

**YOU CARE**<sup>™</sup>  
All about YOU

**LIFESTYLE**

*Flow*

By **LUKE COUTINHO**<sup>®</sup>

**Integrating lifestyle, science,  
experience & YOU**

For metabolic health, digestion,  
prevention, diabetes, cancer,  
fat loss, obesity, resistance,  
cardiovascular conditions,  
skin, hair, longevity, graceful aging,  
endocrine health, and more.



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## Why target metabolic health?

Metabolic diseases are spiking today. What are metabolic diseases? Any condition that affects metabolism. It isn't just limited to weight loss but also - cancer, Type 2 diabetes, cardiovascular conditions, obesity, insulin resistance, autoimmune conditions, Alzheimer's, Parkinson's, aging, are all metabolic conditions. Metabolism is everything. And by targeting our metabolic health, a lot can change about your overall health.

## What can you do to recalibrate your metabolic health by changing the way you live and "how" we eat?



Too many of us have either too much glucose in our system or steep spikes and crashes – and most of us don't know it. If your blood sugar levels are at an all time high, it is a problem as it affects every aspect of your metabolic health and fat loss journey. Which is why one of the best ways to reset your metabolic health is to stabilize your blood sugar levels.

\*\*To know more about metabolic health, scroll towards the end of the document. (Page no: 11)

WELCOME TO

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What is the best way to live?

What is the best way to start or end a day?

What should one eat first? Fats, carbs or protein?

What is the best time to eat a dessert?

What should one eat before and after meals?

Can we walk post-meals?

What is the best time to eat fruits?

We are asked questions like these every day. Here's your answer in the form of a lifestyle flow based on science, anatomy, and simplicity.

**The flow is divided into 4 parts which you will see as you scroll through.**

- Morning Flow
- Meal Flow
- Post Meal Flow
- Evening Flow

This is a flow of living that supports your metabolic health. A flow of how your ideal day should start and end. Just like everything in nature works with a rhythm, we operate the best when we are in a rhythm too. Every cell in your body works according to a rhythm. If the rhythm is right, all is okay. If it's wrong, there is disharmony at a cellular and physical level. Whether you are traveling, fasting or on a flight, you can easily integrate this flow. Try to live in alignment with this flow as much as you can. If you want to adopt it slowly, that's okay too. Make small wins everyday and build on this as you go.



## MORNING

# Flow

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How should you spend the first hour (sacred hour) of your day?

### **Wakeup rituals**

-  Try to wake up with or close to sunrise
-  Wake up with gratitude
-  Avoid switching on your phones at least for an hour after waking up
-  Clear your bowels within an hour of waking up
-  Use this time to reconnect with nature, get some sunlight, offer prayer, set your intentions for the day, affirmations and so on
-  Add Surya Namaskars/Sun Salutations to wake up your body and mind, oxygenate your cells and boost circulation. Learn it and perfect it. If you are a beginner, start with 1 or 2 rounds and finally graduate to 6 or more. Surya Namaskars are one of the best and complete body movements to begin your day with.

 **Also watch: Episode 416 - Importance of Morning Ritual for Your Health**

### **What is the best time and way to eat fruits?**

If you follow the Ayurvedic way of living, it suggests having fruits on an empty stomach, which is right. So, in this flow we suggest you have fruits (1 whole fruit at a time) empty stomach.

In case you have insulin resistance, diabetes, cancer, non-alcoholic fatty liver, or are overweight, consider the following food pairing:

First consume a tbsp of overnight soaked flaxseeds or chia seeds (it will have a gel-like consistency) and then the fruit.

You can also add a handful of soaked nuts/seeds (almonds, pistachios, walnuts, pumpkin seeds). This will slow down the absorption of sugar and flatten the spike.



 **Also watch: Don't Make These Mistakes When Eating Fruits**

# Flow

## In which order should you eat?

Try to make these changes starting with your next meal.  
The sequence matters.

### Step 1

#### Pre Meal

When: 30 minutes before meal

#### What:

- 1 tbsp Apple Cider Vinegar with mother culture
- 1 tall glass of water (200 to 300 ml)

**How:** Mix 1 tbsp ACV in a tall glass of water. Sit and sip slowly

\*\* If ACV does not suit you, skip it completely and move to Step 2



#### Why Apple Cider Vinegar 30 minutes before meals?

ACV is way more powerful than just helping you lose weight.

- It helps stimulate muscles to absorb more glucose during the entire process of eating and digestion, which prevents blood sugar spikes.
- It also acts as a prebiotic
- It stimulates the release of stomach acids and digestive enzymes, thereby supporting better digestion.

