

## Evaluating Dysglycemia Daily Function

### Normal Glucose Response

- Wake up with energy and feel rested
- Wake up with an appetite
- Hunger between meals but no sugar cravings
- No change in function between meals
- No fatigue or change in energy after meals

### Functional Hypoglycemia

- Wake up with difficulty
- No appetite in the morning
- Consume caffeine or sugar for breakfast
- Lose function between meals
- Energy after meals
- Crash around 3pm–5pm with sugar, salt, and caffeine cravings
- Difficulty staying asleep through the night

### Insulin Resistance

- Wake up not feeling rested or recovered
- Wake up with sugar cravings
- Eat high-sugar and high-starch breakfast
- Sugar cravings all day
- Fatigue after meals
- Crash after lunch
- Need stimulants after meals
- Difficulty falling asleep

# Normal Glycemia

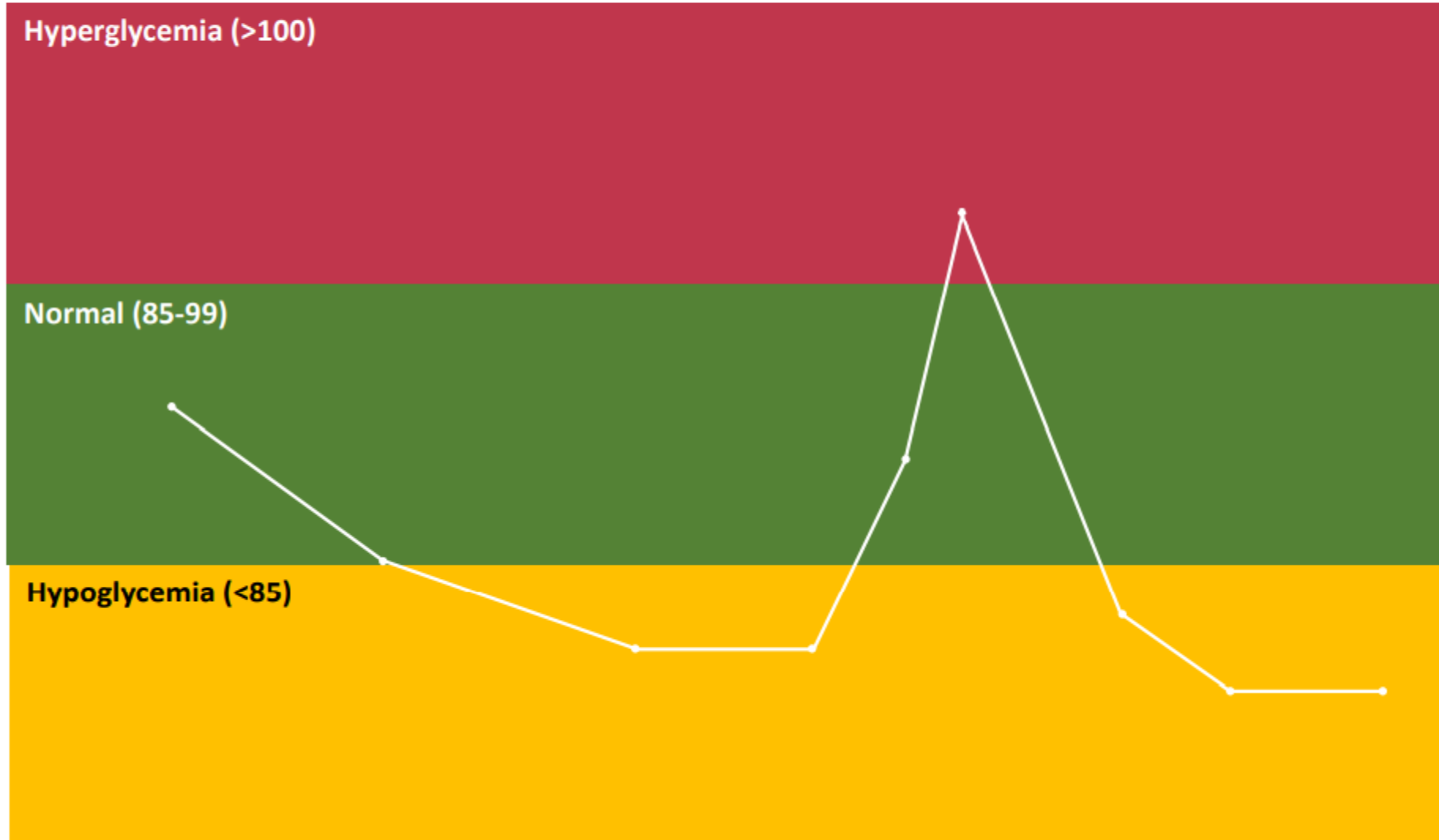
Hyperglycemia (>100)

