

150 Edited Final

Tue, Jul 30, 2024 1:15PM 58:59

SUMMARY KEYWORDS

insulin resistance, insulin, food, good, blood sugar, weight, health, diabetes, people, god, thought, medications, fasting, eat, call, nutrition, glucose, doctor, day, goal

SPEAKERS

David Sandstrom, Dr. Morgan Nolte

D Dr. Morgan Nolte 00:00

Three out of every four adults aged 65 and older now has pre diabetes or type two diabetes. And that doesn't even include people with the underlying insulin resistance. And so what I find to be fascinating is that a fasting insulin has been shown to predict pre diabetes or type two diabetes by 10 to 20 years, like a sooner than glucose or A1-C. So that's really important because physicians oftentimes are only checking fasting glucose and hemoglobin a one C, which could be in the normal range, but in the background, you could have rising levels of insulin for up to two decades and not know it not know that you have a problem looming. As a geriatric PT, I saw firsthand that negative downstream effects of insulin resistance so like end stage diabetes, and dementia and heart disease and so many other conditions that can be largely prevented through lifestyle changes, which we share a passion for.

D David Sandstrom 00:56

Welcome to the Christian Healthy Lifestyle podcast where I help Christians over 40 maximize their health potential so they can age gracefully, live abundantly, and be thoroughly equipped for every good work. I'm your host, David Sandstrom, Naturopathic Doctor and Biblical Health Coach. And this is episode number 150. A, I want you to know, I'm starting something new. I'm calling them lifestyle audits. And I'm inviting anybody that listens to this show anybody in the natural nation to come on the show with me? And we'll have a 20 or 30 minute conversation, you can ask me any health question you want. And I'll give you my feedback, and we'll make an episode out of it. If that sounds like something you'd like to do, go to my website, ChristianHealthyLifestyle.com/Audit, answer a few questions, and we'll get it all set up. I look forward to hearing from you. They want you to know before we get started in this episode, I was on the road when I recorded this in a hotel room. And even though I have a decent recording microphone in front of my face, it didn't work. So I had to use my backup recording for this episode. So my audio quality is really not what it should be. It's not what you usually expect out of this show. But even though the audio quality is not what it should be, the content is exceptional than I think it's really going to bless your socks off. So let's jump into my conversation right now with Dr. Morgan Nolte. Today we have in the show Dr. Morgan Milton, Dr. Morgan is a Board Certified Clinical specialist in geriatric physical therapy, and the founder

of Zivly. Her mission is to help adults prevent diabetes, dementia, heart disease, and all other chronic conditions associated with insulin resistance. Dr. Morgan, welcome to Christian Healthy Lifestyle.

D

Dr. Morgan Nolte 02:35

Thanks, David. I'm really excited to be here.

D

David Sandstrom 02:38

Yeah, I'm really excited to have you on the show. I've been spending some time in a YouTube channel getting to know what you're about. And man, you've got such a great message. This is insulin resistance thing is such a big deal. Today when it comes to natural and holistic health, because I believe that your measure of insulin resistance is an excellent marker for your overall health and well being. And I love it that you're just taking a deep dive into this. This is what you do. And I'm sure you're helping a lot of people. So for those that don't know that are unfamiliar with this discussion, would you define for the natural nation what insulin resistance is, and could you compare, compare and contrast the difference between insulin resistance and pre diabetes and diabetes?

D

Dr. Morgan Nolte 03:20

Absolutely. So insulin resistance is where the cells in your body become resistant to the effect of insulin. And the primary effect of insulin is blood sugar management. So when your cells become resistant to insulin, it becomes resistant to the blood sugar lowering effects of insulin. And so like let's say you're eating a bagel, right? The bagel spikes your blood sugar, your pancreas releases the insulin, and that insulin acts as a key to unlock the cell to let the glucose come into the cell to be stored or used for energy. And if the cells are resistant to insulin, it's going to take more and more insulin to get the job done to lower the blood sugars. And so what I find to be fascinating is that a fasting insulin has been shown to predict pre diabetes or type two diabetes by 10 to 20 years, like sooner than glucose or A1-C. So that's really important because physicians oftentimes are only checking fasting glucose and hemoglobin A1-C, which could be in the normal range, but in the background, you could have rising levels of insulin for up to two decades and not know it not know that you have a problem looming. That's why a lot of people just kind of are blindsided by this concerning high a onesie or high glucose and like I thought I was fine. What happened? Well, what's been happening is rising levels of insulin resistance your doctor wasn't checking in. And the other concerning thing that I see is we're normalizing pre diabetes and type two diabetes a lot. And on a recent bloodwork, I was reviewing it said the normal range like from the lab report of glucose was 70 to 126 For normal, and I'm like 126 is diabetic they did. Yeah. Are we completely ignoring pre diabetes now? Because that's what this lab report shows. And when we're talking about, okay, what is pre diabetes versus type two diabetes versus insulin resistance, I want you to think about insulin resistance, as this train track running from like New York to LA, like that's the train track. And then prediabetes will say is Omaha, type two diabetes, we'll say is LA, like, it's all on the same track, it's all the same thing. It's just the degree of severity that you have insulin resistance, which manifests in different clinical markers for type two diabetes, if that's different.

D

David Sandstrom 05:43

Well, you don't think that's a really interesting point, you're bringing up about the lab calling that normal. And what they're saying is, it's normal for the blood that we're receiving. Exactly. It might not. It might be normal, because it's common, but it's not normal for a healthy person. No. So there's a big difference.

D

Dr. Morgan Nolte 06:01

There's huge and I think the American Diabetes Association came out in 2023, saying that it's okay for aging adults, so adults 65 and older, to have an A1-C of 7.0 to 7.5. If they have minimal comorbidities, and no cognitive, you know, dysfunction, and I thought, oh, okay, so it's okay to be a little bit diabetic, you know, because like 6.5 is a cut off for diabetes, we are totally normalizing this, like three, every four adults, aged 65 and older now has pre diabetes or type two diabetes. And that doesn't even include people with the underlying insulin resistance, right? So it's a huge problem, especially with aging adults. And as a geriatric PT, I saw firsthand that negative downstream effects of insulin resistance, so like end stage diabetes, and dementia and heart disease and so many other conditions that can be largely prevented through lifestyle changes, which we share a passion for. Yeah, so that's how I landed on insulin resistance. I thought, man, if we can just focus on this, if we can focus on a low insulin, low inflammation lifestyle, we kill the most birds with one stone, we prevent disease.

