



TOOLS TO DECREASE INSULIN RESISTANCE, IMPROVE IMMUNE, LYMPH AND GUT HEALTH

Daily Check List

- Incorporate minimum 50 grams protein/day
(see protein foods handout)
- Dump all the processed sugar in your house (yes treat it like a drug, if its in the home, you will likely have it!)
- Incorporate gut healing foods daily
(see gut foods handout)
- BREATH! Especially when eating a meal.
- Include teas and herbs that support gut and immune health. (Examples: alfalfa, aloe vera, peppermint, slippery elm, cayenne, burdock, comfrey, ginger, fennel, anise)
- Get to sleep by 10pm. Hours before midnight count as double when looking at sleep quality.