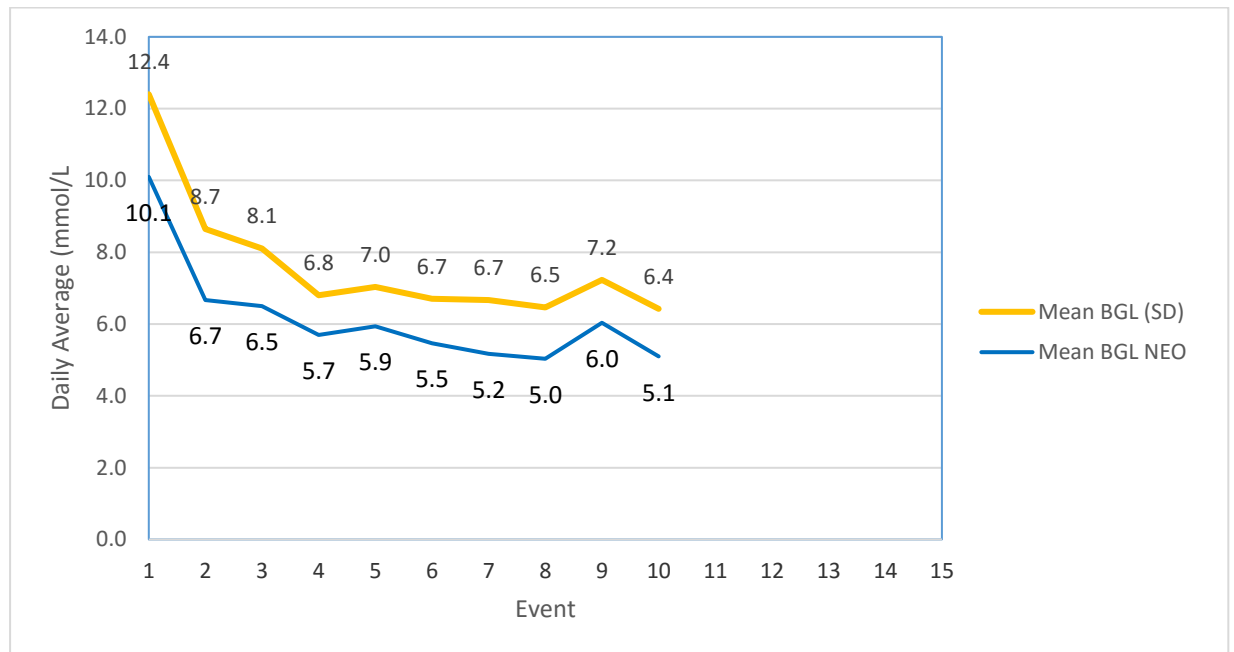


## **Average BGL levels period XMAS 2015 to 1 Sep 2016**



Please note that the graph is event driven and marks the average value at the END of each event, i.e. it is the result of action taken during the event, not elapsed time.

Event#	Action taken	Noted response
1	XMAS 2015	Diet excessive carbs
2	XMAS Recovery BM Start#2	Rapid fall due to Bitter Melon
3	BM Stop#2	still falling after BM stop
4	Ketosis	significant drop
5	LCHF No ketosis	rises after carb incr
6	Gymnema Sylvestre Start	starts falling
7	GS Plateau stop 1 Glic	still falling
8	GS Stop 1 Glic 2x GS tabs.	still falling
9	GS Plateau stop 2 Glic	Significant rise after meds stop
10	am meds retimed	fall after meds retimed