Normal (85-99)

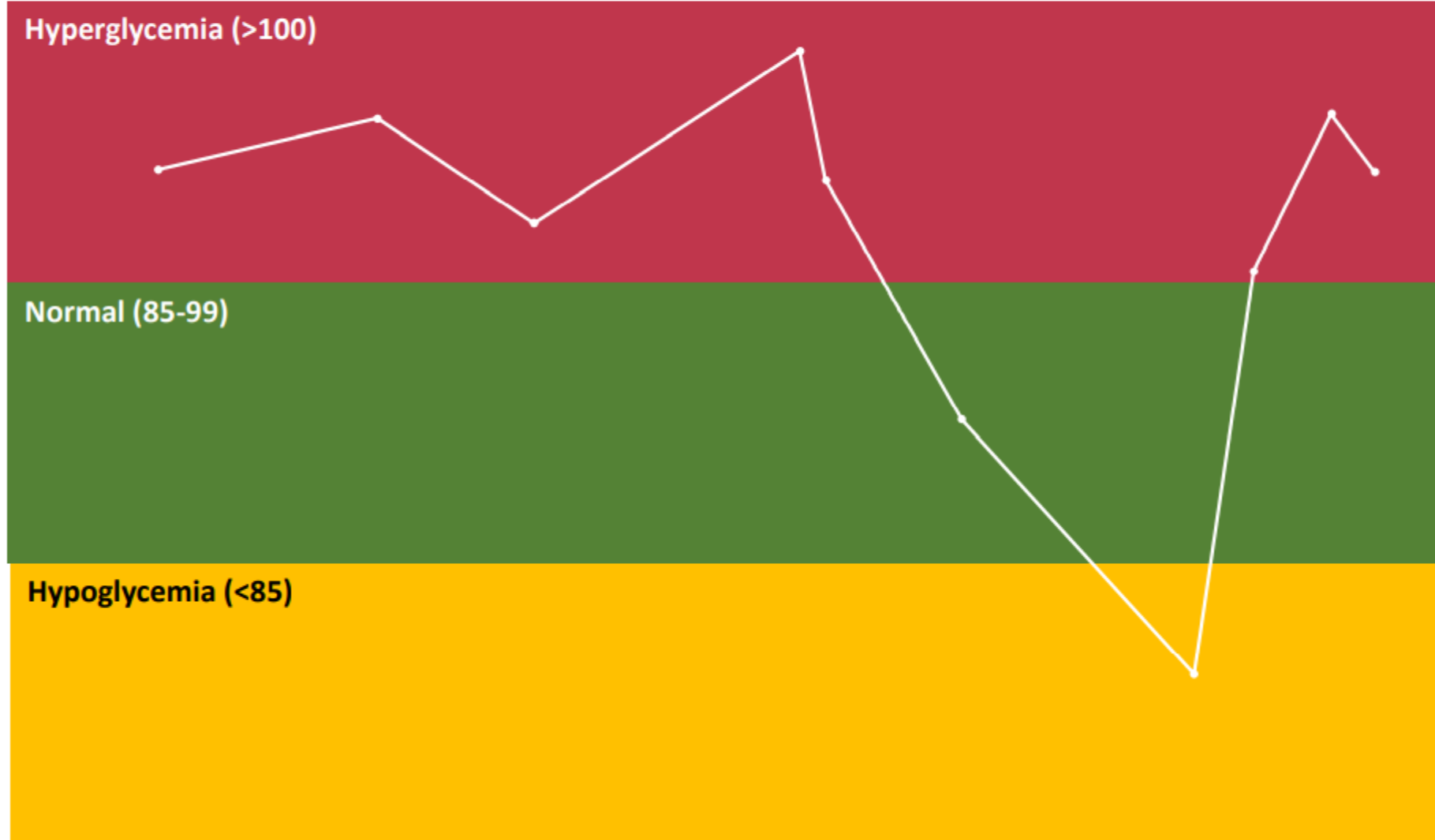
Hypoglycemia (<85)



# Hypoglycemia



# Insulin Resistance



# Protocol

Good blood pressure 120/80

- When you wake up
- Before a meal
- 30 minutes after a meal
- 1 hour after a meal
- 2 hours after a meal
- Right before you go to bed



Roll over image to zoom in

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