



Nourishing Foods Cleanse

5 DAYS OF EASY & NOURISHING FOODS FOR YOUR BODY, MIND & SPIRIT

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Instructions on Measuring Blood Glucose for Newbies

When you take a blood test it will reflect your blood glucose at that moment.

- Wash your hands with soap and water before taking a blood test. This is not just to ensure hygiene but to ensure there is no sugar on your fingers (from fruit or anything else), giving a false high reading. Use warm water if your fingers are cold.
- There are a variety of different finger-pricking devices for taking blood glucose tests. With some you can adjust the pricking depth. Pricking devices and lancets can vary considerably in size and the way they puncture the skin. You can use the same lancet for a day's blood tests assuming that your fingers are clean. However, the lancet will be very slightly blunted every time you use it, so the pricks might become more painful with repeated usage.
- If you prick the sides of your fingertips, your sensitivity will be less affected, which may be important if you play the piano or guitar, or tend to type a lot (like me!). Don't prick your thumbs and right index finger (or left if you are left-handed).
- Sources of error when measuring blood glucose
 - False high reading - glucose on fingers
 - False low reading - drop applied too late, finger removed too quickly, not enough blood on the strip, water or saliva on finger

Blood Sugar Ranges from Dr. John Douillard www.lifespa.com & Dr Mark Hyman www.bloodsugarsolution.com

The simplest test is called a Fasting Glucose Test. This is a blood sugar sample taken when you first wake up in the morning. The result is a great screening number because the blood sugar tends to be higher in the morning, and this is one of the first indicators of rising blood sugar and pre-diabetes. It also makes sense to test your blood sugar 40 minutes -1 hour after a meal. Test your blood sugar for 5 days in a row and average out the results before you assess your status.

Below is a list of glucose ranges against which to check your results.

Ideal Ranges: You can test all 5 times or less. The most important one is when you wake up.

In the morning when you wake up: 78 - 88 mg/dL

40 minutes after breakfast: <135-140 mg/dL

40 minutes after lunch: <135-140 mg/dL

20 minutes before dinner: (depending on when you last snacked -- if more than two hours. . .):
78 - 88 mg/dL

just before bed: (depending on when you last ate -- if more than two hours, which we should all aim for!); 78 - 88 mg/dL

If you have nighttime wakeups, that is often related to a drop in blood sugar. If this is the case, please eat a small bit of protein and fat before dinner. If you do not typically wake up in the middle of the night, then eating dinner two to three hours prior to bedtime is best.

Conventionally considered Normal Fasting Glucose range: 65-99mg/dL

Increased Risk: 90-100mg/dL fasting glucose level

Early Pre-diabetic Fasting Glucose range: 100-110mg/dL

Pre-Diabetic Fasting Glucose range: 110-125mg/dL (1 out of 3 Americans falls into this range).