Understanding Blood Glucose

Whether you have major health problems, or are just looking to optimise, if you are a human that eats food, a glucose monitor can be incredibly useful.

What is a glucose monitor?

A device that allows you to measure your glucose (sugar) levels at any time, which shows whether you have insulin resistance. This is important, as more than 50% of our population has insulin resistance – most unknowingly – because we aren't testing for it properly.

What types of glucose monitors are available?

Glucometers

Are a small machine which measures glucose levels using via way of a finger prick which draws blood to place on to a test strip that the machine reads.
At MFM we offer Glucometers for purchase.

Continuous Glucose Monitor

Has a sensor that measures glucose levels in your interstitial fluid that flows just under your skin. Results will be continuously fed to an app on your phone. We don't have these for sale however you can purchase this affordable device here: https://www.freestylelibre.com.au/products.html

Why is it important to measure?

Insulin resistance is the single most important factor leading to premature aging and chronic diseases inclusive of dementia, heart disease, weight gain, and diabetes, to name but a few.

Insulin resistance and the resulting metabolic syndrome often comes accompanied by increasing obesity, fatigue after meals, sugar cravings, high triglycerides, low HDL, high blood pressure, problems with blood clotting, as well as increased inflammation.

How do I use the Glucometer?

Simply use one of the lancets to prick your fingertip – the sides are best – and soak a small amount of blood onto the tip of the test strip before putting it into the glucometer. Watch the MFM instructional video here: https://www.youtube.com/watch?v=AF6tPih6GCU

How do I use a Continuous Glucose Monitor?

Check the instructions that have come with the device you have purchased.

When should I check?

1. Testing your levels one hour post-meal provides feedback about which foods are working against you. Play around with it after all sorts of various foods.
2. Testing your levels after fasting (before breakfast) will provide valuable insight into how your blood glucose behaves when you're not eating at all.

What do I do with the information?

Keep track of your results and feed them through to your health coach. Ask your health coach for the record sheet template and bring it to the next session with your practitioner.

Why should I bother?

The readings give great insight into your metabolism; we can get real-time data on how your body responds to various foods and their timing, thus helping to troubleshoot and optimise.

The monitor should help you learn, while creating some accountability and keeping you motivated. Your readings will improve rapidly when you make the right adjustments, which is gratifying and empowering.

What sort of levels should I be aiming for?

	Healthy Range mmol/L	Pre-Diabetic Range mmol/L	Diabetes Risk Range mmol/L
Fasting (12 hrs)	<5.6	5.6 - 6.9	>7.0
2 hrs post meal	<7.8	7.8 - 11.0	>11.0