D

David Sandstrom 07:13

Yeah, I'm totally with you on that. And, you know, I think another overarching concept when it comes to building health at all levels, is trying to get away from processed food. Yes, you know, when you when you eat food, according to God's design, that's going to be better for you. You know, a food made in the nature by God, designed by God made in nature is always going to be better for us than made by man in a laboratory.

D

Dr. Morgan Nolte 07:38


Even like, I think that's interesting. We were talking about Josh Dech, who we both have on our podcast, and he's a gut health guy. And on our podcast, we were talking about food additives, and how they cause inflammation in the gut or like leaky gut. So a lot of these processed health, you know, quote, unquote, health foods, the Keto bars, the Keto granola, all this stuff, it's loaded with unhealthy artificial sweeteners at times, but especially food emulsifiers, like Carageenan, and soy lecithin, and other things that really impair gut health. So we have to be very wise. And that's like, one of my core values is wisdom. And so I think that we want to be wise consumers of food products, and read the ingredients and get to know what's in your food. And the easiest way to do that is just like, eat whole real food. And look at the ingredients because I was in Walmart recently looking for pickles. And it was hard to find pickles without yellow food dye, or polysorbate 80. I was like, who's making these pickles? Why are they ruining my pickles with all this stuff?

D


David Sandstrom 08:44

 David Sandstrom 08:44

Yeah, I was watching Instagram real the other day. And this guy went into Chick fil A. And he's a well known podcaster and Paul Saladino, the carnivore MD, and he's like, is this real chicken? Oh, yeah, it's real chicken. He's like, Okay, let's look at this real chicken. It has 47 ingredients.

 Dr. Morgan Nolte 09:02

Yep, I was where was I it was Chick fil A. And I got the grilled nuggets. And I was eating them. And I thought these are so good. I just want more. I want more. I want more and more as like there's probably something in here besides grilled chicken again. And there is like you said that the list of ingredients is this long and I was so disappointed. I'm like, There's maltodextrin there's all these chemicals that just make you want more and I think have you read Dr. Robert Lustig book Metabolical? No, I've not read it. Oh, it's a very, very good read that you really just slammed the food processing. He's like, it's not so much the food. It's the processing of the foods. And I thought it was it was one of the most well written books on the topic of food processing.

 David Sandstrom 09:48

I'll have to pick that up and I'll put a note in the show notes for sure for the listeners to pick up as well. So yeah, processing it's a you know, the more man gets his hands on our food supply the worse it's going to be for us, right? So anyway, let's get back to insulin resistance here as the you're the expert in this, and I want to I want to take advantage this time and really pick your brain on some of this stuff. So a lot of the times people might experience some symptoms of insulin resistance, but they go to the doctor, they describe your symptoms. And since he doesn't have a label for that, he just says, well, you're just getting older. Yeah, what would you say to that?

 Dr. Morgan Nolte 10:24

Oh, my God, there's so many things like doctors are completely ignoring pre diabetes. First of all, pre diabetes is insulin resistance. If you have pre diabetes, you have insulin resistance. And so they're just not calling it right. They're telling you the symptom, but they're not telling you the root cause, which is insulin resistance. So any elevation in blood sugar levels, often blood pressure is actually the first thing to go up with insulin resistance. So if you have high blood pressure, so anything over 120 over 80, that could be a very early sign that you have some insulin resistance. Others could be high triglycerides in your blood, low HDL, like HDL levels. At a larger waist circumference could be another sign, difficulty losing weight, brain fog, sugar cravings, skin tags, a lot of people don't know that your skin is really telling. So if you have little skin tags, that could be a sign acanthosis nigricans is another skin condition that could indicate insulin resistance that's especially common like the skin folds where you have kind of black, thick, velvety skin, it's not always black, but like a darker colored tone of skin, and it's thicker and kind of velvety. That can be a sign of insulin resistance. The other thing that I would point out is numbness and tingling in your feet or your hands. I was talking to a gentleman over the Fourth of July, his agency is on that borderline pre diabetic range. And of course, his doctor is

just saying, Oh, we don't need to do anything yet. Just watch it for now. But he's having numbness in his feet already. And he's like, that's, that's a pretty significant sign of pre diabetes or blood sugar. So you want to be proactive, so that that doesn't get worse.

D

David Sandstrom 12:12

Excellent. Yeah, you know, people just say, well, it's not so bad. So I just ignore it. Or, you know, I don't like go to doctors. So you know, until they have an emergency or health crisis, it's a lot easier to deal it's a lot easier to keep up than it is to catch up. Right. So if you're coming down with something, pay attention to those symptoms, that's your body's way of communicating to you and saying, Hey, there's something amiss here, it's time to address it, it is, you know, nip it in the bud when it's when a small when symptoms aren't so severe. That's the best time actually the best time is when you're in good health, right, you want to build health margin, you want to have more health available than you actually need to get through the day. That's the best time to build health because you'll build your resistance in your, your, your strengths to avoid dealing with any of these things, it's a lot easier to keep up and is to catch up.

D

Dr. Morgan Nolte 13:04

And it's more fun. I have a couple of examples here. So usually I say I sprint, like do a sprint or like fast activities to to like maintain my fast twitch muscle fibers so that I can stand up from a chair when I'm at right. But how does I maintain my health, my son went to a football camp at the Husker Stadium at Memorial Stadium in Lincoln recently, which was so cool. And they had a parent 40 yard dash. And I was like, I'm gonna do it. I'm gonna wear a sports bra, I'm gonna wear my tennis shoes, I'm gonna really try hard at this dash and I blew him out of the water. And I want \$100 And I press my kids, you know, it's like, I love those little moments in our lives to where like staying in shape pays off in a way that has nothing to do with the gym. Nothing to do with, you know, lifting weights or anything like that. But the other thing I wanted to point out going back to those symptoms, have you heard of the rock pebble boulder analogy?

D

David Sandstrom 13:59

I've heard of the pebble in the shoe analogy, but I think there's something different.

