



*Jennifer Silvestre*

*Balance and  
awareness in  
food*

**NUTRITIONIST**

**NUTRICIONAL GUIDE  
TO COMBATE  
INSULIN RESISTANCE**

**VOL.1 INGLÊS**



Hi, I'm **Jennifer Silvestre**,

and I will help you with your heathy journey in

a way you never thought was possible. Let's get to know each other?

Bachelor's Degree in Nutrition from the University of the Extreme South of Santa Catarina, in Santa Catarina / Brazil. Specialist in

Holistic Nutrition by American Fitness

Professionals and associates.

I currently live in Texas United

States , And help people to find

the balance and the

awareness through

tradicional nutritional

science and the alternative

Ayurveda medicine.





# Do you know?

That actually eating is a physiological need and that we should only eat in order to fuel our bodies?

Unfortunately with the industrial growth and the world we live in today, we are surrounded by food additives, so that every day we become more addicted and dependent on certain foods.

Unfortunately, industrialized food is the most used drug nowadays and with addictive and addictive additives even more than cocaine, but it has been used legally and without labels.



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# PRIMARY CAUSES OF INSULIN RESISTANCE

There are many potential causes and factors that contribute to insulin resistance. Among the main ones is the combination of meals rich in sugar and refined carbohydrates together with high levels of fat such as the famous french fries, sandwiches with processed meats and cheese, tacos, ice cream, bread with butter, cookies, crackers, chips among other preparations that are present in the day-to-day life of the famous "Standard American Diet".

High levels of free fatty acids in the bloodstream cause muscle cells, for example, to stop responding properly to insulin.

Believed that this is due to the increase in intramuscular fat that interrupts the signaling pathways needed for insulin.



And what are the main causes of the rise in free fatty acids?

Excess calorie consumption and the accumulation of body fat.



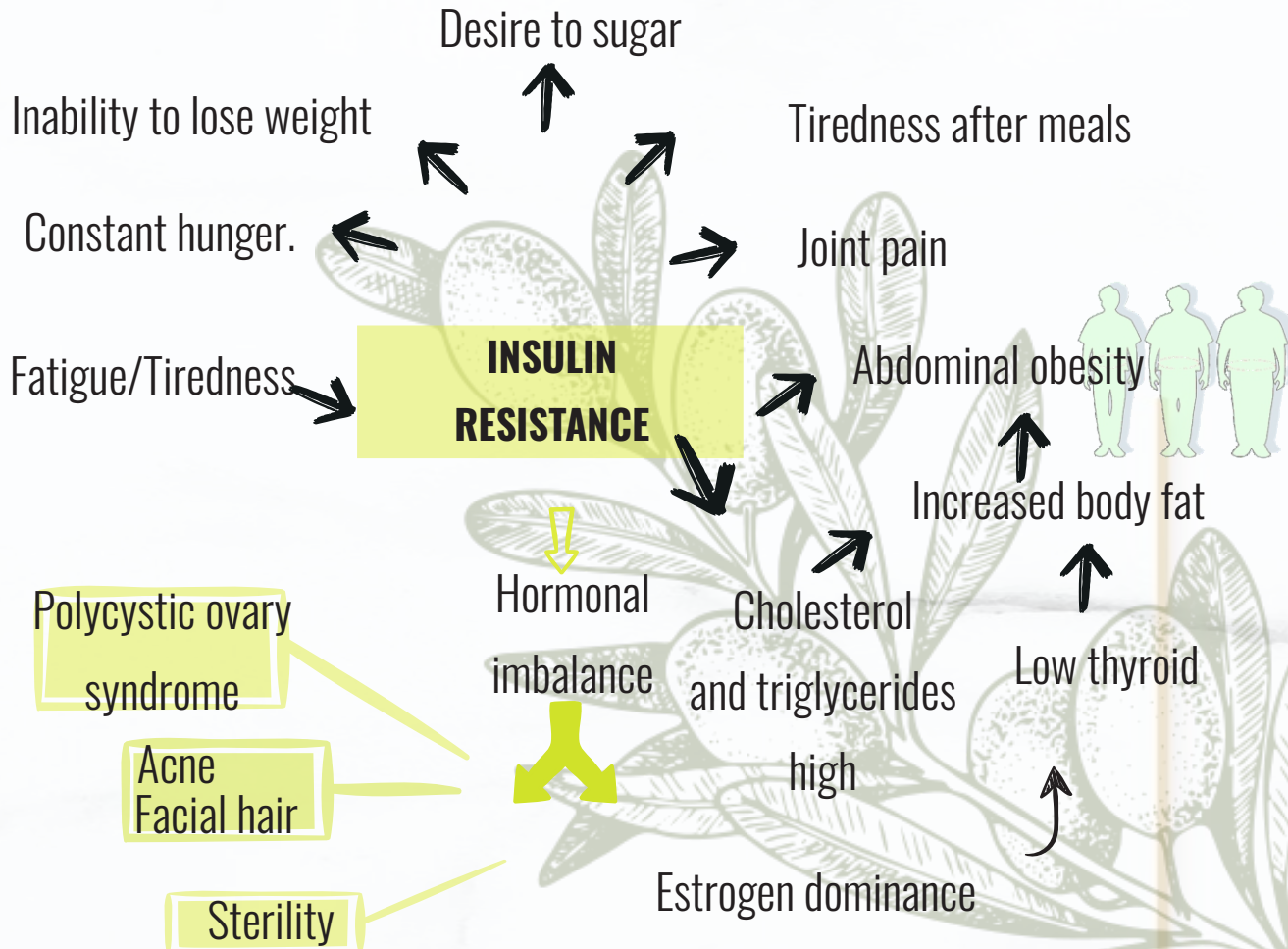
Excess visceral fat (fat between the organs) seems to be a determining factor as well, as this type of fat can release a lot of free fatty acids in the blood and can thus release inflammatory hormones that contribute to insulin resistance.

