

Welcome to the Gabriel Method

# Case Study Action Steps

## Lesson No. 3



# Action Steps

- Eat a great blood sugar balancing Gabriel Method breakfast within 1.5 hours of waking up
- Do an afternoon blood sugar balancing visualization and have a blood sugar balancing snack

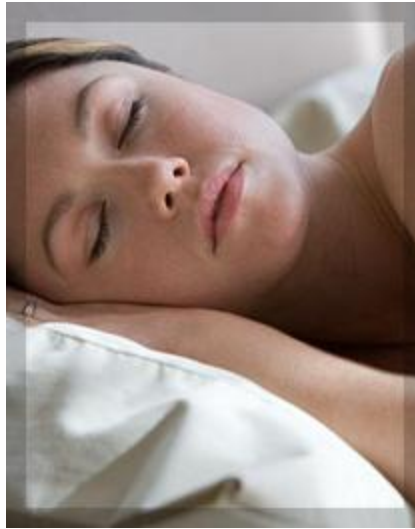


# Ongoing Steps

- Speak with your GM coach
- Practice evening visualization each night before bed
- Practice morning visualization suggested by your coach
- Take morning probiotic supplement
- Drink water frequently throughout the day

# Inability to Burn Fat

FAT Programs On = Body Can't Lose Weight



**FAT Programs are activated by:**

Dieting, nutritional famine, toxins, digestion problems, certain medication, sleep apnea, dehydration, mental and emotion stress, limiting beliefs

# Inability to Burn Fat

Insulin: Fat Storage Hormone



FAT Programs on → Insulin Levels Rise → Stops Body From Burning Fat → Perpetual Fat Storage Mode

# Why Insulin Levels Rise

- Cells stop listening to insulin
- Body becomes insulin resistant
- Body produces more and more insulin to get our cells to listen

# Insulin and FAT Programs

**When you eat a meal and your FAT Programs are on...**

- Blood sugar goes up
- Pancreas secretes insulin
- Insulin interacts with the cell unsuccessfully
- Cell wall doesn't open up and sugar can't get in
- Blood sugar stays elevated

# Insulin and FAT Programs

## When you eat a meal and your FAT Programs are on...

- Pancreas continues to secrete insulin until cell opens up
- Blood sugar goes down
- Too much insulin remains in your system
- Body enters perpetual fat storage mode
- Body can't access sugar from cells when your blood sugar drops



“So, your cells become, in essence, like a frozen bank account that you’re putting money into and you can’t get out. That’s why people end up carrying so much weight... and that’s why they can’t lose it.”

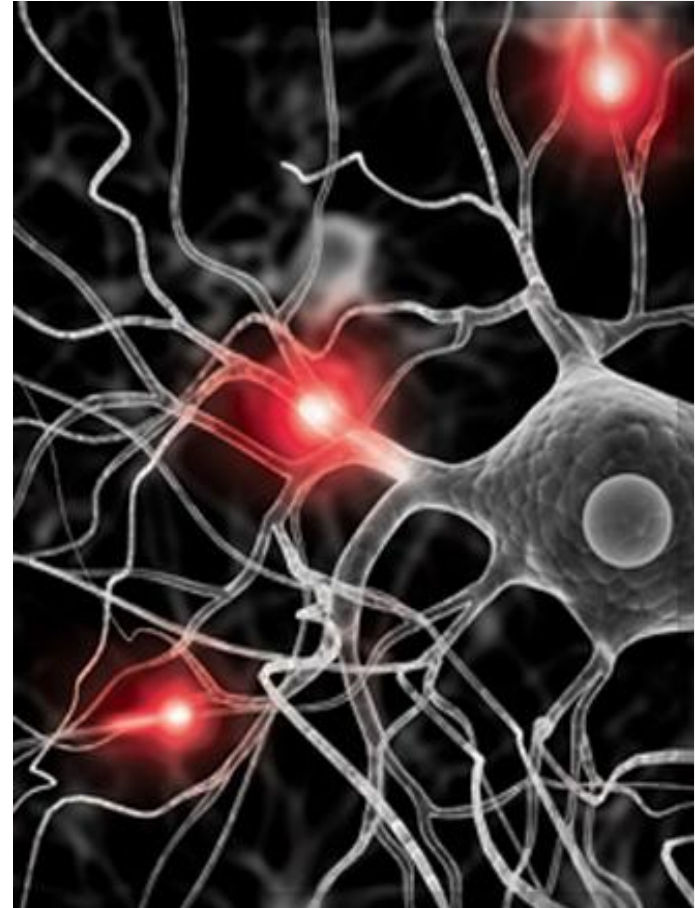
# Perpetual Fat Storage Mode

Two hours after eating, you become hungry and crave sweets—not because you need more calories or more nutrients, simply because you can't access the stored energy in your cells



