

# MODULE 4

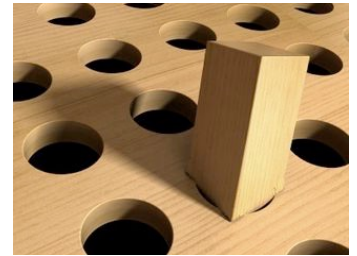
## Every Client Is Different

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# INTRODUCTION

We utilize a fairly structured program for working with our Clients, however, it's important to not lose site of each person's individuality. Sometimes the program needs to be tweaked to better fit a person's needs and goals. This training Module will specifically cover working with special populations such as those who are pregnant or nursing, as well as those with diabetes or hypoglycemia. Recognize, though, that other Clients may also have special needs. Never hesitate to consult one of your Trainers whenever there's a concern.



*One size does NOT fit all.*

*Treat each Client as an individual.*

## POSTING YOUR LOSSES

Weekly posting of your own losses, along with regular posting of health-related content on social media generates excitement and builds interest in you as a Lifestyle Weight Management Coach.

- Make sure that your posts regarding health and your own progress are set to "Public" so that they are visible by all
- Do NOT tag Trainers or your Sponsor in your post (copy and paste the same verbiage on each wall, if you like, but do each one separately)
- Don't name a specific program--brand YOURSELF as a Coach
- Include a graphic to draw more attention to your post, if you like
- Your posts must convey positivity and desire to help others
- Make your "Big Announcement" that you are training to become a Lifestyle Weight Management Coach

Your posts should include:

- number of weeks on the program
- inches, pounds and body fat lost (current week AND totals)
- hydration improvement
- how you feel

In the event that you do not experience loss in one of the areas listed above, simply leave that part out and focus on where the losses DID occur.

### Posting Your Losses Is ESSENTIAL To Your Success

As a CIT, you MUST post your losses **EACH MONDAY** • Complete **ALL 3\*** of the steps below

**Step One:**

- Post on YOUR OWN wall
- Make sure all results and other health-related posts are set to "Public"

**Step Two:**

Go to Dr. PERRY's Wall and post again (Do NOT tag either of us in your post). You can use the same text, or write something different. Make sure your post is "Public"

**Step Three:**

- Go to Coach TERESA's Wall and post again (Do NOT tag either of us in your post). Again, make sure your post is "Public"

\*If your Sponsor is also a Coach, Step Four is to also post on their Wall

"Public" posts are displayed with this symbol. Posting to anything other than "Public" will not reach those who are not already on your friends list.



*"Week 3: I am excited to report that I've lost another 2 pounds and 3.5 inches, which brings my total losses to 5.8 pounds and 12.5 inches! I've lost a total of 2% body fat so far, and my hydration is up another percent. I feel fabulous and have so much more energy. I can hardly remember the last time I felt this good! I can't wait to finish my training and begin leading others on this incredible journey to health."*

When you begin coaching Clients, you will educate them to post the same way, except that they will name you as their Coach to help you market your business to their friends.

If you are active on other social media platforms, we encourage you to post your results there, as well. But, at a minimum, posts must be made each Monday for the next 12 weeks to Facebook.

## CLIENT MATERIALS

Read and complete all assignments:

**Chapter 5: Plan Ahead For The Weekend** (arrives Day 4)

**Chapter 6: Phase 2** (arrives Day 7)

## PREGNANCY & NURSING

Your first set of class materials contained three versions of Client Chapter 2. Please make sure you have thoroughly read and understand the contents of the version meant for those who are pregnant or nursing. This section simply highlights a few tweaks for the program under those circumstances.

Those who are pregnant or nursing NEVER follow the traditional Phase One Daily Routine. In a manner of speaking, we are still helping them to clean out their system and achieve a higher level of health for themselves and their baby by changing the foods they are eating, but they work from a completely different Food List and supplementation.

Your job as a Coach is to guide the Client through adapting to a lifestyle of eating a balanced plate of clean, whole foods and to eat enough for both themselves and for baby. The tweaks for pregnancy and nursing mean that this is NOT a weight loss program; it's strictly a health program. However, it's still possible that your Client may lose fat and inches based on cleaning up their food intake, but that's not the goal.

