

Getting rid of excess fat in the liver and pancreas appears to be essential in reversing insulin resistance, improving overall metabolic health and, as a bonus, lose excess weight.

In addition to carb and calorie restriction, optimising exercise, getting enough quality sleep and reducing emotional stress should be key focus areas for everyone as they are major elements of self-care.

Optimising Self-Care Questionnaire

To help you rate your self-care in the 5 key areas, please complete the following questionnaire.

On a scale of 1-10 where 1 is very poor and 10 is excellent, how do you rate yourself in these 5 areas:

Key Focus Area	Score
1. 'Reduced my carb intake to 40g or less per day'	
2. 'Reduced my calorie intake to between 800 and 1500 kcal (3000 - 6000 kj) per day'	
3. 'Had at least 30 minutes of aerobic and resistance exercise for at least 6 days a week'	
4. 'Managed to get at least 7 hours of quality sleep at night'	
5. 'Eliminated or reduced important modifiable emotional stressors'	

I suggest that you pay extra attention to any item that attracts a score of 7 or less.

Please drop me a line at caleb@care.co.za if you would like some help in taking better care of your metabolic health.

Dr Peter Hill