

# *Insulin Resistance*

## **CHEAT CODES**

HOW TO TAKE  
CONTROL

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# WELCOME

## *Warmest of Welcomes*

Thank you for choosing me to assist you on your journey to take control of your health, your future happy living without the control of “big fooda” and “big pharma”.

93% of us are metabolically unhealthy. 80% of us don't know it. But we live with it everyday. It's present in our restless night's sleep. It's present in the amount of times we hit the snooze alarm. It's in our mind's anxious chatter ongoingly haunting our days. It's in our constant hunger and cravings for carbohydrates. It's in those boxes, bags, and barcodes at the store, in our pantries, at the fast food restaurants, and our snacks. It's in our inability to stick with a healthy lifestyle, and in our ever expanding list of pharmaceuticals we take. It's in our experience of our day to day living. Every second or every day.



**Kris Hansen**  
**Your Nurse**  
**Friend**

After caring for over 80K patients in my career, I know without a doubt...two things:

- 1) Everybody suffers - it's a part of the human condition.
- 2) He who is on the least amount of pharmaceuticals, lives longest.

# IS

**Are we healthier? We have the best doctors, hospitals, medical technologies and innovative surgeries.**

**Do we enjoy better healthcare?  
Do we live longer?  
The answer is NO, we don't.**

Metabolic syndrome started showing up in 1980's. The diseases of the past that killed us were infectious diseases. Think TB, plague, malaria, HIV... You'd think metabolic syndrome has nothing to do with infections. We found out in the recent pandemic that having metabolic syndrome, your risk of death goes up twenty-fold and our society says it's your fault. Because you are a glutton and a sloth. WRONG! Anyone can get metabolic syndrome, even the thin.

# THE



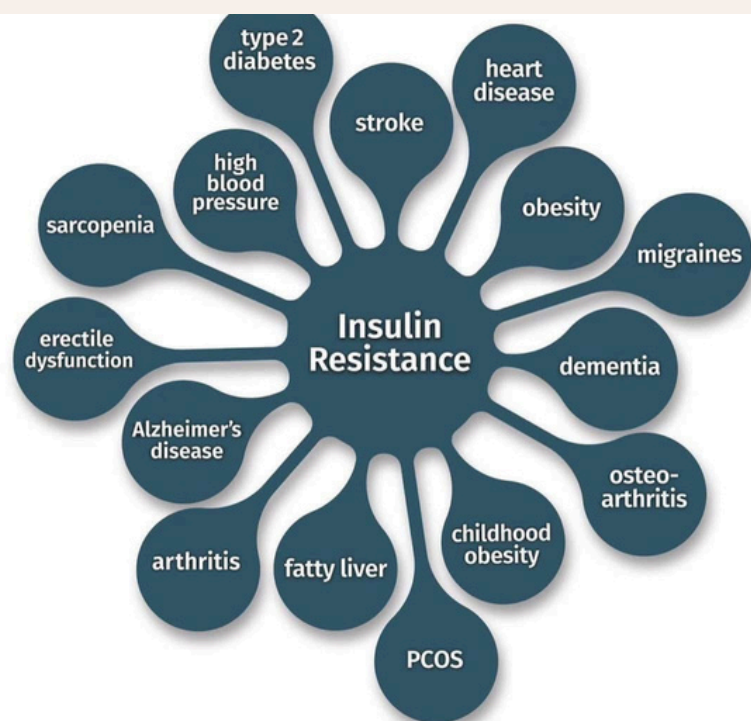


If you have 2 or more of the follow signs or symptoms, you've got insulin resistance.

Always hungry, unexplained fatigue, skin tags, low testosterone, high blood pressure, high LDL or high triglycerides, can't lose weight no matter what you do, darkness in your armpits or behind your neck (it's not dirt), restless nights, off the chain periomenapausal symptoms or menopausal symptoms. A hemoglobin A1c of 5.7 or higher. Men: waist circumference over 40"? Women - over 36"?

Ever been told you need to watch your carbs (or watch your sugar)? Ever been told to cut down on sweets or salty foods? Ever been told to watch your blood pressure?

Do you need to lay down after a meal? Are you having the afternoon munchies and energy drag? Are you using coffee to get you up in the morning?



