis<sup>a</sup>, Krista Casazza<sup>a</sup>, Renee Desmond <sup>c</sup>, Barbara A, Gower<sup>a</sup>

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#### Highlights

· Compared differences in postprandial hunger based on meal composition (HC/LF; LC/HF).

#### PLOS BIOLOGY

G OPEN ACCESS 🟂 PEER-REVIEWED RESEARCH ARTICLE

#### Glucotypes reveal new patterns of glucose dysregulation

Heather Hall . Dalia Perelman . Alessandra Breschi . Patricia Limcaoco, Ryan Kellogg, Tracey McLaughlin, Michael Snyder

Published: July 24, 2018 + https://doi.org/10.1371/journal.pbio.2005143

Article	Authors	Metrics	Comments	Media Coverage
*				
Abstract	Abstract			

diabetes. Another 84 million are prediabetic, als may progress to type 2 diabetes. equilation in diabetes and prediabetes are its or on average measures of overall sed continuous glucose monitoring (CGM) nonstrate elevations in postprandial y between individuals given an identical e and secretion highlights the fact that the between individuals. We developed an ording to specific patterns of glycemic eity, or subphenotypes, within traditional ntly, we found that even individuals xhibit high glucose variability using CGM c ranges 15% and 2% of the time, on, as characterized by CGM, is more ht and can affect individuals considered patterns of glycemic responses reflect

Restricting carbohydrates at breakfast is sufficient to reduce 24-hour exposure to postprandial hyperglycemia and improve glycemic variability 🕮

Courtney R Chang, Monique E Francois, Jonathan P Little 🗷

The American Journal of Clinical Nutrition, Volume 109, Issue 5, May 2019, Pages 1302-1309, https://doi.org/10.1093/ajcn/ngy261 Published: 09 April 2019 Article history -

> PDF Split View 66 Cite Permissions < Share v

#### ABSTRACT

#### Background

The breakfast meal often results in the largest postprandial hyperglycemic excursion in people with type 2 diabetes.

#### Objective

Our purpose was to investigate whether restricting carbohydrates at breakfast would be a simple and feasible strategy to reduce daily exposure

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The Journal of Clinical Endocrinology & Metabolism, Volume 99, Issue 1, 1 January 2014, Pages 220-228, https://doi.org/10.1210/jc.2013-2687 Published: 01 January 2014 Article history -

**Effects of Exercise Intensity on Postprandial** 

Improvement in Glucose Disposal and Insulin

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#### ackground:

single bout of exercise improves postp ensitivity in prediabetic patients; howe itensity is not well understood. The pre ute isocaloric moderate (MIE) and hig ucose disposal and insulin sensitivity i

ethods:

 $^{\prime0}$  ± 32 mg/dL) completed a peak  $O_{2}$  peak peak peak Peak peak Peak P rotocol plus three randomly assigned c eated rest, 2) MIE (at LT), and 3) HIE (7 eak O<sub>2</sub> consumption). One hour after ex ucose tolerance test (OGTT). Plasma g oncentrations were sampled at 5- to 10 uring exercise, after exercise, and for 3 otal, early-phase, and late-phase area sponse curves were compared between maitivity (CI) wave desired from OCTT

