

Patient Name:

Date:

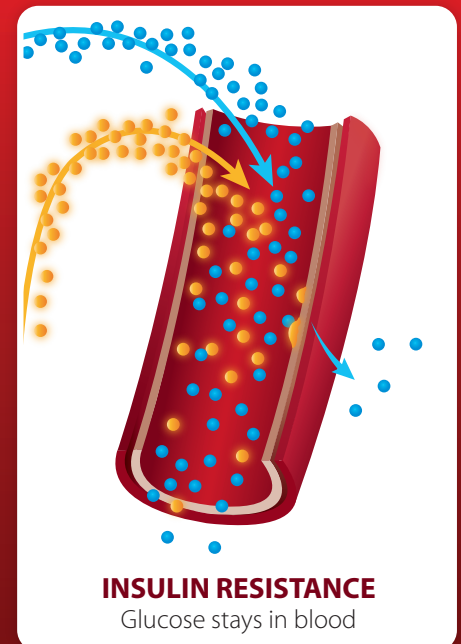
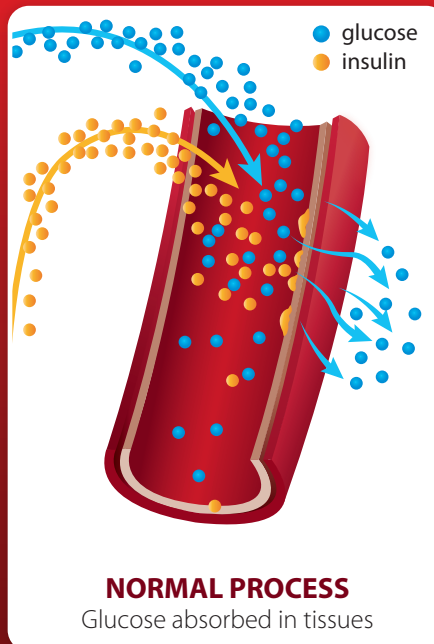
# Understanding Insulin Resistance



## What is Insulin Resistance?

Insulin resistance is the condition in which cells fail to respond to the normal actions of insulin by resisting its ability to bind.

This resistance will lead to elevations in blood sugar, inflammation and a disruption in metabolism.



Inactivity  
Stress  
Obesity  
Environmental Factors  
Sugar  
Dietary Deficiencies

**Insulin Resistance**

Cardiovascular Disease  
Type 2 Diabetes  
Alzheimer's  
Stroke

# Rate Your Drivers of Insulin Resistance

Physical Activity	<input type="radio"/> GOOD	<input type="radio"/> MODERATE	<input type="radio"/> BAD
Stress Management	<input type="radio"/> GOOD	<input type="radio"/> MODERATE	<input type="radio"/> BAD
Weight Management	<input type="radio"/> GOOD	<input type="radio"/> MODERATE	<input type="radio"/> BAD
Environmental Exposure	<input type="radio"/> GOOD	<input type="radio"/> MODERATE	<input type="radio"/> BAD
Low Sugar Diet	<input type="radio"/> GOOD	<input type="radio"/> MODERATE	<input type="radio"/> BAD
Fruit/Vegetable Consumption	<input type="radio"/> GOOD	<input type="radio"/> MODERATE	<input type="radio"/> BAD

## Lifestyle-Based Medicine



### Physical Activity

- Three to five days per week
- Moderately stressful to stressful sessions
- >20 minutes
- Continuous movement throughout the day



### 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 walk each day

## Nutrient Solutions

Alpha Lipoic Acid	Berberine	Vanadyl Sulfate	Chromium
Potent antioxidant Helps control blood glucose levels	Improves metabolic signaling Lowers HbA1c	Mimics the action of insulin Improves utilization of insulin	Critical nutrient for insulin binding Controls blood glucose levels
200-600 mg per day	500-1,000 mg per day	50-150 mg per day	400-800 mcg per day

Personalized Recommendations for You:

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