

Insulin Resistance -

In the American lifestyle, obesity is becoming more prevalent and the statistics for children are horrible. The food we eat and the physical activity we do go a long way in determining the health we enjoy now as well as the diseases we will suffer from in the future. An unbalanced diet of mostly carbohydrates (sugars, trans-hydrogenated oils, enriched flour, and soy products among other things) elevates blood sugar. Too high blood sugar over time will cause lots of problems, such as glaucoma and hypertension. To bring sugar levels lower, the pancreas will release insulin which causes the muscle and tissues to convert the sugar to fat for storage until it is needed. With constantly elevated sugar levels, more and more insulin is released until eventually the tissues lose their ability to respond to the insulin. Increasing insulin demands gradually overwhelm the pancreas' ability to keep up. Once they burn out, the individual must begin insulin injections, a very costly proposition that demands lots of time and attention. Diabetes, if not dealt with properly, can eventually create loss of eyesight and decreased circulation in the extremities progressing to gangreen and amputation. The answer to avoiding this insidious disease is two-fold. First, you must get out and exercise regularly. Next is watching what you eat. I recommend reading 2 excellent books on how to limit carbs more effectively and increasing protein, fruit and vegetable intake in a way that makes sense: *Mastering The Zone* by Barry Sears and *The Glycemic Index Diet* by Rick Gallop. We carry both.