



NDK BLOOD SUGAR KIT P R O T O C O L

Do you need to get your blood sugar or A1C under control quickly for a DOT physical, or more importantly to get and stay healthier?

If so the following 2 protocols will get blood sugar numbers back into the normal range faster than any other method. I highly recommend that you get a blood glucose meter and start checking your own blood sugar, both fasting and after meals.

[Here is the device I recommend, it can also check for blood ketones with the proper strips.](#)

Here are the DOT rules for blood sugar: All drivers diagnosed with diabetes must bring a printed copy of their most recent hemoglobin A1C from his or her primary care physician. This lab value must be 10% percent or less and be done within the last 6 months. The driver will receive a one year certificate if cleared. If the A1C levels are between 10-12% then the driver will receive a 3 month certificate. If, after 3 months, the new A1C levels are 10% or less at the end of the 3 months, the driver will receive a 9 month certificate based on the previous physical exam. If they are higher than 10% the driver will not receive a card.

If the driver does not have the lab results available or his or her urine is positive for sugar, a random blood test (RBT) will be done. If this is 250 or less the driver will receive a 3 month certificate in which he should see his primary care physician and obtain an A1C lab. Once he or she returns with the report and it is less than 10% then 9 months will be added to your medical certification expiration date. There will be an additional charge for the provider to review the driver's records and labs.

If a driver has never been diagnosed with diabetes and a random blood test is greater than 250, the driver will not receive a medical certificate and will need to return with A1C for any further consideration.

YOU FIRST NEED TO DETERMINE WHETHER YOU ARE:

HYP0-GLYCEMIC - Low blood sugar, usually less than 70 mg/dl (3.8 mmol/L) I'm talking about the common, everyday form of hypoglycemia that plagues non-diabetic people and is responsible for symptoms such as fatigue, mental "fogginess," confusion, slurred speech, trembling, rapid heart beat, irritability, and sweating. This form of hypoglycemia—"reactive hypoglycemia"—typically occurs about 90 minutes to 3 hours after eating (varying depending on the composition of the meal and the vigor of your insulin response). This usually occurs in people who are pre-diabetic and if not addressed and corrected will progress into full blown type 2 diabetes. hypoglycemia virtually always follows hyperglycemia. In other words, low blood sugar is nearly always preceded by high blood sugar. Hypoglycemia is most likely to occur in people who have insulin resistance and pre-diabetes who produce three-, four-, or five-fold greater quantities of insulin than normal. So the blood sugar roller coaster ride starts with a meal containing carbohydrates, resulting in a high blood sugar that triggers release of excessive insulin. Blood sugar is cleared from the bloodstream by insulin (and converted to fat) but the effects of insulin persist, dropping blood sugar to low levels, generally below 70 mg/dl. At this point, consuming sugar does indeed raise blood sugar back up and provide immediate relief of the symptoms—but the process can start over again, not to mention can also add to the insulin resistance/pre-diabetic situation and cause weight gain. Dr William Davis, Author of "Wheat Belly"



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PROTOCOL

HYPER-GLYCEMIC - Chronic high blood sugar, Fasting hyperglycemia . This is blood sugar that's higher than 130 mg/dL (milligrams per deciliter) after not eating or drinking for at least 8 hours.

Postprandial or after-meal hyperglycemia. This is blood sugar that's higher than 180 mg/dL 2 hours after you eat. People without diabetes rarely have blood sugar levels over 140 mg/dL after a meal, unless it's really large.

Frequent or ongoing high blood sugar can cause damage to your nerves, blood vessels, and organs. It can also lead to other serious conditions.

No matter which group you fall under, you will want to eat the same type of diet. Very low carbohydrate, moderate protein, and lots of healthy fats. This can be referred to as a ketogenic diet, or LCHF (Low Carb High Fat)

Learn all about the ketogenic lifestyle from how to start, mistakes to avoid, steps to follow, as well as receive a food list, a nutritional evaluation, and so much more:

[KETO JumpStart Course](#)

also highly recommend supplementation for both of these conditions, but the supplement regime is slightly different for each group so you really need to be sure which group you belong to.

HERE ARE MY SUPPLEMENT RECOMMENDATIONS:

HYPO-GLYCEMIC

[BUY NOW ONLINE](#)

- **Beta TCP** - Two tablets - 2 times a day taken with meal (based on 2 meals per day)
- **Bio-Glycozyme** - Three capsules, 2 times a day (taken with food)
- **Lyte Balance** - 1-2 capfuls per day
- **Mushroom Coffee Mix** - 1 cup per day

HYPER-GLYCEMIC

[BUY NOW ONLINE](#)

- **Optimal EFA** - Two gel-caps - 2 times a day
- **Beta TCP** - Two tablets - 2 times a day taken with meal (based on 2 meals per day)
- **GlucoBalance** - Two capsule - 2 times a day (taken with food)
- **Lyte Balance** - 1-2 capfuls per day
- **Berberine** - One capsule - 2 times a day

You are following a protocol designed for a specific outcome. Dosage will vary (bottle vs protocol instructions). Please follow protocol instructions for optimal results.

The information and protocols provided by Destination Health, presented here at letstruck.com and as presented in any Podcast or Live events, are not offered as cures, prescriptions, diagnoses or a means of such. No attempt should be made to use any of this information as a form of treatment without the approval and guidance of your primary health advisor. Let's Truck assumes no responsibility in the correct or incorrect use of this information.



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DESTINATION HEALTH CREDENCE:

-  **DIET** - Here at Destination Health, we always believe that a base of a real, whole food diet is crucial when addressing our health. Your diet should be rich in meats, eggs, fish, shellfish, vegetables, nuts, seeds, leafy greens, and minimal fruits. A healthy diet is one rich in diversity, of both plant and animal-based foods, as well as not high in carbohydrates, and for some that may even require a Ketogenic approach.
-  **LIFESTYLE** - Your lifestyle is another important piece to your success, just as what you put in your body. Managing stress, proper sleep, and including regular movement into your lifestyle will go a very long way to improving your markers of health.
-  **TRIBE** - Destination Health is the ultimate resource for drivers who believe in REAL FUEL! We are dedicated to help understand and reverse the effects of your current diet and lifestyle based on your bio-individual nutritional needs. Achieving optimal health takes time, dedication, and commitment. The Destination Health tribe is here to offer support and guidance as you continue on your journey to a better you!