# When FAT Programs Are Off

- Cells become more sensitive to insulin
- After eating and storing sugar, insulin levels are normal, not excessive
- Your body can activate fat burning hormones, which retrieve sugar from cells



“You can balance your blood sugar throughout the day so you’re not hungry all the time, you’re not craving sweets all the time and you’re burning fat all the time”

# Break the Cycle

## Addressing the FAT Programs

- Dealing with stress, trauma, and limiting beliefs
- Improving digestion
- Nourishing your body
- Breaking the chronic yo-yo dieting cycle
- Using visualization techniques to reduce stress and get your mind and body to work together

# Break the Cycle

## Stabilize Blood Sugar



Understand which foods elevate your blood sugar too quickly (and cause an exaggerated insulin response)

# Foods That Keep Your Blood Sugar Stable: **Protein**

- Essential for rebuilding your body, and creating enzymes and muscles
- If you eat more protein than your body needs, it will convert it into energy
- Protein gives you energy for hours, without elevating your blood sugar

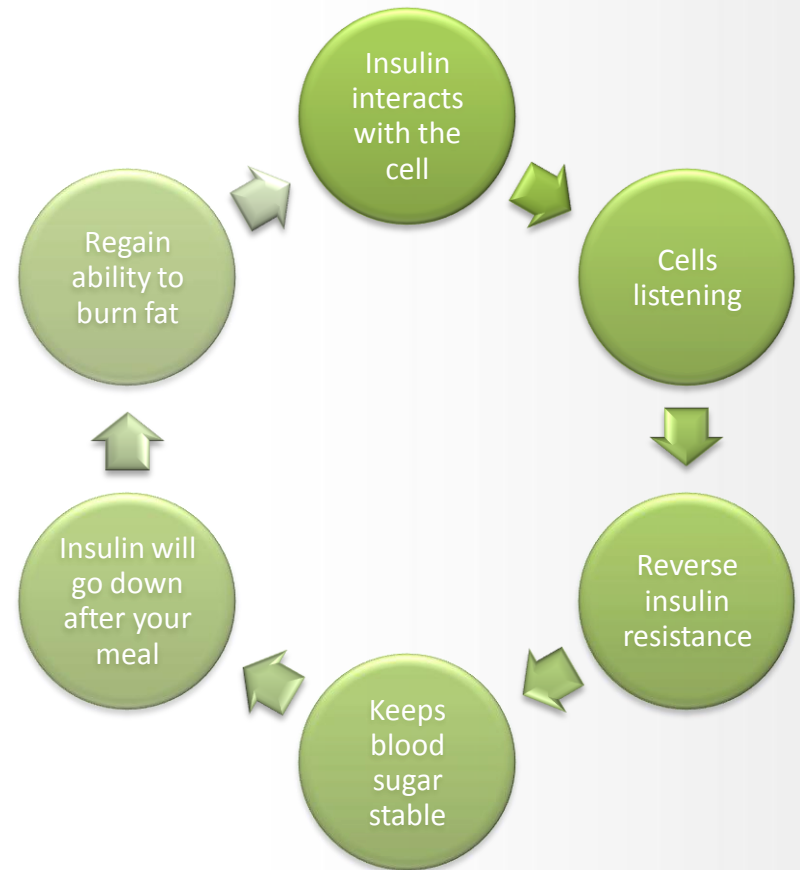
# Foods That Keep Your Blood Sugar Stable: **Live Food**

- Helps reverse insulin resistance
- Helps relieve and reduce inflammation
- Contains vitality that our bodies are craving



# Foods That Keep Your Blood Sugar Stable: Omega 3 Fatty Acids

- Soft, penetrable fat that creates a permeable membrane on the cell and allows the hormone to communicate effectively with the cell
- Helps bipolar disease, Type II Diabetes, cancer, heart disease and inflammation





“I recommend you have protein, live food  
and omega-3’s at every meal”

# Stress and Insulin Resistance

- Stress is the biggest cause of insulin resistance
- Working through stress and trauma will reverse insulin resistance



# Fat Burning Action Steps

- Have a good breakfast with protein, omega-3's and live food within 1.5 hours of waking up
- Avoid eating late at night (at least 3 hours before bed)



“If you simply eat the same thing during the day **instead** of at night, you’ll be able to burn fat all night instead of make fat all night”

# Fat Burning Action Steps

- After lunch, listen to the blood sugar balancing visualization around 3:00 pm – the same time you had an afternoon stress break last week
- Later, have a snack, ideally, whatever you had for lunch to stabilize your blood sugar and avoid being famished when you get home

# Ongoing Steps

- Make an appointment with your Gabriel Method coach
- Practice evening visualization each night before bed
- Practice morning visualization suggested by your coach
- Upon waking, have two glasses of water with a probiotic
- Continue to drink lots of water throughout the day



# Visualization