**Today's "Plagues of Prosperity" have one thing in common—Insulin Resistance.**

All of these disorders (and many others) have one thing in common... To varying degrees, each is caused or made worse by the inability of the hormone insulin to perform as it should; **A condition largely within our control called Insulin Resistance.** Odds are high, if you're suffering from one or more of these disorders, that you're significantly affected by this condition.



Have you been told to eat three meals a day and 2-3 snacks to kick start your metabolism? The food industry tells us that to sell more food.

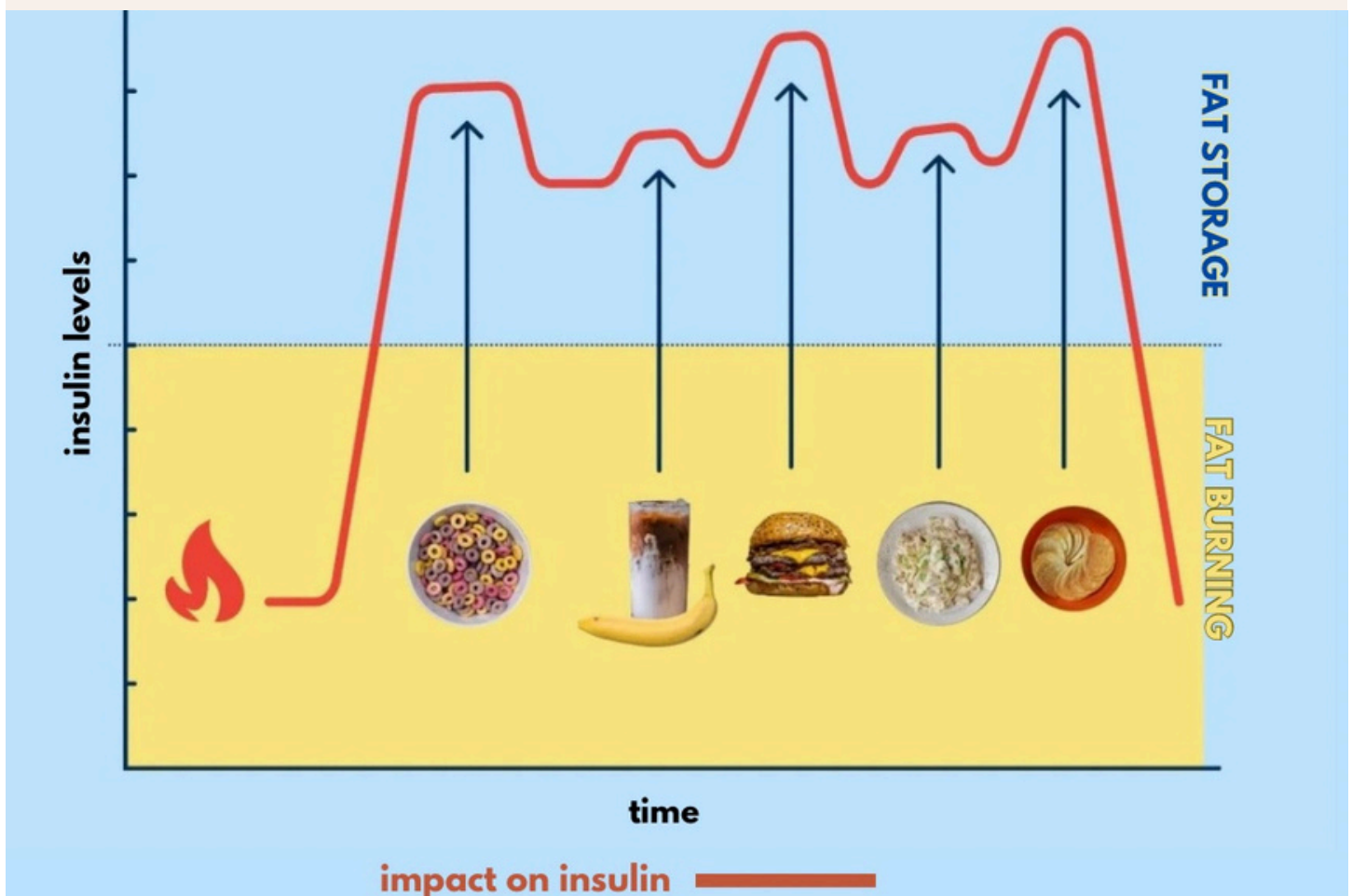
In the 1970's or earlier, if you asked your parents for a snack after school they would say, no. It would spoil your dinner.

