



Spotlight on:

Blood Sugar Control

A recent study released in March of 2016 revealed some alarming information about the health of Americans. In this large-scale study done by UCLA . . . lab testing was done in over 40,000 households in the state of California. While it’s no surprise that diabetes and prediabetes is common in American culture, this new study reveals that 55% of adults have diabetes or prediabetes. That’s 1 out of 2 people!

Sadly, about 90% of people with pre-diabetes are unaware of their condition, and according to this study 70% of people with prediabetes will develop full diabetes later in life. It’s like a tsunami of prediabetic people are about to crash down on a healthcare system that is already expensive and overwhelmed . . . not to mention the pain and suffering associated with this condition.

In this “KNOW YOUR NUMBERS” health series we are giving you the straight answers to know if you are at risk. It’s time for you to take back control of your health and not become part of this statistic. Are you walking on the edge of the “Diabetic Cliff”? Here’s what you need to know:

Fasting Glucose	70 - 79 mg/dl Normal, but may have occasional hypoglycemic (low blood sugar) issues. 80 - 89 mg/dl Optimal with a level near 85 as ideal. 90 - 99 mg/dl Higher than optimal. You may want to consider reducing sugar and carbohydrate intake. 100 - 125 mg/dl Pre-diabetes is here! It’s time to take action to prevent more severe health problems. 126 or above Diabetes is here! You can improve this with the right plan to include better food choices, proper nutritional supplements, more activity and losing excess body weight.
Hemoglobin A1c	5.6 or less Optimal with 5.4 or lower even better. 5.7 - 5.9 Higher than optimal and becoming prediabetes. 6.0 - 6.4 Pre-diabetes is here! It’s time to take action so you don’t fall off the “Diabetic Cliff”. 6.5 or above Diabetes is here! Hemoglobin A1c is a better measure of becoming diabetic as this measures blood sugar control of the past 2-3 months.
Triglycerides	Under 100 Optimal ... this is the goal. 100 - 149 Higher than optimal. We are getting concerned about sugar intake and insulin resistance. 150 or above Clinically high. A triglyceride is a combined sugar/fat molecule, and this will often be related to what is happening with blood glucose levels. Triglycerides are also greatly affected by alcohol intake. Alcohol is simply another form of a sugar (fermented sugar).
Fasting Insulin	10 or less Optimal ... this is the goal. 11 - 24.9 Higher than optimal. We are getting concerned about sugar intake and insulin resistance. 25 or above Clinically high. Insulin is the primary hormone that moves sugar out of the blood and gets it into your cells to be used as energy. Insulin increases (insulin resistance) when the cells in your body have become resistant to the effect of insulin.

Do you have Insulin Resistance? Do this simple calculation. Multiply Fasting Insulin x Fasting Glucose. Divide that number by 405. If this calculation is greater than 1.8 you have insulin resistance.

This information is brought to you by Dr. John W. Larson, DC. Dr. Larson is a national expert in lab testing and using dietary, nutritional and lifestyle therapies to improve overall health. Dr. Larson teaches doctors and holistic health providers around the country on the benefits of using lab testing to determine the best dietary and nutrition therapies for their patients. He is also creator of the BLT System and the Wholesale Blood Lab Testing Service which brings lab testing to everyone at a much lower cost (www.bltsystem.com - click on “Order Lab Tests”). Dr. Larson is in private practice at Healing Choices - Natural Healthcare located in Elk River, MN and he is available for consultations in Minnesota by calling 763-241-5436 or visit www.HealingChoices.com .

