

April 20, 2026 Coaching Call

- Continuous glucose monitor (CGM) readings, low energy causes, and fat digestion issues are the central topics of this coaching call.
- Jane reported consistently low CGM readings (60s–70s range) since first measurement at 1:30 PM, with 82 being the day's highest.
- Breakfast of 3 eggs, mushrooms, whole wheat toast with raspberry preserves (~18g protein) was flagged as having a suboptimal protein-to-carb ratio.
- Lunch of lamb stew with bone broth provided an estimated 40g+ protein, but the CGM still read 60 immediately after the meal settled.
- Jane likely has a naturally low blood sugar baseline, evidenced by needing a candy bar and two cookies to exceed 120 on a previous CGM trial.
- Recommendation: increase protein at breakfast and maintain some carbohydrate intake, since protein and fat together have the least blood sugar impact and those who ride low still need carbs for sustained energy.
- Excess dietary fat may be counterproductive for low-riders—it can crowd out carbs and protein needed for energy and lean muscle preservation.
- Skin breakouts consistently linked to seed oils and butter, with fish oil supplementation also triggering digestive issues from the waist down, suggesting a fat digestion problem.
- Lipase enzyme (isolated, not combined amylase/protease) was recommended to test fat digestion, taken before higher-fat meals like eggs, lunch, and dinner.
- Betaine HCL was clarified as stomach acid support primarily for protein breakdown, most relevant for women whose gut microbiome shifts with hormonal changes.
- Apple cider vinegar, lemon juice, arugula, and bitters were suggested as natural ways to stimulate stomach acid, with betaine HCL as temporary "training wheels" until those habits take hold.
- Hyaluronic acid knee injections were discussed; one participant reported ~5 years of relief per round, while a surgeon cited 50/50 success rates and cortisone as a prior alternative.
- Omega-3 to omega-6 ratio (ideal ~1:3–4 vs. typical ~1:20) was highlighted as a key driver of inflammation, especially post-menopause when estrogen's protective effect is lost.
- HRT longevity discussion: leading physicians including Dr. Felice Gersh and Dr. Lindsay Berkson advocate staying on bioidentical hormone therapy for life, citing heart, bone, connective tissue, and compliance benefits when combined with resistance training.
- Membership transition update: the cafe.flipping50.com website closes May 1st, with all programs and content moving to app.flipping50.com, accessible on desktop and mobile.