

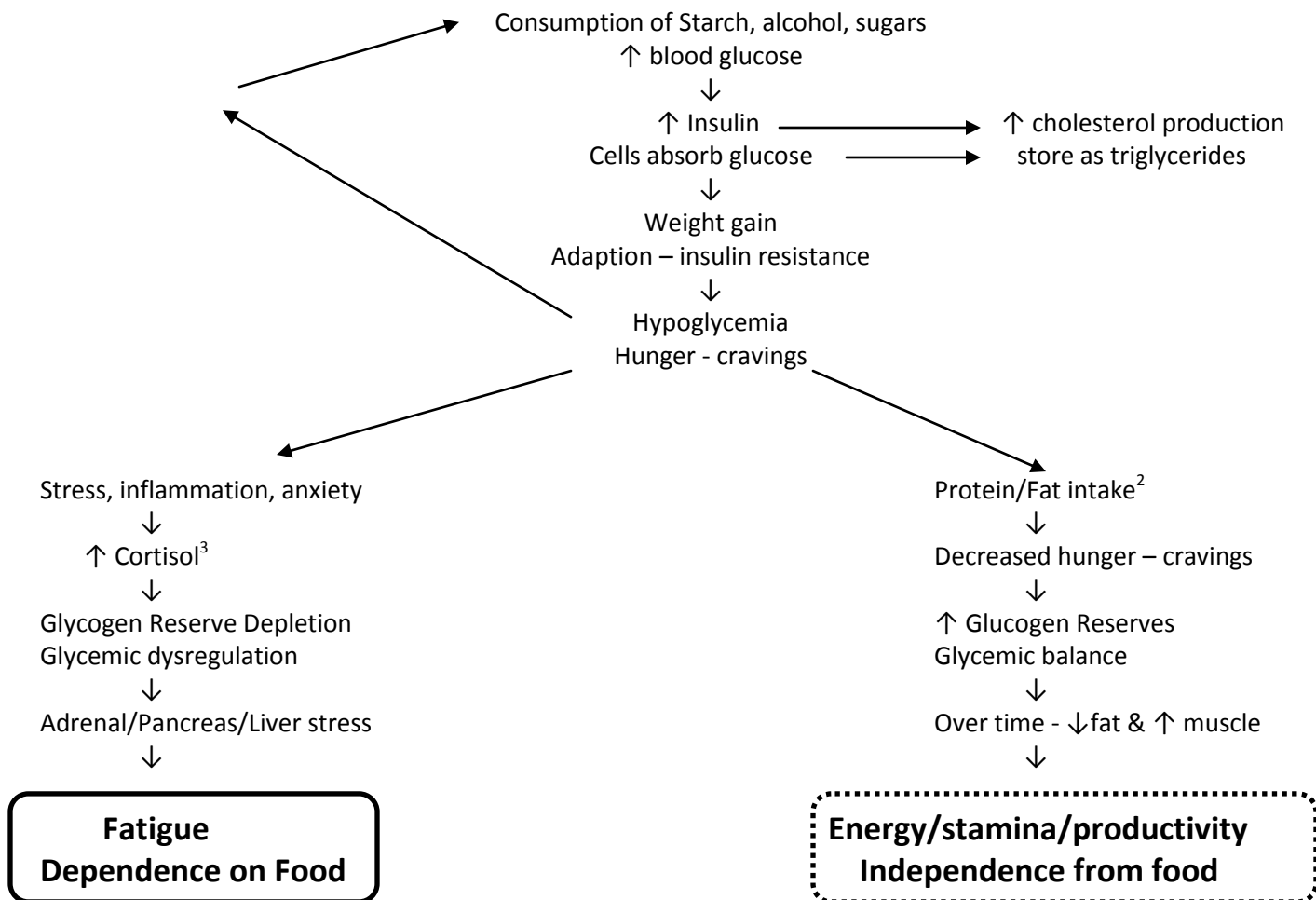
# Baritz Wellness Center, PC

450 Pleasant Street, Brockton, MA 02301 • 508 583-2565 • [www.baritzchiro.com](http://www.baritzchiro.com)

## Glycemic Management<sup>1</sup>

### Pillar 3: Insulin, cortisol dysregulation

10/21/11, 04/03/11



### GOALS

A marked reduction in food cravings (controls food rather than being controlled by food)

Has the knowledge and ability to manage body weight successfully

Cholesterol levels normal or greatly improved

1. **References:** "Healing Traditions" by Sally Fallon and "Life Without Bread" by Wolfgang Lutz
2. **Low Glycemic Diet:** The first 3 days can be challenging. Your body's metabolism is changing; you are likely to have strong craving, aches & pains. After 5 days you should be seeing some relief, after 30 days you should clearly feel the benefits. Starch elimination is key. This means no bread, pasta, potatoes or rice. Even one serving can upset your blood sugar & cause a return of cravings, aches & pains for 3 days.
3. **Affects of prolonged high cortisol:** Increased abdominal fat, Impaired cognitive performance, Suppressed thyroid function, Hyperglycemia, Decreased bone density, Decrease in muscle tissue, Higher blood pressure, Lowered immunity, Lowered inflammatory response Slowed wound healing, High Cholesterol

**To have a custom program created for you or for a free consult call 508 583-2565**

**\*\*To view this and other health tips go to [www.baritzwellness.com](http://www.baritzwellness.com) and select the Health Tips tab\*\***