#### Notes:

This is optional. Add a pinch each of organic Ceylon cinnamon powder, organic clove powder, dry ginger powder, organic cumin powder. Mix it well in the ACV drink. Sip slowly. (We would like you to add these spices as it's antiinflammatory and great for cognitive health. However, if the spices do not suit you, skip it.)

In case you are on water restriction or dislike ACV, try using ACV as a salad dressing. (1 tbsp ACV + 1 tbsp lemon juice + a dash of parsley, oregano and freshly cracked pepper. Mix and drizzle over your salad)

# Flow

## Step 2

### During Meal

(the sequence matters, try to follow it as much as possible)



# **Relax first.** Bless your food. Give thanks and set an intention for great digestion and health from your food. You can also practice 5 deep breaths (Vitamin O) to activate your body's rest and digest mode.



' # Then, **eat your vegetables.** Start with raw salads (eg: slices of cucumber, carrots, beets, raw onion slices) and then move onto the cooked vegetables (Indian vegetables/sabji or stir fry vegetables). As your vegetables digest, they form a gel-like mucosal membrane that line your intestine and slow down the absorption of carbohydrates that you eat later.

\*If you can't eat raw foods, because you have a compromised immune system, gut health, or gone through a colon surgery, eat cooked vegetables first.



3. Next, **eat proteins and fats.**

#### Vegan

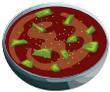
Non-GMO tofu and edamame, lentils, beans, green peas, amaranth, quinoa, oats, nuts, seeds

#### Vegetarian

Pulses, legumes, lentils, beans, ethically sourced cottage cheese/paneer, sprouts, sattu (roasted chana flour)

#### Non-vegetarian

Fatty fish, organic chicken, farm free whole eggs, grass fed beef, mutton (in moderation)



4. Lastly, **eat your grains (carbohydrates)**

Examples: grains, emmer wheat (khopli), Indian breads (rotis), potatoes (normal or sweet), yam, cassava, millets and oats

**Notes:**

In case you are pairing lentil/legume with grains (example: rajma (kidney beans) with rice), take more lentils or legumes and lesser grains and tubers.

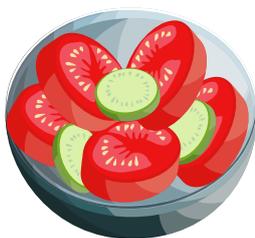
Chew every bite, eat slowly and with no distractions or gadgets.

Avoid talking while eating.

Strive for eating a rainbow by adding coloured vegetables  
(eg:red/green/yellow bell peppers, leafy greens, purple coloured vegetables)

So you see, the flow and sequence in which you eat your macros, matters. When you eat this way, you never have to be scared of eating rice if you eat it according to this flow. The problem is when we have too much rice and less protein (dal) or no vegetables or only eat rice-dominant meals.

By eating according to this lifestyle flow, the portions of rice/grains will also be reduced which will work in your favor to lose weight, boost energy, feel lighter, reduce stubborn fat, avoid post meal slumps, improve blood sugar readings, and boost metabolic health.

**Why raw salad/vegetables before protein and carbohydrates?**

Vegetables have fiber and biochemicals line the intestinal walls. They play a role in slowing down the absorption of glucose, after you consume the proteins and fats.

If you eat carbs first, the absorption of glucose (glucose dump) will be way faster, causing a higher and faster spike and a relative crash.

## SAMPLE

# Flow

### For a typical Indian meal:

If you have khichdi or rice-dal or rajma-rice or dal-roti planned for a meal, no problem. You can integrate this lifestyle flow in the following manner:

1. First, eat raw salad
2. Then, cooked veggies
3. Then, combine the rice or roti with dal/rajma/lentils (protein + carbs).  
You can add yogurt with it too.



**If you plan to eat a dessert, do you know when is the best time to eat it?**

### At this point!

After your meal, you can enjoy your dessert because by now you have already lined your intestines so the glucose dump into your blood is going to be way less. There is a right way to enjoy everything you want to.

## What should you do post your meals?

1. Avoid drinking water for at least 30 minutes to an hour after eating your food. If you must, take a few sips of water or buttermilk. Sit and slip slowly. Try not to have it while eating meals.
2. If diabetic, insulin resistant or aiming for fat loss, **take a gentle walk for 10 minutes at this point.**
3. If you are overall healthy, sit in Vajrasana for about 4-5 minutes and then take a 10 minute walk if you wish. (recommended).