Other factors and not least that can cause insulin resistance then: family genetics, consumption of refined carbohydrates and sugars, high levels of synthetic fructose (added to processed food, not found in fruits), corn syrup, inflammation, increased oxidative stress, sedentary and imbalance of intestinal flora.



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# Do you identify yourself?



## 6 Steps to treat

### **THIS DISEASE THAT AFFECTS 1 IN 3 AMERICANS.**

#### **1° - Intermittent fasting**

Your pancreas is tired of producing insulin and the levels of this hormone are very high in the bloodstream. the only way and more effective way to end this addictive cycle is to inhibit the complete intake of food which causes a lack of glucose in the circulation, thus activating the hormone glucagon where the fat burning process starts and your body starts to work more efficiently and in your favor.

*How many hours should a person be fasting?*

Fasting only starts to be effective after 16 consecutive hours without food or calorie drinks. So each body has its particularities and individualities. Perform as much as you can. Fasting for 24 hours or more is also initially very efficient and the results in relation to disposition can already be noticed in the first days.





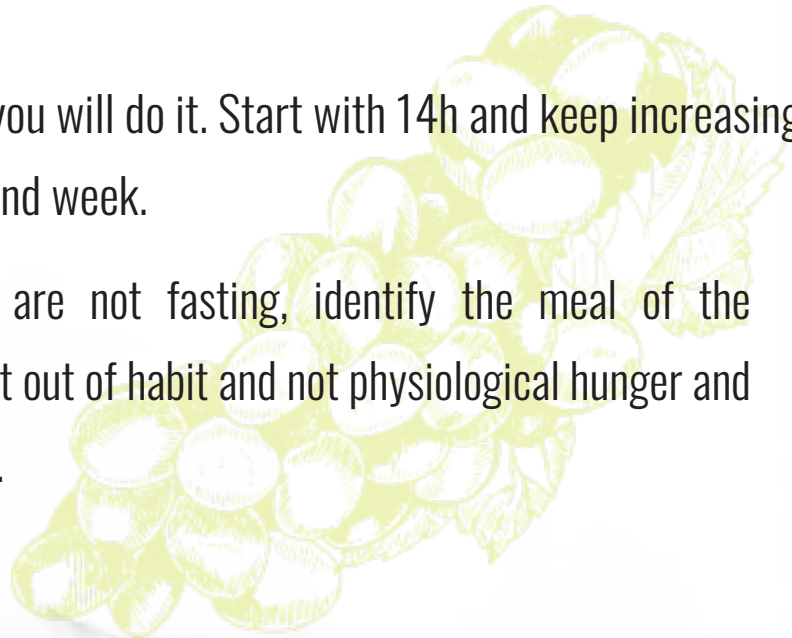
## 6 Steps to treat

### **THIS DISEASE THAT AFFECTS 1 IN 3 AMERICANS.**

#### **1° - Intermittent fasting**

There are several types and practices, but this protocol below will guide you and it will easily fit into your routine.

- ★1. Define how many days of the week you will start (minimum of 3 days weekly for beginners)
- ★2. Set how many hours you will do it. Start with 14h and keep increasing gradually from the second week.
- ★3. On days when you are not fasting, identify the meal of the your day that you only eat out of habit and not physiological hunger and remove it from the menu.





## 6 Steps to treat

**THIS DISEASE THAT AFFECTS 1 IN 3 AMERICANS.**

### **1° - Intermittent fasting**

- ★4. Perhaps most importantly, the way you break the fast! Your meal after your hours of prolonged fasting should only be natural foods, none industrialized, and low in carbohydrates. Ex: a roasted or grilled protein, lots of cooked vegetables and Raw salads .
- ★5. Your digestion is most active during 11 am to 2 pm, if possible perform the fast break between these times as you will process, digest and metabolize more efficiently.

## 6 Steps to treat

### THIS DISEASE THAT AFFECTS 1 IN 3 AMERICANS.

#### 2<sup>o</sup> - *Balanced Food*

An intermittent fasting is useless without an improvement in the eating routine:

- 1. EXCLUDE processed and industrialized foods from the food routine.
- 2. Consume real food, food that if you stop and think 2,000 years ago they already existed, which are they: animal protein (or from vegetable sources) of good quality, fruits, vegetables, tubers and grains in limited quantity.
- 3. Consume nutrient-dense foods, these foods have a high nutritional load with high satiety content and usually healthy low calorie foods.
- 4. EXCLUDE any and all types of food with added sugars, or that have high glycemic loads such as: refined carbohydrates, cow's milk, cereal, crackers or any food that has Corn Syrup.



## 6 Steps to treat

### THIS DISEASE THAT AFFECTS 1 IN 3 AMERICANS.

#### 3<sup>o</sup> - Practice weights exercises regularly

Weights exercise increases muscle mass, which consequently it increases the mitochondria and this, in turn, improves insulin sensitivity.

Mitochondria are the energy generating plants of our cells, and in resistance insulin and type 2 diabetes the body cannot control blood glucose or transform the food in energy and this excess sugar ends up being stored in the form of energy. And who burns this accumulated energy? Yes, **the mitochondria**.

Because of this, performing strength and high intensity training should be part of the daily routine of those who present this disease precisely for the reason of increasing numbers of cellular mitochondria and consequently help in the process of generating cellular energy.



## 6 Steps to treat

**THIS DISEASE THAT AFFECTS 1 IN 3 AMERICANS.**



### *4<sup>o</sup> - Improve sleep quality:*

According to research published in Annals of Internal Medicine, after four nights of sleep deprivation (sleep time was only 4:30 hours a night), the insulin sensitivity of the study participants was 16% lower than that of the participants who slept more than 4,5 hours a day.

