

REBOOT# 5

BLOOD GLUCOSE TESTING – THE IMPORTANCE...

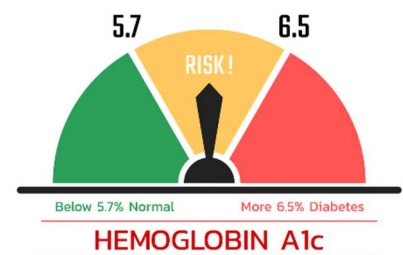
The key purpose of Phase Four is reaching and holding your healthy fat-burning best blood glucose balance.

Towards your ideal blood glucose, we;

- Lower dietary carbohydrates while near-eliminating all simple sugars.
- Exercise @ DTI, only,
- Fast, intermittently (and again in Phase Five), and
- Relax mindset.

Testing and proving your 'better' physiological state is tested via;

1. HbA1c Test.
2. Blood Glucose Test.
3. Blood Ketones.
4. Blood Triglycerides.



Typically, ideal results would read...

#	Test (Non-invasive)	Units	(Typical) Goal	Why
1	HbA1c Blood Glucose	%	<4.9%	<ul style="list-style-type: none">• The HbA1c test result reflects your average blood sugar level for the past 12 weeks.• Precisely, the HbA1c test measures the percentage of your hemoglobin - a protein in red blood cells that carries oxygen - coated with sugar (glycated).• The HbA1c test is practised chiefly with diabetes. However, it can prove an excellent measuring tool for fat metabolism.• Higher HbA1c readings typically make it harder burning stored fat as the primary fuel source. A higher refined carbohydrate diet usually elevates HbA1c results.
2	Blood Glucose	mmol/L	5.2-5.6	<ul style="list-style-type: none">• Blood glucose testing measures current blood glucose.• Current blood glucose represents recent food choices and the influence of some exercise.• It is usually best to avoid spikes and dips in blood glucose.• 4.7 -5.3 mmol/L– Ideal
3	Blood Ketones	mmol/L	0.2-0.6	<ul style="list-style-type: none">• Ketones or ketone bodies are byproducts of fat metabolism. This test

				<p>measures the number of ketones in the blood.</p> <ul style="list-style-type: none"> • When free of available glucose, Ketones are produced, providing energy. • Ideally, when one favours stored fat as an everyday fuel source, ketones register between a healthy range of 0.2-0.6.
4	Blood Triglycerides	mmol/L	<1.7	<ul style="list-style-type: none"> • Triglycerides are a common type of fat that accounts for about 95 per cent of all dietary fats. Both animal and vegetable fats contain triglycerides. • Once digested, triglycerides circulate in the bloodstream to be used as energy by the cells. Any leftovers are stored as body fat to fuel the body between meals. • Triglycerides differ from cholesterol. TG's are used for energy, while CHL builds cells & hormones.

The Comprehence (Balance Health Programs) Reboot Test, towards optimum health.

#	Test	Optimum 'Fat-Burning'	Sugar-Burning
1	Blood Pressure (mm Hg)	<120/<80	145>/95>
2	Resting Heart Rate (Beats per Minute)	<60	80>
3	Pulse Oximetry (%)	98>	<94
4	Lung Capacity (Litres)	M: 3.3> / F: 2.3>	M: <2.3 / F: <1.3
5	Hematocrit (Hb %)	45>	<38
6	HbA1c Blood Glucose (%)	<4.9	>5.9
7	Total Cholesterol (mmol/L)	<6.3 pending	>6.3 pending
8	Triglycerides (mmol/L)	<1.80	2.50>
9	Blood Ketones (%)	0.3-0.8	1.5>
10	Uric Acid (mmol/L)	<6.2	7.2>
11	Heart Rate Variability Stress Test (/100)	60>	<45
12	'Your Health' Questionnaire Score (/45)	30>/45	<20/45

* **Cholesterol** – a healthy fat-burning state can be achieved with a higher than 5.5 mmol/L result, providing, 1) Triglycerides are <1.80, and 2) HbA1c Blood Glucose hold <5.1%.

* **Ketones** – a healthy fat-burning state can be achieved with a low blood Ketone results, e.g. 0.0-0.1, providing, 1) Body Fat/ Lean Muscle mass is optimum, 2) HbA1c Blood Glucose hold <4.9%.

* **Ectomorph Genetics** (8% pop) - a fat-burning state is typically sustained by the naturally lean being genetically driven regardless of 'most' health testing readings.

I look forward to testing your status, in confidence.

BP