

# HORMONE RESTORATION

Recipes & Yoga to kickstart your mornings, adapt better to stress and restore your hormonal balance.

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# RESTORING HORMONES



## Ways to use this guide:

- Try one or two recipes, start with whichever one you already have ingredients for.
- Add everything to your grocery list and line them all up and try them one after another
- Make your favorite one every day
- Try a couple poses, work your way in slowly.
- Skip it altogether and focus instead on foods.
- The point is: USE WHAT RESONATES WITH YOU, and enjoy the process, you can't get it wrong :)

**Gosh.. I'm so happy to share these with you.**

Throughout my health journey, I have found that warm cups of tea, superfood infused smoothies and cold, zesty health drinks can feel like a cure for a day filled with poor food choices.

**Don't get me wrong-** a squeeze of lemon isn't going to undo what one pound of pizza will do to your metabolism...

..But these recipes are a great way to boost your feelings of wellness and self-medicate when you're feeling inflamed, craving donuts or fighting flu season.

**These recipes are tried and true. I make them regularly and have them at whatever frequency I like. You really can't go wrong - they are simply a bonus.**

The longer I practice naturopathic medicine and journey into optimizing my own health, the more I come back to yoga. Sometimes when I find myself out of sorts I will plunge into taking medicinal herbs, going to the chiropractor and getting massages, and nothing quite works like yoga does. It aligns the spine and allows the nervous system to regulate, its pure magic.

Cheers to your health!

Kim



# MUSHROOM ADAPTOGEN COFFEE

**MAKES: 1 coffee | READY IN: 3 min**

Maybe you've heard a lot about mushrooms and their unparalleled superfood power. Their status is well-deserved, and they've been used in Traditional Chinese Medicine for centuries. They have chains of polysaccharides unlike any other plant nutrient, and they show special promise for balancing the immune system and act as antioxidants. **This helps us adapt to stress and reduces overall cortisol.**

As a naturopath I use many mushrooms for many things, including autoimmune disease, post-chemotherapy for rejuvenating the body, or keeping my patients from catching too many cold and flus, and personally I add them to my coffee so it doesn't give me the jitters by activating cortisol.

Chaga mushroom is very popular right now since it is relatively easy to find - it grows on birch trees here in north america, particularly in the northern United States and across much of Ontario. I toss often just toss a spoonful into my coffee maker with my coffee, but you can also blend up a bulletproof version that has the added fat for a fasting day and it will stave of a craving WHILE it boosts your longevity. Enjoy! \_\_\_\_\_

## INGREDIENTS

- 1 cup coffee
- 2 tbsp coconut or MCT oil
- 1 tbsp ghee
- 2 tbsp almond/coconut milk
- 1-2tsp chaga mushroom powder
- 1-2 tsp erythritol

## HOW TO MAKE IT

1. Blend all contents and enjoy immediately!





# PMS TEA

**MAKES: 1 pot of tea | READY IN: 10 min**

What to have when you want caffeine but you're already feeling on edge?

I have been making this blend for years and it's always just what I need - a warm cup of focus without the jitters. Rosemary Gladstar calls skullcap 'b\*tch-weed' because it can quiet the irritability of PMS, and I love it because it calms my anxiety.

All herbs are dried and skip the green tea if any caffeine makes you jittery or if you've already fueled up on coffee

**HINT:** you can buy skullcap tea with an added cinnamon flavor in teabags from Kelly's nutrition and possibly Tims Whole Health under the brand '*Traditional Medicinals*'. I'm partial to my recipe because I like the peppermint flavor better but I use this with a bag of green tea in 1 teapot if I can't find skullcap by itself.

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## INGREDIENTS

- 1 tsp peppermine leaf
- 1 tsp skullcap root, shredded
- 1 teabag organic green tea

## HOW TO MAKE IT

1. Add everything to teapot
2. Take the green tea bag out after a few minutes and leave the skullcap herb in to steep for 10min - otherwise the green tea starts to get too bitter :(
3. add soe honey and enjoy!



# THE 4PM DRINK

**MAKES: 1 drink | READY IN: 3 min**

When I was in university, my candy addiction was getting really out of control.

