

Unlock Fat Loss Through Glucose Stability

Welcome to your transformation. If you've struggled with hunger, cravings, or weight that won't budge - the problem might not be willpower. It might be blood sugar. Thanks to groundbreaking studies, we now understand that stable glucose levels can unlock fat loss, energy, and hormonal balance.

During this program, you'll be using the Dexcom Stelo CGM system, with your data tracked through the Dexcom Clarity app. You'll also receive coaching and guidance through the Monkey Bar Fitness & Nutrition app. Together, these tools will empower you to understand your body from the inside out.

1. Stable Glucose = Less Hunger + Fewer Cravings

A landmark study by the ZOE Predict team (2020, King's College London) found that people with larger glucose spikes after eating experienced:

- Increased hunger within 2-3 hours
- Higher calorie intake at the next meal
- About 300 more calories/day compared to those with stable glucose

Ref: Berry SE et al., Nature Medicine, 2020. <https://doi.org/10.1038/s41591-020-0934-0>

2. High Glycemic Variability = Increased Weight Gain & Inflammation

Meta-analyses show that frequent blood sugar spikes and crashes are linked to:

- Greater risk of obesity
- Elevated inflammatory markers (CRP)
- Increased insulin resistance
- Higher levels of cortisol and ghrelin (the hunger hormone)

Ref: Nalysnyk L et al., Diabetes Obesity & Metabolism, 2010.
<https://doi.org/10.1111/j.1463-1326.2010.01239.x>

3. CGM-Based Behavior Change Supports Weight Loss

Real-time glucose feedback from CGMs helps people make smarter food decisions:

- Choose lower-glycemic meals
- Add more protein and fat

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- Cut unnecessary snacking

This leads to improved glucose control and long-term fat loss.

Ref: Elkind-Hirsch K et al., Diabetes Technology & Therapeutics, 2021.
<https://doi.org/10.1089/dia.2020.0650>

Target: Glucose Targets for Metabolic Success

- Fasting glucose: 70-90 mg/dL (under 99 mg/dL is considered normal)
- Post-meal (1-2 hrs): Stay below 140 mg/dL
- Ideal: Limit spikes over 30-40 mg/dL

Note: Bottom Line

Stable blood sugar = fewer cravings, steadier energy, and lower calorie intake - all leading to sustainable fat loss and a healthier, more empowered YOU.

Let's get started - this is where your transformation begins.