

EAGA Business Builder

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January 31, 2023

Today's speaker was Dr. Nathaniel Roybal, MD—Retina Consultants of New Mexico



This morning, Dr. Roybal did not use his presentation time to promote his business-Retina Consultants of New Mexico. He instead, used the time to provide us with some very valuable information regarding overall health—focusing on glucose and how it affects a person's wellbeing. If you are experiencing problems like sleeplessness, weight gain, frequent colds and energy crashes, you like have a glucose related issue. Humans, particularly in the US, are experiencing a "glucose epidemic". Nearly 90% of us are affected.

Plants convert water and carbon dioxide into glucose and oxygen. We then eat the plants, and the other things that have eaten plants, so we are taking in a bit of glucose. The medical industry has strayed away from philosophies that use words of wisdom like "An ounce of prevention is better than a pound of cure", and have, instead, slipped into the realm of "We are not celebrating prevention, we are celebrating treatment". But we humans options and solutions to fix the problem for ourselves. However, we won't know exactly what to change unless we can measure what is going on with our glucose levels. Charts that show how an individual person (we will call that person 'you') processes glucose over time (a glucose curve) offer a visual analysis of what your system is doing. How your body processes glucose is a predictor of your overall health and tools already exist for monitoring and tracking that stuff. Continuous glucose monitors provide very useful information about your daily glucose curve, and those devices give real-time assessments that are more powerful than a single point assessment which is most often taken at a time when results are not really representative of your overall glucose situation. Flat curves are good; curves with large peaks and valleys are not so good. The quicker your body can manage glucose, the better for your health. Leveling out the curve quicker, and keeping it flat, is the best scenario. Nate provided some 'Hacks' to help with remembering how to make things better. #1-Eat food in the right order. Fiber first, then fat & protein, then starches and sugars. Fiber forms a mesh around glucose causing it to breakdown more slowly. #2-Add a starter salad to every meal. That provides the 'fiber first' noted above. #3 Don't snack. Allowing the body time to digest glucose and turn off insulin production helps burn fat. [You know that you are going to snack sometime, don't you. If you must snack, eat savory things like Greek yogurt, carrots, pork rinds, or cheese]. Eating desert is OK, but do it shortly after the main meal and not as a snack later on. #4-All sugars are the same. So called 'healthy' sugars like honey, coconut sugar and agave syrup all raise blood sugars the same as do white and brown sugar. If you really need to eat something sweet, go with raw fruit. And choosing berries is better than choosing tropical fruits. #5-Make breakfast more like lunch. Add proteins and healthy fats. Even leftover dinner is good for the next day's breakfast. #6-Move after you eat. A 20 minute walk or squats (as an exercise, not in the bathroom) would be good. #7-Put clothes on your carbs. Never eat carbs alone. Always add some fat and protein. Additional information for the crowd that likes to frequent Randy's place: tequila, rum, wine and whiskey don't have much glucose. Beer, on the other hand, is high in carbs, although there are some types that are better than others. Stouts are the worst. Some other cautions: a) Beware of gluten free, organic and vegan diets. They are not that healthy. b) Sugars are 50% glucose and 50% fructose. Fructose is not your friend. Glucose can bypass your liver and proceed to other parts of your body, however fructose does not. Nate's presentation included a picture of a liver and there were a lot of lines and drawings and big words and little words, but the take away is that fructose is not at all good for your liver. c) You will find interesting and useful reading about the glucose subject in a book titled "The Glucose Revolution: The Life-Changing Power of Balancing Your Blood Sugar" by Jessie Inchauspé. Dr. Roybal is quite knowledgeable on the subject as well, and he is very willing to provide help where needed. He is happy to discuss the issue with you and is willing to provide a prescription for a glucose monitor. If you would like to know more about 'Glucose and you', including a consultation for a monitor prescription, give Dr. Roybal a call on his cell phone 505-235-4005. It is also good to remember that he is a very good retina specialist too. Keep him in mind if you, or someone you know finds that there is a need for that expertise. Please note: You should have received a pdf format copy of Dr Roybal's entire presentation via email on Thursday, February 2nd. If you didn't see it, and you want a copy, please contact Dr. Roybal, Mario or Bill McCabe.

Contact information for Executive Director: Mario Hernandez

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Leads, Reciprocity & Notes:

If anyone would like to purchase a freestyle libre 2 please get in touch with Dr. Roybal and he can send a prescription for the freestyle libre 2 to Best Buy Drugs and for members of EAGA the cash price for the libre 2 sensor is 74.99 for 14 days or 149.98 for 28 days and you are able to use your phone with the Libre 2 sensor. Most insurances do not pay for this technology unless you are a diabetic and even then may not pay.

- Martin Salas—Best Buy Drugs martin@bestbuydrugs.net

◆ First announcement for a prospective new member:

Performance Ranch

Representative: Lawrence Herrera

Category: Fitness Gym

Sponsor: Brian Walden

If you have an objection to this company becoming a member, or if you have information that you feel should be considered during the review process, please contact our Membership Committee Chairman, Jack Zipper (via telephone number 505-259-5959 or email at jdzipper@comcast.net) as soon as possible.

◆ Thank you to the four gentlemen that signed up to speak at our February meetings. We very much look forward to your presentation. We are still in need of speakers for the breakfast meetings in March. Please contact Mario (information in the box at the bottom of this page) if you are able to take one of the open slots.

◆ And we could use a handsome, talented and friendly member to be a Greeter on March 21st. Please check your schedule for 6:30am on that day and let Mario know if you want to be that guy.

◆ Remember the Italian saying: *La Vita È Come Una Fotografia. Se sorridi, viene meglio.*

[Life is like a photograph. If you smile, its better.]

Badge Board Greeters

Feb 07 th	David Rodriguez—Computer Solutions Group
Feb 14 th	Lonnie Correathers—1st Service Team
Feb 21 st	Mark Abramson— Los Ranchos Gun Shop
Feb 28 th	Herman Mitchell—Southwest Mail Center
Mar 07 th	Larry Sonntag—New Mexico Business Coalition
Mar 14 th	Bill McConnell—Window Fashions
Mar 21 st	
Mar 28 th	Chase Wilson—Essential Pest Management

Upcoming Speakers

Feb 07 th	Robert Biernacki—WaterQuest
Feb 14 th	Gary Sanchez—Why Institute
Feb 21 st	Michael Johnson—Shockwave Defense
Feb 28 th	Hass Aslami—Pizza 9 Franchise System
Mar 07 th	
Mar 14 th	
Mar 21 st	
Mar 28 th	

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