

Merry Christmas!



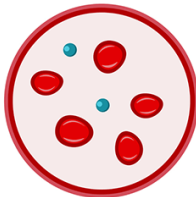
I think we both consider **fitness to be more than just exercise**, diet plays a huge role

Unlike exercise it is **difficult to measure cause-and-effect of diet** on our overall fitness
There are known dietary guidelines, but there is always the question:

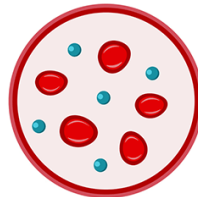
How does what I eat effect my body? Is it positive or negative?

Enter: *Continuous Blood Glucose Monitors (CGM)*

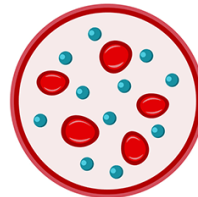
BLOOD GLUCOSE LEVELS



Hypoglycemia
(low blood sugar)



Normal Level



Hyperglycemia
(high blood sugar)

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CGM allows you to derive insights on how your habits impact your glucose levels

Blood Glucose Levels and Impact on Health/Longevity, Links

- Impact: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5166514/>
- Intro, What is Blood Glucose?: https://en.wikipedia.org/wiki/Blood_sugar_level
- How it works: <https://www.nih.gov/news-events/nih-research-matters/structures-receptors-involved-blood-sugar-control>

Nutrisense (intro video): https://www.youtube.com/watch?v=LnxnFzi08l8&t=640s&ab_channel=H.V.M.N

Your Redemption code for 14-Day Trial: r8wplG7KGUuvPZ

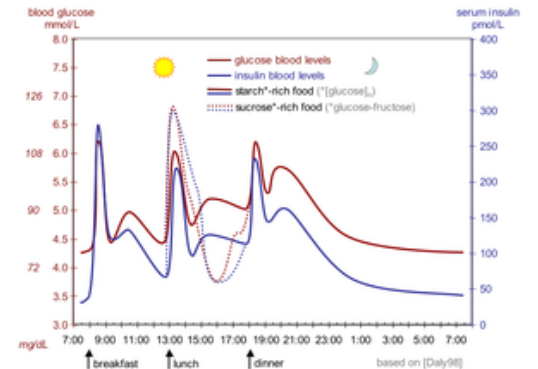
Nutrisense Website: <https://www.nutrisense.io/>

nutri|sense →

company



device



insights