Name the 3 things that can slow your metabolism.

1. __________________________________________
2. __________________________________________
3. __________________________________________

What does dieting do to your metabolism?
__________________________________________

What are your 2 main body fuel sources?

1. __________________________________________
2. __________________________________________

What key hormone acts as the controlling switch to determine if you burn fat fuel or sugar fuel?
__________________________________________

To get your body to burn fat exclusively, you have to do what?
__________________________________________

Name the 3 actions of insulin:

1. __________________________________________
2. __________________________________________
3. The main enzyme (Hormone Sensitive Lipase) responsible for burning fat is inactivated by insulin: T/F

What is Insulin Resistance (IR)?

Name 10 symptoms of Insulin Resistance (IR):

Sketch out what happens to a normal body and a body with Insulin Resistance (IR) with glucose.
How does the Insulin Index (II) differ to the Glycemic Index (GI):

____________________________________________________________________________________

____________________________________________________________________________________

Name 3 other non-carbohydrate factors that trigger Insulin:

1. _________________________________________________________________________________
2. _________________________________________________________________________________
3. _________________________________________________________________________________

What occurs when you consume Protein + Sugar in a given meal?

____________________________________________________________________________________

How does FAT influence insulin?

____________________________________________________________________________________
The more concentrated, lean and low fat the protein is, the less effect it has on insulin T/F

Explain how SNACKING between meals influences Insulin Resistance?
__________________________________________________________________________________

Fat does not trigger insulin T/F

How does CORTISOL influence Insulin Resistance?
__________________________________________________________________________________

Visceral Fat is derived from: __________________________________________________________________

Superficial Fat is derived from: __________________________________________________________________

Name 10 adrenal symptoms that may indicate you have HIGH CORTISOL:

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

How does STRESS (pregnancy, losses, injury, surgery, menopause, etc.) affect Insulin Resistance (IR):
__________________________________________________________________________________

__________________________________________________________________________________

Name 6 main causes of Insulin Resistance:

1. _______________________________________________________________________

2. _______________________________________________________________________
3. ______________________________

4. ______________________________

5. ______________________________

6. ______________________________

- If your insulin or cortisol is elevated, all 6 fat burning hormones get nullified
  T / F

- Name 8 things you can do to heal Insulin Resistance:

  ______________________________  ______________________________

  ______________________________  ______________________________

  ______________________________  ______________________________

  ______________________________  ______________________________

What’s Your Next Step?

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