

# Tracking my blood glucose - without having Diabetes – and what I learned




# Why do I do it?

## Elevated Risk ?

NAME	CONFIDENCE	YOUR RISK	AVG. RISK	COMPARED TO AVERAGE
Type 2 Diabetes	★★★★	39.1%	25.7%	1.52x 

## Typical Risk ?

NAME	CONFIDENCE	YOUR RISK	AVG. RISK	COMPARED TO AVERAGE
Obesity	★★★★	65.9%	63.9%	1.03x 

Eating Behavior

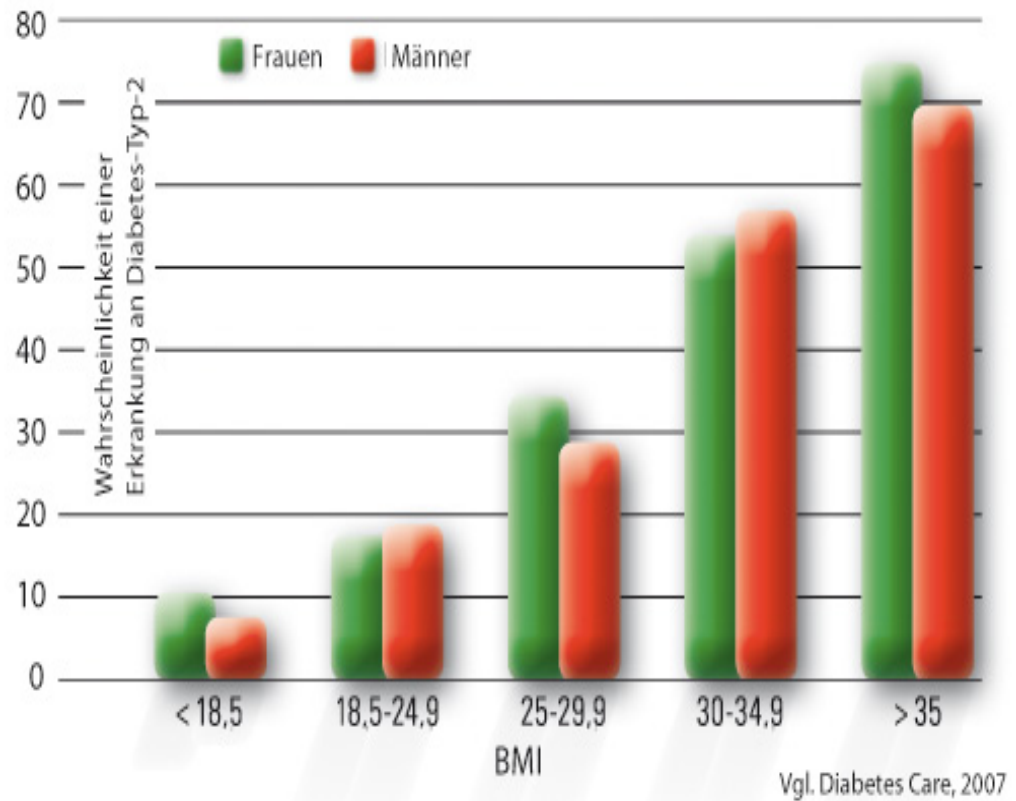
★★