These Clients also NEVER use any of the TLS branded pill supplements. Many herbs are not safe for baby, and can also potentially interfere with milk production. You must never suggest the accelerator supplements to these women. Once they have given birth and stopped breast feeding, they may begin the full program and add in the accelerator supplements, but not before. It is also highly recommended that they check with their health professional prior to using the other supplements suggested below.

### Recommended Supplements:

OPC-3 (2 capfuls daily)

Prenatal or Multivitamin Without Iron (1 capful daily)

Activated B Complex (2-3 capfuls daily)

Vitamin D (1 capful daily)

Heart Health Omega III (2-4 gelcaps daily)

Nutriclean Probiotics (1 tablet daily)

Digestive Enzymes (1-2 capfuls with meals), if needed

## DIABETES & HYPOGLYCEMIA

Your first set of class materials contained three versions of Client Chapter 2. Please make sure you have thoroughly read and understand the contents of the version meant for those who have diabetes or hypoglycemia. The main difference for these Clients is that their Phase One MUST include a small amount of protein (see list on page 8 of the diabetic version of Client Chapter 2) with EVERY meal and snack.

Working with those who have diabetes or hypoglycemia can be a bigger challenge than the normal Client, but it is so rewarding to see the tangible effects of learning to eat a balanced plate that far surpass just losing pounds and inches. Most Clients with these challenges have incredible results which allow them to reduce their insulin requirements and eliminate (or reduce the dosage of) one or more of their prescription medications. NEVER advise a Client to adjust their medications without consulting with their health professional first. Any changes must be made through careful monitoring and instruction from their health professional.

Let's cover a few basics related to insulin: Insulin tells cells, such as muscles or fat tissue, to "sponge up" sugar from the blood. When the pancreas senses high blood sugar, it secretes insulin to lower the level to a (hopefully) acceptable range. Your body MUST have glucose; without it, there is no function. However, glucose is a large molecule; it can't get to where the body needs it without insulin as the "key" to open the cell gate. Once the glucose is allowed inside the cell, it's converted to energy in the mitochondria and then used by the body for whatever function is necessary. Without that energy conversion, the body can't function.

Insulin resistance occurs when the cell gates are closed and the glucose can't get inside for that conversion to energy. As this condition gets worse and worse, Type 2 Diabetes develops. This generally happens because the pancreas is tired and no longer secreting enough insulin, or it's simply not getting enough minerals or enzymes to activate the chemical actions required. This type of diabetes is usually found in people who are overweight, but not always. It is developed over time.



### Diabetes Guide

**Non fasting: 200 or above**  
**Fasting: 126 or above**

**Non fasting: 140-199**  
**Fasting: 100-125**

**Non fasting: 139 or below**  
**Fasting: 99 or below**

A person doesn't just suddenly wake up one morning "with" Type 2 Diabetes; usually they are hypoglycemic first, then have metabolic syndrome and finally end up with the Type 2 diagnosis. Make no mistake; Type 2 Diabetes is 100% eating habits and lifestyle; it's preventable and reversible when changes are made. In this country, we have a growing prevalence of teens being diagnosed with Type 2 Diabetes, which used to be called "adult onset diabetes." The risk for stroke and heart attack goes up for this population, but through proper dietary changes, their quality of life and lifespan can be significantly improved.

There's also Type 1 diabetes which occurs when the pancreas doesn't secrete any insulin at all. Once the cells that make insulin are destroyed, there's no way to "heal" or make them function again. There's no cure for that. Type 1 diabetics will ALWAYS have to take insulin, but through proper balanced-plate eating, we can significantly reduce the AMOUNT of insulin that's required, and reduce the wear and tear on the liver and kidneys, as a result.

Frequently, those with diabetes (Type 1 or 2) have been taught to monitor their glucose levels and increase or decrease the amount of insulin they are using accordingly. Most have NOT been given any instruction in the benefits of low-glycemic eating, but have rather just been taught to "count carbs." They have the mindset that they can eat anything they want, as long as they count those carbohydrates and push enough insulin to accommodate the increased glucose in their bloodstream. The problem with this is that long term, it's very hard on the kidneys and liver. They may feel they are properly managing their condition, but over time, additional symptoms arise. Twenty years into being diabetic, patients are looking at amputations, blindness, dialysis and more. It all translates into a shortened lifespan. As a Coach, you are able to help them change this.

Generally speaking, there are no changes to the standard supplements for those with diabetes or hypoglycemia.

