

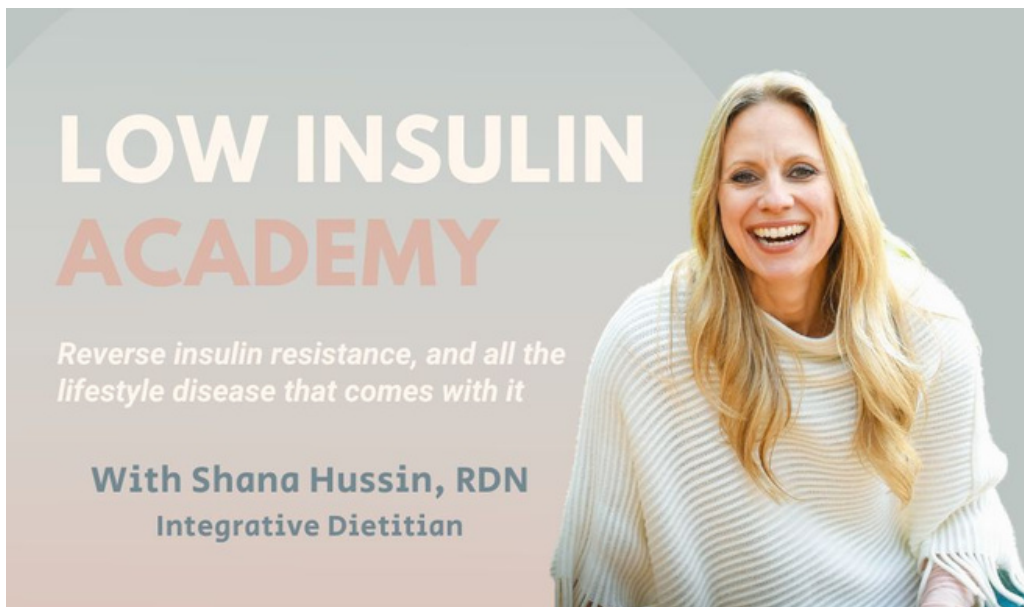
Low Insulin Academy

Reverse Insulin Resistance!



With Shana Hussin, RDN

www.fasttoheal.info



*Hello
there!*

I'm Shana Hussin, and I've been a registered dietitian since 2001. I have primarily worked in the field of weight management, and now, the treatment of metabolic disease.

Low Insulin Academy teaches students how to reverse the course of their metabolic disease with natural nutrition and lifestyle interventions, and how to keep it in remission for good!

Only 7% of American adults are free of metabolic illness, which is staggering. This creates a huge financial burden on our health care system, and profound, yet avoidable, emotional and physical strain on patients.

By reversing insulin resistance at the heart of metabolic illness, Low Insulin Academy gives students necessary tools and strategies to reclaim metabolic health and resolve chronic weight and health issues.

Shana Hussin, RDN

Shana Hussin, RDN
Registered Dietitian Nutritionist
Registration Number: 894337

Nutrition Therapy Reimbursement

Dietitian reimbursement is eligible with a Letter of Medical Necessity (LMN) with a flexible spending account (FSA), health savings account (HSA) or a health reimbursement arrangement (HRA).

Dietitian reimbursement is not eligible with a limited-purpose flexible spending account (LPFSA) or a dependent care flexible spending account (DCFSA).

Visits to a dietitian relating to general health and not relating to a specific diagnosed medical condition are not eligible.

Health Insurance Reimbursement:

Some insurance companies consider the cost of the program to be a reimbursable expense provided certain conditions are met. You may be eligible to receive a full or partial reimbursement for the cost of your program from your health insurance provider. To determine eligibility, we recommend you follow these steps:

1. Complete the letter of medical necessity attached.
2. Attach a copy of your sales receipt.
3. Submit the signed letter of medical necessity along with your sales receipt to your health insurance provider for reimbursement.
4. Submit the PDF outlining the Low Insulin Academy Program if more information about the course is requested.