D

Dr. Morgan Nolte 14:02

Different. Yeah, so those early signs and symptoms that I just like mentioned, those are like a pebble. So I always say like when God wants to teach you a lesson, he's gonna give you a pebble, he's gonna give you a small little test a little, little something to make you pay attention. And if you don't pay attention to that pebble, he's like, Well, I gotta get their attention, I got it, we got to change something, then you're gonna get a rock. So that could be like, your doctor wants to put you on a medication for your blood sugar or your blood pressure. Now we're not like in the early risk factors. Now we're in that moderate range where medications are needed. And then if you still don't pay attention, if you still don't get it, he gives you a boulder. It's a heart attack. It's a stroke. It's an amputation from diabetes. It's

dementia. It's liver cirrhosis. It's so bad. You can't reverse it. So you know, a joint replacement. All of those types of things that you can't go back from, that's what I consider a builder. And you never very, very, very rarely, I would say very rare. Do just get a boulder, there's always going to be stepping stones to that. And view those as opportunities. I think a lot of people like afraid of them or afraid of what it's going to take to change their lifestyle, but recognize that it's a lot more stressful to delay the change. And with insulin resistance, the longer you delay in solving the problem, the bigger the problem gets.

D

David Sandstrom 15:21

Right right. Excellent. So a really good way to put it, and I'm gonna, I'll give you credit when I use it the first two times, but after that, I'm gonna make it my own.

D

Dr. Morgan Nolte 15:28

I probably stole from someone else too. So it's good.

D

David Sandstrom 15:33

It's good. I like it. So another question I have for you is, and I think a lot of people might be listening might be thinking about this, a lot of practitioners are starting to call insulin resistance, type three diabetes. Can you explain that?

D

Dr. Morgan Nolte 15:49

Yeah, so type, you know, we've all heard of type one diabetes, type two diabetes, type three diabetes is essentially insulin resistance of the brain. And more and more research is coming out that how we eat, how we live directly affects our brain health, our brain is directly affected, like to our bodies, it gets the same blood circulation. So we used to think that Alzheimer's disease was caused by plaques and tangles, I'm sure many people who have ever studied that plaques and tangles, but those are actually just symptoms of the underlying root causes. And as best that we can tell, it's inflammation in the brain, oxidative stress in the brain and insulin resistance in the brain. And so if we can control those three factors, primarily through diet and lifestyle changes, you can do a lot to reduce your risk of developing Alzheimer's disease and other types of dementia, especially vascular dementia. So think about it this way. What is it good for your blood sugar is good for your brain sugar. What's good for your total body? Insulin resistance is good for your brain insulin resistance.

D

David Sandstrom 16:53

Yeah, that's really good. I really liked that. You know, my dad died at the age of 87 of Alzheimer's. And I remember asking the doctor, you know, what, what do you think? Why do you think he came down with this? And he just shrugged his shoulders and said, The problem is genetic.

D

Dr. Morgan Nolte 17:07

Yeah, and I do believe there are genetic factors, but very rarely, I think, are their true genetic conditions. I think there are genetic risk factors, like epi genetics, they those factors can be turned on or kept shut off based on your lifestyle factors. So I love the phrase, you know, the genetics load the gun, the lifestyle pulls the trigger?

D

David Sandstrom 17:28

Yep. Absolutely. That is so true. And getting right back to you know, healthy lifestyle. That's why I call the show Christian Healthy Lifestyle. Because if we embrace a healthy lifestyle, we can avoid a lot of these these boulders that you're talking about, for sure. You know, a lot of it is within our control world going on with a set of genetics, for sure. But we have a lot more within our control than I think most people realize.

D

Dr. Morgan Nolte 17:51

Yeah. And I also think that this doesn't make any sense scientifically, but just from a common sense standpoint, it will, I almost think habits are genetic, you know, like, you inherit the habits that your parents may have had, that it led them to have diabetes. And so I think that that's really where we want to focus is that and that's really where I started this business, because I saw a lot of adult children, following in the same footsteps as my geriatric physical therapy patients. And I thought, oh, my gosh, if they don't change their ways, they're going to end up with the same things that their parents have. So that's really my my why I started this business because I'm like, no one's really emphasizing this preventative care. For people that are in the I call it the gray zone of health care. It's like they're not really sick, but they're not healthy, either. They're certainly not thriving, and they're on a bad trajectory. But they're not bad enough yet for their doctor to prescribe a medication.

D

David Sandstrom 18:47

Yeah. Well, that, you know, that's a really good point and brings me on to my next question is if you want to your get your annual lab work done, and go to the doctor and do your checkup, and you have what he calls normal glucose and normal, hemoglobin A1-C, could you still have pre diabetes or insulin resistance? If those blood values and all?

D

Dr. Morgan Nolte 19:11

Yeah, well, technically not pre diabetes, because that's defined as a cut off with blood sugar levels. So if your blood sugar is, quote, unquote, normal, then you're not going to have quote unquote, pre diabetes, but you could have pre pre diabetes, and that's that insulin resistance. And the only there's a couple of ways that you can test for that. The first is that a fasting insulin test? You could ask your doctor to get that for you to order that, but they may look at you like you're crazy, or they may not know what you're talking about. I hear this unfortunately, more often than I would like, where physicians are like, well, we don't test that or we just use A1-C

and last I read it took 17 to 25 years for the new evidence to trickle its way down into clinical practice. So your physician could be dead or retired by then. So you want to take matters into your own hands and to ask for an insulin test, and we do sell an at home bloodspot test kit where you, you prick your finger and you send it into the lab. I'm also meeting with a company, I think tomorrow about a saliva insulin test, which is new. So it's not a direct marker like measure of the insulin, but it's some antibody that I don't know the science behind it yet, I have to look into it. But there's different ways to do that. And I also say, if your doctor is not very supportive, or you don't have a primary physician, you don't want to do the at home test, you can go to just like Google Ulta, lab tests insulin, and that'll pull up like a \$30 Insulin test that you can buy. And then you can take that to a quest, or LabCorp to get your insulin drawn. And ideally, that's going to be between two and six, that's going to be that ideal insulin range. The other tests that you could look into is called a craft test. And that's really similar to an oral glucose tolerance test, you're going to they check your insulin and glucose at baseline, so fasting, and then you take a bolus of glucose, and they check your glucose and insulin at like 30 minutes, and then one, two and three hours. So you not only get a glucose curve, which is normal for an oral glucose tolerance test, that you see in the background, what insulin is doing, and you can see if you have an exaggerated insulin response, so I'd say those are the two ways to kind of catch the pre pre diabetes.

