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CGM

What is a Continuous Glucose Monitor?

CGM:

A Continuous Glucose Monitor, or CGM, is a tiny sensor that quietly tracks your blood sugar around the clock—like giving your metabolism its own set of subtitles. Suddenly, you're not guessing which foods keep you steady and which ones send your energy into a tailspin—you can see it in real time. And the truth is, your body's reactions are uniquely yours. One person's banana might act like a slow, gentle rise, while for someone else it spikes just like a candy bar. A CGM doesn't judge; it simply shows you your personal biology so you can make choices that work for your metabolism, not someone else's. Try this today: imagine wearing one for a week. Which meal, snack, or drink would you be the most curious to watch unfold on your glucose graph? Write it down—you will start to learn how food affects your body.

01 Mini Teaching
It's like having subtitles for your metabolism — you finally see what each bite really does.. It shows how specific foods — or even stress and sleep — affect you. No more guessing

02 Example
You might eat a bowl of oatmeal in the morning and feel full and focused for hours—while someone else eats the same thing and crashes by 10 a.m. A CGM shows why. For one person, oatmeal may create a slow, steady glucose curve that keeps energy even. For another, it can trigger a sharp spike followed by a quick drop, leading to cravings, irritability, and fatigue. On the surface, it's the same food. On the inside, it's a completely different metabolic story. That's the power of a CGM: it turns invisible reactions into clear, personal data so you can understand which foods keep your engine running smoothly.

03 Try This Today
If you do try one, pick a “test meal” you eat often—like your usual breakfast—and watch how your glucose responds for three days in a row. Consistency reveals patterns. You'll quickly see whether that meal keeps you stable... or secretly drains your battery.

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