



A LOOK INSIDE, BEFORE YOU DECIDE

The Back in Range Kit

The ninety days between this blood draw and the next one — and exactly what you would be doing with them.

Elise Rains · Health Coach and Integrative Nutritionist · 15 years in practice

WHY NINETY

Your A1C is an average of the ninety days behind it

That is the whole idea the kit is built on. The quarter between now and your next blood draw is not waiting time. It is the test.

So the plan runs on your doctor's calendar, not on a diet's. Step one is finding your next lab date. It takes two minutes.

90

days

*One draw. One date.
One steady quarter.*

WHAT ARRIVES

Three pieces, and they work together

1

The 90-Day Plan

Eight steps taken in order. The daily flow, a week of meals, a root-cause layer, and the tracker.

REQUIRED • \$79 ONCE

2

The Steady Stack

Three supplements for the three levers the plan works: sleep, inflammation, blood sugar.

RECOMMENDED • PRACTITIONER PRICING

3

The Proof Loop

An at-home A1C check at the midpoint, so you are not guessing for three months.

OPTIONAL • PRACTITIONER PRICING

The Stack and the at-home check are bought through our dispensary at practitioner pricing, not from us. Clear berberine with your pharmacist first.

THE ENGINE

One repeating day, eight anchors

1

ON WAKING

Water before anything

3

MID-MORNING

The optional bridge

5

AFTERNOON

The 4 o'clock line

7

AFTER DINNER

The ten-minute walk

2

WITHIN 90 MIN

The 25-gram breakfast

4

MIDDAY

Starch belongs at lunch

6

EVENING

Protein, fat, vegetables

8

CLOSE OF DAY

Tea closes the kitchen

Nothing is banned and nothing is counted. Carbs get a time slot rather than an eviction.

THE ONE THAT SURPRISES EVERYONE

Your starchy carbs belong at lunch

Insulin sensitivity is at its daily best in the middle of the day. The potato, the rice, the good bread — they get that slot, on a plate that is half vegetables, a quarter protein, a quarter starch.

AFTER 4PM

Starchy carbs come off the menu — not because evening carbs are immoral, but because the same bowl of rice costs more at 7pm than it did at noon.

WHY IT MATTERS

Same foods, different clock, different quarter. This single time-shift is the quiet workhorse of the whole plan.

WEEK THREE

Then one root-cause layer, chosen by you

Food timing is the first layer. This is the second: the four non-food drivers that keep blood sugar up even when the eating is right. All four accelerate after menopause. That is the terrain, not your failure.

A

Sleep

3am wake-ups

B

Stress

a day that runs you

C

Inflammation

morning stiffness

D

Hormones

the rules changed mid-decade

You choose one. It adds one food and one small practice at three points in a day the flow already owns — never a new commitment bolted on top.

THE ARC

What the ninety days actually look like

1

WEEKS 1-2

Settle

Water, breakfast, the tea that closes the kitchen. The lunch shift joins in week two.

2

WEEKS 3-5

Build

Full flow running, root-cause layer joins. Around week four it stops feeling like effort.

3

WEEKS 6-8

Repair

Nothing new. You hold the flow through the quiet stretch.

4

WEEKS 9-12

Finish

Midpoint check behind you. Draw booked. You walk in knowing.

Nothing is added in week one that is not still there in week twelve. The plan gets bigger slowly, then stops getting bigger.

WEEKS SIX TO EIGHT

Boring is the plan working

This stretch feels unremarkable. Steady, even dull. Nothing dramatic appears to be happening, and that is the exact point where every plan you have tried before fell over.

Underneath, it is when the steady work compounds. Every page of the plan is written knowing that week seven is coming — which is why we name it out loud instead of hoping you do not notice.

Sixty seconds, every Sunday night

Week	Breakfasts at 25g	Starch at lunch	Walks	Nights	Stiffness	One honest sentence
3	5	6	4	3	2	walks easy, breakfasts hard — boiling eggs Sunday.
4						
5						
6						

A count, not a grade. Five breakfasts hit twenty-five grams, you write five.

A week dips? Nothing to fix, nothing to make up. Write the honest row, start again at anchor one.

THE POINT OF THE WHOLE THING

When you check your number

1	Day 0-7	Baseline	optional — only if your last lab number is stale
2	Day 40-50	Midpoint	the one that matters most — direction shows here
3	Day 80-85	Pre-draw	optional — the rehearsal
4	Day 90+	The lab draw	your doctor's number. The one of record

At-home checks are directional, not diagnostic. They are a compass; the lab draw is the number. And the draw belongs at day ninety or later — a draw at day sixty grades a quarter you are only two-thirds through.

DRAW DAY

You walk in knowing

You arrive with ninety days of pattern in your hand instead of an apology. You and your doctor look at the same evidence and adjust the same levers. That conversation is different, and it is the one the whole quarter was for.

Whatever the number says, the plan does not expire. The same eight steps run again next quarter, and the one after.



IF THE SHAPE OF IT FITS YOUR LIFE

Start with your next lab date

- The plan is \$79, once, and it does not expire
- Self-guided — no call to attend, no meeting to join
- Delivered online and built to be printed
- Educational, and it asks you to change nothing about a prescription

Questions before you buy? Reply to any of our emails and Elise answers.

Steady90 is educational and sits alongside the care you already have. Keep your prescriber in the loop, always. These statements have not been evaluated by the Food and Drug Administration. This program is not intended to diagnose, treat, cure or prevent any disease. Talk with your doctor or pharmacist before starting any supplement, particularly if you take a glucose-lowering medication.

The 90-Day Plan

\$79

once, yours to keep

Get the plan