I would start the day out great, have a good breakfast, eat some salad... and then 4pm would hit. I still remember the line up of vending machines right outside the library, and how they would whisper my name while I was trying to study...and I was studying nutrition!

The only thing that would keep me from destroying a chocolate bar would be to get a coffee instead. Looking back, it seems obvious how I ended up with some poor sleeping habits too.

Can you relate? Anyone I ask will tell me that they feel the most fatigue around 4pm, and in my experience, its the carb or caffeine fix this time of day that sets the insulin in a BAD course for the rest of the evening.

I found a similar recipe years ago, when I was trying to replace the craving for afternoon sweets or coffee. It's the perfect mix to have on hand when your afternoon at the office starts to feel REALLY long, and the pastry in the staff room starts to look REALLY good.

You can mix the dry ingredients up in the morning and bring it to work in a mason jar. Add hot water (instead of the milk) and you're off to an insulin balanced evening!

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## INGREDIENTS

1 cup unsweetened almond milk  
1 tbsp raw cacao powder  
1/2 tsp cinnamon  
1 tsp maca root powder  
1-2 dashes cayenne  
1 tbsp erythritol (swerve)  
1 tbsp coconut oil

## HOW TO MAKE IT

1. Add all contents (except erythritol) into a small saucepan on the stove and bring just below boiling, stirring occasionally
2. Remove from heat and cool to drinking temperature.
3. Add erythritol and enjoy!





# BEDTIME GOLDEN MILK

**MAKES: 2 drinks | READY IN: 15 min**

I'm guessing you've heard all the rage about turmeric...right? How it has incredible, *real scientific evidence* for profoundly reducing inflammation. It's been talked about as a painkiller, an anticancer drug, and all around wellness rockstar.

For those who practice Ayurvedic medicine (traditional Indian medicine), all of this seems very obvious. They've been using it to heal since their tradition began.

Turmeric's benefits are especially helpful for us now, as we are exposed to more chemicals, our foods are more inflammatory and our hormones more wacky than ever before in history. I can tell you from experience that a good quality turmeric capsule plus 200mg of magnesium is as good as an advil, if you can give it a couple of hours to kick in.

This recipe creates one of the most soothing concoctions I have ever created in my kitchen. Just thinking about the fragrance makes me feel cozy. I make it whenever I feel frazzled, when I've eaten things that make me feel bloated and uncomfortable, and if I need a really good night's sleep.

IN THEORY, you could make it to prevent the next morning's headache after one too many glasses of wine. *Just sayin'.*

TAKE NOTE: Turmeric does have some blood thinning qualities, so it's not great to combine with anti-inflammatory or other blood thinning medications. Some combinations of supplements enhance this quality also: ginsengs, angelica herb and fish oils may enhance this and cause easy bleeding or bruising. If those things are a part of your reoutine, its beste not to have this drink more than once or twice a week.

## INGREDIENTS

1 cup of organic coconut milk  
1/2 teaspoon of ground turmeric  
big pinch of freshly ground black pepper  
1 small (1/4 inch) piece of ginger root (peeled and grated)  
big pinch of ground cardamom  
1 teaspoon swerve added off the heat

## HOW TO MAKE IT

1. Add all contents (except swerve) to a blender and pulse until smooth.
2. Pour blended contents into a small saucepan on the stove and bring just below boiling, stirring occasionally.
2. Remove from heat and cool to drinking temperature.
3. Add erythritol and enjoy!



# RESTORATIVE YOGA SEQUENCE

**45 mins/ Intermediate Level/ Relaxing the nerves while in a pose for longer duration with awareness**

Restorative Yoga is a series of yoga poses which can be done in a sequence or individually in order to relax muscles and tissues, with complete quietness of the mind and connection of the smooth flow of breathing with the movement of the body. Thus, this form of practice, can be done only with certain poses with partial or full support for the body bringing no physical effort to maintain the pose. The muscles are not stretched beyond one's capacity and yet they get their minimum stretch with support by using props like yoga blocks, yoga bolsters, yoga straps, soft blankets, using walls, using cushions or extra pillows etc.

