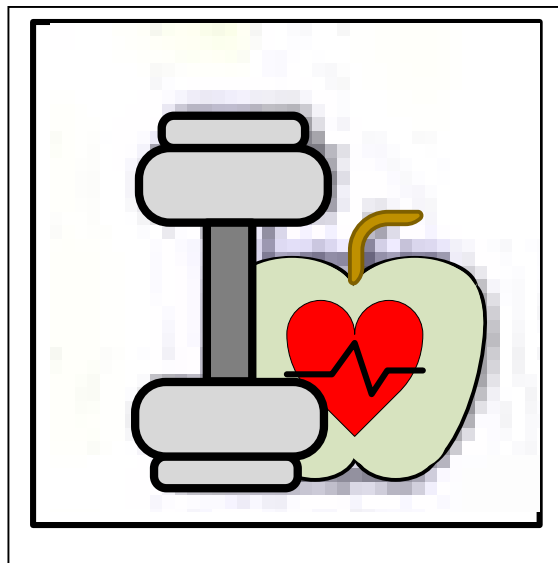


Lifestyle Change 3030

# Week 1 – Insulin Resistance and Motivation

Empower Your Health Journey and Lifestyle Change



Keith Walden  
1-19-2025

## Week 1 – Insulin Resistance and Motivation

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### Agenda

#### Introduction

#### Prayer & Bible Verse

Psalm 139:13-15	1 Corinthians 6:19-20
New International Version	New International Version
<sup>13</sup> For you created my inmost being; you knit me together in my mother's womb. <sup>14</sup> I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. <sup>15</sup> My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.	<sup>19</sup> Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; <sup>20</sup> you were bought at a price. Therefore, honor God with your bodies.

#### Group Response

- Why are you here today?
- My Lifestyle Change to Feeling Better than I have in Years
- Lifespan vs Healthspan

#### Topic/Presentation of the Day – Insulin Resistance

- Week 1 - Insulin resistance 1.ppx

#### Video - MFH E15, "Resolving the Resistance"

- Week 1 - Study Notes, Understanding Diabetes, Insulin Resistance, and the Impact of Diet and Lifestyle
- Insulin factors on the body

#### Group Participation

- Week 1 - My Motivation and Commitment Chart
- Fill out the Motivation, Commitment, and Discipline Sheet

#### Weekly Homework

- Things to get started
- Week 1 – Motivation and Daily Tip List

#### Recipe of the week

- Baked Blueberry Oatmeal
- Tofu Scramble

## Week 1 – Insulin Resistance and Motivation

### My Lifestyle Change to Feeling Better than I have in Years

For those on a journey to lose weight and improve metabolic health, I started my Lumen\* experience around December 1st when I weighed 204 lbs. I was a 66-year-old retiree with a BMI of 29, high blood pressure, and low energy levels, I've undergone a remarkable transformation, shedding 18 lbs. over 8 weeks, and currently weighing 176lbs. with a BMI of 24.

By following the outlined formula below, my weight loss has been both substantial and sustainable. The "love handles" are gone. My cholesterol was 182 and LDL was 114 in September 2023. In April 2024, my cholesterol had dropped to 146 and LDL was 74. I have more energy, and my BP is normal (116/74, last doctor reading). My waist size is 33".

Influenced by insights from longevity discussions, I've made significant changes to my diet and lifestyle. First, I've embraced intermittent fasting, restricting my meals to a 6 to 8-hour daily window. My morning meal comprises mainly protein and some high-density carbs (300 to 500 calories), while my second meal includes protein and the remainder of my carb intake for the day (600 to 1200 calories), providing satiety for the night without the need for snacking.

Secondly, I've transitioned to a whole plant-based diet, eliminating meat entirely. This diet includes vegetables, legumes, mushrooms, and real fruit. Notably, my aches and inflammation have vanished. While occasionally consuming eggs at this time, I've discovered a satisfying tofu scramble recipe and am working towards eliminating eggs from my diet. A blueberry baked oatmeal recipe supplemented with vegan vanilla protein mix ensures I still get 20 to 30 g of protein in my morning meal. Eating beans and legumes with your meal is great for reducing your need to snack later. I also use a vegan protein supplement at times especially after a workout. I don't eat any dairy products.

Addressing concerns about excessive protein intake, I adhere to the Recommended Dietary Allowance (RDA) of 0.38 to 0.5 grams per kilogram of body weight, avoiding the common guideline of one gram per pound. Documentaries like "Forks over Knives" or "How Not to Age" by Dr. Michael Greger offer valuable insights into the relationship between high protein levels and increased risks of cancers, kidney failure, and cardiovascular diseases.

Thirdly, I've eliminated processed foods and fast food, including unhealthy plant-based or vegan alternatives. This conscious choice can significantly contribute to weight loss, considering the often-high levels of sugar, sodium, saturated fat, and chemicals in processed and fast-food items. I exclusively opt for oils like avocado, olive, and virgin coconut, avoiding seed-based oils such as canola, sunflower, and palm oil. The latter, commonly found in many food products, can contribute to inflammation, and are considered less beneficial for our bodies.

Fourth, regular exercise is essential. I engage in a five-day weekly routine, incorporating strength training at the gym on Mondays, Wednesdays, and Fridays, along with walking and running at least 4 miles on Monday through Friday. Your workout does not have to be as intense as this. Get yourself a set of resistance bands and do calisthenics at home for 30 minutes. A thirty-minute walking regimen, especially in the morning, can play a crucial role in your weight loss journey.

Fifth, prioritizing a good night's sleep of 8 hours has proven transformative. Transitioning from 6 to 8 hours results in increased energy levels and a 25% boost in calorie burn during sleep. Adequate sleep positively impacts weight loss, brain health, your immune system, and overall calorie burn.

In conclusion, the key to transformation lies in taking action. Find your motivation for making lifestyle changes to better your health and increase your longevity. Identify your deep personal reasons for wanting to lose weight. My motivation was getting off of prescriptions, losing weight, lowering my cholesterol. Whether it's to improve your health, gain more energy, or feel more confident, having a strong "why" can keep you motivated.

I hope the insights shared motivate you to explore, make positive changes, and commit to a healthier life experience. Remember, the power to cultivate a healthier and more fulfilling life rests in your hands.

