

OPTIMIZE STAGE
Course 3 – Optimum Health

PART 1
Our Current State of Health



In the past we used to die mostly from

_____.

Today our top causes of death are _____

_____.

In 2016, the Canadian Diabetes Association Reported that
_____ of Canadians are either _____ or

_____.

Our agriculture is focused on _____,
_____ and _____ rather than the
nutritional content of the food.

The driving force behind this the _____.

_____ and
_____ .

We cannot rely solely on _____ because
our _____ does not support
us to live a healthier life.

_____ combined with
_____ help to bridge the gap to stay on your health goals consistently

PART 2
Insulin Resistance



Insulin is a _____ and it is the

_____.

We have two sources of fuel: _____ &

_____.

_____ dictates which fuel source we will use

_____ spike insulin the highest out of all 3
macronutrients.

_____ are by-product of burning fat for fuel. They
are the preferred energy source for your body and brain.

When Insulin is _____ you burn

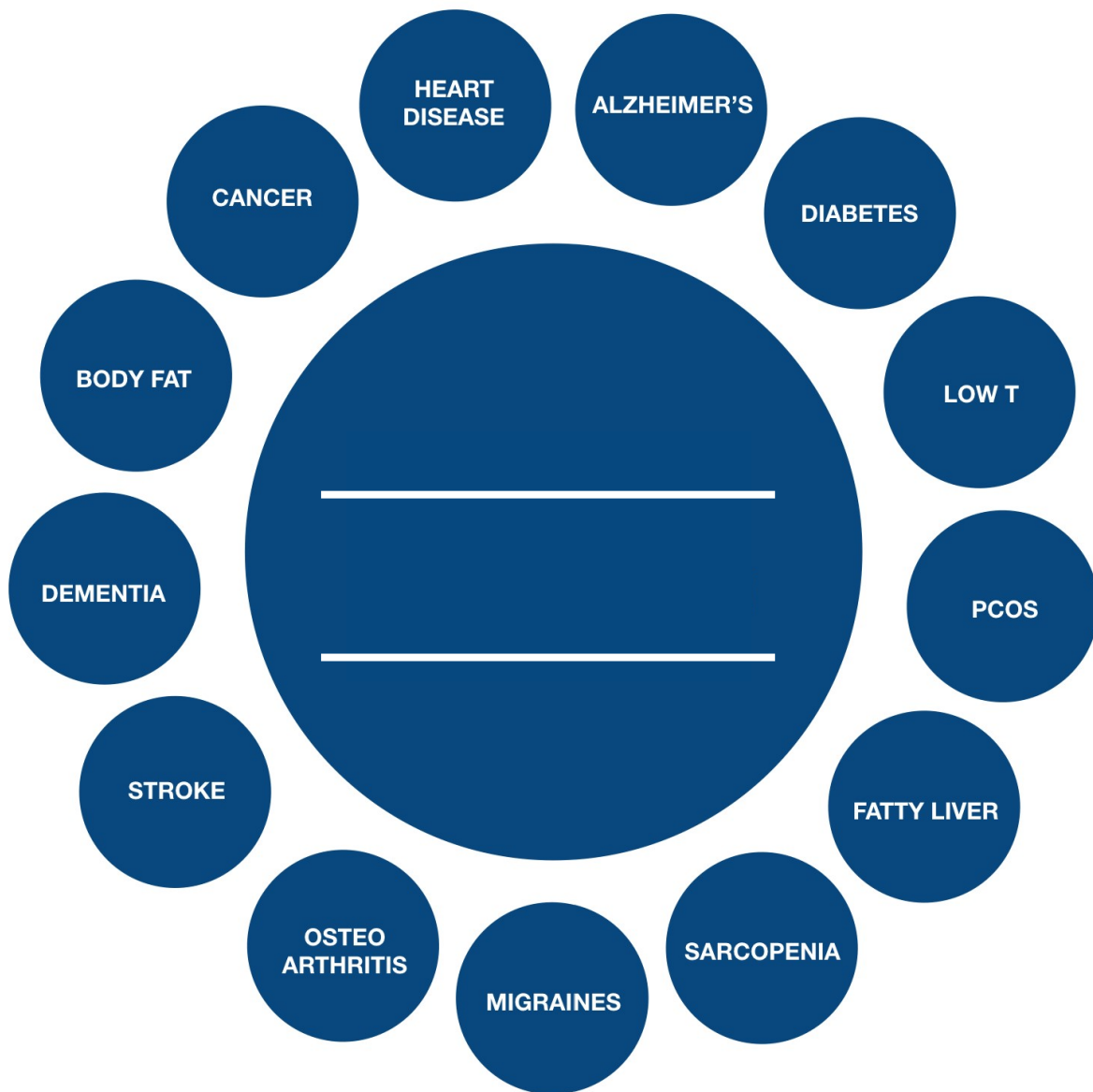
_____.

When insulin is _____ you burn

_____ .

Chronically high levels of Insulin leads to _____ &

_____ .



PART 3
Nutritional Principles
"IMPAKT HEALTH SYSTEM"



1. _____

2. _____

3. _____

4. _____

PART 4

Prioritize _____
_____ 

Protein = _____

As you age you need to _____ your protein intake.

Because As you age you need to hold onto your _____ for _____ .

Protein is made up of amino acids and some are _____ which means your body does not make it, you have to _____
_____ .

PART 5

Control _____



_____ has the largest insulin spike of all 3 macronutrients.

_____ is an easy way to reduce the insulin spike of a carbohydrate.

Different fibers from various sources and blends _____ the impact of the carbohydrate on your blood sugar and _____ .

_____ is a measure of the impact of food on blood sugar and insulin levels.

It is better to eat foods that are _____ on the glycemic index for a lower insulin response.

PART 6

Increase _____



If you can _____
_____.

The best fats to eat are _____,
& _____.

_____ are highly processed and linked
to several cancers.

TG:HDL RATIO

Divided by

= _____

PART 7



_____ is one of the best ways to bring down your insulin levels.

