



INSULIN RESISTANCE

Insulin is a powerful hormone secreted by the pancreas in order to control the way the body stores and uses carbohydrates (sugars), fats and protein. When we eat refined or sugary foods our blood sugar level rises quickly. In response to this dangerous situation, our pancreas releases insulin to take the sugar out of the blood and store it in our cells.

If the body is continuously exposed to high levels of insulin, as it is if we regularly consume sugary or refined foods, the insulin receptor cells of the body become inefficient and resistant to the effects of insulin, leaving blood sugar levels high. Recognising that blood sugar levels are still high, the pancreas produces even more insulin to compensate. You therefore have a situation of high blood sugar and high insulin levels, both of which are dangerous to our health.

The current epidemic of obesity will be among the greatest influences on morbidity and mortality in the coming decades; a major contributor to this is Insulin Resistance.

Conditions associated with Insulin Resistance:

If you experience any of the following you should consider the Insulin Resistance test

- Heart disease
- Obesity
- Cancer
- High cholesterol
- High blood pressure
- Blood sugar problems
- Gout
- Arthritis
- Dizzy spells
- Diabetes
- Polycystic ovaries

Causes of Insulin Resistance:

- South Asian, African, Polynesian, or Mexican descent
- Family history of diabetes, heart disease or obesity
- Overweight / obesity
- Excess body fat around the middle (abdominal obesity)
- High blood pressure
- Lack of vital nutrients
- A diet high in processed fats including vegetable fat
- Sedentary lifestyle
- High stress
- High carbohydrate diet

Why choose the Insulin Resistance test?

- Do you always struggle with your weight despite watching what you eat?
- Do you store most of your body fat around your middle?
- Do you suffer from poor memory or concentration and 'fuzzy brain' after eating?
- Do you regularly feel tired or lethargic even after a good night's sleep?
- Do you have high blood pressure or high cholesterol?

Nationwide Test Kit Service

Most of the tests involve simple kits that can be used in your own home. Some may require the help of a nurse or GP. If you cannot visit the laboratory, you can phone and arrange for your kit to be sent in the post. Once samples have been taken, you simply post the test kit back to the laboratory. We would encourage you to use guaranteed delivery and not to send kits over the weekend.

For further information consult your practitioner

A staggering 80% of the population have some degree of Insulin Resistance, 22% to 25% of which have full-blown Insulin Resistance