



Diabetes Reversal Strategy

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- Eat to Lower Insulin
- Use Your Muscles
- Be kind to your liver
- Restore Fat Burning

+2

- De-stress
- Improve Sleep



Eat to Lower Insulin

With insulin resistance, insulin levels are much higher than normal. Insulin is a storage hormone, so these high insulin levels cause you to store more energy as fat and suppress your ability to burn fat as fuel, leading to weight gain that further aggravates insulin resistance. **Truly this is a metabolic vicious cycle.**

The first step in breaking the cycle is to eat to lower insulin levels. Insulin, triggered by glucose entering the bloodstream, seeks to maintain tight control of glucose levels in the blood.

At normal blood glucose levels there is only a single teaspoon of glucose in your bloodstream.

Carbohydrates in your diet are broken down through digestion into sugar building blocks, with glucose being the most common.

Insulin is released in proportion to the glucose absorbed from the carbohydrates that you eat

Two factors control the resulting blood glucose after you eat:

1. The amount of glucose from the carbohydrate and
2. How quickly that carbohydrate is broken down and absorbed (fast carbs vs slow carbs)

The glycemic load of a food provides a single measure of these two factors - we use a version of the glycemic load that converts food into teaspoon of sugar equivalents - to represent multiples of the amount of glucose in your bloodstream.



So if we want to lower the amount of insulin, and begin to break the metabolic vicious cycle of insulin resistance you will want to

1. Lower the amount of carbohydrates we eat and
2. Especially lower the amount of fast carbs

To understand fast vs slow carbs - consider the difference between ¾ cup of white rice at 10.2 teaspoon equivalents and ¾ cup of lentils at 1.9 teaspoons. It is very clear which will result in more insulin release

Most vegetables, fruits and whole grains, while containing carbs also contain significant amounts of fibre that slow the absorption of the glucose and blunt the release of insulin.

Fibre also has significant effects on your microbiome, the bacteria in your digestive tract. These effects blunt appetite, improve fat burning and improve insulin resistance.



Avoiding fast carbs that trigger insulin, and choosing slow carbs with lots of fibre will lower your insulin release -this is the first step to breaking the metabolic vicious cycle of insulin resistance.

101 BEHAVIOURS

Eat Real Food
Think Sugar Equivalents

NEXT STEPS

Focus on Fibre

Take Control of Your Health

For more information
about our 1:1 support



Wellness GARAGE
Lifestyle Medicine Clinic