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*PROTOCOLS FROM THE DESK OF DR. ANTHONY MARTIN

BLOOD SUGAR CONTROL PROTOCOL

Pathology:

Why Insulin is the problem:

- Because blood glucose is toxic, the body does everything it can to keep it normal.
- Insulin is secreted to remove glucose from your blood and direct it to storage (muscle, liver, fat).
- The body will exhaust all available means of storage to protect itself from high blood sugar. Once all avenues have been exhausted, then a person gets high blood sugar levels.
- Which means – High Circulating Insulin precedes elevated glucose levels by years (even decades).
- Control insulin = blood sugar control.

** Type-2 Diabetes reverse engineered.

Crappy carbs (fat + carbs) or high sugar ==> high insulin ==> fatty liver ==> high blood sugar ==> Diabetes.

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Protocol: How To Control Blood Sugar

1. Low Carb Eating.

- I. Ketogenic or Metabolic Reset for those who have elevated blood sugar levels (diabetic) or symptoms of high circulating insulin. Should be done under supervision if on meds.

2. Fasting.

- I. 16:8 Method (Most commonly recommended).
 - Diabetics may do better with eating in morning.
- II. Every other day
 - Eat supper and fast until supper the next day.
- III. Therapeutic (24+ hour fasts).

3. Exercise.

- I. Weight Training and HIIT are preferred due to muscle building.

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4. Supplements.

I. **Insulin Balance:** help naturally balance glucose.

II. **Navitol:** High insulin = elevated inflammation and oxidation.

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