D

David Sandstrom 21:22

Yeah, that's really good. That's second test sounds really effective. Yeah. Because you'll see what's going on over a period of time. But would you have to go to a lab to do that when you're hanging out in the lab for several hours? You'd be the one at home?

D

Dr. Morgan Nolte 21:34

That's a good question. Last I checked, I didn't see any at home options. I do believe you could order one similar to an insulin test and go to a lab and get it done. But yeah, you're gonna want to bring your laptop or bring a book or something like

D

David Sandstrom 21:47

Yeah. Okay, all right, I get it. So get back to the nutrition thing. You know, we got a lot of recommendations from nutrition experts, or government authorities, for instance, a food pyramid, but they're so vague and pithy that they really don't really do much, you know, well, eat less and exercise more, eat healthy, cut back on fat. You know, that really worthless, you know, because when I first started my nutritional counseling practice, I would ask people in the economy, how's your diet? And everyone said, Are you pretty good? Yeah. And then I'd ask them some details, like, Oh, my goodness, this person knows nothing about healthy eating. So could you speak a little bit to the idea that we really ought to be very, very skeptical of government recommend dietary recommendations? And why?

D

Dr. Morgan Nolte 22:37

Oh, my goodness, there's so many reasons why. The first is they're largely based on epidemiological research, which is not a cause and effect type of research. So we want to be

epidemiological research, which is not a cause and effect type of research. So we want to be careful when we're interpretate. Like, when we're looking at the research, we're interpreting it, we want to look for randomized control trials, or a meta analysis of randomized control trials, not just you know, we followed people for 20 years, here's what they ate, here's the results because they the the way that they collect that nutrition data to to infer that like saturated fat causes heart disease, for example, is like self reported nutrition. And it's like, what once every five years or something like that, it's so infrequent, and it's so flawed, and it's so it has such tunnel vision. It doesn't include what what other what other lifestyle factors are going on? Do they smoke? Did they exercise? Were they stressed out? How is their sleep? And so it's very, very flawed, like most nutrition research is done with these surveys and this questionnaires. And I can challenge the efficacy of that by asking anybody listening, what did you have for breakfast a week ago? You don't know unless you're logging food? No, no. So we are horrible historians, but we're gathering and interpreting data based off of false data. Right. So how can we have accurate data? accurate analysis, if the data that we're analyzing is false? Right, that's the crux of it. So I think we have to look at better evidence and unfortunately, a lot of the government authorities and nutrition authorities, they really rely heavily on this epidemiological evidence based on flawed data in the first place. And it's heavily just influenced by big food, Big Pharma lobbyists. If you're looking back at that food pyramid, for example, what's on the base of that food pyramid? The foods that are most subsidized by the US government, right six to 11 servings of grain cereal, rice pasta, and I know because my husband, my husband's a farmer, right? So I kind of I have to deal with them both sides of that coin, and so six to 11 servings of grain cereal rice and pasta. And then on top of that were fruits and vegetables, which like you said not helpful because it It doesn't differentiate which fruits are going to spike my blood sugar, which, you know, vegetables are going to spike my blood sugar. And so the bottom half more than the pyramid was carbohydrates. And we know that a diet that is high in those processed and refined carbohydrates raises blood sugar, which causes insulin resistance over time. And that's how I grew up learning to eat healthy. So I have all these granola bars, all this pasta, all this whole grain bread thinking that I was healthy. And then you know, into PT school, I started having a weight problem. And I'm like, maybe what I learned is wrong. You know, and then with my first son, I failed my first oral glucose tolerance test. And by one point, it's mad. And I thought, okay, like, clearly, I have some unlearning to do. Clearly, I have some relearning to do. I can't just rely on what I learned in health class in high school, or my nutrition classes in college, because they taught me wrong, because I've been doing what they said to do. And I think to your point, a lot of people feel like they're doing what they were told to do. And unfortunately, what we were told to do, is not effective in preventing and reversing insulin resistance.

D

David Sandstrom 26:09

Right? right. It's, it's ineffective is kind of a kind way of putting it really is just untrue. A lot of the times, you know, I did Episode 139, I spoke about saturated fat and cholesterol. And how we as a nation came around to believing that saturated fat is our enemy. And when it's really not, and it was based on an observational study, done by Ancel Keys that started in the late 1950s. And he called it a seven Country Study. And it was heavily biased. And I just looked at some of the history behind that. And I call it the four P's is the pursuit of prestige, power and profit gets in the way of true science, and true, useful advice that we can use to eat healthy. So those those recommendations that come from the government, they're very, very skewed. Another thing that I mentioned in my book, The Christians guide to Holistic Health is the FDA and the USDA, they have competing goals in their mission statements, the FDA is in charge with drug safety, but they're also in charge with the promotion of pharmaceutical industry.

That's, that's one of their goals. And the USDA is in charge of promoting food safety, but they also promote agriculture, which you would know something about your husband being a farmer. So they have competing goals here. And you know, it's not all intentional. They're trying to serve the public, but because of the system is just set up such that you might not get the truth out of those recommendations because of a lot of factors.

D Dr. Morgan Nolte 27:40

Yeah, I mean, they the next one after the pyramid was like the My Plate, and then my plate, nowhere mentioned fat, and I'm like, it was still predominantly carbohydrates. And I'm like, How can you think that this is evidence based when it leaves out an entire macronutrient. So we're still so afraid of fat in this country. And fat is actually the macronutrient that has the lowest blood sugar and insulin response. So we want to be eating healthy fats, we want to be eating plenty of protein, we want to be prioritizing low starch and sugar, carbohydrates that are higher in fiber. But this is not common sense. Unfortunately, it's simple. It's not common sense.

