

Documented Success of My Regimen to Counter Diabetic 'Morning Rise'

To: Utah State Correctional Facility - Medical

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Since going on TRO [Temporarily Restricted Offender] 2 weeks ago (headed to Max for pursuing Officer Estrella (star) Rodriguez to be my wife - "To reach the unreachable star!" ["Impossible Dream" closing line; my bed number at the time was 101; NT def. a 101 means "impossible" - with God, nothing is]), I've not been able to do my regimen to counter/mitigate the 'morning rise' rare diabetic phenomenon Dr. Nowiki told me about ~7 years ago. If you look at my blood sugar readings for the AM dosage, you'll see that before 1/27, my average was in the range of 100-200. But from 1/27 until now, it's been more like 400 (350-450).

Here's the regimen I used. (I'm hoping this info might help others who have this phenomenon - Morning Rise) with my sleep schedule [biological clock] (~10pm to 6:20 am regular - bedtime is irregular), the rise for me starts around 3:30 am, slowly, but by 5-6 am it's climbing quite rapidly (~50-100/hr). My pre-rise sugar levels at night have been mostly in the 100-175 range - not bad, holding steady for the most part (both on TRO and prior).

Because some components of rice (starch?) take ~4.5 hours to hit the blood as glucose; and protein takes ~9.5 hours (if it doesn't go to muscle building); from ~4:30-9:20, every half hour, I would take a dose of either or both (rice: ~4 Tsp; protein: ~1 Tsp) every half hour, tapering off after 8 pm.

Simultaneously (as part of the regimen), I was taking a larger dose of L to create [long-acting to hold baseline steady] to create a downward pressure

~~on~~ blood sugar. Usually, it's 10-12 L twice daily. (Now, I'm taking 5L twice, I take 4L when I'm fasting.) That downward pressure is counteracted by the rice/protein glucose kicking in during sleep. Then, the rice/protein running out around 3:30a results in an effective insulin boost starting then, to diminish the morning rise. That greatly tempered the AM blood sugar high.

Because I can't get rice or extra protein on TRO (e.g. peanuts, peanut butter), I had to stop that regimen. I don't have access to ice to keep milk & eggs cold.

In writing this note, I realize I do have a way to do at least a partial regimen, with the milk and eggs we get.

While on TRO, without access to ice, having to do work-arounds, I finally realized something I should have realized when I first came to prison: Putting a damp rag over the milk does a great job of keeping it cool, from evaporative cooling. Keeps it just as cold as it was when arriving. I can also use this method to keep eggs cold, to store up so I can have 1st egg per night evening. That much protein could enable me to do a significant regimen - not full, but close. I'm going to start that tonight, upping my L to 8 (adjusting as needed). I predict (scientific method) that my AM sugar will drop to the 200-300 range.

I still need the med to come just before or after diabetic pill line. The morning rise doesn't stop until I get at least 4 units of short-acting insulin (Novolog).

Watch my data.

This regimen would benefit all diabetics who have that Morning Rise phenomenon and can't self-administer insulin as needed.

Pass it on, U # Defeat Morning Rise