



KINGWOOD FUNCTIONAL HEALTH

THE CGM STARTER PACKET:

UNDERSTANDING, TRACKING & REVERSING INSULIN RESISTANCE



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Getting Started

I'm so glad you've taken this step.

Using a continuous glucose monitor (CGM) is one of the most powerful tools we have in functional health—because it puts real-time feedback in your hands. You'll be able to see how your body responds to food, stress, sleep, and movement in a whole new way. No more guessing games.

This isn't about perfection. It's about **patterns**. The goal is to gently uncover what supports your energy, clarity, mood, metabolism—and what might be silently working against you.

Here's what to expect:

- A deeper understanding of your body's rhythms
- Clues to your cravings, crashes, or stubborn weight
- Opportunities to experiment and personalize your health habits
- A sense of **empowerment**, not judgment

Inside this packet, you'll find:

- Optimal glucose targets based on functional health principles
- Sample glucose curves to help you interpret your data
- Lifestyle tips and food strategies to improve blood sugar balance
- Reflection pages to track what you're learning

And don't worry—**you don't have to figure it all out alone**. I'll be reviewing your patterns with you, offering insight, and helping you connect the dots. Together, we'll take small, sustainable steps toward greater resilience and lasting wellness.

Whether your goal is reversing insulin resistance, managing stress, improving your skin, or simply feeling more in tune with your body—I'm honored to walk this journey with you.

Warmly,

Amy Hellmers, RN, BC-FNHC

Board-Certified Functional Nurse Health Coach

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Understanding Insulin Resistance: A Functional Timeline

What is Insulin Resistance?

Insulin resistance is a **gradual, often silent shift** in how your body handles blood sugar. It begins when your cells stop responding well to insulin, the hormone responsible for moving glucose out of the bloodstream and into your cells for energy.

This handout walks you through the **typical progression** from early insulin resistance to Type 2 Diabetes—so you can spot where you are and take meaningful steps toward reversal.

Insulin Resistance Timeline

Stage	Fasting Insulin	Fasting Glucose	Post-Meal Glucose	A1c	What's Happening
Optimal	<6 µIU/mL	75–86 mg/dL	<120 mg/dL	<5.2%	Healthy insulin sensitivity, stable energy, no blood sugar crashes
Early Insulin Resistance	6–10 µIU/mL	Normal	Spikes >120–130 mg/dL	Normal	Body compensates with more insulin to keep blood sugar normal
Reactive Hypoglycemia	8–12 µIU/mL	Normal	Spike >140, drop <70	Normal	Overshooting insulin causes blood sugar to crash after meals
Fasting Glucose Elevation	>10 µIU/mL	90–110 mg/dL	Spikes remain elevated	5.3–5.6%	Liver and pancreas under stress; glucose harder to control overnight
Prediabetes	>10 µIU/mL	100–125 mg/dL	Spikes >160 mg/dL	5.7–6.4%	Dysfunction visible on standard labs, often after years of progression

Type 2 Diabetes	Often >15 µIU/mL	≥126 mg/dL	Persistent elevations	≥6.5%	Insulin can no longer control blood sugar; pancreatic burnout possible
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What Is Reactive Hypoglycemia?

Reactive hypoglycemia happens when your body produces **too much insulin after a meal**, leading to a **blood sugar crash** 2–4 hours later. It often feels like:

- Shakiness, anxiety, or irritability
- Sudden fatigue or brain fog
- Intense hunger, especially for sugar or carbs
- Cravings shortly after eating

This is often one of the **earliest signs** of dysregulated blood sugar—even if your labs look “normal.”

How CGM Can Help

With a continuous glucose monitor (CGM), we can see:

- **Spikes** above 130–140 mg/dL after meals
- **Crashes** below 70 mg/dL (reactive hypoglycemia)
- **How long** it takes you to return to baseline
- **Patterns** connected to meals, stress, and sleep

The goal is to find meals and habits that support:

- Gentle glucose curves
- Fewer crashes
- Steady energy
- Improved metabolism and hormonal balance

You’re Not Stuck—You’re Learning

Insulin resistance is **reversible**, especially in its early stages. The body is remarkably resilient when we give it the right support:

- Protein, fat, and fiber at every meal
- Movement after eating
- Prioritizing sleep and stress recovery

- Consistent hydration
- Reduced snacking and late-night eating

Remember: Your CGM doesn't grade you—it **guides you**. Let's use this data to build awareness, experiment with changes, and celebrate progress.

You're not alone in this. I'm here to help you map out a plan that supports your long-term energy, clarity, and confidence.