D Dr. Morgan Nolte 28:19

I also think it's getting harder and harder to be that outlier. In a culture like we are culture is ripe for diabetes, our culture is perfect, like sedentary jobs, high stress, busy lifestyle, not a lot of time to cook, you know, whole real food from scratch. So we're going to get it on the go on the way to soccer practice or the football game or wherever we're going. And so we have to really, I think that's the importance of like having values. I'm sure you love talking about this, too, just, you know, faith, family health, those are like three of my values. And so when we can identify our values and live from those values, we're less likely to give into these societal pressures to over schedule ourselves to drink, like at social gatherings if you don't want to drink, don't drink, over eating food, like we view our bodies as a temple. And so I think that we have to be very cognizant to know and live out our values.

D David Sandstrom 29:20

Yeah. Well, now that you mentioned, it has perfect setup here. I absolutely think that, you know, health is more than just physical. We are spirit, we have a mind and we live in a body. And I believe that we maximize our health potential when we align our lives more fully with God's natural design for spirit, mind and body. Because God loves us enough. He's omniscient, he knows it all. He created the world that we live in, he created us. And when he loves us enough that when he gives us an admonition tells us to do something. It's for our benefit. And it gives us a prohibition. It tells us to avoid something, it's for our protection. We've got to just grab a hold of it, wrap our minds around that and say I'm going to surrender to God's love and goodness. And I'm going to try to do things To the furthest extent possible his way, and let the chips fall where they may lead the outcome up to God. You know, one of the one of the things with the spiritual component of health and I don't want to go too far into engineering is I want to hear from you. But relationships, the spiritual component is all about loving relationships, our love for God, a love for one another. And the love we have for ourselves. You know, self care is a big part of it. And, you know, we can sabotage the best intentions and our physical side with

mental emotional issues and spiritual issues with it or not working right. So, anyway, that's kind of a whole topic for another episode, we're gonna be talking about insulin resistance here. Do you have any thoughts on that before I move on?

D

Dr. Morgan Nolte 30:44

Yeah, I do. Because if you think about, okay, what's the root cause of diabetes? All these things? Insulin resistance? What's the root cause of insulin resistance? Your choices, your behaviors, your lifestyle? What's the root cause of your lifestyle? Your thoughts? Because your thoughts create your emotions, and our emotions really drive our actions? So to your point on relationships? How many times have you had a fight with your spouse? I'm not speaking to you directly, but the audience? Have you had a spat with your family, your spouse or an argument with your child or a tense day with your boss, and then turned to food to sue that that emotional discomfort? Yeah. So I think we have to be very aware of our thoughts, our subconscious patterns of behavior, and get very good at self study. So I think I'm a big advocate of self study, because we have a lot of books, we have a lot of podcasts and YouTube videos. But the best teacher is experience if you let it be. But we live on autopilot 90 to 95% of the day. And we're not really present. Like we're not aware of our choices and our thoughts. So I think having like a mindfulness practice of like meditation, prayer, reflection, all of those are so powerful, so that you can learn from your experiences, and say, how, why did I eat that? Why did I have that chocolate chip cookie after dinner? I didn't plan on it. I didn't. I told myself this morning, I wasn't gonna have any sweets. So why did I negotiate with myself? How did I justify that behavior? And can I kind of take the audience through a little exercise that might be helpful for that? Sure. Okay. I call this the clear exercise, let's just use that. That very common example. You said you weren't gonna have any sweets today. And then you had a cookie after dinner. And I think this is helpful to pinpoint why we do what we do. And dig deeper into the underlying thoughts and emotions that drive our behavior. So if they're doing this exercise, they need a piece of paper and a pen. And think about the last time you did something you didn't want to do. That's, I think, the best. The best example, you could also say, a time where you didn't do something you said you were going to do, like you skipped going to the gym for your workout, for example. Or you skipped your morning mindset routine. So on the piece of paper, you're gonna write C, L, E, A, R, and C stands for context, and circumstances and cues. So the cues would be the what, where, when, why, how who? So let's say like, it's a chocolate chip cookie after dinner, the context was you had a stressful day. And you had to do all the child caring responsibilities. You had to cook the dinner, and do the dishes. And you're just like wiped, right? You're tired, but you still have things to do for the rest of the day. You still gotta get the kids to bed, you still got work to do? And then maybe like you're in the kitchen. So where are you? What's the location? I'm standing in the kitchen. I'm procrastinating doing the dishes. This is like, obviously my own life example. Because I can get very detailed here. I'm procrastinating doing the dishes, because I don't want to do them anymore. My kids are yelling, I feel like I want some me time I want like a little break. And I want to feel better, right? So that see, that's the context, the cues, it's like seven at night, I'm alone in the kitchen. And then the L is the line of thinking. So you can usually draw that out. So the line of thinking would be I want I want some knee time I want to relax. I want to feel better. I don't want to do the gestures. I don't want to do the dishes yet. A cookie sounds good. And then what emotions does that evoke? Procrastination is a big one for me. So like if I feel like I don't want to do something, that's going to be an emotional cue for me to want to eat something because it extends that period of relaxation. That's the ultimate emotion is a desire to relax, which comes back to like stress, right? And then the A is the action. So what action Well, I went and got a cookie. Okay, what's the result while you're not going to be loose? The way that you want to

lose if you're having a cookie. So we have to really unwind that situation. It's almost like a ball of yarn, kind of like in your mind that just tangled and you don't even know where to start. So we're pulling on that thread. And we're creating this this line between your result. And your thoughts, essentially. And so going back like, Can I change that context and circumstance? Can I do a better job of meal planning? Can I do a better job of meal prepping? Can I meditate during the day and relax during the day so that eating is not my only time when I'm relaxing? Can I develop a deep breathing strategy? Can I brush my teeth after dinner to change? You know, the cue in my mouth? There's so many different things we can do. But that's a good example of like self study, use that clear exercise to get clear on why we do what we do, or why we don't do what we want to do. So that make sense?

D

David Sandstrom 35:55

Yeah, it totally does. I remember my hotel, so I didn't have not in my regular studio don't have a pencil to write things down. But could you just recap real quick? What CLEAR stands for?

D

Dr. Morgan Nolte 36:05

Yes. So the C is for the circumstance, the context and the cues, the L is the line of thinking. And then the E is for emotions. And then the A is action. And then the R is the result. So based on your actions, what results did you get?

