

# Merry Christmas Q!



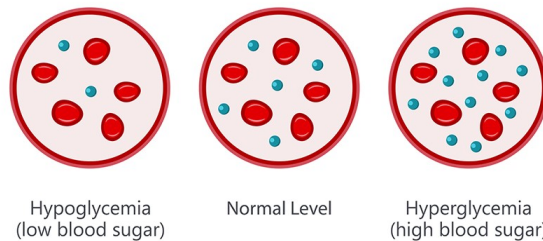
I think we both consider **fitness to be more than just exercise**, diet plays a huge role

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:

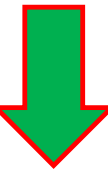
*How does what I eat effect my body? Is it positive or negative?*

Enter: *Continuous Blood Glucose Monitors (CGM)*

BLOOD GLUCOSE LEVELS



*Next Page*



# Merry Christmas!



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

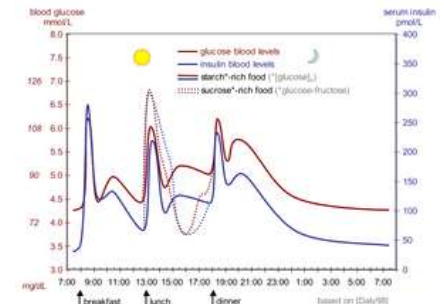
Your Redemption code for 14-Day Trial: r8wplG7KGUuvPZ

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

**nutri|sense** →  
company



device



insights