### Vajrasana (Thunderbolt Pose)

\*\*In case you miss taking a walk immediately post meal or getting into Vajrasana (Thunderbolt Pose), try and take a walk for about 10-15 minutes within an hour after all major meals. Even light bodyweight exercises like squats, pushups or jumping jacks work well. Do not overdo it.

 [Watch this video to learn how to sit in Vajrasana](#)

### Why a post meal walk?

Walking post meals or within 30 minutes to an hour of eating your meals allow muscles to absorb glucose from your blood post eating on priority.



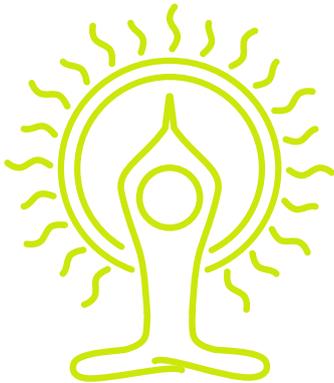
#### Tip:

Plan your personal or work calls immediately after your meals so you can walk and talk. Planned calls can ensure that you do not miss out on this walk.

## How should your last hour (sacred hour) of the day look like?



### **Bedtime rituals**



Start dimming lights after sunset (eg: pink himalayan salt lamps)

Switch off your gadgets and social media 1-2 hours before bedtime

Engage in meditation, prayers, visualization, reading, writing, reflection, gratitude, spending time with family and loved ones, breathing exercises, journalling or whatever relaxes you.

You can also do a couple of restorative yoga asanas (eg: child's pose, legs up the wall, happy baby pose, shavasana).

Make your room pitch dark or use an eye mask to create that darkness for melatonin (sleep hormone) to kick in and put you to sleep.

**Luke's meditation links:**

[Best Meditation Before Sleep](#)

[Morning and Evening Meditation with Luke](#)



### **In a nutshell**

1. Start your day with morning rituals
2. Eat a fruit empty stomach. Add overnight soaked flaxseeds and chia seeds to it
3. For meals:
  - Relax and bless your food
  - 30 minutes before meals - ACV drink (a glass of water with 1 tbsp ACV with spices (optional) if it suits you.
  - Start your meal with raw first (salad)
  - Then, eat cooked vegetables
  - Then, protein and fats
  - Lastly, eat carbs/grains (if you are having rice and lentils, have it together after eating salad and vegetables)
  - Sit in Vajrasana after meals. If you are diabetic, we recommend you to take a 10-minute walk, post your meals and then sit in vajrasana.
4. End your day with night time rituals
5. Sleep with a grateful heart and in a pitch dark room

**Do it with faith, discipline and consistency.**

When you start living according to this

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eat a particular way and maintain your health, weight, blood parameters, no one is stopping you from enjoying what you like. There is a right and a wrong way to enjoy everything. Ofcourse, if you have a health condition, eat according to your disease, but for everyone else, follow this as much as possible. The secret to human health and wellness is in this lifestyle flow.



Try it and practice self-realization to know if this flow works for you or not. Remember, every human being is beautifully unique. What works for someone else, does not have to work for you. This flow however, has changed hundreds and hundreds of lives in the simplest and inexpensive way because it is designed according to how your body functions. All you need to do is try it with discipline and consistency and I hope it works for you. Teach this to your kids, families and communities as well if it works for you.

**Just a heads-up! This flow will never work alone.**

While the flow is powerful, you still need to build and practice the other fundamentals of great holistic health, which are - **clean nutrition, adequate movement, quality sleep and emotional wellness.**

Try this flow if it suits you. If it doesn't suit you, do not.  
I am a believer of self-realization which means,  
we do not listen to the opinions of others.  
We try it mindfully to see if something is working for us  
and decide accordingly.

- Luke Coutinho

## Read more about metabolic health:

One of the key indicators of great metabolic health is stable blood sugar readings/levels. If our blood sugar levels are at an all time high due to wrong choices and ways of eating, it not only affects metabolism but also -

- Moods
- Skin and hair
- Hormones
- Fat gain
- Energy levels
- Cognitive and brain health
- Lethargy after meals
- Digestion (bloating, acidity, gas)
- Inflammation
- Fatigue

Thus, it is necessary to eat in a way that flattens your glucose curve, meaning the spike and subsequent fall is gradual. When the spikes are too high, the crash is also steep which is not good for the pancreas, cellular health, diabetes and overall health. Thus, the glucose curve must be flattened for optimal health, prevention and recovery of diseases.

