

The 7 Day Blood Sugar Challenge

- Watch the blood sugar videos from my colleague on www.DrDanWellness.com by typing into search box : blood sugar videos (ignore top ads by Google)
- To drastically change your relationship to carbs and sugar (via insulin reduction) follow the 7 day challenge, to create balance in your life.
- **Add FATS back in to your diet - at every meal - increase saturated fat**
- **Eat some protein & FAT every 2 ½ to 3 hours to remain satiated**
- **Eat no more than 20g carbohydrates at one sitting (not including vegetables)**
- **Eat no more than 60g carbohydrates per day (not including vegetables)**
- **You can have as many vegetables as you want as long as not on list below**
- Supplement with coconut oil for quick energy. Start at 1 Tablespoon a day and work up to 3 Tablespoons of coconut oil per day. The best coconut oil available is from www.tropicaltraditions.com Gold Label. It barely has a taste of coconut, (if you want no coconut taste then you can choose refined coconut oil (refined is still healthy).
- Eat as much protein and fats as you need to be satisfied, the only limitation is carbohydrates.
- Use Google to find out how many carbs in food, type - “carbs in _____”
- Walk 30 minutes per day (or other exercise, be careful not to over-exercise) will help lower insulin levels.

Less than 20g carbs per meal, 60 carbs per day from list below:

- Fruit & Fruit Juices
- Fruit Smoothies
- Milk
- Pasta (including whole wheat)
- Bread
- Potatoes (white & sweet) and similar starchy vegetables
- Rice (Brown, White, Wild)
- Corn & Popcorn
- Lentils, and Beans
- Oatmeal
- Bran
- Cereal
- Baked Goods
- Cakes & Pastries
- Cookies
- Candy
- Chocolate
- Chips & Crackers
- “Snacks”
- Breakfast Bars
- Soda
- Beer
- Energy Drinks
- Sugar & Agave Nectar
- High Fructose Corn Syrup

Why do the 7 Day Challenge?

Here are some of the health Impacts of high glucose (blood sugar) and high Insulin:

- Diabetes
- Obesity
- Infertility
- PCOS
- Heart Disease
- Small Dense LDL
- Stroke
- Increased Clotting Risk
- Hypertension
- Cancer
- Alzheimer's
- Depression and Anxiety
- Gas and Bloating
- Food Intolerances
- Too Many “Bad Bacteria”
- Insomnia
- Sleep Apnea
- Reduced Immunity
- Joint Pain, Inflammation
- Hypothyroidism