

Metabolic Health 101 email

Subject line – You're about to become an expert at this

Header: Metabolic Health 101 (Veri)

Veri will guide you to better metabolic health, sure.

But here's the fact:

You're still the one in charge.

You get to decide what goes into your body, when and how much you move, and why you do these things in the first place.

Our data and app will lead you in the right direction.

But to take full control of your health...

You've got to become your own metabolic health expert.

Don't worry, we'll help with that too ;)

A big part of this expertise is knowing exactly what foods are best for your metabolic health.

(Yay for Veri)

But your knowledge of metabolic health will ultimately determine how much value you get from Veri.

So here's Metabolic Health 101

First, let's start out with some key terms:

Metabolism

Metabolism is the series of processes that create cellular energy from the food, water, and air you take in.

Food, sleep, exercise, and stress all affect your metabolism.

Metabolic health

Metabolic health is the balance of energy going into and out of your body.

(What you eat, you burn.)

And more than just not having diabetes and heart disease, metabolic health is having an abundance of energy for the enjoyment of your life.

The most accurate measure of metabolic health is how sensitive you are to insulin and how much insulin you have in your body. Your glucose gives you a window into both.

Glucose

Glucose is the form of sugar that all digestible carbohydrates end up as. And of course, glucose is what your CGM detects.

Since too much blood sugar is harmful to your cells, your body sends out the storage hormone insulin in response to glucose-spiking meals. The excess sugar is then shuttled to other tissues or stored as fat.

Insulin

Insulin is the key metabolic hormone. It's released after meals to transport nutrients into cells, and it regulates the balance of energy in your body.

You can think of insulin literally as a key:

It unlocks the door to your cells and allows nutrients to flow inside.

(If cells were always open for business, your blood sugar would be dangerously low and your brain couldn't function.)

When insulin is released too frequently from eating too much of the wrong foods and exercising too little, your cells become resistant to it.

This resistance leads to higher blood sugar,

which leads to more insulin,

which leads to,

you guessed it,

...more insulin resistance.

(That's the death spiral of metabolic disease.)

The combination of elevated insulin and reduced insulin sensitivity is the cause of weight gain, high glucose, high blood blood pressure, inflammation, brain fog, fatigue, and all the other hallmarks of metabolic dysfunction.

Veri helps you see which foods and habits are best for managing your glucose and insulin levels.

Metabolic health in a nutshell

Your glucose levels indicate how sensitive you are to insulin and how much insulin you produce.

And insulin determines, well, everything. – from how much food is stored as fat or burned as energy, to how fast you age, even to how clearly you think.

Foods that spike your glucose also spike your insulin. These spikes make you less sensitive to insulin over time, which means you have to produce more and more insulin to get the same effect.

So when you see your glucose in real time through Veri, you are seeing the most accurate picture of your health in that moment:

- stable glucose readings mean that you're on the right track.

- spikes mean that you can improve something – from your food selections, to how much you exercise, and even your sleep.

It doesn't really matter how you start with Veri. What matters is that you make small improvements from day to day, and from week to week.

Here are 5 metabolic health improvements you can make today:

- walk or exercise for 15-30 minutes after you eat
- eat your last bite of food by 7:00pm
- go to bed at the same time each night
- never eat carbs 'naked' – dress them with protein, fiber, and fat
- eat salads and fibrous veggies before meals

Each of these tips will give you better control of your metabolic health. And once you see how they affect your Meal Scores and Daily Scores, you'll be one step closer to becoming your own metabolic health expert

Till next time,

Team Veri