

**Blood sugar monitor:**

You will need a monitor, lancet (needle device), needles (I prefer ultra-fine), and test strips. ReliOn is a good meter that is inexpensive at Walmart.

If you think there is a good chance you would consider a keto diet for a period of time (recommended for both hypoglycemia and hyperglycemia/IR/DM) - you may want to just invest right away in a Ketomojo meter with both glucose and ketones strips.

<https://keto-mojo.com/>

**How to check glucose:**

I recommend that you check at different times of the day - while doing a journal (I recommend the 7 day journal).

You may want to do multiple checks in the course of a few days - or spread it out checking once daily but at different times.

Some of the times to check:

Fasting in the morning

1 hour after a meal

2 hours after a meal

Before bed

If you wake in the night (as quickly as possible)

Before and after exercise

Keep a journal and send these to me.

**Consider lab testing:**

Fasting glucose and insulin

HbA1C

Uric acid, hsCRP, ferritin (inflammation)

Lipid panel (includes triglycerides)

LDH (to look for chronic hypoglycemia)

4 point adrenal saliva test

Can consider:

2 hour tolerance test with glucose and insulin

GlycoMark

Autoimmune antibodies

Celiac

C-peptide

Leptin