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Empowered Health Through Insight & Action

Understanding Your Blood Sugar Patterns

A Continuous Glucose Monitor (CGM) is an awesome tool that gives you real-time feedback on how your body responds to food, stress, movement, and sleep—so you can make informed, empowered choices. This guide will help you understand what your numbers mean and what to look for as you track.

Your Functional Blood Sugar Targets

Timeframe	Functional Ideal Range	Why It Matters
Fasting (morning)	75–86 mg/dL	Higher may signal early insulin resistance
Pre-meal	70–90 mg/dL	Helps assess your baseline regulation
1–2 hrs post-meal	<120 mg/dL (ideally <110)	Spikes above 130–140 can stress the body over time
Return to baseline	Within 2–3 hours	Delayed drops = possible insulin resistance or overload
Overnight average	70–90 mg/dL	Stability here helps with healing, fat metabolism, and energy
Daily variability	<30 mg/dL swing	Less fluctuation = better metabolic flexibility
Time in range (TIR)	>90% in 70–120 mg/dL	This is one of the best predictors of long-term health

What to Expect After Eating

A small rise is normal. A healthy blood sugar response should:

- **Rise gently** within 30–60 minutes
- **Peak below 120 mg/dL**
- **Return to pre-meal level within 2–3 hours**

If you see a big spike (over 140 mg/dL), or your levels stay elevated for hours, that's a helpful clue that something in the meal (or your response to it) needs attention.

What Affects Your Blood Sugar?

Blood sugar isn't just about carbs. These all matter:

- **Meal composition:** Protein, healthy fats, and fiber slow glucose spikes
- **Meal timing:** Eating late at night can impair glucose control
- **Stress:** Cortisol can raise blood sugar even without food!
- **Sleep:** Poor sleep increases fasting and post-meal levels
- **Movement:** Gentle movement after meals helps flatten spikes
- **Hydration:** Dehydration can falsely elevate your readings

Tips for Healthy Glucose Patterns

- **Eat real food:** Focus on whole, unprocessed meals
- **Anchor your meals with protein**
- **Add fat and fiber to slow absorption**
- **Avoid naked carbs** (e.g., fruit or bread by itself)
- **Walk for 10–15 minutes after meals**
- **Notice your curve:** Fast rise, high peak, and slow drop = not ideal
- **Celebrate stability:** Gentle rises and returns to baseline = success

Need Help Interpreting?

You don't have to do this alone!

We'll review your CGM trends together and use this data to:

- Personalize your nutrition
- Reduce inflammation and cravings
- Support healthy metabolism and hormones
- Reverse early insulin resistance

What Patterns You Might See on the CGM

1. The Healthy Curve

Pattern: Gentle rise after meals, modest peak, steady return to baseline within 2–3 hours.

Example:

- Pre-meal: 85 mg/dL
- 1 hr post-meal: 110 mg/dL
- 2 hrs post-meal: 90 mg/dL

What it means: Your body handled this meal well—stable glucose and likely healthy insulin sensitivity.



2. The Spiky Curve

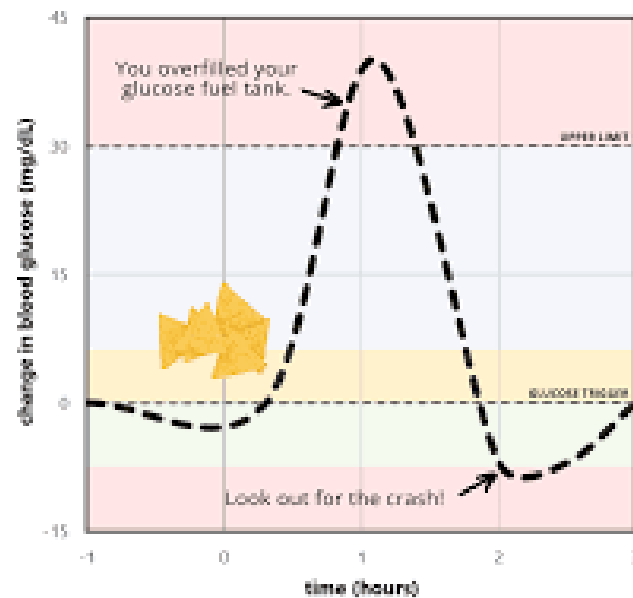
Pattern: Rapid rise, high peak (>140 mg/dL), then sharp drop. Often followed by a crash or craving.

Example:

- Pre-meal: 90 mg/dL
- 1 hr post-meal: 160 mg/dL

- 2 hrs post-meal: 80 mg/dL

What it means: This meal likely had fast carbs (sugar, white flour) without enough protein/fat/fiber. May trigger energy dips or cravings later.