In today's modern times, with fast moving lives, a lot of our habits and routines bring about disturbances to our nervous system creating pain, stress, illness, disturbances in sleeping patterns and emotional imbalances. With the practice of restorative yoga, understanding the changes in our body, that affect the mind, makes it easier to improve things as much as possible, as quickly as possible.

Restorative yoga reduces stress, injury due to weak muscles and tissues, prolonged illness and helps to maintain the nervous system, correct sleeping patterns, control anxiety related symptoms and most importantly, stimulate the body's natural healing response.

The given Restorative Yoga Sequence uses minimum support to help one learn to connect the breathing at the beginner's level and to help maintain a good nervous system. Each pose is done for a minimum of 5-10 minutes or more depending on the individual's capacity. No pose, when held for a long duration, should bring uneasiness because the alignment of the body with the various props should only bring comfort and not pain. Awareness of the body with the breathing and the deeper opening of the muscles and tissues should be kept in mind during each pose in the given sequence.





# RESTORATIVE YOGA SEQUENCE

45 mins/ Intermediate Level/ Relaxing the nerves while in a pose for longer duration with awareness

6B Inhale-Exhale



## 1. Easy Pose • Sukhasana

A. For Beginners or otherwise, always begin the sequence for restorative yoga with a few stretches connecting with the breath.

B. Loosening up of the bigger tissues helps to enjoy and get maximum benefit from restorative yoga practice, and hence begin with sitting at the centre of the mat. Before starting the practice make sure the required props are at reach causing not disturbances either to your practice or to others around you.

C. Turn off the heavy lights in the room and keep a low glowing light or even burning candles would help. Keep the room well ventilated and if required one could play a soft music to help ease the mind.

D. Seated at the centre of the mat, cross your legs in Sukhasana and close your eyes joining your palms in Namaste. Begin with normal breathing and slowly take the breath to a smooth flow connecting and feeling the same.

E. Sit in Easy pose for a minimum of 6 breaths, get into the flow of breathing and connection with breathing happening from both the nostrils and the connection with the movement of the body.

F. Restorative yoga is all about relaxing the muscles, and here seated in Sukhasana, keep the back straight naturally and release the tensions around the neck and the face.

4B Inhale-Exhale



## 2. Easy Pose Raised Arms Pose

A. Moving from the simple Sukhasana, inhale and raise your arms above your head extending them and interlocking them at the fingers .

B. After complete exhalation, seated in Easy Pose Raised Arms Pose, stretch the upper body releasing the tensions around the middle rib cage and the shoulders.

C. Sit here for about 4 breaths and with each breath stretch the arms deeper without going beyond your capacity.

D. The raising of the arms above your head also expands the spine, opening it for a smooth flow of prana. The opening of the muscles around the spin, helps in the

smooth flow of prana, which is essential for the practice of restorative yoga.

3-3B Inhale-Exhale



## 3. Easy Pose Side Bend

A. Release the arms and bring it down and relax again in seated Sukhasana.

B. Going into the next variation, Easy Pose Side Bend, inhale and take the arms above the head interlocking the fingers and as you exhale bend the torso taking the arms towards the left .

C. While bending towards the left, stay here taking slow breaths with the eyes closed and remain for 3 breaths. With every exhalation take the stretch deeper towards the left with the arms and the shoulders.

D. Release and come to the centre keeping the arms above the head. Then inhale and as you exhale take the torso towards the right extending the arms and shoulders towards the right. Remain here for about 3 breaths watching the stretch with each breath.

# RESTORATIVE YOGA SEQUENCE

45 mins/ Intermediate Level/ Relaxing the nerves while in a pose for longer duration with awareness

3-3B Inhale-Exhale



## 4. Easy Pose Neck Rotation • Sukhasana Neck Rotation

A. Releasing the arms and bringing them down, sit in Sukhasana and relax extending the spine.

B. Then placing the hands on the knees, inhale and start rotation of the neck in 3 breaths in clockwise and 3 breaths anticlockwise direction for opening the upper part of the spine while releasing the tensions around the shoulders and the neck.