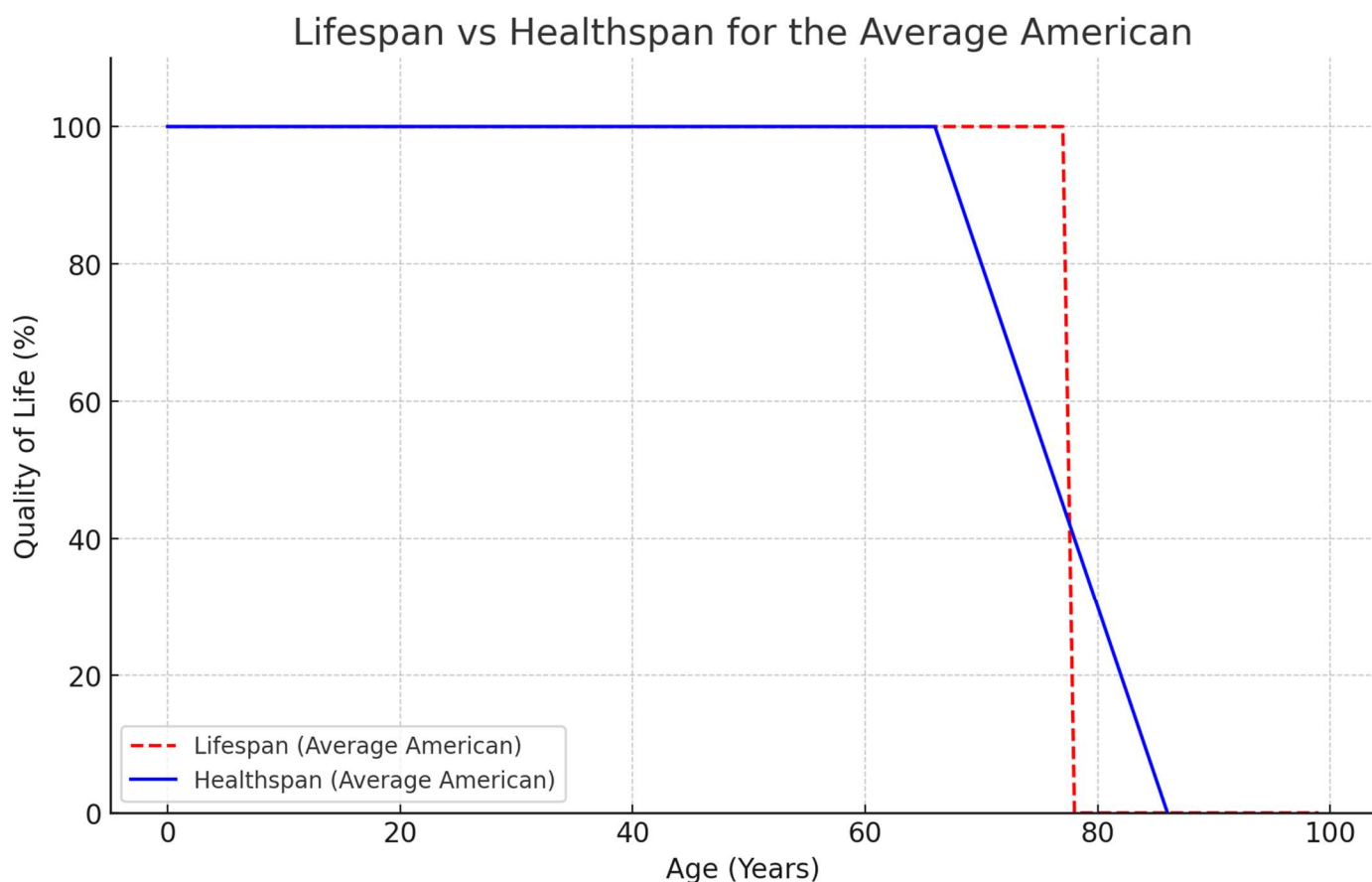
## Week 1 – Insulin Resistance and Motivation

### Lifespan Vs. Healthspan

**Lifespan** is the total number of years a person lives, essentially measuring the length of life. It's the maximum potential age a person reaches.

**Healthspan**, on the other hand, is the period during which a person remains healthy and free from serious diseases or disabilities. It represents the quality of life within that lifespan, focusing on being able to function and enjoy life independently without significant health issues.

In essence, while lifespan is about adding years to life, healthspan is about adding life to those years. Ideally, people strive to maximize both, aiming not only to live longer but also to enjoy good health throughout.



This graph shows the average **lifespan** and **healthspan** for an American:

- **Lifespan** (red dashed line): The average American lifespan is around 77 years.
- **Healthspan** (blue line): The average healthspan is about 66 years, after which health gradually declines.

The gap between lifespan and healthspan highlights the years many Americans live with health issues. Efforts to extend healthspan aim to reduce this gap, promoting better health for a greater portion of life.

## Week 1 – Insulin Resistance and Motivation

### Insulin Resistance Presentation

# Understanding Type 2 Diabetes and Insulin Resistance

Lifestyle Change 30:30  
Week 1

## Introduction

- **Welcome**
- *Always talk to your doctor or health care professional about any health and lifestyle changes that will affect your medications or condition.*
  - The information presented here is for your enlightenment and is based on providers that are medically based or highly regarded in their field.
  - I am not a medical professional, nor expert in the field, and the knowledge attained is from my experiences in making my own lifestyle change and research into the areas covered in Lifestyle Change 3030.
- *Restrooms*
- *Drinks*
- *Information*

## Prayer and Bible Verses

### Psalm 139:13-15

- <sup>13</sup>For you created my inmost being; you knit me together in my mother's womb.
- <sup>14</sup>I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.
- <sup>15</sup>My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.

### 1 Corinthians 6:19-20

- <sup>19</sup>Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; <sup>20</sup>you were bought at a price. Therefore, honor God with your bodies.