D

David Sandstrom 36:23

I like that? It's really good. You know, I would just add a couple things to it. And that is, our thoughts are powerful. But really, what drives our thoughts is our beliefs. Yeah. So that's something to bring in, I think. And so what I what I hear you saying is, we're in charge, right? We don't have to be victims of our thought lives, right? We have agency, and we can back off the, you know, animals can't do this. But human beings can, we can just kind of detach ourselves from the situation, analyze and say, Okay, what's really going on here? Was I just floating down this river of thoughts with no rudder? Or can I steer the boat a little bit here? Can I exercise my agency and make better choices next time?

D

Dr. Morgan Nolte 37:07

Yeah. And I think that I love that this is a Christian show. So I can just be open, you know, take every thought captive to Christ. Like, have you read the battle the battlefield of the mind by Joyce Meyer, I have. I love that. That was like my first introduction into this maybe when I was in college, just the importance of guarding your mind against the negativity against the anxiety against the worry. And whenever you're facing a challenge, take that to God. Ask for wisdom, ask for insight. I think one of my favorite proverbs ever is about you know, it's better to gain insight than silver and wisdom or understanding than gold. You have a goal that you're trying to reach and you don't reach it. That's okay. Because you're getting wisdom and experience and insight that's going to be even more valuable than whatever objective number that you wanted to reach. Like, if you didn't lose the weight or haven't reached your blood sugar goals, yet, you're still gaining insight. And so me, I love turning to Scripture, to get that inspiration

and that reminder that like I don't have to do this alone. And I don't have to I don't have to have all the answers. But we need to train our minds and our spirits to be still enough to hear that like still quiet voice of God and let that inspire our choices.

D David Sandstrom 38:26

Yeah, absolutely. I love it. Thank you for bringing those verses off. It's really good stuff. I don't always adds value when when you can see how the word God has the answers for us. We just have to go expose ourselves to it. A couple of episodes ago, I did a solo episode on having a devotion life. And you know, we want to we want to put the word of God inside of us. So the Holy Spirit can get it out of us. And we don't do that if we're not exposing ourselves to it. That was episode number 146.

D David Sandstrom 38:57

Another thing I'd like to ask you to Dr. Morgan is a lot of people are using these weight loss drugs. Now. It's an off label use. It's the GLP one antagonists or agonist medications designed to lower blood sugar, and a lot of is the latest craze. So can you speak to that a little bit about how we may be may want to think twice before getting on one of those meds.

D Dr. Morgan Nolte 39:21

Yeah, and I think when we're talking about this, you know, semaglutide ozempic, agovi there's a there's many different medications. Now, a few of the risks really to look out for would be like the online services that are charging like a monthly subscription fee. And then you're getting these injections without really having a relationship with a physician without any lifestyle counseling, but a lot of times we are overdosing these medications and causing excessive nausea were to the point where people can't eat. And the risk of that is if you're under eating as you're losing weight, which I mean, there needs to be an energy deficit right now. but we don't want a protein deficit. And so that's the risk is people aren't getting the protein that they need to maintain the muscle mass as they lose weight. And I think sometimes we're trading the show, we're trading the long term result that people want for a short term benefit. So they're like, I want to lose weight, I want to lose weight. But remember, if we begin with the end in mind, like Stephen Covey said in his book, The Seven Habits of Highly Effective People, losing weight is not the goal. Losing weight, and keeping it off and improving your health is the goal. And this requires a different strategy than just an injection. This requires a holistic strategy, that prioritizes protein in your diet, that prioritizes resistance training, so that you're maintaining as much muscle mass as possible. And that way, whatever weight you do lose is more likely to stay off, because you've developed the habits required to keep the weight off without the medication. Yeah, you're wise, you're gonna get that rebound weight gain, you're the rebound appetite. And I think the other thing that very few people talk about, and even consider is losing weight won't necessarily increase your confidence, it won't make you love yourself more. And if you want proof of that, I always say Go put on a backpack, put 20 pounds in it, walk around for 20 minutes, and then take the backpack off. Congratulations, you just lost 20 pounds, do you feel any differently? No, the real benefit of getting healthy and losing weight is what happens on the inside. And that confidence and that personal integrity and that self worth. I think that self esteem, I shouldn't say self worth, but self esteem is built over keeping

promises to yourself over a long period of time. You taking like baby steps in the right direction. And if we don't address the mental weight that so often causes the physical weight, the physical weight you lose through manipulations of diet or medications will never stay off. And so I think we have to recognize that oftentimes people have physical weight, because they have some mental weight, they have some emotional heaviness and mental distress, some things in their life that maybe they need to release. And until you do that, that physical weight is just going to keep coming back. And I think that that's the real risk of only relying on weight loss medications to reach your weight loss goal. Number one, you have the wrong goal in mind. Number two, you're robbing yourself of the experience of developing more self esteem and more self confidence and more skills that you're going to need to keep the weight off.

D

David Sandstrom 42:38

Yeah. Well, you know, it gets back to what are my beliefs? What are my beliefs? And what what thoughts are being? What thoughts do I ruminate on as a result of those beliefs. And, you know, so it goes a lot deeper than just shedding a few pounds, right. And what I what I like to tell people is, we don't lose weight in order to get healthy, we get healthy in order to lose weight, because a healthy person will struggle with their weight. So when you when you do the right things, the healthy lifestyle choices that will cause you to lose weight, you'll be build health you'll be building health at the same time, or with the healthy lifestyle choices that build health will cause you to lose weight, that's probably a better way to say it.

D

Dr. Morgan Nolte 43:18

The weight gain was a if we think about it like this to the weight gain was a side effect of your unhealthy lifestyle. Right loss would be a side effect of your healthy lifestyle, right?

D

David Sandstrom 43:28

And the same can be said for insulin resistance, right? It's it's a lifestyle choices that lead to insulin resistance, we're not going to go treat the insulin resistance, we're gonna build health, and then insulin resistance because our bodies know what to do. We're fearfully and wonderfully made. Our bodies know how to thrive. God gave us that built in intelligence. If we just get the obstacles out of the way by making better lifestyle choices, our bodies will make the corrections necessary.