C. Practice Easy Pose Neck Rotation very slowly moving the neck along with the breath and extend the neck to the maximum feeling the stretch around the shoulders too.

6-6B Inhale-Exhale



## 5. Head On Knee Pose Strap • Janu Sirsasana Strap

A. Releasing from the various variations of Sukhasana, with gentle opening of the upper spine and the sides of the lower back, sit stretching the legs out in front of you in Paschimottanasana.

B. Take a few breaths here. Bring a cushion to be put below the hips and centre yourself comfortably on the cushion or even a blanket.

C. Then using a yoga strap, place it around the left foot and hold the other end with your hands, while stretching the arms. Then fold the right leg bending at the knee and bring the right foot close to the perineum. Inhale and stretch the torso upward and as you exhale go forward towards the left leg stretching the yoga strap while

pulling it towards you.

D. Remain in Janu Sirsasana Strap or Head on the Knee Pose Strap, for about 6 slow deep breaths. This pose helps to open the hips and the legs and also getting ready to enjoy the benefits of restorative yoga. Watch for the stretch around the calves and the hamstrings and be aware of the movement of the body even with the support of the strap.

E. Release the strap and stretch the legs out completely and relax. Repeat and do the same with the right leg and extend the torso comfortably using the strong base of the hips and the lower spine.

F. Remain here for about 6 breaths and with each breath go deeper with the stretch and close your eyes and feel the connection.



# RESTORATIVE YOGA SEQUENCE

45 mins/ Intermediate Level/ Relaxing the nerves while in a pose for longer duration with awareness

12B Inhale-Exhale



## 6. Bound Angle Pose Blocks • Baddha Konasana Blocks

A. Release from Janu Sirsasana with strap and bring the feet together placing the soles close to each other, seated in Baddha Konasana.

B. Place yoga blocks below the each thigh resting the thigh on the yoga block comfortably. Make sure both hips are aligned on the floor while placing the yoga blocks.

C. Holding the feet within your palms, extend the spine elongating the entire back and push the thighs towards the yoga block and sit with your eyes closed.

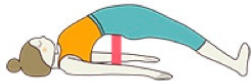
D. Remain calm with the body and slowly connect the breathing with the movement of the body close to the abdomen and the chest. Sit in Baddha Konasana with Blocks for about a minimum of 12 breaths.

E. Restorative yoga is about not pushing the muscles and yet getting the benefit of a particular pose with practice using support. Here while seated the spine gets comfort with the hips being supported by the yoga blocks. The extending of the spine gives room for a greater flow of prana reducing the tensions around the lower back and the upper back.

40B Inhale-Exhale

300 s

## 7. Bridge Pose Variation Block Support Legs Straight • Setubandha Sarvangasana Variation Block Support Legs Straight



A. Moving slowly into the deeper restorative yoga sequence, release from the seated position and stretch the legs out in front of you and relax.

B. Then slowly turning towards the right side, come to lie down on your back stretching the entire body making sure the spine is close to the floor.

C. Now after taking a few breaths in the simple Savasana pose, bring a yoga block close to you.

D. Bending the knees and placing the feet on the floor, inhale and slowly raise the lower back and the hips off the floor and bring one or two yoga blocks and place them below your hips.

E. Rest the lower back and hips comfortably on this yoga block, and slowly extend the legs out bringing the heels on the floor, while raising the chest upwards and balancing the body on the shoulders and the head.

F. Setubandha Sarvangasana Variation here with the support of a yoga block, should be perfect in alignment, else the pose will only bring discomfort.

G. Once comfortable with the support, bring the arms on the floor besides you, close your eyes and begin the slow breathing while enjoying the gentle stretch at the middle and lower back.

H. The alternative for this pose is to practice this close to the wall placing the feet towards the wall for better support. Remain here in this pose for about 5 mins (300 seconds with 40 breaths or more).

I. As the breathing pattern may vary from individuals, try and maintain this pose for about 5 mins using the breathing to relax the body.