Nutrition Therapy Reimbursement

Flexible Spending Account (FSA) & Health Reimbursement Account (HRA)

The cost of a nutrition program, when prescribed by your physician to treat a diagnosed medical condition such as heart disease, obesity, hypertension or diabetes, is a reimbursable FSA or HRA expense according to the IRS.

Many plan administrators consider the program to be a qualified expense under these guidelines. By following the claim process below, you can submit the cost of your program to your plan administrator for reimbursement.

1. Complete the letter of medical necessity attached.
2. Fill out a FSA/HRA claim form provided by your plan administrator or HR department.
3. Attach a copy of your sales receipt.
4. Submit the signed letter of medical necessity along with the claim form and your receipt(s) to your health insurance provider for reimbursement. Eligibility for reimbursement of the cost of the program is at the sole discretion of your plan administrator.

Health Savings Accounts (HSA)

A Health Savings Account (HSA) is a tax-advantaged savings account used solely by individuals enrolled in a High Deductible Health Plan (HDHP) to pay for qualified medical expenses.

Expenses paid for specialized nutrition programs, when prescribed by your physician to treat a diagnosed medical condition, are reimbursable. A signed letter of medical necessity (attached) and each of your sales receipts are required for your records.

Letter of Medical Necessity

Healthcare Flexible Spending Account/Health Savings Account
Insurance Reimbursement

This letter serves as a letter of medical necessity for the patient referenced below currently being treated for hyperlipidemia, hypertension, pre-diabetes, diabetes, insulin resistance, or NAFLD with or without obesity.

Patient Name:
Date:

Employer Name:
Employee Name:

SSN/FSA ID:
Relationship to employee:

Height:
Weight:

BMI:

BMI Calculator: Normal 18.5-25,
Overweight 25-29.9, Obese 29.9-
40, Extreme Obesity > 40

DIAGNOSIS:

Patient is overweight or obese and has the following weight related medical condition(s):

_____ Type 2 Diabetes _____ Pre Diabetes _____ NAFLD

_____ PCOS _____ High Blood Pressure _____ High Triglycerides

_____ Insulin Resistance _____ Obesity _____ Metabolic Syndrome

Service Provider Name: Shana Hussin, RDN

Service Provider Signature: *Shana Hussin, RDN*

Service Provider License # and State: 894337, Wisconsin

Address: N1644 River Forest Dr. Kaukauna, WI 54130

Phone: 920-422-1121

Rising Cost of Metabolic Illness

The American Diabetes Association (ADA) released new research on March 22, 2018 estimating the total costs of diagnosed diabetes have risen to \$327 billion in 2017 from \$245 billion in 2012, when the cost was last examined. This figure represents a 26% increase over a five-year period.

People with diagnosed diabetes incur average medical expenditures of \$16,752 per year, of which about \$9,601 is attributed to diabetes. On average, people with diagnosed diabetes have medical expenditures approximately 2.3 times higher than what expenditures would be in the absence of diabetes.

The total annual cost of care per NAFLD patient with private insurance was \$7,804 (interquartile range [IQR] \$3,068–\$18,688) for a new diagnosis and \$3,789 (IQR \$1,176–\$10,539) for long-term management.

The most common hormone disorder affecting women of reproductive age—polycystic ovary syndrome (PCOS)—cost an estimated \$8 billion to diagnose and treat nationwide in 2020, according to a new economic analysis published in the Endocrine Society's Journal of Clinical Endocrinology & Metabolism.

Increases in medical expenditures due to obesity were higher for adults covered by public health insurance programs (\$2,868) than for those having private health insurance (\$2,058). In 2016, the aggregate medical cost due to obesity among adults in the United States was \$260.6 billion.

All of these diseases stem from insulin resistance! When insulin resistance is resolved and put into remission, so are these very costly and very dreadful diseases that cost our medical system billions.

One Comprehensive Course

Low Insulin Academy is one comprehensive course that targets the reversal of insulin resistance, which is at the root cause of prediabetes, type 2 diabetes, NAFLD, high blood pressure, PCOS, and most metabolic issues.

Resolving insulin resistance can resolve metabolic illness and all the symptoms and diagnosis that come with it.