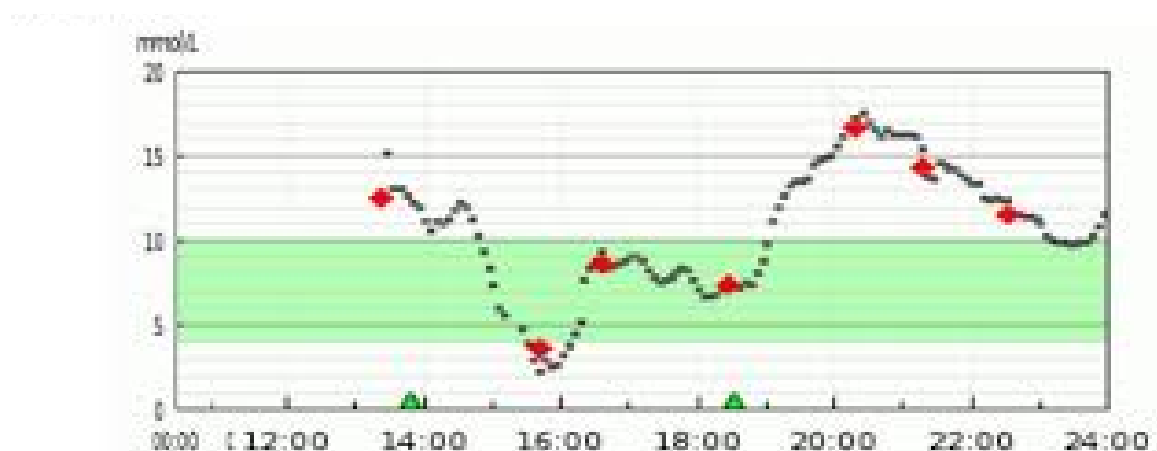
3. The Sticky High Curve

Pattern: Elevated baseline, high post-meal spike, and **slow return** to baseline (may take 4+ hours).

Example:

- Pre-meal: 105 mg/dL
- 1 hr post-meal: 145 mg/dL
- 3 hrs post-meal: 125 mg/dL

What it means: Suggests possible insulin resistance. Your body has a harder time bringing glucose down. Important signal to address metabolic health.



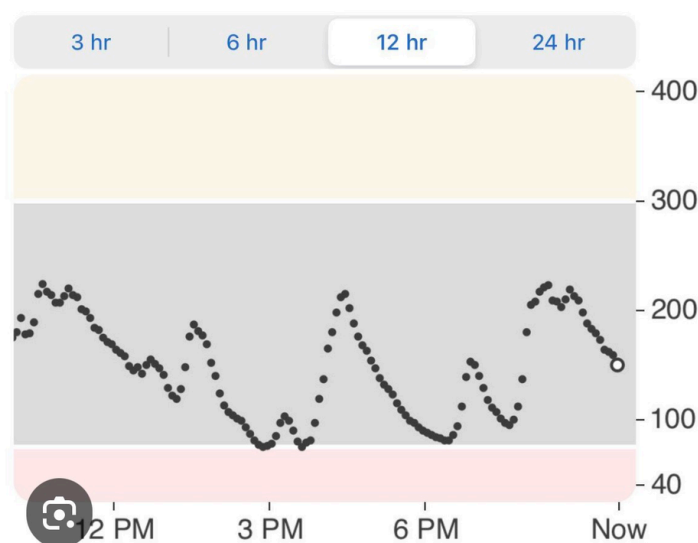
4. The Rollercoaster Curve

Pattern: Wide swings throughout the day—up, down, repeat. Often seen with stress, poor sleep, or irregular eating patterns.

Example:

- Morning: 100 mg/dL
- Breakfast spike: 150
- Midday crash: 65
- Afternoon spike: 140
- Evening drop: 70

What it means: Glucose volatility can strain your system and leave you feeling fatigued, anxious, or hungry. Focus on consistent meals, protein, and sleep.



Closing Thoughts

You don't need to be perfect—just curious.

This packet isn't about restriction or fear. It's about learning what your body has been trying to tell you for years—and finally listening.

Your CGM is a window into how your body responds to real life: your meals, your movement, your stress, your sleep. There's no judgment here. Just data. Just insight. Just an invitation to grow.

You may discover some surprises. You might feel frustrated at times. But you'll also gain clarity, confidence, and small wins that build momentum over time.


You're not alone on this journey. I'm here to help interpret what we find and support you in creating changes that feel doable, meaningful, and grounded in what matters most to you.

Let's walk this road with grace—and give your body the support it's been waiting for.

Personal Data. Root Cause Insights. Real Change.

Encouraging you on your journey,

Amy Hellmers BSN, RN
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Founder- Kingwood Functional Health

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