D

Dr. Morgan Nolte 43:53

Yeah. And there's a proverb, too. I like to always like read through the Proverbs for money and health in mind. And I think that they're largely interchangeable. And one of them was like, you know, wealth hastily gotten will dwindle, will dwindle fast, but health or wealth gotten little by little will last. And I think that same goes with like your health. So or weight loss like weight loss, it's gotten fast will probably not last. Last, it's gotten little by little health that's gotten little by little that's going to last because like that you've done the work and you've changed your habits. You've changed your beliefs, you change your thoughts, and this goes into I think, expectations and attachments to expectations. Have you ever covered attachments on the

show? I have not. I think it's so interesting. And I think the best, it hurt me personally. The first time that I learned about attachments was in relationship to not reaching a goal. So let's say that you had a goal to lose 10 pounds by the end of summer and you didn't reach that goal. And then you were disappointed that you didn't reach that goal. Well, your disappointment is your own on fault. And the reason that I say that is because well, who set the goal in the first place who created the expectation that you should lose 10 pounds by the end of summer you, and then you had an attachment to that goal, and attachment to the expectation. And so I think part of this mindset work that we have to do is really working to release our worldly attachments, attachments to expectations of other people. Speaking of like relational health, right? How much more freedom do we have, if we don't expect our spouse to do this, in this in this in this? How much more freedom do we have, if we don't expect our children to show up and behave like this in this in this? How much more freedom can we feel within ourselves, if we release the expectations and we just, we genuinely do our best, and let the results be what they will be. And I think that's a really healthy thing to dig into this non attachment.

D

David Sandstrom 45:57

And kind of go it kind of is in alignment with you know, aligning our lives more fully with God's natural design for spirit, mind and body. We can let go of a lot of things because we're letting go of be responsible for the outcome. We just laid at the feet of Jesus and let him handle it.

D

Dr. Morgan Nolte 46:12

I love the so like my one of my favorite verses is in like Matthew chapter seven. And they're talking about like, Why do you worry about what you wear? Why do you worry about what you eat or what you drink? You know, the Gentiles worry about all of these things. Instead, Seek first the kingdom of God, His righteousness, and all of these things will be granted to you as well. You know, do not worry about tomorrow for today's problems are enough for today. Yeah, I love that. I think that it's such a refreshing verse to say, I can do this today. You know, God's grace is sufficient for today. And I will focus on him and doing His will today. All of these external things that I'm attached to and focused on really don't matter in the long run what matters. And I think that's honestly, that's like why I'm so passionate about helping people improve their physical health. Because when you don't have great physical health, it's almost a distraction to your spiritual growth. And to Amen, sister, you know, it's your mental and your emotional capacity to have close intimate relationships. It's a distraction, bad health is a distraction. And it distracts you, I believe, from fully understanding and living out God's will for your life. Now, there's a huge caveat there, which is transformational suffering, right? I think that some pain, some suffering, in circumstances may be unavoidable for people, and so well that we want to transform that and honor God with that. But I think a lot of the pain that people suffer is preventable and fixable. And when we do that they can. It's almost like a weight is off of them. And they have so much more mental bandwidth to connect with God and connect with others.

D

David Sandstrom 47:53

Yeah, yeah, absolutely. It's such a really great concept. And one that I like to touch on in that is, since we are our spirit we have in mind, and we live in a body, you know, we're creating God's

image. He's a tripartite being, we are also three part beings, and what affects one part of our being by necessity will also affect the others. So you can't separate the three parts of a human being. And if we build physical health, we'll also be building mental emotional health along the way, and spiritual strength along the way. And, you know, Ephesians 2:10 says, We were created for good works, so that we would walk in them. And as you just said, so Well, I thought you said it really well, that if you're compromised with energy, and you know, you're you have a bad mood as a result, you're going to have a more difficult time walking in the works and doing Kingdom work, which is the reason why we're here. That's why we're walking around on this earth is to advance his kingdom and bring glory to God ultimately. So you know, the message is more than just health and wellness. It's about becoming more whole as a person, so that we can fulfill our purpose, and that brings joy and satisfaction that you can't even imagine.

D Dr. Morgan Nolte 48:59

And contentment and fulfillment. Yeah, I mean, I think this, I was so excited to come on the show, because I've never ever, ever talked so openly about my faith before. And because you never like just an online space, you never want to ostracize. I never want to ostracize somebody that I could help, just because they're not a Christian, or they have differing beliefs. To me, I think the most important thread throughout most faiths is love, you know, and God is love, as we know. And so I think that, you know, I was just so grateful to have this opportunity to dig into this spirituality and then my faith because it's so important to me, and I know it's so important to your audience, and I just haven't had that opportunity before.

D David Sandstrom 49:44

Excellent. Well, I'm glad to have you on.

D David Sandstrom 49:48

Before I let you go, I want to just talk a little bit about what we can do, what kind of healthy lifestyle choices we can do. Let's say somebody already has pre diabetes or even type two diabetes in there. obese, they say, Well, what about me? What? Is there any hope for me? And if there is what can I do?

D Dr. Morgan Nolte 50:07

Yeah, well, first of all, I'm going to give some really good pieces of advice. And it's not necessarily how I would implement but if it call us Do you have a speaks to you please do. First stop drinking pop, like all pop soda, any sugary beverages, please stop drinking those, those are directly spiking your blood sugar and insulin. And that includes diet soda, yes, because of the artificial sweeteners that impair gut health. So there's been so much research done on artificial sweetener, like artificial sweeteners and the pop diet pop versus regular, they really don't help with weight loss or improving your health because they just causes a different problem, essentially. So please stop drinking those find a different healthier alternative. Number two is reduce added sugars. Start looking at your food labels and look at the added sugars line. And just do like food item by food items. Start with your coffee creamer. For

example, I used to get 20 grams of added sugar in my coffee alone in the morning with a peppermint, coffee mate, then mocha peppermint, and just switching honestly, like just switching the half and half save me 20 grams of added sugar a day. So make these little spots, look at your ketchup, get the primal kitchen ketchup, all these little swaps to reduce the sugar, the added sugar in your diet, really focusing on good sleep, I would say is important for blood sugar management and stress control. But when we're helping people implement, we really like to focus on some mindset work and sleep. And hydration before we hit the nutrition stuff really hard, and protein, because when you have 30 to 50 grams of protein a meal, so like the size of your hand, and like cut up meat or scrambled eggs. And when you're sleeping well. And when you're well hydrated, you're going to have naturally fewer sugar cravings in the first place. So those would be some easy tips. But also, exercise is important. And if you want to start somewhere start with moving after your meals. So just even a 2 to 10 minute walk can be great to lower the blood sugar after the meal, so less insulin is needed. And remember, it's high levels of insulin over a long period of time that contribute to insulin resistance. So when we move our bodies, especially when we move after a meal, we lower the amount of insulin needed because our muscles soak up that glucose and the energy from our system.

