

# Everything you need to know about *insulin*

## **Concept #1**

All of the food we eat contains one or more of the following macronutrients:

1. Carbohydrates
2. Protein
3. Fat

## **Concept #2**

Carbohydrates are broken down into simple sugars, and cause the release of insulin from the pancreas.

## **Concept #3**

Insulin is our fat-storage, pro-inflammatory hormone.

## **Concept #4**

In order to reduce insulin production, we must reduce carbohydrate consumption. In other words, as long as we are consuming carb-rich foods and drinks, we'll produce excess insulin and interfere with our body's ability to burn its own fat.

***When you eat real food, your body naturally manages insulin optimally.***

## **4 Freedoms of Eating Real Food**

1. Hunger Freedom – How would you spend your time if you were no longer preoccupied with eating every 1-2 hours?
2. Calorie Freedom – How would your relationship with food change if you were no longer worried about counting calories?
3. Dieting Freedom – How would it feel if you never had to go on another diet again?
4. Medication Freedom – How would your life change if you no longer had to take OTC meds for heartburn, joint pain, or headaches – or even prescription meds for diabetes, hypertension, or IBS?

## **What does optimal health mean to you?**

1. What does improving your health look like to you in terms of the 4 Freedoms? \_\_\_\_\_  
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2. What will regulating insulin do for your health, and for the health of your family? \_\_\_\_\_  
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