

Glucose Mapping:

1. Test your blood glucose right before a meal
2. Test your blood glucose immediately after you meal
3. Test it 15 minutes later
4. Then every 15 minutes for the first hour and a half
5. Then at hour 2, 3, 4, 5, and 6 or up until the next meal

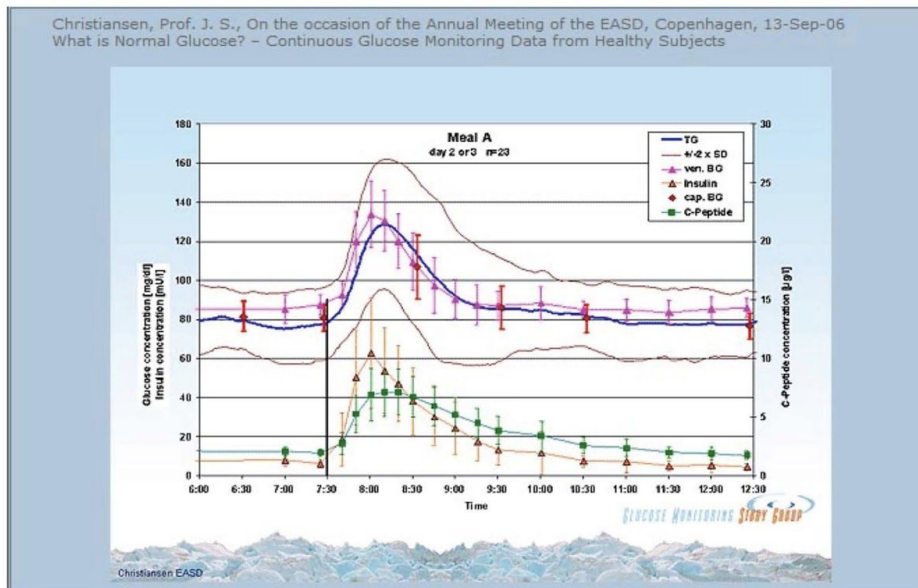
Peak is usually between 30 and 60 minutes

No more than 25 point increase*

Ideally by 2 hours, you've returned to pre-meal glucose level

*If it goes more than 25 points up, you are likely consuming something that is too triggering for you, causing a blood sugar spike that's out of healthy range. Or a combination of that plus eating under stress or in a stressful situation.

What is Normal Blood Sugar?



What is a Normal Blood Sugar?

Normal blood sugars after a high carbohydrate breakfast eaten at 7:30 AM. The blue line is the average for the group. The brown lines show the range within which most readings fell (2 standard deviations). Bottom lines show Insulin and C-peptide levels at the same time. [Graph is a screen shot from Dr. Christiansen's presentation](#) cited below.



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[What is Normal Glucose? Continuous Glucose Monitoring Data from Healthy Subjects.](#)
Professor J.S. Christiansen, presented at the Annual Meeting of the EASD.



Pain 'Down There'

Lab Marker Patterns

* Functional Medicine Guidelines

	* Optimal	Conventional	Insulin Resistance	Metabolic Syndrome	Diabetes
Fasting Glucose	75-85	75-99	100 -119	>=100	>=120
Triglycerides	50-75	≤150	>90	>110	>150
HDL	>65	> 35F, 50M	<65	<55	<55
Fasting Insulin	2-3	2-10	>3.2	>5	>5
Hemoglobin A1C	4.5 – 5%	4.5 – 5.6%	5.7-6.5%	>5.7%	>5.7%



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Nutrients Important For Blood Sugar Balance:

B Vitamins, especially B6

Magnesium

Omega 3 Fatty Acids (EPA DHA) and balancing the Omega 6 : Omega 3 ratio

6 should be 3X the 3 at the most in the blood (think of intake in the diet the same way)

11-22X are average findings in studies and in the upper end you find inflammatory diseases



Pain 'Down There'