D David Sandstrom 52:23

Right, your muscles will naturally do what insulin will stimulate. Exactly great with it. It doesn't have to be intense exercise either, does it?

D Dr. Morgan Nolte 52:33

No, nope. Just walking down like walking down your driveway walking up and down your stairs. That's good movement, movement after a meal.

D David Sandstrom 52:39

Excellent. So what about intermittent fasting? How does it play into this equation?

D Dr. Morgan Nolte 52:43

You know, I am a big fan of fasting, but it has to be personalized. So I think that most people can help like, generally tolerate 12 to 14 hours of fasting a day. For example, like 7pm to 7am Give your digestive system a good break. And I think I usually focus on food first, before fasting, I want people to get their nutrition habits dialed in, I want them to be eating adequate protein before we move to fasting because that's going to make fasting easier. And then we have to think about the person psychology, like if they have a history of an eating disorder, if they tend to rebound eat after they fast. So it's very person specific. But fasting is one of the best tools to reverse insulin resistance. I just say start with 12 to 14 hours a day, have three square meals a day. So if you're grazing having six meals a day, start with three square meals. And then from there, I would progress it being mindful to not have too low of a protein deficit. Right. So prioritizing the protein in your meals.

D David Sandstrom 53:42

Excellent. Yeah, the last episode I did solo episode number 149 was on intermittent fasting. And I think it's a very useful tool for embracing a healthy lifestyle. And it'll it'll take care of a lot of problems. And you will be building health margin along the way. All right. Dr. Morgan, this has been great. Just to wrap things up, I would like to ask you.

D David Sandstrom 54:05

If someone needed to remember if you wanted them to remember one important thing from what we talked about what would it be?

D Dr. Morgan Nolte 54:12

Hmm. That's a good question.

D David Sandstrom 54:17

Take your time.

D Dr. Morgan Nolte 54:20

I mean, the first thing that comes to my mind is develop a morning mindset routine. Like that's a very first habit that we help people implement. Because if you can develop some sort of like gratitude practice, praise yourself for something that you're proud about yourself for that day. Think about your goal related action items for that day. Think about like I we call it a personal faith formula. It's like your your wellness vision statement. We teach you to read that every morning. But that's like putting on your glasses for the day. That's like putting on the armor right when the Bible talks about put on the armor of God. And so you want to put on your armor for the day so that when you're faced with temptation, when you're face to like fall into your sugar circuits, you have strategies that are a little bit more top of mind because you reminded them of yourself every morning, and you can pull them out and you can use them versus like getting caught in the same ruts of behavior. So I think having a morning mindset routine that could include scripture, meditation, journaling, but definitely some gratitude focused action items, reviewing your health vision statement that's going to be really transformational, and it's free. And it takes like 10 to 15 minutes takes no physical activity. So I think it's the best way to build self confidence and follow through on anything else you want to do.

D David Sandstrom 55:33

I like it. So be more intentional. Yeah. Yeah. Remind yourself daily of your goals. Because when you find your why you'll find your way. I like that, too.

D David Sandstrom 55:47

You have a group coaching program? Correct? Yep. Yeah, give us a 35,000 foot view of oh, what's that? What's that all about? Yeah,

D Dr. Morgan Nolte 55:54

Yeah, so our Zivli program, we really focus on insulin resistance and unhealthy habits that keep your insulin and inflammation low. So most of the people come into our program wanting to either lose weight or lower their blood sugar or lower their A1-C. They want to do all they can do to stay healthy as they age. So they can stay active and independent as long as possible. And it's a 12 week online course. So a lot of videos that you can go through that I made, took me about six months to just like write the course content, because as anybody knows who has looked into insulin resistance, there's a lot of conflicting information. And so I took my time to read the books, read the research articles, really distill and synthesize and organize the research in a way that people can follow. So we give them like a step by step roadmap for changing their habits. And we cover it all. So nutrition, intermittent fasting, stress, sleep, physical activity, a lot of mindset work, and behavioral psychology, eating psychology, those kinds of things, go into the program, and then they get weekly group coaching calls along with those 12 weeks. And then we're always adding things to it. So most recently, we added accountability pods, by member requests. And so they're after the 12 weeks, you know, they can be paired up with, you know, four to six other members and then meet together on a weekly or every other week basis, whatever they decide, as like a peer support group, because change can be very hard, especially in isolation. So we're really focusing on that community aspect of it. We got a great course and we're building that community.

D David Sandstrom 57:28

Excellent. That sounds great. I'm sure you're helping a lot of people with it. We try. Right Dr. Morgan, if someone is resonating with this message, if they'd like to learn more about your Zivli program, what's the best way to get in touch,

D Dr. Morgan Nolte 57:40

They can check out our website. It's zivli.com. I'm also on Instagram @Dr.MorganNolte. YouTube a @Dr.MorganNolte and then our podcast is Reshape Your Health.

D David Sandstrom 57:51

Yeah, I want to highly recommend your YouTube channel. I think he just made some great videos. Fantastic.

D Dr. Morgan Nolte 57:56

I appreciate that. Thank you.

D

David Sandstrom 57:57

For more, go to the show notes page at ChristianHealthyLifestyle.com/150. There you can find links to all the resources that we've mentioned in audio as well as a video version of the podcast and a whole lot more. And don't forget, I need your help creating some episodes. I'm looking for people to come on the show with me and do a lifestyle audit. You tell me what your pain point is. And I'll give you my feedback and get you one step closer to experiencing all the health and vitality you're capable of. There's no charge for this. I enjoy interacting with the natural nation. It won't be live so no pressure there. And an added bonus is you'll get a behind the scenes look at the Christian Healthy Lifestyle Studio. For a limited time. I'll send you a copy of my book *The Christians Guide to Holistic Health* as a thank you. Go to my website ChristianHealthyLifestyle.com/audit, answer a few questions and you'll be good to go. I look forward to hearing from you.