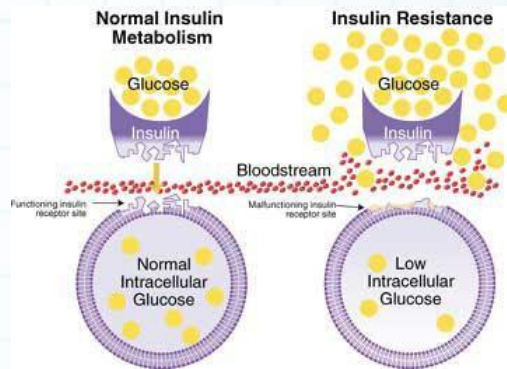


# Insulin Resistance



Insulin resistance (IR) is a physiological condition in which cells fail to respond to the ordinary bodily functions of the hormone insulin. The body creates insulin, however the cells in the body to start to be impervious to insulin and are not capable to apply it as successfully, prompting high glucose. Beta cells in the pancreas build their creation of insulin, further being in addition to a high blood insulin

level. Insulin Resistance is a circumstance in which the ordinary amount of insulin neglects to hold the amount of glucose in blood, because of want of care of cubicles to the hormone.

## Symptoms of insulin resistance are not always apparent

One of the earliest and most noticeable symptoms of insulin resistance is weight gain, particularly close to the midriff. Further symptoms include:

- Lethargy
- Hunger
- Difficulty concentrating (brain fog)
- High Blood Pressure is another common symptom which is caused by high circulating levels of insulin in the blood

If insulin resistance develops into prediabetes or type 2 diabetes, the symptoms will include increased blood glucose levels and more of the classic symptoms of type 2 diabetes.

## Signs of insulin resistance

The basic signals of insulin resistance consist of insulin resistance or syndrome X. A combination of factors can contribute to the condition:

- Family history of Type 2 diabetes
- Hypertension (high blood pressure – certain high blood pressure medications may mask symptoms)
- Obesity
- High cholesterol
- Gestational diabetes
- Heart disease
- Dyslipidemia (an abnormal ratio of fats and cholesterol in the blood)
- Acanthosis nigricans (darkened patches of skin at the neck, and sometimes the elbows, knees, armpits, and knuckles)
- An apple-shaped body (carrying more weight around the mid-section)

Indeed, even without these components, just about anybody can be insulin safe because of eating routine. Refined carbohydrates, found in handled nourishments, white breads, bagels, pasta, soft beverages, sugary sweets, and numerous different sustenance on America's basic need records, add to disorder X. When we eat prepared nourishments, our body takes more insulin to metabolize it, and our cells start to be less reactive. Equally we are more seasoned, we affect ability to insulin changes, paying little respect to our weight. It never is detrimental to check for this condition. Another variable that may be in addition to disorder X is menopause.

### **Control of Insulin resistance**

The major cause of insulin resistance is influenced by our modest life style i.e. less or no exercise, improper balance diet. Through blood tests, one can easily detect the level of glucose and insulin. If an unusual blood level indicated a risk for syndrome X, then following suggestions can help them to bring back the hormonal levels back into natural balance.

- To help balance insulin, consider a diet consisting primarily of lean meats and protein, high-fiber, whole grains, leafy greens, fresh vegetables and legumes, and fresh fruit. Be sure to shop in the outer aisles of the supermarket, avoiding rows of processed, high-sodium, sugary foods, snacks and soda.
- Plan daily meals consist of breakfast, lunch, dinner, and two snacks. Each meal should contain some lean protein, and no more than 15 grams of carbohydrates, in the form of fruits and vegetables, minimize your grains.
- Each snack should contain only 7 grams of healthy carbohydrates. Be sure to get enough fiber, preferably in the form of vegetables and fruits.
- Essential fatty acids (EFA) are healthy fats, are important to help insulin resistance. These fats include tuna, salmon, and other cold-water fish; fish oil supplements, eggs, avocado, and flaxseed, which can be taken as a nutritional supplement.
- Taking a pharmaceutical-grade, nutritional supplement can also decrease carbohydrate and sugar cravings. It can also help normalize hormonal function in premenopausal and menopausal women—a bonus!
- Exercise is an important component to help insulin levels stay normal, maintain hormonal balance, and regulate metabolic function. It also helps decrease stress and lessens the strain on often overworked adrenal glands, which contributes to better health overall.
- Drink alcohol in moderation, get plenty of sleep, and stop smoking. These all help promote a healthier, balanced body.

We at Women to Women want to help all women feel safe, healthy, vibrant, and industrious. When insulin levels are off, the entire body works harder, and uncoordinated. Reversing insulin resistance will not only help smooth out functioning, it will provide respite for many other symptoms. In addition, sometimes just knowing we can heal it helps.

### **Prevention from Insulin Resistance**

Prevention is always better than cure though. A little alteration in our daily life can help us a great deal. The following mentioned routine change can help with those who already suffering from insulin or those who are not.

- Exercise: Go for at least 30 minutes a day of moderate activity (like brisk walking) 5 or more days a workweek. If you are not active now, work up to that.
- Stick to a healthy weight: If you are not certain what you should weigh or how to make a weight loss goal, ask your physician. You may also want to speak with a dietician and a certified personal trainer
- Eat a healthy diet: Think fruits, veggies, whole grains, nuts, noodles, fish, legumes, and other lean protein.

More or less people with insulin resistance may also require to take metformin.

### **References:**

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[en.wikipedia.org/wiki/Insulin\\_resistance](http://en.wikipedia.org/wiki/Insulin_resistance)