

Nutrition: Sugar & Insulin

By Dr. Shirley Watson

The Sequence of Protocols

- Sugar Handling
- The Microbiome/digestion
- Detoxification; Phase I and II in the liver
- Thoughts can effect your health

Hour-by-Hour class breakdown:

30 minutes: The statistics of American health status

1 hour: Sugar and Insulin, Diabetes and other sugar related diseases.

1 hour: Grain and health/leaky gut syndrome.

1 hour: Adrenals/Cortisol and Thyroid

1 hour: Microbiome

15 min; Cholesterol

1 Liver Detoxification

15 min: Thoughts are real things and how it relates to health