## Week 1 – Insulin Resistance and Motivation

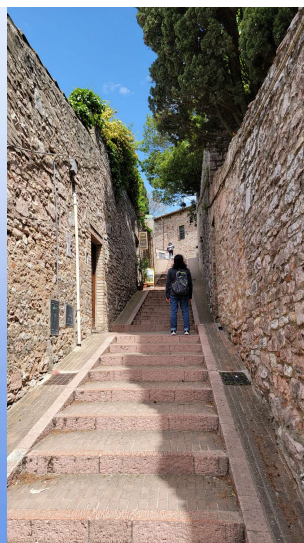
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### Group Response

- Why are you here today?
- What I hope to provide – information and a process that motivates you to embrace the changes that are necessary to a better life and health.
- My Lifestyle Change to Feeling Better than I have in Years
- Lifespan vs Health span

## Understanding Type 2 Diabetes and Insulin Resistance

Lifestyle Change 30:30  
Week 1



### Important Notes:

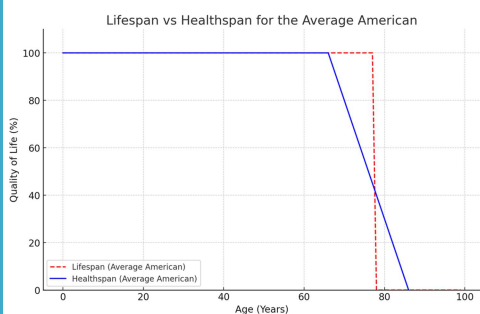
- *Before making any lifestyle changes, please consult with your doctor or health care professional to ensure they are suitable for your individual needs. Understand how changes will affect your medications or condition.*
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- I am not a medical professional, nor expert in the field, and the knowledge attained is from my experiences in making my lifestyle change and research into the areas covered in Lifestyle Change 3030.

# Week 1 – Insulin Resistance and Motivation

## The 21st Century Explosion of Chronic Diseases

### Understanding Type 2 Diabetes and Insulin Resistance

Keith Walden



- **Lifespan** (red dashed line): The average American lifespan is around 77 years.
- **Healthspan** (blue line): The average healthspan is about 66 years, after which health gradually declines.

The gap between lifespan and healthspan highlights the years many Americans live with health issues.

### Lifespan vs Healthspan

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- ✓ **Healthspan**, on the other hand, is the period during which a person remains healthy and free from serious diseases or disabilities. It represents the quality of life within that lifespan, focusing on being able to function and enjoy life independently without significant health issues.
- ✓ In essence, while lifespan is about adding years to life, healthspan is about adding life to those years. Ideally, people strive to maximize both, aiming not only to live longer but also to enjoy good health throughout.

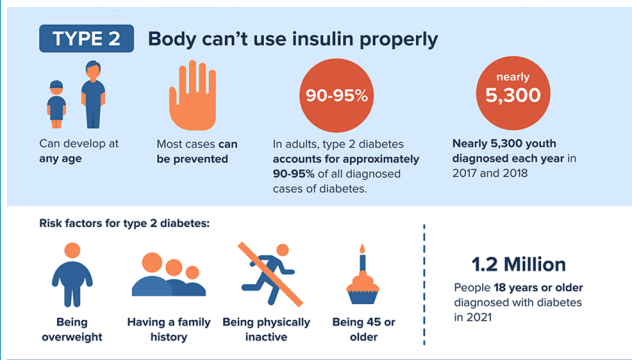
## Ten Top Causes of Death

Cause of Death	Annual Deaths (2021/2022)	Median/Average Age
Heart Disease	~695,000 <small>CDC USAFACTS</small>	~65+
Cancer	~605,000 <small>CDC USAFACTS</small>	~65+
Unintentional Injuries	~224,000 <small>CDC USAFACTS</small>	Younger adults (~30s-50s)
Chronic Lower Respiratory Disease	~142,000 <small>CDC USAFACTS</small>	~70s and above
Stroke (Cerebrovascular Diseases)	~162,000 <small>CDC USAFACTS</small>	~65+
Alzheimer's Disease	~119,000 <small>USAFACTS USAFACTS</small>	~85+
Diabetes	~103,000 <small>CDC USAFACTS</small>	~55+
Kidney Disease (Nephritis)	~54,000 <small>CDC</small>	~65+
Liver Disease and Cirrhosis	~56,000 <small>CDC USAFACTS</small>	~55-64
COVID-19	~416,000 (2021) <small>USAFACTS</small>	Varied, skewed older adults

- **Data Range:** The numbers and age estimates reflect available data primarily for 2021 and 2022, which include pandemic-related trends for COVID-19
- For deeper insights, you can review details from the CDC and USAFacts directly.

# Week 1 – Insulin Resistance and Motivation

## Introduction



**Main Point:** Chronic diseases, especially type 2 diabetes, have surged since the 20th century.

- **Overview:** We will explore why chronic diseases have increased and what role insulin resistance plays.
- **Objective:** Equip you with a better understanding of the underlying mechanisms of type 2 diabetes and how lifestyle changes can prevent it.

## A Century of Change



Key Changes in Food Production

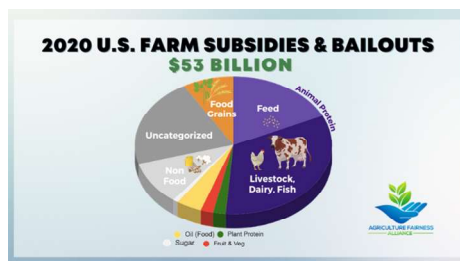
- Industrialization of food production.
- Rise of processed foods: refined grains, sugars, and unhealthy fats.



Impact on Diet

- Shift from natural to chemical-based farming.
- Impact on our diet: More accessible, but less nutritious.

## The Money Trail & Food Subsidies



Economic Influence on Diet

**Main Point:** The role of economics in our diet.

**Key Points:**

- Subsidies for crops like corn, wheat, and soy.
- Increase in cheap fast food and refined foods.

US FAST FOOD INDUSTRY MARKET SIZE OVER TIME



Cost Comparison

- Decrease in the cost of unhealthy food vs. nutrient-dense foods.

