

5 SUPER USEFUL

INSULIN DOSING TIPS FOR BUILDING A BETTER BODY



HELLO & WELCOME!



My name is Phil Graham, I'm a type 1 diabetic and author of The World's Best selling diabetes fitness book **The Diabetic Muscle and Fitness Guide**.

In this short guide, you'll learn five very important tips about insulin dosing that will really help your muscle building, fat loss and fitness efforts. You Ready?

Turn the page to start learning!



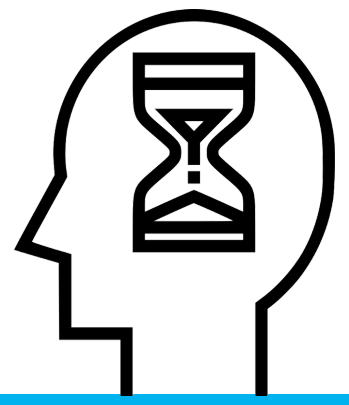
CARB COUNTING ALONE IS NOT ENOUGH!



Despite what you have been taught, carb counting alone will not get you the level of control required for an amazing physique. How so? Research has shown clearly that fat, protein and glycaemic index have a big role to play. It's time to move past this outdated paradigm.



UNDERSTAND HOW YOUR BODY WORKS!



Did you not take biology at school? Don't worry, you only need to understand the basics. Then it will become clear why you need to consider fat and protein when insulin dosing for a meal. You will know exactly what to do once you understand gluconeogenesis from protein, insulin resistance from high fat, and the simple structures of carbohydrate. Knowledge is power.



STOP HIGH BLOOD GLUCOSE SPIKES AFTER TRAINING!



High glucose spikes after eating cause damaging inflammation that will halt your muscle gains. Most people with Type 1 Diabetes think these spikes are inevitable, do you? If you understand the importance of the BIFF (Blood, Insulin, Fifteen, Food) and learn the innovative new Super bolus technique, the highs after eating will be a thing of the past.



SELECT AN INSULIN DOSING STRATEGY THAT MATCHES YOUR TRAINING!



Are you trying to get leaner? Maybe your trying to get bigger? Or simply maintain what you've got? The answer to this question should guide the strategy you choose. Should it be; The Warsaw Fat and Protein Units, The Breakthrough Food Insulin Index, or simply carb counting with extra added for certain macro combinations? One size does not fit all, but a carefully selected strategy does perfectly fit a phase of training! Sound confused already?



PERSONALISE YOUR DIET!



New groundbreaking evidence is showing that an individual's glucose response to foods is determined by a multitude of factors, such as gut microbiome, sleep, activity and epigenetic factors. Sound too much? The advantage of having Type 1 is that you measure the key variable, blood glucose. With an effective monitoring process and guidance, you can easily devise your own personalised nutrition.



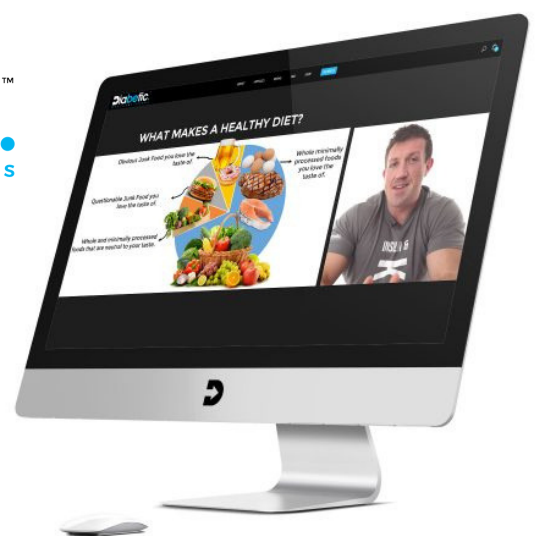
DO YOU WANT LEARN MORE ABOUT HOW YOU CAN BE FLEXIBLE WITH YOUR INSULIN DOSING REGIME?

There is a Breakthrough Course that helps you **BECOME A BOLUS WIZARD** inside the Diabetic Muscle and Fitness Training Lab.

You will learn the basics, compare all the insulin dosing strategies, and have access to the unique bolus calculators that make flexible insulin dosing easy.



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ACCESS BOLUS WIZARD NOW!