# RESTORATIVE YOGA SEQUENCE

45 mins/ Intermediate Level/ Relaxing the nerves while in a pose for longer duration with awareness

40B Inhale-Exhale 300 s 8. Fish Pose Blocks • Matsyasana Blocks



A. After holding the body in Bridge Pose Variation Block Support Legs Straight, for about 5mins or more, release and come to simple Savasana and relax.

B. The body takes time to adjust to the using of blocks during the pose practice and hence be careful when going into the pose while using yoga blocks while making sure they don't slip and fall.

C. From Savasana, come to sit up in Dandasana. While seated in Dandasana, take two yoga blocks and place them behind you one behind the other.

D. Then slowly exhaling, bring the body down, placing middle back and the back of the head on the yoga block. Adjust the blocks while going down, or take the help of the teacher or the partner while doing so. Make sure the body is comfortable while resting on the block.

E. Here in supported Fish Pose or Matsyasana, the raised chest with the support of the block, helps to improve the breathing opening the diaphragm to the maximum.

F. Remain here as per the body comfort for about 5 mins (300 seconds with 40 breaths) or more. The idea of restorative poses here are to slowly connect to the deeper muscles during the breathing process.

G. This pose opens the heart and the throat chakra, improving better blood circulation and better respiration.

Inhale-Exhale 600 s 9. Fish Pose Bolster • Matsyasana Bolster



A. With a better variation of Matsyasana, release the yoga blocks and use a bolster to be placed below the upper back supporting the shoulders and the head.

B. Seated in Dandasana, place a bolster behind you and as you exhale, go down slowly and bring the upper body to rest on the bolster.

C. After complete exhalation, begin a slow smooth breathing practice, and connect each breath with the movement of the chest which is raised while supported.

D. Here in Fish Pose with the bolster, the chest gets better support and one can remain here in this pose for a good 10 mins (600 seconds of 80 breaths) or more.

E. Remain completely relaxed with eyes closed and feel the upper body slowly unwinding and reducing the stress around the upper body muscles.

F. Throw the rest of the body completely loose and just remain focused with the sensation of the breath. This pose while supporting the upper spine, helps to improve the respiratory and the circulatory system, giving a better nervous system.



# RESTORATIVE YOGA SEQUENCE

45 mins/ Intermediate Level/ Relaxing the nerves while in a pose for longer duration with awareness

24B Inhale-Exhale 180 s 10. **Reclined Supported Hero Pose Variation Bolster** • Supta Salamba Virasana Variation Bolster



A. Going a bit deeper with the sequence, relax the body seated in Dandasana.

B. From Dandasana, fold the legs at the knees and sit in Virasana, if comfortable and take a few breaths here.

C. Placing a bolster behind you, exhale and slowly go back taking the torso in a back bend and bring the head on the floor, placing the crown on the floor.

D. Then inhale and raise the head and place the arms interlocked at the elbows below the head and stretch the shoulders and the head.

E. Remain in Supta Salamba Virasana Variation with Bolster support for about 3 mins (180 seconds of 24 breaths) or more if comfortable.

F. This pose with a great support at the chest and the lower back, allows the practitioner to stay for longer duration without feeling the deep stretch of the muscles at the lower back and at the thighs.

G. This pose helps to relieve the lower back stress and encourages better flow of prana into the blood for better flow. Better flow of blood is a good way to keep the nervous system in great balance.

H. This pose also allow the practitioner to release any form of anxiety encouraging good sleep.

Inhale-Exhale 600 s 11. **Legs Up The Wall Pose Bolster** • Viparita Karani Bolster



A. Moving from Reclined Supported Hero Pose with the support of the bolster, stretch the legs out and come to sit in Dandasana.

B. While releasing from any pose, there should not be any sign of pain or discomfort, if so, make adjustments with the props and keep the alignment of the body in mind.

C. Bring the body close to the wall, and sit towards the side of the wall. Inhale and stretch the legs out in front of you, while the legs are parallel to the wall. Exhale and slowly using the support of the hands on the floor raise the legs up and bring them towards the wall while lying down on your back.

D. Adjust first the legs well placing them extended on the wall and then bring the hips close to the wall and sleep perpendicular to the wall with the upper torso.

E. Now, raise your lower back and place a bolster below the hips and the lower back. One could use a blanket or cushions for the head and the shoulders.