**Visual:** Chart showing rise of subsidized crops and fast-food sales.



## Week 1 – Insulin Resistance and Motivation

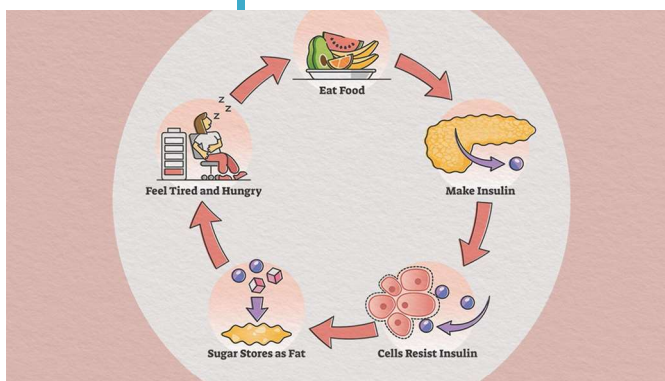


### What is Insulin Resistance?

**Definition:** A condition where cells stop responding to insulin.

**Analogy:** The gas tank lid (cell) is stuck, and insulin (gas attendant) can't fill it.

**Visual:** Image showing roadblocks inside the cell affecting glucose uptake.



### Insulin and Blood Sugar – A Primer

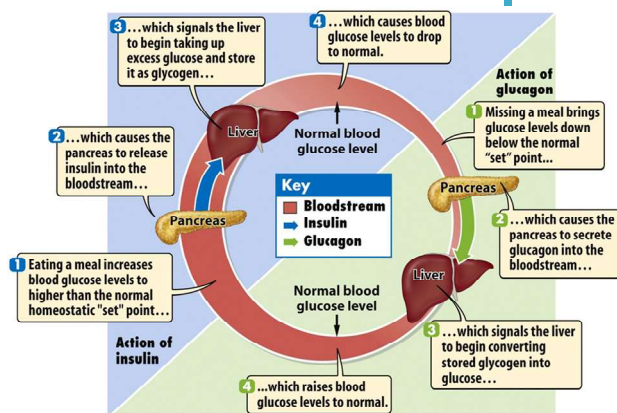


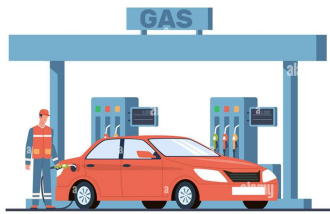
Figure 24-4. Discover Biology 3/e  
© 2006 W. W. Norton & Company, Inc.

**Main Point:** Understanding insulin's role in the body.

- What is insulin? (Hormone from the pancreas)
- How insulin regulates blood sugar.
- Glucose as the body's primary fuel source.
- **Analogy:** Insulin as a "gentleman" who opens the door for glucose to enter cells.

# Week 1 – Insulin Resistance and Motivation

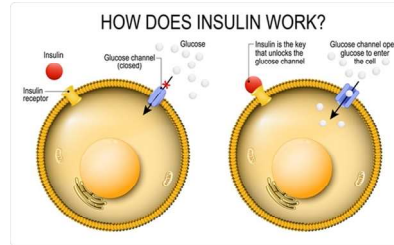
## The Analogy – Fueling the Body



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Visual Analogy

**Visual:** Car analogy (Insulin as the gas attendant, glucose as the fuel).



Insulin's Role

**Explanation:** How insulin helps cells take in glucose for energy.

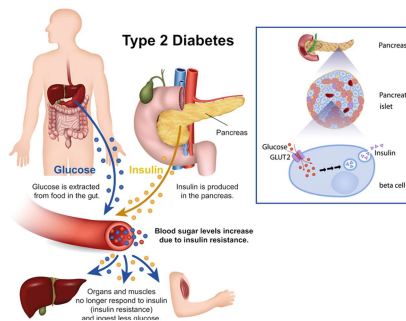
**Healthy Function:** Efficient, small amounts of insulin regulate blood sugar smoothly.

## What is Type 2 Diabetes?

**Definition:** A chronic condition where blood sugar levels become elevated.

**Cause:** The body's inability to use insulin properly due to insulin resistance.

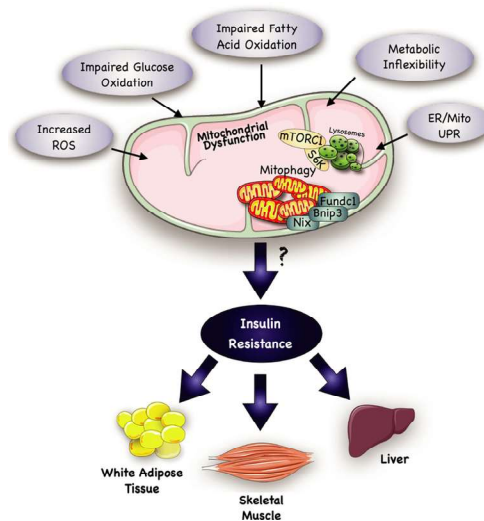
**Statistics:** Growing prevalence worldwide.



## Mitochondrial Dysfunction

Where does the glucose gets stored?

- ROS impair insulin receptor substrate (IRS) phosphorylation, a critical step in the insulin signaling cascade.
- Impaired glucose oxidation leads to intracellular glucose accumulation, triggering feedback inhibition of insulin signaling.
- Accumulated fatty acids and lipids can trigger inflammation and oxidative stress, further exacerbating insulin resistance.
- Impaired metabolic flexibility disrupts energy homeostasis and increases stress on insulin signaling pathways.
- ER stress activates stress kinases (e.g., PERK, IRE1) that inhibit insulin signaling.
- Mitochondrial UPR contributes to inflammation and reduces mitochondrial function, further exacerbating IR.

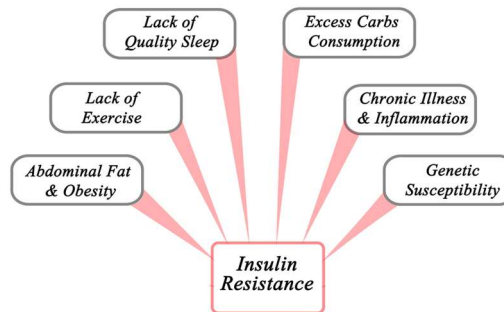


## Week 1 – Insulin Resistance and Motivation

### Causes of Insulin Resistance

Poor diet: High sugar, refined grains, unhealthy fats.

- Sedentary lifestyle.
- Excessive body fat, especially around the abdomen.
- **Visual:** Diagram linking diet, lifestyle, and insulin resistance.



### Effects of Insulin Resistance

Insulin resistance is the underlying issue leading to type 2 diabetes, Cardiovascular diseases (heart attack, stroke). - Cancers (breast, colon, liver, pancreatic). - Neurodegenerative diseases (Alzheimer's, dementia).

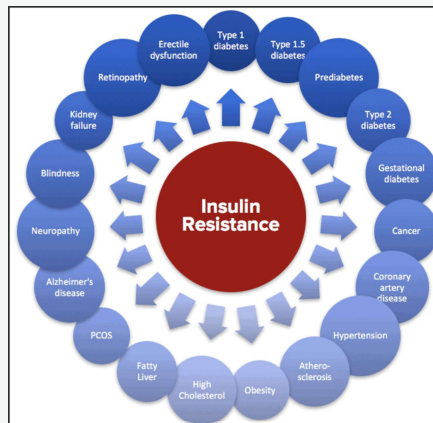
#### Key Points:

Insulin resistance affects the entire body.

Chronically high blood sugar. Inflammation and oxidative stress. Progression to type 2 diabetes. Impacts on organs: heart, brain, liver.

#### Analogy:

"I Love Lucy" chocolate conveyor belt episode.



