



## Glucose Wands Coaching Tools

1. What happens inside the body?

In the absence of adequate insulin, or with insulin resistance, glucose levels build up inside the blood.

2. What is happening in the glucose wands?

## Normal Blood Sugar Wand:

The blood cells (beads) are free to float through the veins without any obstacles.

## Hyperglycemia A1C 8.0 Wand:

The excess blood glucose causes cells (beads) to stick together and makes it difficult for blood cells to float through the veins.

## Hyperglycemia A1C 12-14 Wand:

The high amounts of glucose make it difficult for blood cells (beads) to move in the veins.

- 3. What effect does this have on the body?
  - Increased risk for cardiovascular disease
  - Impaired wound healing
  - Damaged blood vessels
  - Kidney damage