Greater tendency to overeat

# Why do I do it?



Übergewicht als Risikofaktor für Diabetes-Typ-2

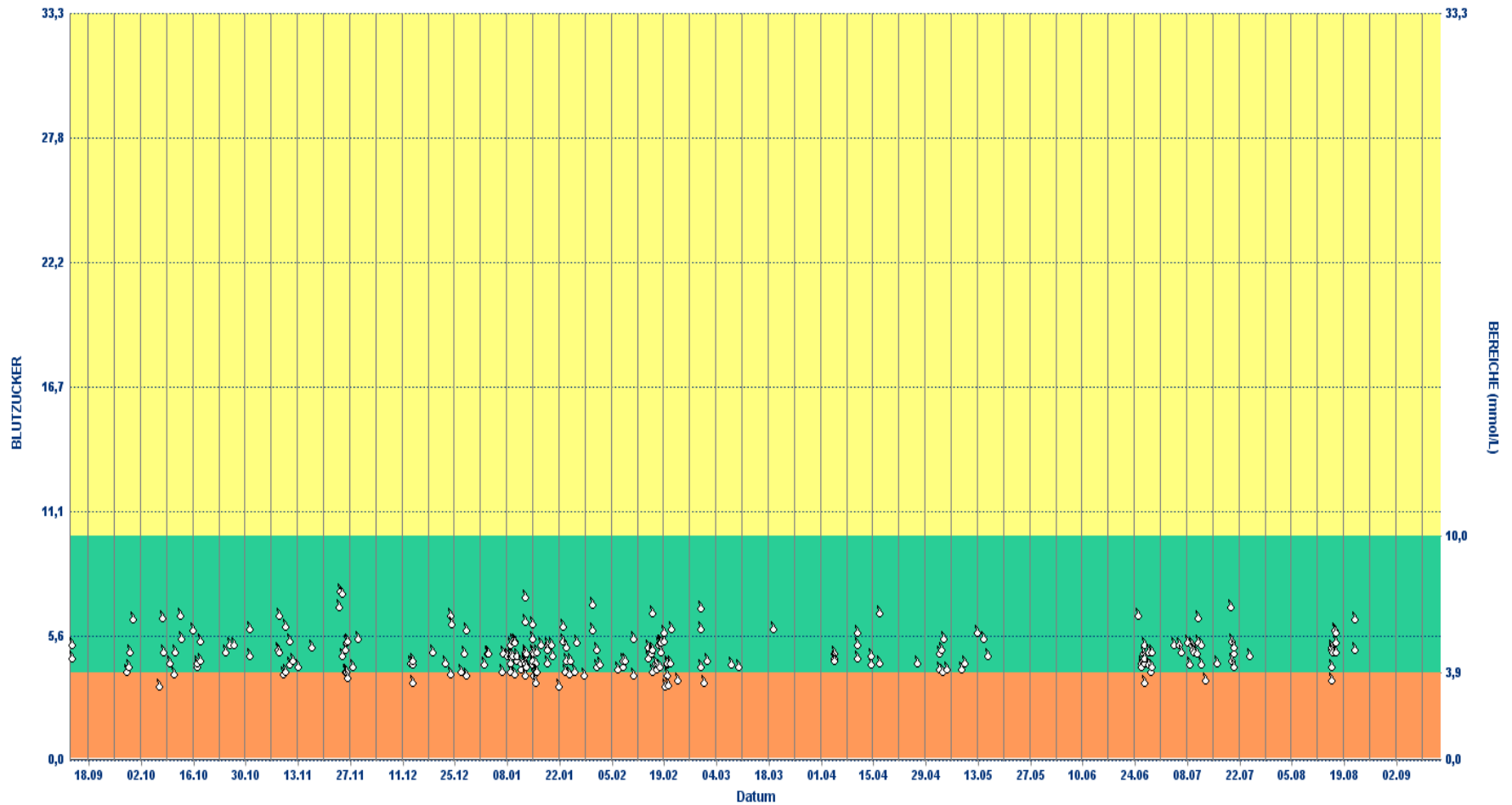


# What did I do?

- Measuring my blood glucose level
- Device: Bayer USB Contour (ca. 40€)
- Every day in the morning before eating or drinking anything
- And after coffee
- Before and after eating different types of food and after
- Before going to bed



