

Cherokee Family

HEALTHCARE

Insulin Resistance

WHAT IS INSULIN?

Your body strives to maintain a consistent supply of readily available energy, akin to fuel flowing through an engine's line. Just as you wouldn't want to overwhelm your engine, your body meticulously regulates blood sugar levels within a narrow, optimal range. "Overloading the system with excessive sugar or refined carbohydrates prompts the pancreas to secrete a hormone known as insulin. Insulin instructs all cells to absorb and store surplus energy, effectively extracting it from the bloodstream. Additionally, insulin inhibits glucose production in the liver and suppresses fat burning in cells, as there's no necessity to tap into reserves when sufficient resources are available.

If your diet contains high levels of sugar and refined carbohydrates, your body consistently secretes insulin to regulate blood sugar levels within the optimal range. Over time, cells may become less responsive to insulin signals, a condition known as insulin resistance. This results in excess sugar remaining in the bloodstream, damaging blood vessels and contributing to inflammatory diseases. Moreover, the normal signaling pathway controlling glucose production in the liver becomes disrupted, leading to unnecessary sugar production.

Restoring insulin sensitivity requires dietary adjustments, such as reducing carb and sugar intake and lifestyle modifications, including exercise, adequate sleep, and regular meals.

Consuming a sugary beverage on an empty stomach is guaranteed to cause a rapid increase in your blood sugar and insulin levels.



CONSEQUENCES

ELEVATED BLOOD SUGAR LEVELS

due to inadequate reduction

ENHANCED INFLAMMATION resulting from surplus blood glucose

ELEVATED INSULIN LEVELS facilitating energy storage (leading to weight gain)

OVERTAXED PANCREAS due to heightened insulin and glucagon production

DISRUPTED HORMONAL BALANCE influenced by insulin irregularities