

# LIFER™ Method Blueprint

**LIFER™** is an acronym for:

**L**ow insulin eating

**I**ntentional living

**F**unctional movement

**E**nvironment of success

**R**est & rejuvenation

But it also embodies the mission...to have life long results. **LIFER™**.

Here's the blueprint...

## **LOW INSULIN EATING:**

Elevated insulin and insulin resistance are directly related to nearly every chronic disease (heart disease, diabetes, cancer, mental health, cognitive decline, PCOS, ED, and more).

Insulin has many roles in the body. One of its most famous roles is in blood sugar management. When we eat foods, blood sugar rises (variable depending on the food choices). Insulin then gets released from the pancreas. Insulin acts like a key on the cell membrane, allowing glucose to leave the bloodstream and enter the cells where it can be used for energy or stored as glycogen or fat. This effectively lowers blood sugar.

Elevated blood sugar is toxic and damaging to every tissue in the body, including blood vessels. But there is also only so much sugar that can be placed inside cells at any given time. When the cells are full, they stop responding to insulin. But since elevated blood sugar is dangerous, the pancreas cranks out even more insulin to make the cells listen. This combination of high insulin and cells not responding to the insulin is insulin resistance.

What drives the blood sugar to be high? Several factors - refined and simple sugars, high carbohydrate intake (which break down to simple sugars), over consumption of any food, stress, lack of quality sleep, toxins, infections, and even injuries. Low insulin eating addresses the primary cause - diet.

### **INTENTIONAL LIVING:**

Much of what we do in life simply *happens* to us...without much planning or thought. Truly healthy people are *intentional* with their daily choices and habits.

Disciplined. Consistent.

We need to put critical thinking back into our daily lives. Pausing to evaluate if a food choice is really serving our health and body's needs. Intentionally choosing not to be sedentary. Choosing to spend time with others who *support* our health, vitality and wellbeing. Choosing to fill our minds with positive, helpful, and inspiring information. Choosing quality products that support our own health and the health of those around us. Being mindful with habits, choices, goals, and intentions. Also being intentional with what NOT to do.

Not simply reacting to life as it happens to us. Actively deciding for ourselves every day.

### **FUNCTIONAL MOVEMENT:**

Exercise is vital to overall health. It's not just about looking good or burning "calories". It's about building and maintaining muscle mass, which ultimately keeps your bones strong.

It's not about hitting the gym or hiring a personal trainer (though both can be very helpful).

It's about being active. Truly living life. Taking adventures.

But it's also about being able to care for yourself and others as you age. Being able to carry boxes, climb stairs (or mountains), and do everything you want in your life without loss of physical capabilities.

And it's about injury prevention, optimized metabolic health, and feeling your best.

The more muscle you have the more sugar your body can handle too! Muscle is the biggest glucose sink we have! Active muscle burns through it much faster.

Chronic cardio isn't the answer. Strength training, walking, balance, flexibility and mobility are what will keep you feeling (and looking) young and strong.

### **ENVIRONMENT OF SUCCESS:**

Living our best life is MUCH easier when we set ourselves up for success.

Is your kitchen set up for healthy eating or does it secretly sabotage you?

Are your workout clothes and equipment easily accessible?

Do your friends and family support your mission to live your best?

Do your routines take you to tempting places (like your favorite coffee shop with those darn pastries that call your name)?

Do you watch TV late at night while laying in bed (rather than sleeping)?

Is your home, car or office so disorganized that you aren't inspired to follow through with your goals?

This is where we look at your overall life and look for places, people, and circumstances that need to be cleaned up, organized, and prepared to support your goals.

### **REST & REJUVENATE:**

Proper rest is more than just sleep. It's also about regulating your nervous system, managing stress of all kinds, AND getting great quality sleep.

Poor sleep or having a disrupted circadian rhythm is directly related to increased food cravings, increased appetite, less physical energy, more frequent infections, and worse insulin resistance.

Contrary to popular habits, TV watching really isn't restful. It stimulates your brain in many ways through what you see and hear, as well as the artificial blue light. Your brain doesn't know you aren't personally experiencing the traumatic things you're watching. This is why your heart races during suspenseful scenes.

We also need to be intentionally *breathing*. Of course, we all breathe every day, but most of us aren't breathing for optimal health. We're mouth-breathing, shallow breathing, and completely unaware of our breath.

Breath is life.

Your entire nervous system is regulated by breathing. Day and night.

Fun fact...when you burn fat, MOST of the "fat" is actually lost through your breath. Not directly, of course, but when fat is broken down, the metabolic byproducts are mostly eliminated through our breath.

## **LIFER™**

When all of these pieces are dialed in, you can not only *get* results, but *keep* results long term.

If you want help implementing these pieces, uncovering your own personal blindspots, and have accountability to truly make change...Let's chat about your personal LIFER™ plan.

[Apply to work with me](#)