# Results



# Results

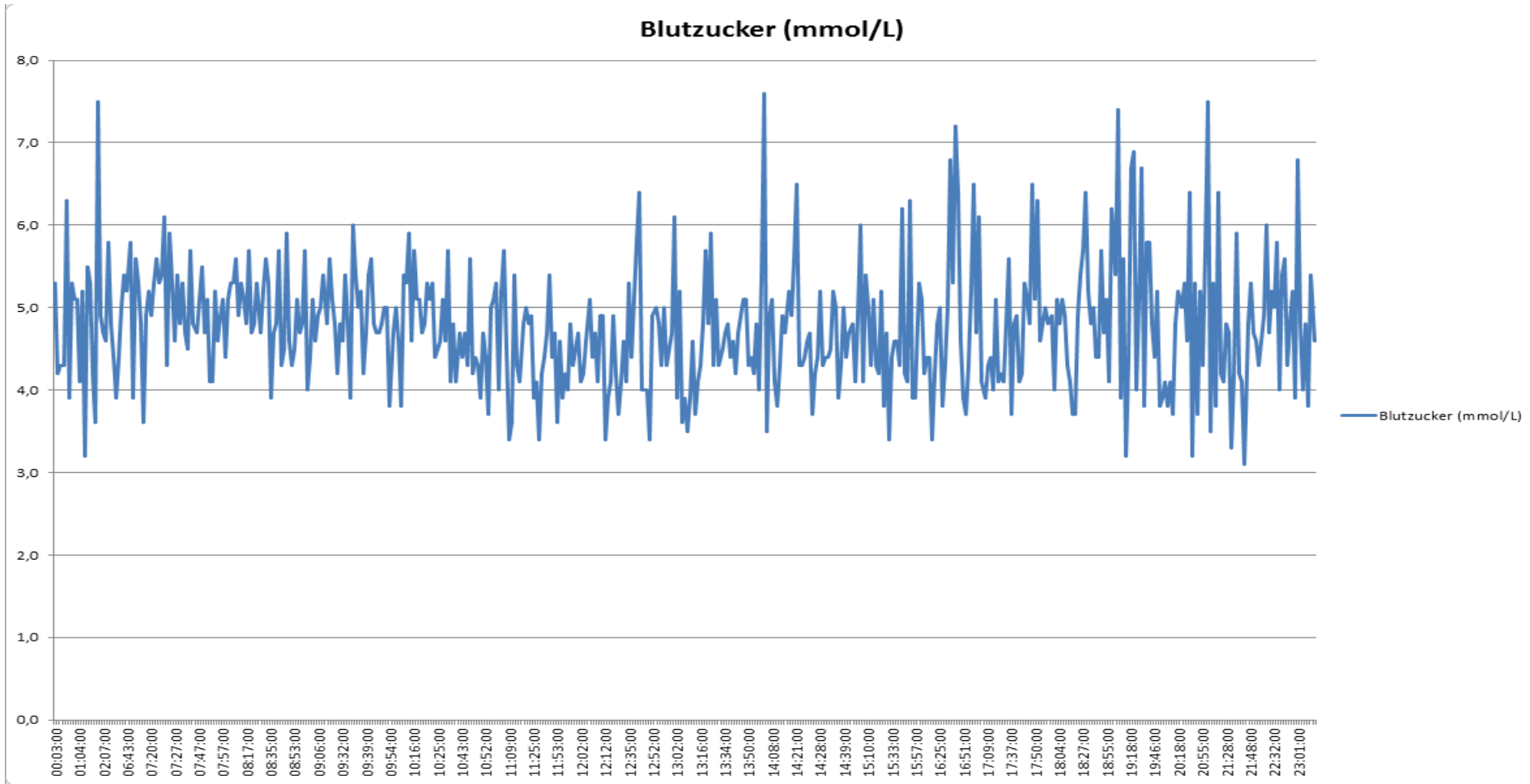
DATENANALYSE	Messwerte	Mittelwert (mmol/L)
Keine Angabe		
Nüchtern <input type="radio"/>		
Vor Mahlzeit 🍏	105	4,4
Nach Mahlzeit 🍷	125	5,0

