



You don't look
diabetic.

Why lean individuals are being missed.
You may not be broken — you may be mis-evaluated.

PATTERN RECOGNITION CHECKLIST

Morning Patterns

- Fasting glucose rising over past 1–3 years
- Higher blood sugar in morning than bedtime
- Energy dips before noon

Digestive Patterns

- Frequent bloating
- Burping after meals
- Gas with clean foods
- Gluten sensitivity

Inflammatory Signals

- Brain fog
- Anxiety or mood shifts
- Joint stiffness
- Unexplained fatigue

ENVIRONMENTAL EXPOSURE AUDIT

Rate 1–5:

- Past mold exposure (home, office, dorm)
- Frequent grain consumption
- History of antibiotic use
- High stress seasons

LAB PATTERN AWARENESS

What is your last:

Fasting glucose:

A1c:

Triglycerides:

Question:

Has anyone ever explained how these numbers interact?

PATTERN SCORING

"If you checked 5 or more boxes..."

You may be experiencing early metabolic stress that traditional screening can miss.

Further evaluation may be helpful.

IF THIS GUIDE RAISED QUESTIONS FOR YOU, I'LL BE WALKING THROUGH THESE PATTERNS LIVE IN OUR STRATEGY SESSION.

**PRIVATE TRAINING ROOM.
THURSDAY AT 7 PM (CST) 8 PM (EST)**

FOR THOSE REGISTERED FOR THE STRATEGY SESSION PLEASE BRING YOUR WORKBOOK

(YOU WILL RECEIVE IT UPON REGISTERING FOR THE STRATEGY SESSION).



<https://www.skinnydiabetic.com/vip-live-strategy-session-registration>