ubjects (n = 18; age 49 ± 14 y; fasting gl

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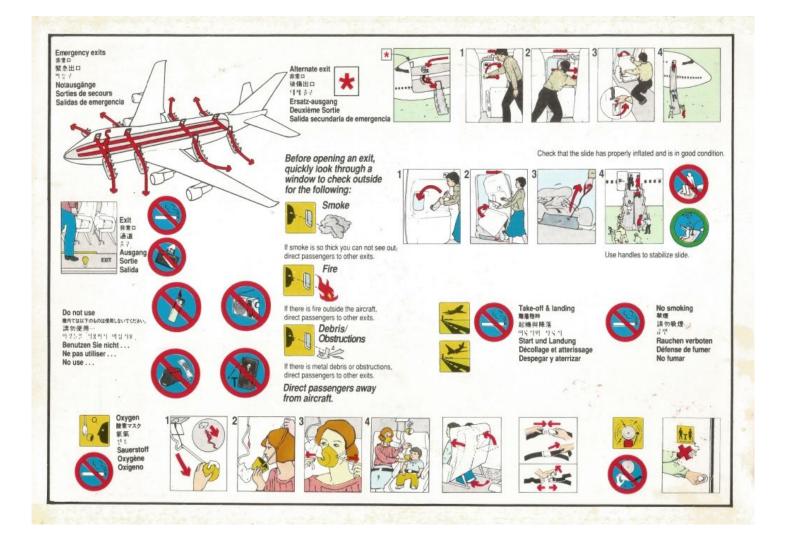
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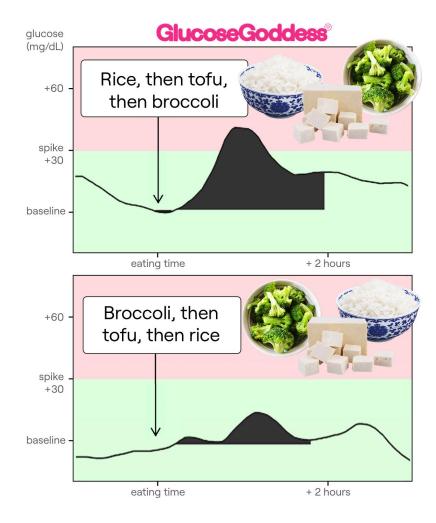
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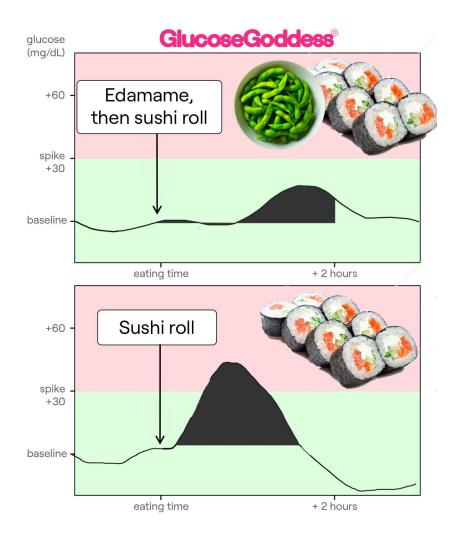
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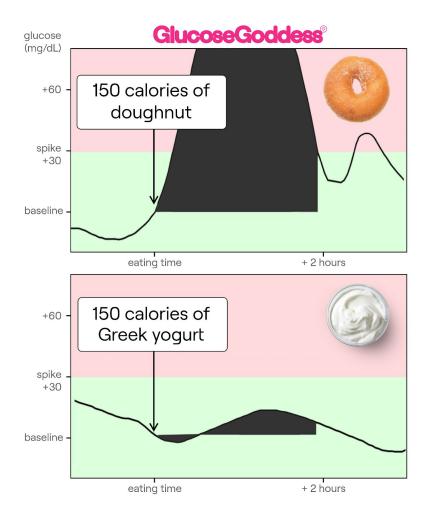
### Eat foods in the right order