Min. (mmol/L)	Max. (mmol/L)
3,2	6,8
3,2	7,5

Blood Glucose

5.12 mmol/L on Average

# Does time matter?





# Learnings

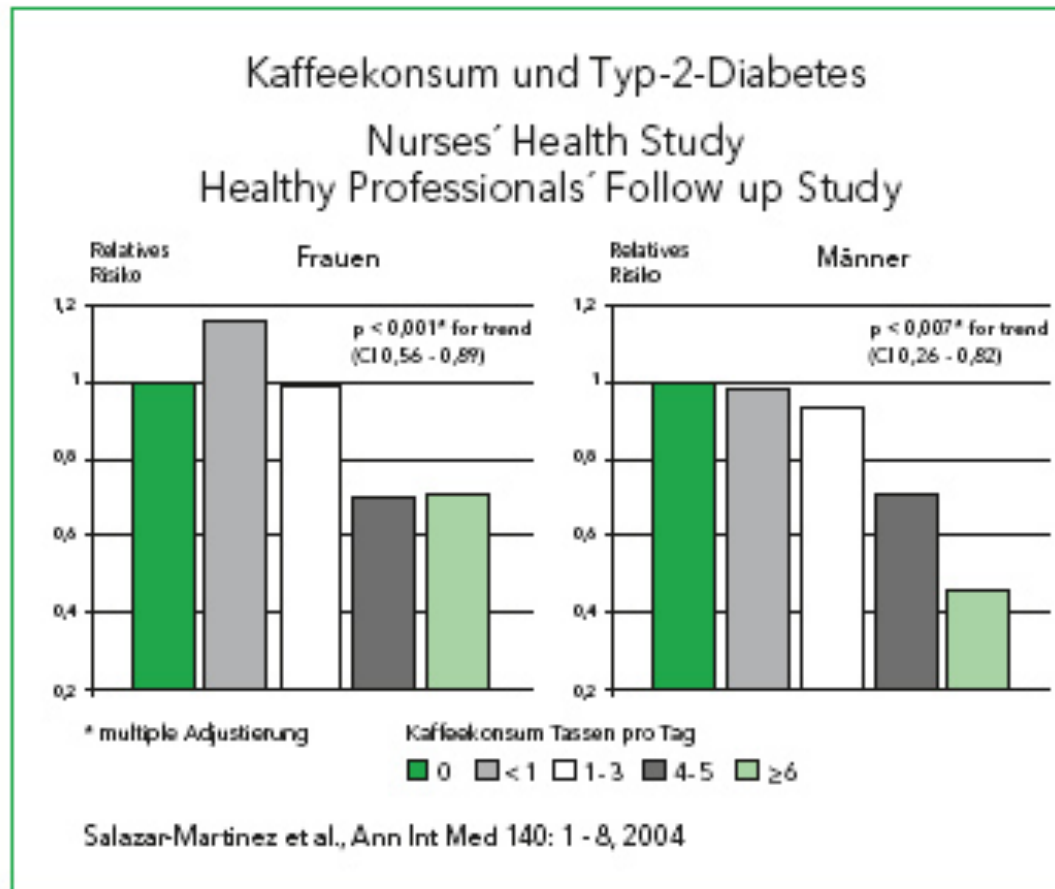
- Coffee increases my blood sugar
- Without any carbohydrates
- After 2 hours my blood sugar level falls drastically
- Followed by enormous hunger
- Where does the sugar come from?
- Best guess: the liver!
- Does not work with caffeine solely
- Maybe it's the antioxidants





# Learnings

- Risk for Diabetes Typ II is lowered by coffee



# Learnings

- Proteins (plain scrambled eggs) lower the blood glucose level
- Insuline is also needed for protein digestion
- Is released by the pancreas after eating proteins
- For fitness or bodybuilding purposes combining proteins and carbohydrates makes total sense
- Add cheese and blood sugar goes up



# And without carbs?



# Results

- No carbohydrates for 21 days – only 700 calories in total
- Lost 7 Kilos
- No loss of strength
- Same speed or even more – cycling to work ca. 5 minutes less
- Same endurance – no difference in exhaustion
- The same blood glucose level!
- Incredibly hungry
- Bad mood
- Less mental performance

# Learnings

- Paleo diet works!
- Lower blood sugar
- Less fluctuation



# Learnings

- Cinnamon lowers the blood sugar level
- Also stabilizes it: less fluctuation
- Lower peak
- Higher minimum





# Learnings

- Cinnamon also comes in pills
- Contains also:
  - Fenugreek
  - Gymnema Sylvestre
- Works even better than cinnamon alone





# Summary

- Blood Glucose is not as much influenced by the amount of carbohydrates as one would think
- Full physical power is possible even without many carbs
- With a proper diet it is possible to avoid or at least lessen the risk of Diabetes Typ II
- Herbal supplements like cinnamon and coffee are highly recommended and can be started the same day.
- 23andme's predictions were mostly right (although not in the case of baldness)

# Wanna contact me?



[Philipp@Kalwies.de](mailto:Philipp@Kalwies.de)

+49 1520 928 2238