The course focuses on bringing insulin levels into a healthy range with proper meal order, meal timing, therapeutic carb restriction, activity, sleep quality, and stress management.



"For the first time in my life I feel in control of my weight and health. I am much healthier in my 60's than I was the past several decades. I own a restaurant and people ask me on a daily basis what I have done to achieve a healthier weight."

~ Jean L.

Included Education

6 learning modules

01

PREPARE YOUR BODY FOR A
LOW-INSULIN LIFESTYLE,
REMOVE OBESOGENS

02

EXTEND TIME BETWEEN MEALS
AND IMPROVE BLOOD SUGARS,
FASTING, CIRCADIAN RHYTHMS

03

ALTER NUTRITION AS NECESSARY,
PROPER MACRONUTRIENT PROFILES

04

MEAL ORDER, CHANGING UP YOUR PROTOCOL,
MEASURING BLOOD SUGARS AND KETONES

05

TARGETED SUPPLEMENTS, BLOOD SUGAR HACKS,
SLEEP, STRESS

06

DIGESTION, FOOD SENSITIVITIES, SPECIAL DIETS,
SPECIAL OCCASSIONS, WEIGHT LOSS PLATEAUS



** Included in course enrollment is 1, 20-minute zoom session with Shana Hussin, RDN for additional guidance, along with continual voice and text messaging

Included Lessons

LOW INSULIN ACADEMY

Module 1- Prepare Your Body

Lesson 1: Getting Started
Lesson 2: Strategic Meal Timing
Lesson 3: Eating Organic & Endocrine Disrupters
Lesson 4: Kicking Snaking Habits
Lesson 5: Goals for Module 1
Lesson 6: Exercise Relating to Fasting

Module 2- Extend and Find Your Fasting Times

Lesson 1: Start Fasting Where Appropriate
Lesson 2: Different Types of Fasting
Lesson 3: Electrolytes
Lesson 4: Benefits of Fasting
Lesson 5: Special Considerations for Women
Lesson 6: Extended Fasts
Lesson 7: Adrenal, Thyroid, PCOS & Circadian Fasting

Module 3- Alter Nutrition as Needed

Lesson 1: Nutritional Variation
Lesson 2: Carbohydrates
Lesson 3: Fats
Lesson 4: Protein
Lesson 5: Sugar, Artificial Sweeteners, & Alcohol
Lesson 6: Savvy Label Reading
Lesson 7: Protein CONTINUED!

Included Lessons

LOW INSULIN ACADEMY

Module 4- Clean Fasting, Challenge Days, Changing Things Up

Lesson 1: Clean Fasting

Lesson 2: Challenge Days & Therapeutic Fasting

Lesson 3: Changing Things Up & Autophagy

Lesson 4: Food Order & Avoiding Binging

Lesson 5: Measuring Ketosis & Blood Sugar

Module 5- Ease Your Mind

Lesson 1: Stress Management

Lesson 2: Importance of Sleep

Lesson 3: Breaking Through Plateaus

Lesson 4: Making Intermittent Fasting and

Low-Carb Eating Sustainable

Lesson 5: Targeted Supplements

BONUS: 10 Hacks to Manage Blood Sugar Spikes and Stabilize Energy!

Module 6- Potential Roadblocks and Solutions

Lesson 1: Digestion

Lesson 2: Food Sensitivities

Lesson 3: Special Occasions

Lesson 4: Special Diets

Lesson 5: Maintenance & Stalls

CREATED AND TAUGHT BY SHANA HUSSIN, RDN

Program Cost



There are 2 versions of Low Insulin Academy. The self-paced on-demand version is available at any time and includes all recorded lessons and downloads. The LIVE version includes the same with an additional 8 weeks of weekly live group coaching. The live version is offered 3 times annually. Both versions include lifetime access to all lessons, downloads, and recorded group coaching sessions, plus texting and voice messaging access to Shana Hussin, RDN.

LOW INSULIN ACADEMY ON- DEMAND

\$447

Optional monthly
payment plan of 4
payments of \$112.50

LOW INSULIN ACADEMY LIVE WITH GROUP COACHING

\$597

Optional monthly
payment plan of 4
payments of \$150