

METABOLIC RESET

Continuous Glucose Monitoring (CGM) Tracking & Hacking Guide



Roadmap

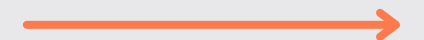
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Introduction



Continuous Glucose Monitoring (CGM) is a powerful tool for optimizing metabolic health, improving energy levels, and preventing blood sugar fluctuations. By tracking real-time glucose levels, individuals can tailor their diet, exercise, and lifestyle to maintain stable glucose levels and enhance overall metabolic efficiency. This guide explores how CGM can be leveraged for personalized metabolic optimization, biohacking, athletic performance, and longevity.



What is CGM?



A **Continuous Glucose Monitor (CGM)** is a wearable device that tracks glucose levels in real-time by measuring **interstitial fluid**, providing valuable insights into how food, exercise, stress, and sleep impact metabolic health.

How CGMs Work

Key Components:

- **Sensor:** Inserted under the skin to measure glucose levels in the interstitial fluid.
- **Transmitter:** Sends glucose data to a smartphone or CGM reader.
- **App Interface:** Displays real-time glucose trends, generates reports, and provides actionable insights.

What is CGM?



Popular CGM Devices & Features

Device	Features
Freestyle Libre	14-day wear, no calibration required, continuous monitoring
Dexcom G7	Real-time alerts, Bluetooth connectivity, advanced tracking
Levels Health	Personalized insights, metabolic coaching, AI-driven recommendations
NutriSense	Dietitian support, glucose trend analysis, personalized reports



Benefits of CGM Tracking



Metabolic Optimization

- Identifies food choices that cause glucose spikes.
- Helps maintain stable blood sugar for sustained energy.
- Supports metabolic flexibility and fat oxidation.
- Prevents insulin resistance and metabolic dysfunction.
- Enhances athletic performance and recovery.



Benefits of CGM Tracking



Biohacking & Longevity

- Provides early detection of insulin resistance and prediabetes.
- Guides personalized dietary choices for better metabolic health.
- Helps optimize fasting and meal timing for glucose control.
- Tracks sleep quality and stress-related glucose fluctuations.



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Benefits of CGM Tracking

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Performance & Recovery

- Allows athletes to optimize carb intake for endurance and strength.
- Reduces mid-workout crashes by fine-tuning pre- and post-workout nutrition.
- Enhances post-exercise recovery and reduces inflammation.



Case Studies: CGM in Action



Women

Age 25: Active Lifestyle & Performance Optimization

- **Goal:** Improve endurance and prevent mid-workout crashes.
- **Findings:** High glucose variability due to inconsistent carb intake.
- **Adjustments:** Introduced balanced pre-workout meals and adjusted carb timing.
- **Outcome:** More stable energy levels and improved endurance.



Case Studies: CGM in Action



Women

Age 40: Managing Insulin Sensitivity & Stress

- **Goal:** Reduce post-meal glucose spikes and improve recovery.
- **Findings:** Elevated glucose levels post-meals, poor sleep affecting metabolism.
- **Adjustments:** Increased fiber intake, improved meal composition, and prioritized sleep hygiene.
- **Outcome:** Improved insulin sensitivity and better overnight glucose control.



Case Studies: CGM in Action



Women

Age 55: Menopausal Transition & Glucose Regulation

- **Goal:** Reduce glucose fluctuations associated with hormonal changes.
- **Findings:** Increased fasting glucose levels and greater insulin resistance.
- **Adjustments:** Shifted to a lower-carb, higher-protein diet with strength training.
- **Outcome:** More stable glucose levels and reduced inflammation.



Case Studies: CGM in Action



Women

Age 65: Metabolic Resilience & Longevity

- **Goal:** Maintain metabolic flexibility and prevent age-related insulin resistance.
- **Findings:** Moderate fasting glucose but sluggish post-meal glucose clearance.
- **Adjustments:** Added post-meal walks and resistance training.
- **Outcome:** Improved glucose clearance and better metabolic flexibility.



Case Studies: CGM in Action



Men

Age 25: Muscle Gain & Performance Enhancement

- **Goal:** Optimize macronutrient intake for lean muscle gain.
- **Findings:** Large glucose spikes post-training meals.
- **Adjustments:** Adjusted protein-to-carb ratio and meal timing.
- **Outcome:** Improved recovery and muscle synthesis.



Case Studies: CGM in Action



Men

Age 40: Balancing Work Stress & Glucose Stability

- **Goal:** Reduce glucose spikes caused by chronic stress.
- **Findings:** Elevated morning glucose due to cortisol dysregulation.
- **Adjustments:** Introduced mindfulness techniques and balanced macros in breakfast.
- **Outcome:** Lower fasting glucose and reduced stress impact on metabolism.



Case Studies: CGM in Action



Men

Age 55: Preventing Metabolic Slowdown

- **Goal:** Improve metabolic rate and sustain lean muscle mass.
- **Findings:** Higher post-meal glucose levels and reduced insulin sensitivity.
- **Adjustments:** Implemented intermittent fasting and increased protein intake.
- **Outcome:** More stable glucose levels and enhanced energy levels.



Case Studies: CGM in Action



Men

Age 65: Longevity & Glucose Optimization

- **Goal:** Maintain metabolic efficiency and support cardiovascular health.
- **Findings:** Slower glucose clearance and higher fasting glucose levels.
- **Adjustments:** Added resistance training and reduced refined carbs.
- **Outcome:** Improved insulin sensitivity and better energy stability.



Advanced CGM Biohacking Strategies



1. Combine CGM with Other Health Tracking Tools

- **Lumen:** Tracks metabolic fuel usage (carbs vs. fat).
- **WHOOP:** Monitors HRV and stress response.
- **Oura Ring:** Tracks sleep quality and recovery.
- **Ketone Testing:** Measures ketone levels for metabolic flexibility.



Advanced CGM Biohacking Strategies



2. Strategic Meal Timing & Fasting

- Avoid eating high-carb meals before bed to prevent overnight glucose spikes.
- Implement **Time-Restricted Eating (TRE)** for improved insulin sensitivity.
- Use **post-meal walks** or light movement to reduce glucose spikes.



Advanced CGM Biohacking Strategies



3. Exercise & Glucose Control

- **Strength training** improves insulin sensitivity.
- **Zone 2 cardio** helps with fat oxidation and metabolic flexibility.
- **High-intensity training (HIIT)** requires optimized carb intake for recovery.



Advanced CGM Biohacking Strategies



4. Stress Management for Glucose Stability

- Cortisol spikes can elevate fasting glucose levels.
- **Meditation, deep breathing, and mindfulness** reduce stress-induced glucose elevations.
- **Prioritizing quality sleep** enhances metabolic control.



Final Takeaways



- **CGM tracking** provides real-time insights into glucose control and metabolic function.
- **Pairing CGM with tools like Lumen, WHOOP, and Oura Ring** offers a full metabolic picture.
- **Optimize diet, exercise, and lifestyle** based on personal CGM data.
- **Use fasting, meal timing, and strategic workouts** to improve metabolic flexibility.
- **Manage stress and prioritize sleep** to maintain glucose stability.
- **Make data-driven decisions** for long-term metabolic health and longevity.

By integrating CGM tracking with additional biohacking tools, individuals can achieve **optimal metabolic health and long-term vitality.**



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Thank You

