

## Lab values to use as a screen for insulin Resistance or Dysregulation

**Fasting Insulin** 10 IU /ml or below are optimal  
Over 10 IU/ml is high

### **HBGA1C or Glycated Hemoglobin**

5.4 or less percent is optimal  
5.6 -5.8 acceptable  
5.9-6.9 high  
7.0 or higher at risk of diabetic complications

**Glucose, fasting** 70-85 mg/dl optimal  
85-110 mg /dl high  
110-126 very high  
126 plus indicative of diabetes

**Leptin** 4-6 ng/dl optimal  
Up to 9 ng /dl is acceptable  
10 plus ng/dl is high

**Any of the above values that are above OPTIMAL or ACCEPTABLE should be addressed. Patients using glucometers should continue taking their regular glucose levels when taking nutrients to enhance blood sugar regulation**

**Glucobalance.....** Use 2-3 capsules 3 times per day, a formula developed by Dr.'s Jonathon Wright and Allan Gaby as a source of foundational nutrients. Use the 3 capsules for heavier patients or lab numbers in the high range discussed above. Reduce to 2 three times per in 30 days

**Optimal EFA's .....**Use 2 capsules three times per day, a mixture of omega 3's and organic GLA with some flax seed oil to reduce inflammation via N-F-kappa B pathways

**Bio-D-Mulsion Forte** 2 drops yields ..... 4,000 i.u., some studies show Vitamin D works as good or better than some medication to reduce blood sugar

**Lipoic acid .....**100 mg three times per day, to prevent neuropathy and provide antioxidants to protect tissue

**Niacinamide .....**500 mg three times per day, to help burn sugars more efficiently

**Mg-zyme** (magnesium) start with 3 tablets at bedtime and increase to bowel tolerance. The goal is a loose but formed stool. Magnesium will draw water to the bowel and have a laxative effect if too much is used

**REDUCE CARBOHYDRATES TO  
NO MORE THAN 60 GRAMS PER DAY**