### Impact on Brain Health

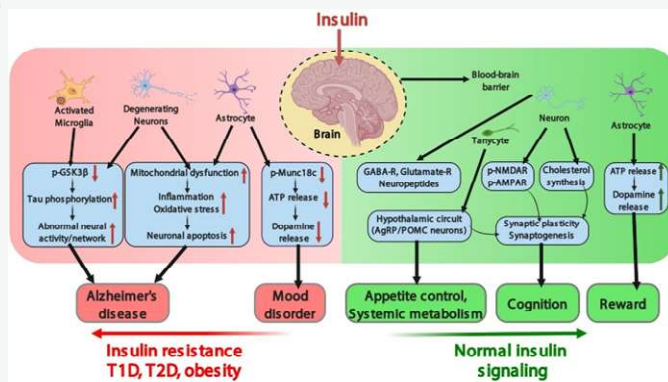
#### Connection to Cognitive Function

Insulin resistance can affect cognitive function.

Key points include: Connection to Alzheimer's ("Type 3 Diabetes").

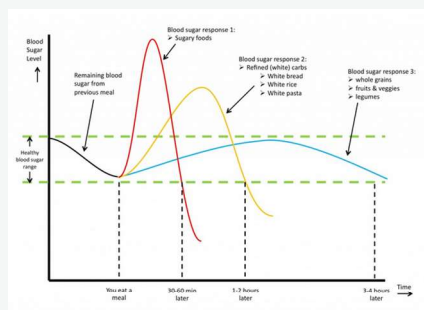
The role of insulin-degrading enzymes in the brain.

Link between high insulin and poor cognitive scores.

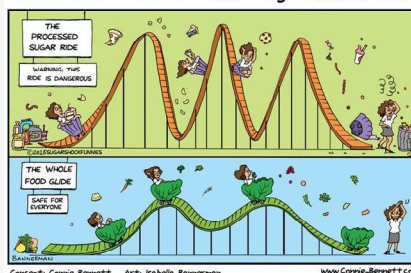


## Week 1 – Insulin Resistance and Motivation

### The Roller Coaster of Blood Sugar



### SUGAR SHOCK FUNNIES™: Blood Sugar Rollercoaster



### The Bigger Picture – It's Not Just About Sugar

#### Blood Sugar as a Symptom

Key Points: - **Blood sugar is just one symptom.**

- **Fatigue:** Persistent tiredness due to inefficient glucose uptake by cells.
- **Increased Hunger (Polyphagia):** Often caused by cells not receiving adequate glucose, leading to compensatory overeating.
- **Difficulty Losing Weight:** Increased insulin levels promote fat storage, especially in the abdominal area.
- **Brain Fog:** Poor glucose utilization in the brain can lead to cognitive difficulties or trouble concentrating.

#### Long-term Impact

Long-term impact: **Damage to every cell in the body.**

- If left unchecked, can lead to Type 2 Diabetes and other chronic disease that will

#### Consequences of High Insulin Levels

High insulin levels can cause **inflammation, hormonal imbalances, and weight gain.**

- Reduced quality of life and shorten mortality.

### Positive Message – The 3 Rs

#### Reversal

Reversal: Through diet and lifestyle changes.



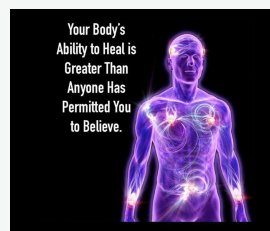
#### Recovery

Recovery: Regaining energy and optimal health.



#### Restoration

Restoration: Healing the body's natural functions.



## Week 1 – Insulin Resistance and Motivation

### Actionable Steps – How to Combat Insulin Resistance

Tips for Improvement:

- Whole food, plant-based diet.
- Regular physical activity.
- Adequate sleep and stress management.
- Avoid refined sugars and processed foods.



## 5 Minute Break Video Up Next

Made for Health E15, “Resolving the Resistance”

## Week 1 – Insulin Resistance and Motivation

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### Study Notes: “Resolving the Resistance” - Understanding Diabetes, Insulin Resistance, and the Impact of Diet and Lifestyle

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#### 1. Rubik’s Cube Analogy & Health

- A Rubik's Cube is complex and frustrating to solve because as you align one side, others fall out of order.
- This mirrors how managing a chronic condition like diabetes can feel—complex with multiple components to balance.
- Many give up and hand over management to doctors, but it’s possible to take control by understanding the pieces affecting health.

#### 2. Insulin Resistance & Misconceptions about Diabetes

- **Common Misconception:** Diabetes is due to eating too much sugar.
- **Reality:** Type 2 diabetes is primarily a disease of **carbohydrate intolerance**, resulting from **insulin resistance**, not carbohydrate consumption alone.
  - It's not about carbs but the body's ability to process them.
  - Treating diabetes only by limiting carbs is like avoiding wood to reduce smoke instead of cleaning a chimney.

#### 3. The Role of Fat in Insulin Resistance

- The key issue is often **fat accumulation** in the liver, muscles, and other organs.
  - Excess fat, especially **saturated fat**, leads to insulin resistance by interfering with cellular processes.
- Cutting carbs might lower blood sugar temporarily, but underlying issues persist if fat remains high.

#### 4. Low-Carb Diets: A Short-term Fix, Long-term Problem

- **Low-carb, high-fat diets** may lower blood sugar but increase risks:
  - Increased insulin resistance within cells.
  - Higher chances of strokes, cancers, and heart disease.
- High-protein, high-fat diets, especially with **animal sources**, worsen insulin resistance and lead to poorer long-term health outcomes.

#### 5. Quality of Fat Matters

- Not all fats are equal:
  - **Saturated fats** (from meat, dairy) make cell membranes rigid, leading to insulin resistance.



## Week 1 – Insulin Resistance and Motivation

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- **Polyunsaturated and monounsaturated fats** (from plant sources) make membranes flexible, aiding glucose absorption.
- A plant-based diet improves insulin sensitivity by changing the composition of fats in cell membranes.

### 6. Fat's Impact on Beta Cells in the Pancreas

- Saturated fats damage **beta cells**—cells responsible for insulin production.
  - Saturated fats lead to improperly formed insulin, further aggravating type 2 diabetes.
- Switching to a plant-based diet can enhance beta cell function, enabling better insulin production.

### 7. Oxidative Stress and Antioxidants

- **Oxidative stress**—imbalance of free radicals and antioxidants—contributes to insulin resistance and other chronic conditions.
- A plant-based diet increases antioxidant levels (like Vitamin C, superoxide dismutase, and glutathione), reducing oxidative stress.