You can take more and more medications and insulin for diabetes and other metabolic conditions, but at some point you need to address the root cause to avoid further progression and prevent complications. When you learn how to correct your lifestyle and follow this flow, you will learn to flatten the glucose curve, and it is here that you will find great metabolic health.

Try to get this flow right as much as possible. Everything else will fall in place. We hope this flow works for you. Give this an honest try with faith and don't forget to move more, sleep deep, breathe right and look after your emotional health.

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This is not a replacement for any medication or advice from your doctor. If you have a health condition, eat for your disease and change your lifestyle.

Our work involves helping and guiding you on the right path using lifestyle to handle diseases ranging from diabetes, cardiovascular, hormonal disorders, autoimmune, degenerative conditions, skin and hair problems, obesity, infertility, cancer to rare syndromes. Our **You Care Wellness Program** runs globally, is integrative in nature and personalized based on your health condition, root cause, lifestyle, and designed to run in parallel to your on-going treatment/medicines.

For any further information,  
you can get in touch with our integrative team to help you find a way.

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**Team Luke**

Designed and conceptualized by Luke Coutinho



# Scientific Literatures & References

**The You Care Lifestyle Flow by Luke Coutinho is based on science, anatomy, physiology and simplicity.  
Should you want to study this in depth, you can refer to scientific literature shared below.**

- [A simple meal plan of 'eating vegetables before carbohydrate' was more effective for achieving glycemic control than an exchange-based meal plan in Japanese patients with type 2 diabetes](#)
- [Carbohydrate-last meal pattern lowers postprandial glucose and insulin excursions in type 2 diabetes](#)
- [The role of acetic acid on glucose uptake and blood flow rates in the skeletal muscle in humans with impaired glucose tolerance](#)
- [Three 15-min bouts of moderate postmeal walking significantly improves 24-h glycemic control in older people at risk for impaired glucose tolerance](#)
- [Postprandial Glucose Spikes, an Important Contributor to Cardiovascular Disease in Diabetes?](#)
- [Gut-Based Strategies to Reduce Postprandial Glycaemia in Type 2 Diabetes](#)
- [Suppression of Postprandial Blood Glucose Fluctuations by a Low-Carbohydrate, High-Protein, and High-Omega-3 Diet via Inhibition of Gluconeogenesis](#)
- [The Timing of Activity after Eating Affects the Glycaemic Response of Healthy Adults: A Randomised Controlled Trial](#)
- [Food intake sequence modulates postprandial glycemia](#)
- [The influence of food order on postprandial glucose levels in children with type 1 diabetes](#)
- [Effect of a macronutrient preload on blood glucose level and pregnancy outcome in gestational diabetes](#)
- [Effect of apple cider vinegar on delayed gastric emptying in patients with type 1 diabetes mellitus: a pilot study](#)
- [Postprandial Glycaemic, Hormonal and Satiety Responses to Rice and Kiwifruit Preloads in Chinese Adults: A Randomised Controlled Crossover Trial](#)
- [Effect of apple cider vinegar on delayed gastric emptying in patients with type 1 diabetes mellitus: a pilot study](#)
- [Vinegar consumption can attenuate postprandial glucose and insulin responses; a systematic review and meta-analysis of clinical trials](#)
- [Postprandial Glucose Improves the Risk Prediction of Cardiovascular Death Beyond the Metabolic Syndrome in the Nondiabetic Population](#)
- [Postprandial Hyperglycemia Is Associated With White Matter Hyperintensity and Brain Atrophy in Older Patients With Type 2 Diabetes Mellitus](#)
- [Association between postprandial hyperglycemia at clinic visits and all-cause and cancer mortality in patients with type 2 diabetes: A long-term historical cohort study in Japan](#)
- [Dietary Strategies for Improving Post-Prandial Glucose, Lipids, Inflammation, and Cardiovascular Health](#)
- [Food Order Has a Significant Impact on Postprandial Glucose and Insulin Levels](#)
- [Impact of postprandial glycaemia on health and prevention of disease](#)
- [Can blood glucose value really be referred to as a metabolic parameter?](#)
- [Impact of post-meal and one-time daily exercise in patient with type 2 diabetes mellitus: a randomized crossover study](#)
- [The Effect of Timing of Exercise and Eating on Postprandial Response in Adults: A Systematic Review](#)

**“The healthiest people are  
the happiest people  
who do not follow extremes,  
but live in balance.”**

**- Luke Coutinho**

