



Insulin Resistance - Information and Treatment

What Is Insulin Resistance?

- ❖ Insulin resistance is a common condition where the body doesn't respond to insulin as well as it should.
 - ❖ Insulin helps move sugar from your bloodstream into your cells, where it's used for energy. With insulin resistance, the cells don't "listen" to insulin very well so the body has to make more insulin to keep blood sugar levels normal.
 - ❖ Over time, this leads to blood sugar problems, diabetes, fatigue, weight gain, and hormone imbalances
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Why Does Insulin Resistance Matter?

High insulin levels can affect many parts of the body. Insulin resistance is often linked with:

- Fatigue, energy crashes, and brain fog
 - Increased hunger or sugar cravings and difficulty losing weight (especially around the abdomen)
 - Hormone imbalances
 - Increased risk for heart disease and diabetes
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What Causes Insulin Resistance?

Insulin resistance usually develops gradually and can be influenced by:

- Genetics
 - Chronic stress, poor sleep, and Inflammation
 - Hormonal changes (such as perimenopause or menopause)
 - Certain medications, diet, and activity patterns
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The Good News! - Insulin resistance is often very treatable. With personalized support—such as nutrition guidance, movement strategies, stress management, and sometimes supplements or prescription medication—many people can significantly improve insulin sensitivity and how they feel.

How To Improve Insulin Resistance

- Avoid large portions of food, especially highly processed or high-carb foods
- Avoid processed foods. Eat real, whole foods - chicken, fish, lean meats, nuts, seeds, fruits, vegetables, etc.
- Increase protein intake - Most people need **at least** 70-80 grams of protein daily. Ideally, 20-30 grams for breakfast and 20+ for lunch and dinner plus some snacks in between.
- Eat small, regular meals and snacks throughout the day - You want to keep your blood sugar as stable as possible throughout the day vs big spikes up and down
- When you do have carbs or a less healthy snack - pair this with a protein or have a protein first
- Walk or move your body for at least 10-15 minutes after every meal - especially your last meal of the day
- Inositol and berberine are both helpful supplements for insulin resistance - you can find these on our Fullscript page us.fullscript.com/welcome/wellkcks
- Build and maintain muscle mass with regular strength training
- Some people can benefit from prescription medications