

Insulin Presentation  
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Insulin is the real problem for overweight people, pre-diabetics and Type II diabetics!

Healthy levels of insulin allow the body to go from sugar storage to fat burning depending on how long you go between meals.

The problems of high insulin:

1. Insulin increases fat storage and building of cholesterol –
  - a. Triglyceride levels are elevated because of the carbohydrates in the diet.
  - b. The liver synthesizes excessive levels of VLDL cholesterol. This is the only form of cholesterol that clogs your arteries. If your Triglyceride levels are higher than your cholesterol levels you have a major symptom of metabolic syndrome.
2. Oxidative stress from free radical production
3. Insulin interferes with delta-6 desaturase enzyme – this has a big impact on increasing inflammation from interference of fatty acid metabolism
4. Interferes with adrenal & sex hormones
5. Raises blood pressure
6. Insulin promotes the growth of breast tumors
7. Insulin increases cellular aging
8. Magnesium deficiency – insulin helps the body store magnesium. When the cells become resistant to insulin magnesium does not enter the cells. Without magnesium muscles and arteries cannot relax. Blood pressure goes up.
9. Increases sodium retention, which leads to fluid retention in the lower extremities putting pressure on the heart as congestive heart failure develops.
10. Increases risk of arteriosclerosis, type II diabetes, Hypertension, obesity, some forms of dementia and other diseases.

The conclusion is that the wrong forms of Carbohydrates are the cause of Insulin Resistance!

The normal fasting insulin level is between 5 & 14 according to many labs that do this testing. According to Dr. Mercola the optimal range is below 5 at around 2 or 3.

If you have too much insulin your body cannot use the glucagon hormone that reverses the effects of insulin. That is part of the problem for most of us.

Too much insulin is overwhelming the system and our body can't respond to the glucagon hormone that creates fat burning.

Insulin is the bully that is driven on and encouraged by the excess carbohydrates in the body.

Insulin is by far our biggest poison. Lowering insulin is going to be better than any other therapy you can do. (Dr. Ron Rosedale MD)