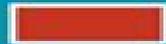




NORMAL BLOOD SUGAR LEVELS CHART TRACKER



Vary high



A little high to very high depends on patient.



Maximum after meal in nondiabetics

DIABETES CONTROL CHART



Normal before meal in nondiabetics



Normal



Low



Very low

	HbA1c TEST SCORE	MEAN BLOOD mg/dL	GLUCOSE mmol/L
EXCELLENT	3.0	35	2.0
	4.0	50	2.6
	5.0	80	4.7
GOOD	6.0	115	6.3
	7.0	150	8.2
	8.0	180	10.0
ACTION REQUIRED	9.0	215	11.9
	10.0	250	13.7
	11.0	280	15.6
	12.0	315	17.4
	13.0	350	19.3
	14.0	380	21.1

Waking Blood

Raj Dasgupta, R. Michelle Koolae



Waking Blood:

Five Things to Do When You Wake Up to Manage Blood Sugar Levels Ketan Raval, Managing blood sugar levels starts the moment you wake up In this essential guide *Five Things to Do When You Wake Up to Manage Blood Sugar Levels* you ll discover five simple yet powerful morning habits that can help regulate glucose boost energy and support overall health From hydration and movement to eating a balanced breakfast taking medication consistently and monitoring blood sugar levels this book provides science backed strategies to start your day on the right foot Whether you re living with diabetes or prediabetes these practical steps will help you take control of your health and improve your long term well being

Healthy Past 100 Steven M. Teagarden DC,2023-08-10 *Healthy Past 100* was written explicitly for those longing to be extraordinarily healthy even past their 100th birthday This breakthrough book is based on thousands of cutting edge science articles identifying the causes of optimal health vs sickness and disease *Healthy Past 100* puts a wealth of cutting edge science based healthcare information at your fingertips empowering you to make the healthiest choices for you and your family *Healthy Past 100* is several books in one and it also contains a mouthwatering keto cookbook that s exclusively based on the most nourishing ingredients you can consume This life changing book is based on the Short List i e a distillation of the core factors involved in being healthy past 100 The Short List includes The Metabolic Masterplan Diet the Metabolic Masterplan Diet may be the world s most advanced ketogenic diet Nothing improves your health as much as following this research based anti inflammatory gut healing ketogenic diet Nutrition and Supplements providing your cells with all the nutrients they require to function optimally is key to a long healthy life *Healthy Past 100* shows you exactly which nutrients you need and which ones to supplement with Metabolism carbohydrates and sugar damage your metabolism the process of creating energy in your cells causing serious health issues *Healthy Past 100* teaches you to heal and optimize your metabolism and which tests to rely on to know not guess that your metabolism is as healthy as can be Chronic Inflammation this widespread health issue underlies all diseases and must be healed to experience optimal health *Healthy Past 100* rids you of chronic inflammation now and forever paving the way to lasting health Gut Health most humans deal with significant gut issues Fortunately *Healthy Past 100* s innovative gut healing method leads to lifelong optimized gut health Psychology psychology is how you think feel act behave and respond to life s circumstances *Healthy Past 100* provides the tools to heal and optimize your psychology which is foundational to a healthy fulfilling life Thyroid Physiology inefficient thyroid physiology impairs your body and mind zaps your energy and causes many diseases *Healthy Past 100* explains how thyroid physiology works how to heal it and the tests determining if it s in tip top shape Exercise crucial to your health and well being exercise must be performed regularly *Healthy Past 100* teaches you which exercises help you become healthy past 100 Detoxification humans are routinely exposed to dangerous heavy metal toxins *Healthy Past 100* shows you how to rid these harmful metals from your body and minimize your exposure to them in the future Oxidative Stress oxidative stress is a

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