



# LIFESOURCE INSTITUTE NEWS

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## Blood Sugar Reference Weight Management

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#### STAY ON TRACK

- \* **Berberine** studies have shown that 1500mg in 3 doses, best when berberine is taken at least 15 to 20 minutes prior to meal times.
- \* **B-complex vitamins** if you have a high carb or grain based diet you are depleting your B vitamins.
- \* **Alpha-lipoic acid** this is a very important supplement and a wonderful addition in your fight to control insulin levels. Doses should range from 300 to 1,200 mg daily.
- \* **Last** the COVID pandemic has changed many things, yearly physicals, the amount of in house time, and most eating habits, some of these changes have not been for the best. Please consult health care professionals use tele medicine so not to let possible problems with your health linger and get worst.
- \* **Remember** during this time of COVID we are all here for each other the coaches and counselors at LIFESOURCE INSTITUTE will help you to bridge the gap between **mind, body and spirit**. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.
- \* **Disclaimer:** As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.

**Blood Sugar** is one of the essential elements in maintaining a healthy weight plan. Glucose levels help keep our bodies regulated and in sync with our hormonal system to stay within that very narrow window. In contrast, we eat foods high in sugar and carbs made from potatoes, white rice, bagels, pasta, and bread, when digested, converts rapidly into glucose, which leads us down the rabbit hole to very high spikes in your blood sugar level. Your pancreas is the hormone that comes back by surgically adding enough insulin into the cells directing the glucose to be burned as energy storage removing all the excess unneeded glucose from your bloodstream, helping the body bring the blood sugar levels back to the optimal range.

**Is a carb-heavy diet** the problem? It's not the insulin, do think of the insulin as energy swimming around in the bloodstream because the cells are overflowing with glucose and unequivocally unable to absorb any more. The result is your body triggers your cells to store the excess as fat. Hence the reason we find our bodies gaining unwanted pounds. The criminal being the carb-rich diets. The average American eats 600 grams of carbs daily when we should not eat more than 100 grams each day.

**Get Moving** each day, regular physical exercise is paramount to have optimal blood sugar health and a healthy weight. Exercise does not

have to be very strenuous; strength training, swimming, walking, biking, dancing, and hiking are beneficial as long as it is done consistently.

**The numbers** are the best way to measure and manage your blood sugar, the best measure to give you a pretty accurate number is fasting glucose since you have not eaten. It gives you a glimpse of how well your body manages your blood sugar level. For years now, the normal range has been 65 to 100 mg/dL, but functional practitioners note that the optimal numbers should be between 82 to 88 mg/dL. Also, a notable study found that the subject's sugar levels of 95 to 99 mg/dL, which are notably high of routine and are two times likely to acquire type two diabetes.

### MUST READ: THE END OF DIABETES BY DR. JOEL FUHRMAN

#### ASK THE COACH?

**Q: COACH PATIENCE: I HAVE READ ON MANY DIFFERENT COMPUTER WEBSITES THAT I CAN LEARN HOW TO BE A MEDIUM, ANY ADVICE ON WHICH SCHOOLS ARE THE BEST? JAMIE C. PA.**

**A; GREAT QUESTION: JAMIE, I UNDERSTAND BEING A THIRD GENERATION EVIDENTIAL MEDIUM MYSELF. BEFORE SPENDING A BUNCH OF MONEY ON LEARNING FROM A WEBSITE WHICH WILL MAINLY TEACH YOU THE CONCEPT OF MEDIUMSHIP, MY BELIEF IS YOU MUST BE BORN WITH THIS GIFT, I RECOMMEND YOU FIRST TRY DEEP CONSCIOUS LEVEL MEDITATION, REMEMBER YOUR DREAMS, LAST REACH OUT TO YOUR SPIRIT GUIDES, THEY WILL NEVER LEAD YOU WRONG, YOUR GUIDES HAVE YOUR BEST INTEREST AT HEART. IN THE FUTURE GENERATIONS WE WILL HAVE MORE EVOLVED SOULS IN OUR UNIVERSE THAT WILL BRING THIS KNOWLEDGE THROUGH SOUL PROGRESSION, INSTEAD OF THE CLASSROOM HOPE THIS HELPS. LOVE AND BLESSINGS COACHES AT LIFESOURCE INSTITUTE CAN LEAD YOU DOWN THE ROAD YOU ARE LOOKING TO TRAVEL DEALING WITH BRIDGING THE GAP BETWEEN SPIRITUAL AND PHYSICAL WORLDS WITH THE INTENT OF HEALING BOTH MIND, BODY AND SPIRIT. PLEASE CONTACT PATIENCE@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER. THANKS AND KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.**