

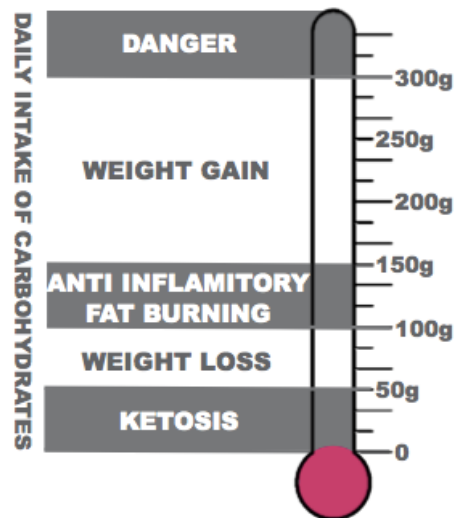
# What's your *carbohydrate* temperature?

Even if you make an effort to eat right, you could be consuming more sugar than you realize, and therefore producing enough insulin to interfere with your health and body composition goals.

Did you know that unrelenting aches and pains, poor quality sleep, and strong sugar cravings could all be symptoms of unmanaged insulin?

Building your plate around real food is one of the best ways to achieve the health you desire by helping you manage insulin without feeling hungry or deprived.

## Plot a day in your life on the Carb Thermometer



**Now we want you to hear from you! Reflect upon the following four questions, and pick one to share with our community in the comments.**

1. What are your health struggles? And where are you in your health journey? \_\_\_\_\_  
\_\_\_\_\_
2. How much does your diet resonate with Carolyn's old diet? \_\_\_\_\_  
\_\_\_\_\_
3. What is one step you'll start taking as a result of your new knowledge about insulin? \_\_\_\_\_  
\_\_\_\_\_
4. What would your life be like if dieting was no longer part of your vocabulary? \_\_\_\_\_  
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