



Diabetes begins years, if not decades, before you are diagnosed (7% A1c).
 (Early symptoms: insulin resistance and insidious weight gain)

① Early stages of life we have razor sharp insulin sensitivity and low insulin production

② As we bombard our body with refined carbohydrates, we increase blood sugar levels (carbs → glucose → blood sugar) thereby producing more insulin to move blood sugar out of bloodstream. Additional glucose is converted to fat and stored in cells. When fat cells become full, we simply create more fat cells—this is beginning of insidious weight gain!

③ As fat cells become full, the cells/body starts “ignoring” insulin so pancreas starts producing even more insulin to do the same job in order to bring blood sugar levels back to normal range. (More insulin=more fat=more insulin resistance=more insulin=more fat—repeat 1000x) *Remember: Insulin is the body’s primary fat building hormone.*

④ Your doctor tells you your blood sugar is a little high and we should keep an eye on it. When in reality you are in the late stages of insulin resistance. The mere fact you are rising above 5% A1c simply means you have reached “Maximum Insulin Output” and your body can no longer keep your blood sugar in normal range.

⑤ Now you have reached 7% A1c and your doctor tells you that you have Type II diabetes. So for the past 2,5,10 or 20 years you have done significant damage to your body and organs...in some cases irreparable damage.

Diabetic Strong workshops and health coaching program is designed to normalize blood sugar levels, reverse excessive insulin production and decrease insulin resistance/increase insulin sensitivity.