### 8. The Power of a Plant-Based Diet

- Studies show that a **plant-based diet** can:
  - Decrease fat in the liver and muscles.
  - Reverse the "diabetic signature" in cell membranes within 12 weeks.
  - Improve overall metabolic health.
- Key components include high fiber, antioxidants, and healthy fats (poly/monounsaturated).

### 9. Intermittent Fasting: A Game Changer

- Intermittent fasting, such as **two meals a day** (large breakfast and lunch), can be more effective than six small meals:
  - Improves insulin sensitivity.
  - Reduces liver fat.
  - Decreases depressive symptoms and hunger.
- A 12-week study showed better outcomes in blood sugar control, weight loss, and overall health with intermittent fasting.

### 10. Exercise and Blood Sugar Control

- Exercise is critical for managing blood sugar:

## Week 1 – Insulin Resistance and Motivation

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- Walking for **10-15 minutes after meals** helps muscles absorb glucose and lowers blood sugar spikes.
- Exercise also combats insulin resistance by making cells more responsive to insulin.
- Regular activity can significantly reduce blood sugar within days, even for those with high initial levels.

### 11. The Impact of Diet & Lifestyle Changes on Diabetes

- Improvement in insulin sensitivity can occur within days of lifestyle changes.
  - Rapid reductions in blood sugar levels often mean a decrease in medication needs.
  - Long-term consistency can potentially eliminate the need for medication altogether.

### Key Takeaways for Managing Diabetes

1. **Clean the "chimney"**—address fat accumulation in the body rather than just limiting carbs.
2. **Quality of fats matters**—choose plant-based sources for healthier cell membranes and better glucose absorption.
3. **Diet over meds**—plant-based diets with intermittent fasting can reverse the root causes of insulin resistance.
4. **Exercise is essential**—especially immediately after meals for effective blood sugar control.
5. **Rapid results** are possible with dedicated lifestyle changes—improvements can be seen within days, although full recovery may take months or years.

This holistic approach focuses on understanding the true drivers of diabetes—excess fats and poor dietary choices—while providing actionable steps to reclaim health through dietary adjustments, mindful eating patterns, and consistent physical activity.



## Week 1 – Insulin Resistance and Motivation

### Keith's Motivation

**Define your why:** Identify your deep personal reasons for wanting to lose weight. Whether it's to improve your health, gain more energy, or feel more confident, having a strong "why" can keep you motivated.

1. Better Health
2. Lose Weight
3. To be there and play with grandkids
4. Travel with no limitations.

### Health Issues

List out your health issues you would like to see changed.

Current	Future Readings
Back pain	No more back pain
High blood pressure, 138/83, pulse 58-60	Normalized at 110/61, pulse 48
Rising Cholesterol levels, 183, LDL 114	Falling Cholesterol level, 143, LDL 74
Waist size 40"	Waist Size 33"
Weight 214 lbs.	Weight 174 lbs.
Coughing when trying to sleep on side	No more coughing
Having prostate issues, PSA rising 3.83	PSA reduced to 1.81
Low level Inflammation, joint pain	No joint pain, Inflammation gone.
Lack of Energy, Needed a Nap during the day	Lots of Energy, No more naps

### Commitment Chart

Of the items below, what days and times are you willing to carve out of your day to make room for your lifestyle change.

Change	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walking or Aerobic Exercise		10 -30 mins		10 -30 mins		10 -30 mins	
Strength Exercise							
Eating Window Fasting after 7PM							
Feed the Gut (Greens, Fiber)							
Bedtime Commitment							
Practice Deep Breathing							

## Week 1 – Insulin Resistance and Motivation

### My Motivation

**Define your why:** Identify your deep personal reasons for wanting to lose weight. Whether it's to improve your health, gain more energy, or feel more confident, having a strong "why" can keep you motivated.

- 1.
- 2.
- 3.
- 4.
- 5.

### Health Issues

List out your health issues you would like to see changed.

Current	Future Readings

### Commitment Chart

Of the items below, what days and times are you willing to carve out of your day to make room for your lifestyle change.

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Strength Exercise							
Eating Window Fasting after 7PM							
Feed the Gut (Greens, Fiber)							
Bedtime Commitment							
Practice Deep Breathing							

## Week 1 – Insulin Resistance and Motivation

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### Your quality of life and older age is largely within your control.

*Always talk to your doctor or health care professional about any changes that will affect your medications or condition.*

**Changing your lifestyle, particularly for weight loss or reduction of chronic disease, requires a blend of motivation, planning, and persistence. Here are some motivational tips to help you get started and stay on track:**

1. **\*\*Find Your Why\*\***: Identify your deep personal reasons for wanting to lose weight. Whether it's to improve your health, gain more energy, or feel more confident, having a strong "why" can keep you motivated
2. **\*\*Set Clear Goals\*\***: Define specific, measurable, achievable, relevant, and time-bound (SMART) goals. For example, aim to lose 10 pounds in three months by exercising thrice a week and eating balanced meals.
3. **\*\*Create a Vision Board\*\***: Visualize your goals by creating a vision board with images and quotes that inspire you. Place it where you can see it daily as a constant reminder of your aspirations.
4. **\*\*Start Small\*\***: Begin with small, manageable changes. For example, replace sugary drinks with water or take a 10-minute walk each day. Small successes build momentum.
5. **\*\*Track Progress\*\***: Keep a journal or use an app to track your food intake, exercise, and progress. Seeing your improvements can be incredibly motivating.
6. **\*\*Seek Support\*\***: Share your goals with friends, family, or join a support group. Having a support system can provide encouragement and accountability.
7. **\*\*Celebrate Milestones\*\***: Reward yourself for reaching small milestones. Choose non-food rewards like a new workout outfit, a spa day, or a movie night.
8. **\*\*Stay Positive\*\***: Focus on positive changes and celebrate your efforts, not just the results. Recognize that setbacks are part of the journey and learn from them.
9. **\*\*Educate Yourself\*\***: Learn about nutrition and exercise. Understanding how food and activity affect your body can empower you to make healthier choices.
10. **\*\*Stay Consistent\*\***: Establish a routine that fits your lifestyle. Consistency is key to forming new habits and achieving lasting change.

