

Medications and Diabetic Issues

Recommendations for Medication you are taking: Stay on any medication you are currently on. If you are concerned about doing the Pounds and Inches protocol, talk to your health care provider. Be sure to monitor your blood sugar and blood pressure during the course of the diet. Record the reading every day and report to your health care provider any cause for concern. They may need to lower medications as you lose weight. If you have lightheadedness or dizziness, sick to your stomach, or sweating, these can be symptoms of many things medically. If you are losing weight very quickly, these symptoms can be as simple as a dosage correction of the medications you are currently on. Again, we cannot advise you medically so be sure you contact your doctor when a concern occurs.

For diabetics doing this protocol, you want to make sure your blood sugar stays level. We have seen that if you will take $\frac{1}{2}$ your lunch protein plus your melba toast or breadstick and eat it for “breakfast” around 8:30 or 9 am. Then about an hour later, eat $\frac{1}{2}$ of your lunch fruit. Then an hour later, eat $\frac{1}{2}$ your lunch veggies. You can continue on this way all day if you like or adjust the breaking up of food according to how your body responds best.

If this is still not keeping your blood sugars level, add in an extra protein at breakfast and save your whole lunch protein for lunch. I see many do well with 1 whole plus 3 egg whites as a protein for breakfast. You must continue to journal your experiences and what works for you. And as previously stated, keep your doctor informed of any changes that are cause for concern.