Patient Name: Date:

Understanding Insulin Resistance

Insulin is made by the pancreas and is critical to maintaining healthy blood sugar levels. Insulin resistance is a condition where cells become dysfunctional and unable to respond properly to insulin signals. This makes it difficult for glucose to enter the cells and be used as fuel by key tissues, such as the muscles, liver and brain.

Insulin resistance further contributes to inflammation, high blood pressure, high cholesterol, fatty liver and type 2 diabetes.

CAUSES OF INSULIN RESISTANCE

- Sugar/High Processed Food Intake
- Inactivity
- Dietary Deficiences
- Elevated Uric Acid
- Chronic Stress
- Obesity
- Environmental Factors

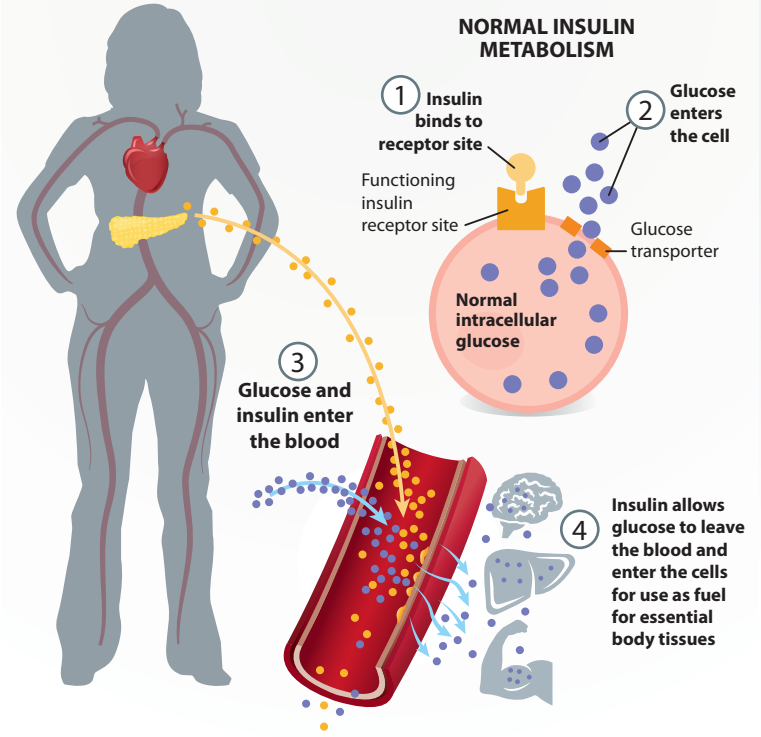
SYMPTOMS OF INSULIN RESISTANCE

- Sugar Cravings
- Fatigue
- Elevated Triglycerides
- Abdominal Weight Gain
- Continuous Hunger
- Difficulty Losing Weight

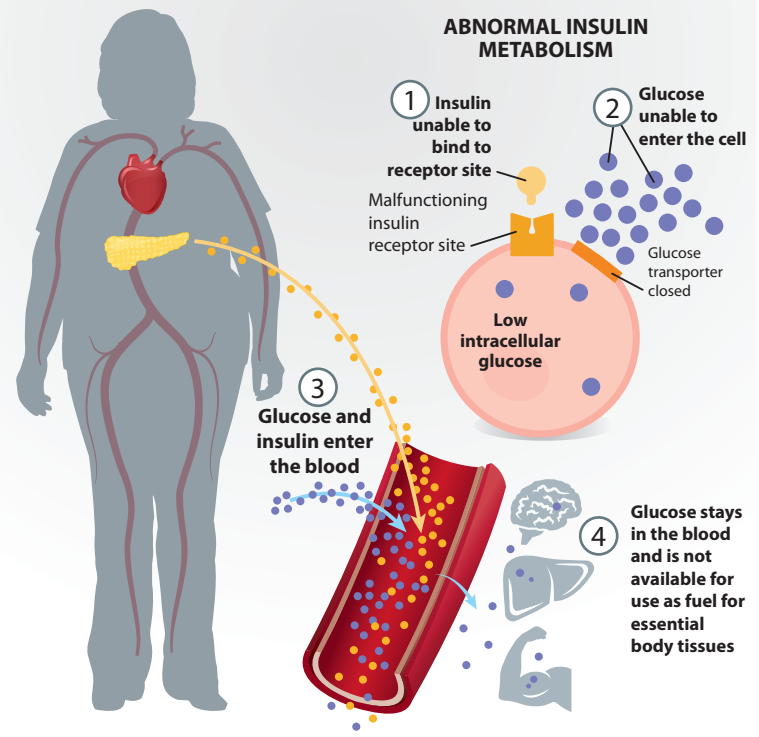
CONSEQUENCES OF INSULIN RESISTANCE

- Cardiovascular Disease
- Type 2 Diabetes
- Blood Pressure Imbalances
- Stroke
- Fatty Liver Disease (NAFLD)
- Cognitive Decline/Alzheimer's
- PCOS/Hormone Imbalances

NORMAL



INSULIN RESISTANCE



Lifestyle-Based Medicine

Low-Glycemic Impact Mediterranean Diet

- Limit sugar
- Increase fruits, vegetables and whole grains
- Three to five well-balanced meals throughout the day
- Lean protein
- Manage portion sizes

Reduce Stress Levels

- Commit to a plan
- Practice deep breathing and meditation
- Practice good sleep habits
- Take at least one 10-minute mindful walk each day
- Take stretch breaks throughout the day

Physical Activity

- Continuous movement throughout the day
- >20-minute, moderate- to high-intensity exercise sessions at least three to five days per week

Nutrient Solutions

Chromium	Vanadyl Sulfate	Alpha Lipoic Acid	Berberine
Critical nutrient for insulin binding Controls blood glucose levels	Mimics the action of insulin Improves utilization of insulin	Helps control blood glucose levels and support cellular imbalances related to insulin resistance	Improves metabolic signaling Lowers HbA1c
400-800 mcg/day	**50-100 mg/day**	**200-600 mg/day**	**1 g/day**

Baseline doses can be increased as needed

Personalized Recommendations for You:

Lifestyle Matrix RESOURCE CENTER

CM Vitals CARDIOMETABOLIC SOLUTIONS

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