F. Remain here in Viparita Karani with bolster support against the wall for about 10 mins (600 seconds). This pose is a good way to keep the legs raised up with support encouraging fresh blood to the hips and to all the organs at the lower abdomen.

G. With the flow of fresh blood towards these organs like, reproductive, digestive, kidney, liver, stomach etc, the functioning of these organs improves building a good balance with the hormones.

H. After the practice of this pose for a good 10 mins, release the legs slowly and come to sit in Dandasana.

# RESTORATIVE YOGA SEQUENCE

45 mins/ Intermediate Level/ Relaxing the nerves while in a pose for longer duration with awareness

Inhale-Exhale 600 s 12. **Supported Half Frog Pose** • Supported Ardha Bhekasana

A. Moving into a more comfortable pose, lie down on the mat in prone and support the chest and the head with a bolster.

B. Placing a bolster below the chest and the face, rest the face on the bolster and relax the upper body on the bolster while placing on leg bent at the knee in Ardha Bhekasana or Half Frog Pose.



C. Make sure the neck is comfortable here while placing it on the bolster and once fully settled, close your eyes and watch the breath while the body moves against the bolster.

D. Remain in Supported Half Frog Pose for about 10 mins (600 seconds), ensuring the body is relaxed encouraging calmness and softness around the breath and the mind.

E. A good pose to encourage good sleep too.

Inhale-Exhale 600 s 13. **Supported Bharadvaja Twist Pose** • Salamba Bharadvajasana

A. Moving from the Supported Ardha Bhekasana, use now two bolsters and place them below the chest, and support the upper body on them.

B. Lying down in Salamba Bharadvajasana or Supported Bharadvaja Twist Pose, bend both the legs at the knee and relax the entire body feeling the calmness around the nerves and the joints.



C. Remain here for about 10 mins (600 seconds) or more, while staying still connected to the breath and the movement of the body.

24B Inhale-Exhale 180 s 14. **Child Pose Variation Block** • Balasana Variation Block

A. From the supine to the side and twist, come to prone in Balasana.

B. Releasing from the Supported Bharadvaja Twist Pose with bolsters, sit down bending your knees and bring the hips placing them on the floor between the feet.

C. One can sit on a blanket or on the cushion for better support of the spine and the knees. Then placing some blankets or yoga blocks in front of you, exhale and take the torso forward and rest the face on the yoga block in Balasana with support.



D. Ending the restorative sequence with Balasana or Child Pose with support gives a great feeling with the spine stretched in forward fold. Remain here for about 24 breaths of 180 seconds or more and relax while still stretching the spine forward.

E. This pose is done to connect you one's inner self the third chakra, to encourage deeper understanding of the entire body and to connect to the inner conscious.

F. Connecting to the inner deep conscious, helps to relax and understand the human body better making a better balance of the mind-body relation.

## GUIDE TO LAB TESTING FOR WEIGHT LOSS

Maybe you've been wondering "Why am I gaining weight?" **OR** you're already doing ALL the things, but those last ten pounds just won't budge.

Either way, you're in the right place, and I am going to go show you how I use laboratory studies to evaluate weight management for my patients.

Once I've looked at the overall health and diet, I often find **two main reasons** that people are gaining weight:

1. The **thyroid levels** are imbalanced
2. There is a pattern of **insulin resistance**

*\*these two are related and we can see both at the same time, but by affecting one we can often affect the other*

### TAKE A LOOK & ASK YOURSELF:

**Have I had all these tests run before?**

They provide valuable information about your metabolism.

**LET'S HAVE A CHAT.**

**Book a free discovery call with me**

I commit a few minutes to speak with anyone who is hoping to enter my practice. This helps make sure new patients know what to expect and ensures that I am best suited to be a part of your care team.