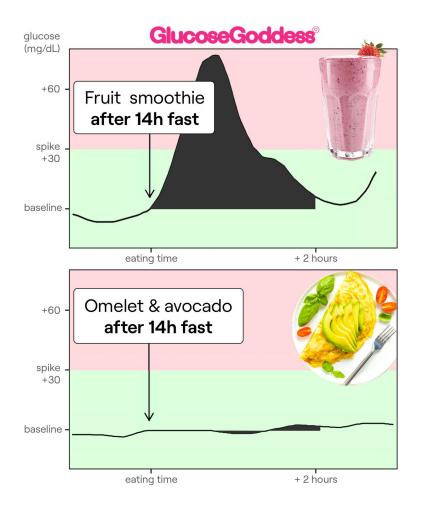




#### Have a veggie starter

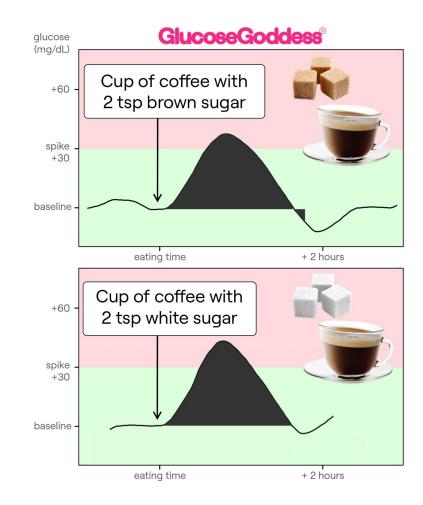
### Stop counting calories

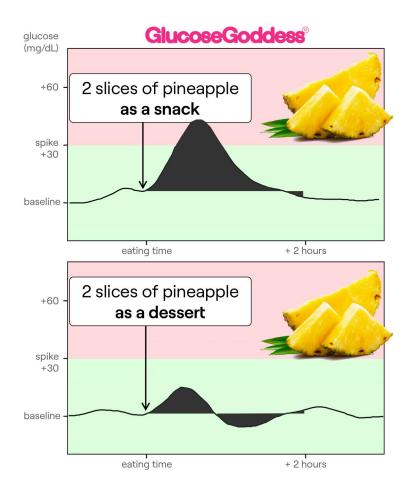




#### Have a savoury breakfast

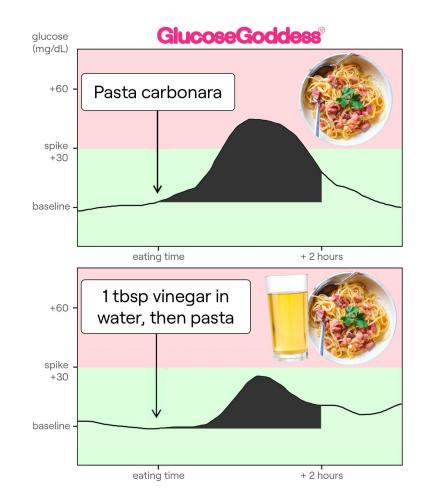
### Have any type of sugar, they're all the same

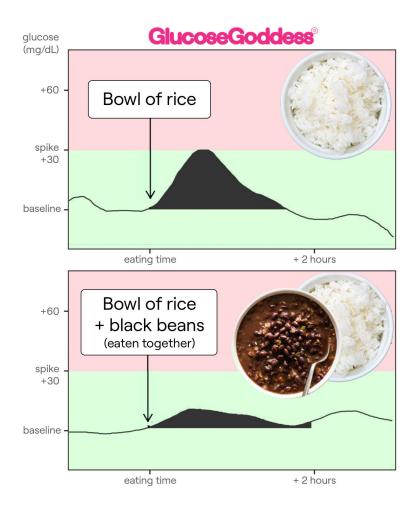




### Pick dessert over a sweet snack

### Drink a tablespoon of vinegar in water before meals



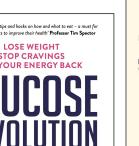


### Put clothes on your carbs





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





life-changing power ncing your blood sugar IE INCHAUSPÉ

CA PESO RE ENERGIA QUE GOSTA

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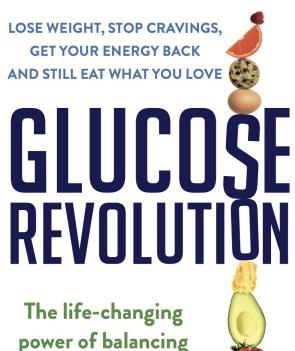
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Robert Laffont



power of balancing your blood sugar

#### JESSIE INCHAUSPÉ

по которо WURFT RECH БОГИНЯ ГЛЮКОЗЫ Нормализуйте уровень сахара в крови. чтобы изменить свою жизнь КАК СБРОСИТЬ ВЕС ПЕРЕСТАТЬ ХОТЕТЬ СЛАДКОГО, В ЗАРЯДИТЬСЯ ЗНЕРГИЕЙ и продолжать наслаждаться ЛЮБИМОЙ ЕЛОЙ Jessie Inchauspé BESTSELLER PUOI MANGIARE CIÒ CHE INTERNAZIONALE

КНИГА,

Джесси Инчаспе



Come controllare i livelli di zucchero Con autotest e nel sangue per 10 sorprendenti trucchi nutrizionali perdere peso. abbattere la fame e avere più energia

Gluco revolu

Meer energie, minde

dit boek verandert

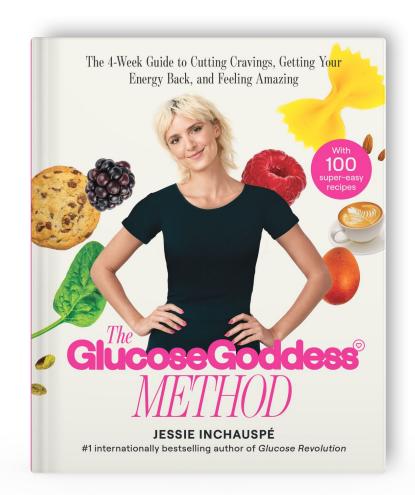
Krijg grip op je bloedst verbeter je gezondheid e

Pierde peso, deshazte de lo v recupera tu energi



Equilibra tus niveles de glue y cambiarás tu salud y tu v





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



### 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