



# Insulin Resistance

Insulin is a fat-making hormone created by the pancreas to remove glucose from the blood stream. Insulin resistance is when the insulin can no longer get the glucose into the muscle cells and the liver. It begins storing the glucose in your fat cells located in the abdomen. When the body is in FAT MAKING mode, it is impossible for the body to utilize or burn fat. Only 4 grams of sugar (1 teaspoon) is needed to start the insulin process.

"Insulin makes you fat and insulin is triggered by the presence of sugars" by Tamara Pitelen

## How does glucose get into the blood stream:

- High sugar diet
- High fat diet by filling muscles with fatty deposits
- High stress levels causing emotional cravings and increasing cortisol levels, putting stress on the thyroid

## TYPES OF STRESS

- Physical (environmental toxins, fad dieting, sleep deprivation)
- Emotional (trauma, abuse)
- Mental (financial pressures, deadlines, exams)
- Spiritual (life purpose, not enjoying the outside world)

## PANCREAS FLUSH

Drink 1/3 tsp of ground nutmeg in 3/4 cup of warm water, stir well. Drink this first thing in the morning for 5 consecutive days. If reprogramming symptoms occur, eat a baked potato. The potato acts like a sponge soaking up toxin residue.

## DAILY HABITS

- A cup of hot water with fresh lemon juice and a pinch of colored sea salt upon awakening.
- Digestive enzymes containing pancreatic enzymes.
- High quality Gymnema Sylvestre with food. **Speak with your healthcare practitioner prior to starting this.**
- Deep breathing with longer exhales than inhales, before meals and throughout the day to activate the parasympathetic nervous system.
- Rub the "cravings" acupressure point on the ears for 30 seconds when you feel cravings arise.
- Follow the Sugar Control Plan found at [www.LivingWithElevation.com/resources](http://www.LivingWithElevation.com/resources)

Get your high quality supplements at our online dispensary  
<https://us.fullscript.com/welcome/livingwithelevation>



# GLYCEMIC LOAD

Glycemic load refers to the amount of carbohydrate consumed multiplied by the rate at which the carbohydrate is metabolized and enters the bloodstream (glycemic index).

Good Sugars	Bad Sugars
Non-Starchy Vegetables Plant based sweeteners** Raw unfiltered honey Yogurt (no sugar added) Most Fruits Beans Lentils Legumes	Breads Artificial Sugars Rice Cereals & Bars Pastries & Sweets Potatoes Chips & Crackers Dairy Products Soft Drinks* Corn High Fructose Corn Syrups

\*Liquid carbohydrates have the highest glycemic load.

\*\*Liquid stevia, monk fruit, sugar alcohols, maple syrup, and other sweeteners not originated in a lab or from corn.