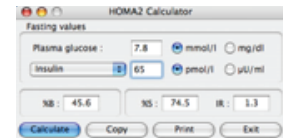
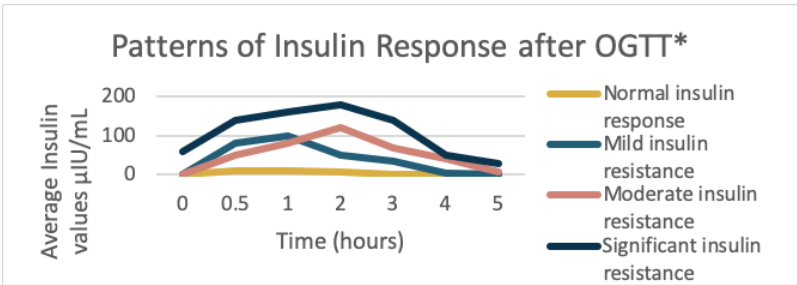
**Book a call**

Click here or go to [drkim.co/discover](https://drkim.co/discover)

**PLEASE NOTE:** This information is meant for educational purposes only and is **NOT** intended to diagnose, treat or replace any advice or services of your doctor or medical professional. **Before implementing any changes, discuss them with your doctor.**



# METABOLIC LAB TESTING FOR WEIGHT MANAGEMENT

TEST	WHY ITS ORDERED	NORMAL & OPTIMAL RANGES	NOTES
<b>Thyroid Stimulating Hormone (TSH)</b>	To evaluate the regulation of the metabolic rate.	<i>Optimal level is 0.5-2.5mIU/L (or IU/L)</i>	Must be interpreted in context of other levels
<b>Free T4</b>	Measures the output of the thyroid hormone	9-19pmol/L	Levels can vary significantly between people
<b>Free T3</b>	Measures the amount of active hormone	3.1-6.2pmol/L	Levels can vary significantly between people
<b>Thyroid antibodies (Anti-TPO and Anti-TG)</b>	To look for autoimmune reactions to the thyroid	<i>Negative</i>	Elevated levels may indicate Hashimoto's thyroiditis
<b>Reverse T3</b>	To evaluate the efficiency of the active thyroid hormone (T3)	11-18ng/dl	Elevated levels may indicate that cortisol is high (internal or external stress)
<b>Fasting Glucose Level</b>	To screen for diabetes	<5.5mmol/L (99mg/dl)	May still be normal in individuals with insulin resistance
<b>HBA1C (Glycosylated hemoglobin)</b>	Detects trend of blood sugar over 3 month period	<5.5	Levels between 5.6 and 6.4 indicate significant insulin resistance. >6.5 is likely diabetes
<b>Oral Glucose Tolerance Test (OGTT)</b>	Measures the body's ability to balance the blood sugar for 2-4 hours after 75g of glucose solution is consumed	<7.8 mmol/L (140mg/dl)	>11mmol/L (200mg/dl) after two hours indicates diabetes. Between 7.8-11mmol/L suggests pre-diabetes. Many patients with insulin resistance have normal glucose tolerance.
<b>Fasting Insulin level</b>	Screens for <i>hyperinsulinemia</i> (high insulin) that results from insulin resistance.	<8.4uIU/mL (58pmol/L)	May not pick up mild/moderate insulin resistance. Elevated levels suggest insulin resistance
<b>C-Reactive Peptide (CRP)</b>	Measures an inflammatory protein	0.51-2.72 ng/mL	Elevated levels suggest insulin resistance
<b>HOMA2 <a href="#">(use calculator by clicking here)</a></b>	This number is calculated using the ratio between fasting insulin and fasting glucose.	<i>Optimal &lt;1.5</i>	>3 significantly insulin resistant >2 moderately insulin resistant 
<b>Oral glucose tolerance (OGTT) test with insulin</b>	<p>This is the most thorough way of evaluating insulin resistance. Fasting samples of glucose and insulin are taken at intervals for 2-4 hours after consuming 75g glucose solution.</p> <p>4 major patterns emerge with increasing severity of insulin resistance.</p> <p><i>*Chart data and interpretation from Fiona McCulloch, ND (2017) and J.R.Kraft (2011)</i></p>		

**PLEASE NOTE:** This information is meant for educational purposes only and is **NOT** intended to diagnose, treat or replace any advice or services of your doctor or medical professional. **Before implementing any changes, discuss them with your doctor.**