



12 Weeks of Training Articles

GETTING STARTED – PHASE 1 – Reversing Glycemic Stress

Week 1 – The Role of Blood Sugar

Week 2 – The Way It Is – Learning Why You Can't Lose Weight

Week 3 – The Glycemic Index

Week 4 – Recognizing Insulin Resistance

Week 5 – Killer Fat

Week 6 – Good Carbohydrates

Week 7 – Good Fats and Bad Fats

Week 8 – Good Protein and Bad Protein

Week 9 – Combining Good Carbohydrates, Good Fats,
and Good Proteins

Week 10 – Exercise – Significantly Reduces Insulin Resistance

Week 11 – Nutritional Supplementation

Week 12 – Maintenance for a Lifetime



Daily Training Articles

Week 3 – The Glycemic Index

- 🍏 Day 15 – Eating Out – Part 1
- 🍏 Day 16 – Eating Out – Part 2
- 🍏 Day 17 – Traveling by Air
- 🍏 Day 18 – Traveling by Car
- 🍏 Day 19 – Exercise the Key – Part 1
- 🍏 Day 20 – Good Recipes
- 🍏 Day 21 – Satisfied – not hungry and not full

Week 8 – Good Protein and Bad Protein

- 🍏 Day 50 – Grocery Shopping – Part 3
- 🍏 Day 51 – When Fast Food is Your Only Choice
- 🍏 Day 52 – Danger of Grains
- 🍏 Day 53 – Return of Increased Hunger and Cravings
- 🍏 Day 54 – Desserts
- 🍏 Day 55 – Bad Weather
- 🍏 Day 56 – Exercise while Traveling