Who told us that breakfast was the most important meal of the day?

Mr. Kellogg said that so you would buy cereal.

Farmers left their beds in the wee morning hours to tend to their animals, come back for lunch and return after dark for dinner.

We snack, we eat, we get more hungry, we eat more...we keep our insulin up all day long and we are even hungrier in the morning.

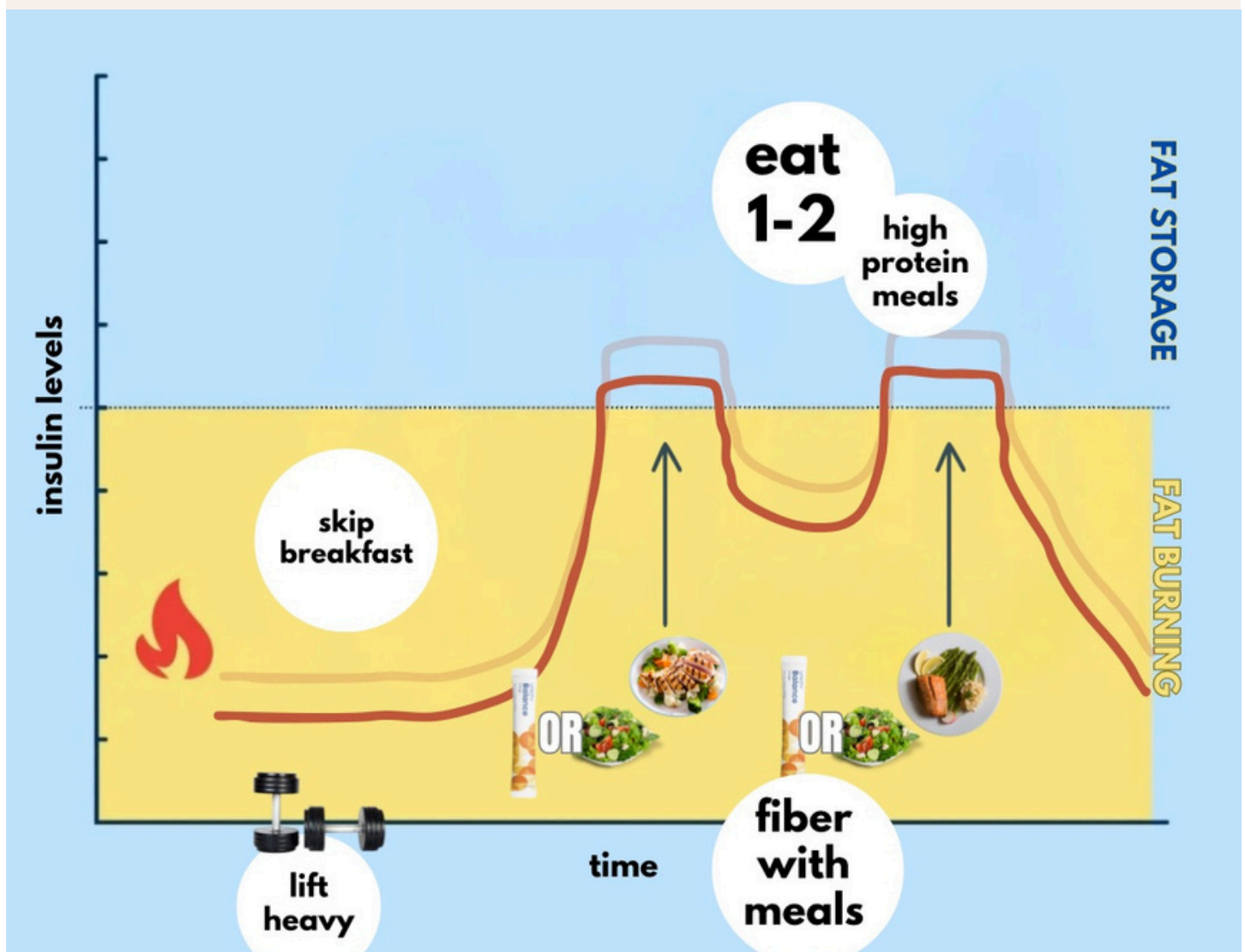


Our cells are in a constant bath of a growth hormone called insulin. We are in constant fat storage mode instead of fat burning mode.

