



Welcome! I have been taking care of practice members for 33 years as a Doctor of Chiropractic. Over the decades, I learned that stopping blood sugar spikes is the key to fat loss and daily energy. The steps below are simple tools you can use right away. Following these exact measures will stop the sugar rush after you eat. These quick fixes help immediately. The complete plan for permanent fat loss is inside my book and the Masterclass.

The Immediate Post-Meal Insulin Bypass

Controlling fat loss requires controlling insulin. Spikes in blood sugar force the pancreas to release insulin. This halts fat burning and drives energy into cellular storage. The following two protocols act as an emergency brake for your blood sugar. They are strict physiological hacks. They do not give you a license to eat garbage. True metabolic healing and sustained fat loss only occur through structured fasting and nutrient-dense foods. Fasting drains the sink completely. These hacks merely slow down a temporary leak from a single meal.

Expected Benefits

- Elimination of the post-meal energy crash. Blunting the blood sugar spike prevents the reactive glucose drop

that causes midday exhaustion.

- Measurable reduction in glucose spikes. Users testing their blood sugar will see a physically flatter curve after eating.
- Suppression of secondary cravings. Keeping insulin stable stops the hormonal swings that trigger a desire for sugar two hours after a meal.

Protocol 1: The Pre-Meal Dam

- Timing: 10 minutes before eating.
- Action: Consume 15ml (1 tablespoon) of Apple Cider Vinegar diluted in 8 ounces of water, followed immediately by exactly 10g of Macadamia nuts.
- Mechanism: Think of your stomach like a sink draining into your bloodstream. Carbohydrates turn into sugar fast. The 15ml of vinegar acts like a traffic cop stopping the enzymes that chop those carbs into sugar. The 10g of macadamia fat triggers a hormone that tightens the drain on your stomach. Sugar drips into your blood slowly instead of flooding it all at once.

Protocol 2: The Post-Meal Sponge

- Timing: Within 15 minutes of your final bite.
- Action: Perform 60 seconds of continuous air squats.

- Mechanism: Your muscles are like giant sponges. When you sit after a meal, the sponges are wrapped in plastic. Sugar stays in the blood, forcing your body to pump out insulin. Doing 60 seconds of squats rips the plastic off the sponges. The physical contraction forces doors open on your muscle cells. Your legs pull the sugar directly out of your blood. The pancreas never has to panic.

The Permanent Solution

These two protocols act as an emergency brake for a single meal. They manage the immediate symptoms of carbohydrate consumption. Permanent fat loss, autophagy, and cellular repair require manipulating your actual feeding window. Fixing the underlying metabolic dysfunction requires structured fasting and specific muscular exhaustion. The complete clinical framework for resetting your baseline insulin sensitivity, including the exact fasting ramp-up schedules and High-Intensity Training protocols, is detailed in my book *Fasting That Works* and the *Fasting That Works Fat-Loss Masterclass*.

