

Katia I. Meier, MD and The Clear Sky Medical Team

# Insulin Resistance – The Root Of Chronic Disease?



**Karin Dietrich, Dr Katia Meier and Tracy Wolfe**

Insulin is secreted from the pancreas after we eat carbohydrates or sugars. To use sugar as energy, the insulin molecule has to dock on the outside of your cell membranes at the 'insulin receptor' (think lock & key) to signal to the DNA to activate sugar transporters. Our Standard American Diet is (SAD) very high in carbohydrates and so we constantly stimulate very high outputs of insulin. To the cells, this is like listening to loud music for too long. In time, cells become resistant to insulin's signals. To compensate, the pancreas produces even more insulin in order for the message to be heard, but this becomes a vicious cycle – you get ever more insulin resistant or pre-diabetic!

Our body has very limited storage for sugar - only about 1 lb. altogether! Excess carbohydrates are quickly converted to fats, triglycerides and bad, sticky cholesterol. Sensitive cholesterol tests can detect within a week to 4 months if you have eaten too many carbohydrates and are on the way to becoming insulin resistant. Insulin resistance promotes weight gain (especially around the mid-section), inflammation, aging, cardiovascular disease, high cholesterol, hypertension, low immune system function, cancer, and dysregulates sex and thyroid hormones. The first step to prevent or address these chronic diseases is to reverse insulin resistance as early as possible.

Karin Dietrich, MNT practices holistic nutrition therapy at Clear Sky Medical where she works with many patients on addressing insulin resistance, weight loss and elevated cholesterol.

Insulin is one of the most potent hormones in the body, next to stress hormones such as cortisol and adrenaline. You may think that insulin mainly regulates blood sugar – but its real role is that of a storage and growth hormone, designed to help us through feasts and famines.

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**Heather Evans**  
Medical Aesthetician

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