The insulin resistance cheat code is the Feel Great System or what I can THE PROTOCOL

Most people start with a 12hr fast from 8pm to 8am each day. Some start out with a 16 - 18 hour fast. Fasting can be difficult that is why the protocol was invented. To kill off cravings, increase satisfaction and feel good feelings and allow for an extended fast. WHY FAST?

It gives us a break from the insulin so we can burn our fat stores. It's not a weight loss protocol, it's an insulin reducing protocol.

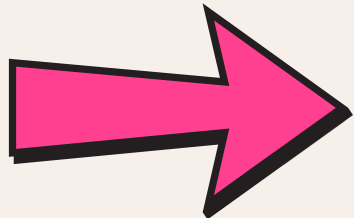


*Video*

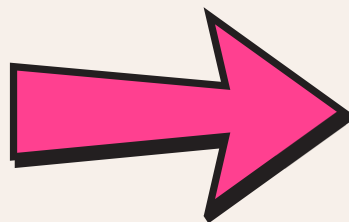
# INTRODUCTION TO THE PROTOCOL

Please take a few minutes to watch this short video  
of the protocol.

Take a photo with your  
cell phone to watch



GET STARTED WITH THE FEEL GREAT  
PROTOCOL - TAKE PHOTO W/ YOUR CELL



Or click [HERE](#)



# Getting to KNOW ME

**Mom, wife, nurse, entrepreneur, insulin resistance thriver  
(not just surviving anymore).**

**I've been a nurse for 30+ years. I was diagnosed with fatty liver disease in my 30's and PCOS. I had metabolic syndrome and gestational diabetes. My father had cancer at 47 years old. My brother died of heart disease in his 50's. My mom and all my aunts have had (most are deceased) Type 2 diabetes and dementia.**

**I have gained and lost over 500lbs in my adult life. I have tried most diets and weight loss systems. I felt I had to have weight loss surgery to end my metabolic syndrome in Jan 2024. Despite losing 95lbs in that year, I was still prediabetic and insulin resistant.**

**It was amazing to not have the “always hungry” feeling for a short 8 months post op weight loss surgery. But it came back. I tried the GLP-1 injections but had terrible side effects. I was searching for a natural way to stop “food noise” and decrease my cravings. And maintain my weight loss.**

**My healthy friend, Bev, shared about the protocol and my first thought was...NOT ANOTHER SYSTEM!**

**I took a look because I needed an answer to food noise and weight maintenance.**

**I have continued to be surprised by this insulin reducing protocol as I know you will be too. If taken consistently, it won't let you down.**

# How it **WORKS**

**This is how to work the protocol, do it as it is designed with consistency.  
In 90 days, if you are not happy - get your money back. Simple.**

1

## **Use the link - buy the Feel Great System**

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Affordable and cost neutral. As you use the two plant based products and the simple practice, you will save money at the grocery store. Use that money to pay for the protocol the next month.

2

## **Ask Questions of Kris**

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You will get access to a private customer chat group. You will get access to a weekly coaching group that will have experts on about the science of you protocol. You'll gain access to a private Facebook Group as well to support you with any questions you have.

3

## **Chart your way**

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Use the app to track or pdf provided to you to chart your progress and help you maintain the protocol for your metabolic breakthrough.

4

## **Enjoy the rewards & advantages**

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Share the protocol with others to get a discount on your next month's box. Have Kris do all the work while you enjoy the benefits of discounts. Enjoy the natural advantages of more energy, peace of mind, and health that awaits you when you take the protocol.

# INSULIN RESISTANCE

## Contact Me:

### How to get in touch:

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Make an appointment with Kris:

<https://tinyurl.com/bookcallwithKris>