**Remember, lifestyle changes are a journey, not a destination. Be patient with yourself and stay committed to your goals.**

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6 Week Program Series:

Week 1 – Insulin Resistance

Week 2 – Benefits of Exercise

Week 3 – Food Choices and Calories

Week 4 – Gut Microbiome

Week 5 - Benefits of Sleep

Week 6 – Deep Breathing, Nasal Breathing, and Cold Plunging

## Week 1 – Insulin Resistance and Motivation

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### 10 Tips to get started this week

1. **Develop your reasons why you want to change your lifestyle.** This is paramount for being motivated, staying committed, and being disciplined to drive results.
2. **Within 30 minutes of waking up, walk for 30 minutes, and then eat 30 grams of protein for breakfast.**
3. **Implement intermittent fasting.** Move to eating 2 meals a day within an 8-hour window. Find a pattern that fits your lifestyle. Fasting is about breaking the cycle of constant eating and allowing body to reset is hormonal balance and lowering insulin resistance.
4. **Move toward a whole food plant-based diet.** Make some simple diet changes first. Start incorporating more vegetables, legumes, whole grains, and nuts (if not allergic) into your diet. You need to eat from the ground to the table. White rice, most pastas, and white potatoes need to be replaced. If you haven't eaten a lot of beans, start slow, with a small amount at first. Your gut biome must develop to properly digest foods you aren't used to eating. Beans are great for protein and will keep you from snacking later in the day.
5. **Read the labels of the food you are putting in your body.** Remove foods high in saturated fat, salt, and sugar. Even processed vegan foods can be high in saturated fat and sodium. 4 grams of sugar equals one teaspoon of sugar. 2300 mg. of salt = 1 teaspoon of salt.
6. **Eliminate fast food and highly processed food from your diet.** They contain foods high in saturated fat, salt, and sugar. If it comes in a box, it's processed. Read the label for ingredients. Put more fruits, vegetables, and fiber in your diet. Eliminate pasta, rice, and other high carbohydrate foods.
7. **Remove from your diet as much as possible, seed oils** like canola oil (rapeseed), sunflower oil, palm oil, cottonseed oil, and vegetable oil. These oils are highly inflammatory to our body. Read your food labels. Use olive oil, avocado oil, flaxseed oil, and coconut oil,
8. **Start looking at vegan and vegetarian recipes to replace your existing recipes.** Look at some of the references in my journey document. Set up 6 to 9 "go to" recipes that you have the ingredients to make at a moment notice. Start planning your meals, convert a meat meal, and completing meal-prep for future meals.
9. **Start tracking what you eat.** You need to know how many calories, protein, fat, & carbs you are eating. Use an app like "MyFitnessPal" to record and manage your food. Determine your BMR.
10. **Monitor your weight.** Get a smart body scale to help you measure your body weight, body fat percentage, BMI, bone mass, BMR, and body water. Knowing where you are is important in knowing where you want to go. Two scales I recommend are Wyze Scale X by Wyze or the QuardioBase X Scale by Qardio.
11. **Enhance your understanding by reviewing health and longevity topics.** Refer to the resources in my journey document for information to increase your motivation and knowledge. This will help you stay focused on your journey.

# Baked Blueberry Oatmeal

**Prep Time: 10minutes mins**

**Cook Time: 50minutes mins**

**Total Time: 1hour hr.**

**Serves 4 to 6**



This blueberry baked oatmeal recipe is a healthy, delicious breakfast or brunch! I love how the toasty, nutty topping contrasts with the soft and creamy middle. Vegan and gluten-free.

### Ingredients

- 1 ripe banana, mashed (½ cup)
- 1 cup unsweetened almond milk, at room temperature
- ¼ cup smooth almond butter
- 1 tablespoon of maple syrup
- ¼ cup melted coconut oil
- 1 teaspoon of vanilla extract
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon sea salt
- 2 cups whole rolled oats
- 1 cup chopped walnuts or pecans
- 1 cup blueberries, fresh or frozen
- 1 tablespoon brown sugar
- ½ of cup of coconut flakes
- 2 tablespoons of ground flax seeds
- 5 diced dates or figs
- Optional – 2 tablespoons of hemp seed
- Optional – 1 scoop of Vanilla Protein Powder

### Instructions

1. Preheat the oven to 350°F and grease an 8x8-inch or similar baking dish.
2. In a large bowl, mash the banana with a potato masher or fork.
3. Heat coconut milk until liquify and add to bowl. Heat almond milk to room temp. Stir in protein powder and mix.
4. Whisk together the mashed banana, almond milk (with protein powder), almond butter, maple syrup, coconut oil, and vanilla extract. Add the baking powder, cinnamon, salt, brown sugar, coconut flakes, ground flax seeds, diced dates, and hemp (if used) and whisk again.
5. Fold in the oats, the walnuts or pecans, and the blueberries. Pour the mixture into the prepared baking dish and smooth into an even layer.
6. Bake for 40 to 50 minutes, or until the topping is crisp and the middle is set. Don't treat this like a cake or the oatmeal will be too dry. You should see some residue on a knife. Remove it from the oven and let cool for 10 minutes before serving.

Modified from original recipe at <https://www.loveandlemons.com/baked-oatmeal/>

## Week 1 – Insulin Resistance and Motivation

### Easy Vegan Tofu Scramble

**This easy vegan tofu scramble is the perfect scrambled eggs substitute! Pair with a side of breakfast hash and vegan bacon for a complete meal.**



Prep Time 15 mins	Cook Time 10 mins	Total Time 25 mins
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Course: Breakfast    Cuisine: American    Servings: 4 people  
Calories: 183kcal    Author: [Andrew Bernard](#)

### Ingredients

- 14 oz extra firm tofu
- 1/2 yellow onion, diced
- 1 red bell pepper, diced (optional)
- 1/2 cup non-dairy milk
- 2 tablespoon vegan butter, melted (optional)
- 2 tablespoon [nutritional yeast](#) (more to taste)
- 1 teaspoon [turmeric](#)
- 1 teaspoon [paprika](#)
- 1/2 teaspoon [black pepper](#)
- 1/2 teaspoon [garlic powder](#)
- 1/2 teaspoon [onion powder](#)
- 1 tablespoon oil (or use more vegan butter)
- 1/2 teaspoon [black salt \(kala namak\)](#)

### Instructions

1. Drain tofu well. This usually takes about an hour, can do overnight so ready in the morning. To drain tofu: Use a tofu press or wrap the tofu block in a kitchen towel, place on a plate and then rest a heavy bottom pot or cast-iron skillet on top to remove excess water.
2. In a bowl or on a plate, mash tofu with a fork to crumble. To another bowl, add non-dairy milk, melted butter (if using), turmeric, paprika, black pepper, garlic powder and onion powder. Set aside.
3. Add oil to a skillet over medium heat. Once hot, add onions and peppers and cook 3-5 minutes, or until softened, stirring often. Add in the crumbled tofu and stir around. Let cook for another 1-2 minutes, careful. not to burn.
4. Pour in the seasoned milk mixture and mix well until all the tofu has been coated. Cook for 3-5 minutes or until the liquid has been soaked up well.
5. Remove from heat, sprinkle on the black salt and serve.

