

## Reform Standard of Care for Obesity, Diabetes, Cardiovascular Disease

Save money, reduce suffering, with focus on metabolic health



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Headline:  
“Medicaid Cuts Snarl GOP Budget Plan.”  
In reality, Medicaid costs can be dramatically reduced and care improved

without program cuts. Just reform *Standard of Care*: advise patients struggling with obesity, diabetes, cardiovascular disease to reduce carbohydrates. Recommend more eggs and less cereal and let people learn for themselves about their personal metabolic health.

Each of us is biochemically unique and we can discover how our bodies manage the foods we eat with Continuous Glucose Monitors (CGMs) that show which foods spike blood glucose and insulin. CGMs are inexpensive and over the counter now. Toward Health, for example, offers a free app and CGM for \$55. “If it matters: measure it,” and blood glucose levels matter, providing a window to our metabolic health and insulin resistance. We can learn how to better manage our internal energy systems. Facebook post linked to Dr. David Unwin’s success in the UK. And here is: Dr David Unwin // The Power of Continuous Glucose Monitors #PHC2024 - continues...



normalnutrition.substack.com/p/reform-standard-of-care-for-obesity



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... Recommend more eggs and less cereal. Each of us is biochemically unique, so we can discover how our bodies manage the foods we eat. Inexpensive Continuous Glucose Monitors (CGMs) show us which foods spike our blood glucose and insulin. We can

adjust what and when we eat to normalize our blood glucose levels, reducing cravings.

Most (but not all) nutritionists recommend avoiding seed (or *vegetable oils*), which are usually in packaged, processed foods. Seed oils are inflammatory and contribute to insulin resistance (see: [RFK, Jr. May Be Right About Seed Oils](#), Goodman

Institute). Others claim vegetable/seed oils are healthy. Current public health advice for anyone overweight or obese draws from the energy-balance theory of obesity. Consuming more calories than burned each day leads to weight gain (the theory goes). But there is more to this story. It is how food is metabolized that matters. High carbohydrate foods raise blood glucose levels too fast and too high which causes insulin release to push excess glucose into fat cells.

Federal health and nutrition policies have misled for decades, adhering to the diet-heart hypothesis (that saturated fat caused heart disease), and the calories in; calories out theory of weight gain and obesity. ... What’s going on? For debaters looking to reform federal health care policies, adopting a new science-based Standard of Care for metabolic health can reduce both suffering and health care costs. - continues at URL

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