Sleep is one of the most important allies for people with insulin resistance, because in addition to improving the sensitivity, the insula helps to reduce the oxidative process.

### *Simple steps to improve sleep quality:*

1. Go to bed 30 min before your usual time and avoid contacting the cell phone and any other device that emits “Blue Light”.
2. Do not consume caffeine-rich drinks from 5pm onwards.

## 6 Steps to treat

**THIS DISEASE THAT AFFECTS 1 IN 3 AMERICANS.**

### **4° - Improve sleep quality:**

3. Drink hot and relaxing drinks like chamomile, lavender, passion fruit, melissa teas.
4. Establish a relaxation ritual before bedtime such as: hot bath, music, meditation, reading, choose the ones that work best for you.
5. Beware of heavy meals at night. At this time of day our digestion is very slow and our digestive process is much slower. It is recommended to have the last meal at least 3 hours before going to bed.

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## 6 Steps to treat

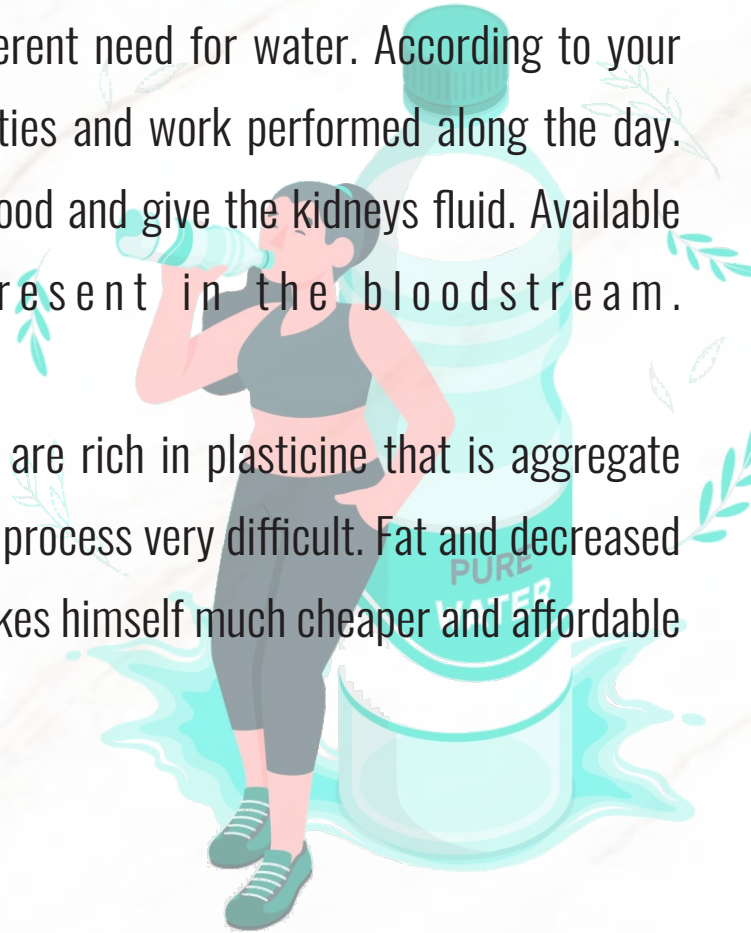
### THIS DISEASE THAT AFFECTS 1 IN 3 AMERICANS.

#### 5° - Drink a lot of water

Did you know that you should drink 37 ml of water for every kilogram of weight? Well then, that's right, each body has a different need for water. According to your kilogram of weight and even with the activities and work performed along the day. By drinking water, you help rehydrate the blood and give the kidneys fluid. Available to excrete excess glucose present in the bloodstream.

Avoid drinking water in plastic bottles, they are rich in plasticine that is aggregate their mitochondrial cells, making the burning process very difficult. Fat and decreased metabolism. Buy a filter! In the long run he takes himself much cheaper and affordable for your whole family.

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