### Notes

\* Kala Namak is an Indian spice that has a strong sulfur taste that mimics eggs. It is crucial to achieving an eggy taste but not vital for the recipe overall.

## Week 1 – Insulin Resistance and Motivation

### Resources:

- \*Lumen is a device designed to help understand your body's metabolism in terms of when you are burning carbohydrates or fat. Learn more at [lumen.com](http://lumen.com).
- For counting your calories: Download the MyFitnessPal app.
- Get a smart scale that can track your BMI, body fat, muscle mass, and more. I use a Wyze Scale X.
- Download the Bobby Approved App for your phone to help with food choices.

### Plant-Based Recipe Sites and Books:

1. <i>Forks and Knives Cookbook</i>	2. <a href="http://Plantbasedandveganfood.com">Plantbasedandveganfood.com</a>
3. <i>The Complete Plant-Based Cookbook</i> by American Test Kitchen	4. <a href="http://TheConsciousPlantKitchen.com">The Conscious Plant Kitchen</a>
5. <i>Vegan Cooking for Carnivores</i> by Roberto Martin	6. <a href="http://Jessicainthekitchen.com">Jessicainthekitchen.com</a>
7. <a href="https://www.loveandlemons.com">https://www.loveandlemons.com</a>	8. <a href="http://MakeItDairyFree.com">Make It Dairy Free</a>

### Video Sites for Further Research:

1. "Eating You Alive - Diet, Health and Wellness Documentary" - <https://youtu.be/gMdSUB-Lbp8?si=n20ezFEG-MkEc6YY>
2. Evidence-based weight loss - <https://youtu.be/EpRrD58Ah3Q?si=zeDTlpQEY9ZzT90Z>
3. Made for Health, 3ABN, [https://3abnplus.tv/programs/mh230001-22682-st-1-eab959?category\\_id=78246](https://3abnplus.tv/programs/mh230001-22682-st-1-eab959?category_id=78246)
4. *Forks over Knives* - [https://youtu.be/EjTWfQgLy34?si=sg\\_pycafFb9YaDAd](https://youtu.be/EjTWfQgLy34?si=sg_pycafFb9YaDAd)
5. *How Not to Age* by Dr. Michael Greger - [https://youtu.be/AOvV9m7feKo?si=yyOj\\_ObW6Tb\\_cyln](https://youtu.be/AOvV9m7feKo?si=yyOj_ObW6Tb_cyln)
6. *Intermittent Fasting* - [https://www.youtube.com/live/\\_6poQ0LMpHw?feature=share](https://www.youtube.com/live/_6poQ0LMpHw?feature=share)
7. *Plant-Based Nutritional Masterclass* - [https://youtu.be/G5o4ym5in\\_w?si=c9M8aGgu4i0pFUuX](https://youtu.be/G5o4ym5in_w?si=c9M8aGgu4i0pFUuX)
8. *Power Foods for the Body and Mind* by Dr. Neil Barnard, MD - <https://youtu.be/Ly6nNvleAvM?si=q1UHYOrWxDZE3J3U>
9. *What I Wish I Knew Before Going Vegan* - [https://youtu.be/V3wjr9-NvCg?si=9FMfJy62\\_AufzVx8](https://youtu.be/V3wjr9-NvCg?si=9FMfJy62_AufzVx8)
10. *Evidence-Based Weight Loss* - [https://youtu.be/EpRrD58Ah3Q?si=RrNZvfSaoUv\\_D591](https://youtu.be/EpRrD58Ah3Q?si=RrNZvfSaoUv_D591)
11. *Weight Loss is Simpler Than You Think* - <https://youtu.be/9tL2urnaFHs?si=2Nn6N7OeswYVbzQj>
12. *How to Start a Plant-Based Diet* - [https://youtu.be/kmBlT10jdIQ?si=169\\_DM3uoPhO0Wv](https://youtu.be/kmBlT10jdIQ?si=169_DM3uoPhO0Wv)
13. *Everything You Thought You Knew About Protein is Wrong* - [https://youtu.be/DMwf\\_9wqWY0?si=SKMxUk5A0bEwbXmm](https://youtu.be/DMwf_9wqWY0?si=SKMxUk5A0bEwbXmm)
14. *The SIMPLE Way to Make Your Body KILL Belly Fat* - [https://youtu.be/n6eFeUwodu8?si=JlhldEP\\_6YCZUtMd](https://youtu.be/n6eFeUwodu8?si=JlhldEP_6YCZUtMd)
15. *The Hal Thing, Rise Rafferty* - <https://youtu.be/bvfqKRMp7gQ?si=S-ool-1SnXT6Jt2h>

### Netflix Documentaries:

1. *What the Health* -
2. *You Are What You Eat: Twin Addition*
3. *Hack your Health: Secrets of Your Gut*

### People to Follow:

1. Andrew Bernard, <i>The Nard Dog Cooks</i> - <a href="http://makeitdairyfree.com">makeitdairyfree.com</a>	2. Dr. Michael Greger, MD, <i>How Not to Age, How Not to Die</i>
3. Dr. Neal Barnard, MD	4. Barbar O'Neill
5. Dr. Joel Fuhrman, <i>Eat for Life</i>	6. Dr. Caldwell Esselstyn
7. Professor Tim Spector	8. Dr. Peter Attia, MD, <i>Outlive</i>
9. Dr. Robert Lustig, <i>Fat Chance &amp; Metabolical</i>	10. Dr. Vonda Wright, MD, <i>Fitness After 40</i>
11. Chris Crowley, <i>Younger Next Year</i>	12. Dr. Mindy Pelz, <i>The Menopause Reset</i>
13. Jason Fung, MD, <i>The Obesity Code</i>	14.

### Great Recipes:

1. <https://rainbowplantlife.com/eggy-tofu-scramble/#wprm-recipe-container-11576>
2. <https://www.loveandlemons.com/blueberry-oatmeal-casserole/#wprm-recipe-container-49078>
3. <https://www.loveandlemons.com/vegan-ramen/#wprm-recipe-container-69100>