

# Insulin Resistance

Open house  
Key takeaways



## What is Insulin Resistance?

Insulin resistance happens when cells in your muscles, fat and liver do not respond as they should to Insulin. Insulin resistance is another major cause of diabetes.

- ◆ Insulin is essential **hormone** made in pancreas
- ◆ Insulin helps your body turn food into energy and manages your blood glucose levels
- ◆ **Function of Insulin:** - Moves glucose from your blood into cells all over your body. Glucose leaves your bloodstream and move into your cells where you use it for energy
- ◆ Insulin lowers blood glucose while Glucagon (hormone) raises blood glucose naturally

### Major Causes of Insulin Resistance

1. Eating habits
2. Irregular or no exercise
3. Erratic Sleep pattern
4. Chronic Stress
5. Mental and Emotional health imbalance

### Prevention or remission

If you wish to prevent or seeking reversal or remission then following points are non-negotiable -

1. **Strength Training** - with **progressive overload**
2. **Eating habits** - Eat based on your **Hunger** (for example - Daily eating same quantity of roti/rice is called conditioned eating pattern, and it has no relevance to your actual hunger)
3. Regulate Meal & Sleep timings

\*\* Please note: Weaning off medication is a gradual process, and it needs to be done in consultation with your physician.

#### Our mission for health and wellness

- Healthy longevity
- Independent life
- Functional fitness