



Know the causes of insulin resistance.

and how to reverse it

1 in 3

U.S. adults are insulin resistant



many don't know it!

Insulin resistance is the driver behind many modern diseases.

What causes insulin resistance?

Frequent snacking, a high-carb diet, excess weight, and physical inactivity are some of the factors that can lead to chronically elevated blood sugar and insulin levels, which can cause our cells to become resistant to the effects of insulin. For a more in-depth explanation, visit our blog.



Anyone can become insulin resistant, but certain factors can put you at

higher risk

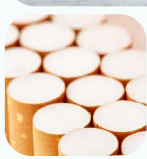
Being over age **>45**



Family history of diabetes, stroke, or heart disease



Being overweight or obese

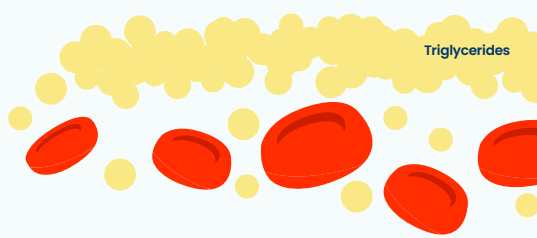


Smoking

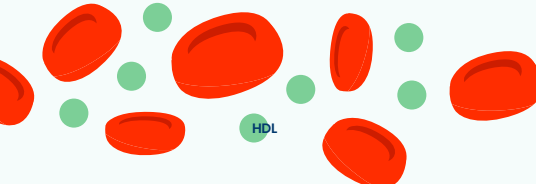
Sedentary lifestyle

Symptoms of insulin resistance

Not everyone who is insulin resistant will have noticeable symptoms. Symptoms include any of the following:



- High blood pressure
- High triglycerides
- Low HDL cholesterol (aka, the good cholesterol)
- Elevated blood sugar
- Increased thirst
- Increased urination
- Increased hunger
- Skin infections or wounds that take a long time to heal



The best way to find out if you're insulin resistant is to visit your doctor.



Insulin resistance is reversible

For many people, insulin resistance can be reversed or improved by making certain lifestyle changes:

- Maintain a healthy weight
- Exercise regularly
- Eat more fiber
- Avoid alcohol and smoking
- Manage stress
- Practice intermittent fasting



Learn more.

Check out our Feel Great blog to learn more about how blood tests can tell you about your insulin levels and overall health.

