

CONTINUOUS GLUCOSE MONITOR

STARTER GUIDE



Stronger

WELLNESS & NUTRITION

WHY SHOULD I CARE ABOUT MY BLOOD SUGAR?



- Tracking your blood glucose allows you to roughly track your insulin.
- Insulin levels dictate when we are storing fat or "burning" fat.
- Tightly regulated glucose (and insulin) levels help us lose weight, prevent diabetes, reduce inflammation, and prevent chronic diseases.
- Tight control of your glucose (and insulin) can also help you sleep better, lose weight, reduce pain and inflammation, and have more energy.
- A Continuous Glucose Monitor (CGM) puts the information and control in YOUR hands to give you more health freedom.

Blood sugar and insulin dysregulation is linked to:

- Excess Weight
- High blood pressure
- High cholesterol and triglycerides
- Erectile dysfunction
- PCOS
- Stroke
- Diabetes
- Heart disease

WHAT IS A CGM?

A CGM is short for "continuous glucose monitor". People with diabetes have been able to track and test their blood sugar using finger sticks before and after meals. But this technology allows you to track it all day and night. You take readings inconspicuously by just swiping your phone or reader over the sensor (even through your clothes!)



The sensor stays on your arm for 14 days at a time,

We can get a lot of information from just 14 days - but then you have the option to purchase and install a new one as you like.

It's easy, it's fast and... it's kind of fun!

WHY USE A CGM?

- The old way of waiting until our health goes “haywire” before making changes does not work. We may have irregular blood sugars but not meet criteria for pre-diabetes, or diabetes. A CGM can be more specific in determining if there is insulin resistance or excess fluctuations.
- I work with people who are ready to take responsibility for their health now - to aim for **optimal health outcomes**.
- A continuous glucose monitor (CGM) gives us a unique window into our metabolism to show EXACTLY what foods and lifestyle changes are the best for us.
- It also acts like a "coach" on your arm... reminding you of better choices.
- People who use CGMs routinely are able to lower their blood sugar levels, and therefore their risk for diabetes and heart disease. They also tend to lose unwanted belly fat and feel much better.
- Real-time feedback helps us repeat helpful diet and lifestyle choices and get results FASTER than waiting 3 months for follow-up labs.
- A CGM puts the information and control in YOUR hands to give you more health freedom.



WHAT DOES A CGM TELL ME?

Imagine seeing how everything you eat and do affects your glucose levels... in real time!



A CGM tells you which meals are ideal for you and which meals are NOT. It can also show that it's more than food! Stress, inflammation/illness, and poor sleep can cause high blood sugar too.

There are so many ways to tighten your glucose control. This helps you decide which strategies work for you and how much is necessary. Like the benefits of taking a walk after dinner

For success - choosing a strategy like a CGM can be the missing piece that can make the most significant difference... for YOU.

Because everyone is unique.