

JUST JESS on HEALTH:



Insulin Resistance

Before we talk about insulin resistance, it is important to understand the role of insulin in the body. Insulin is released by the Beta cells in our pancreas in response to eating carbohydrates (simple sugar/glucose). Once the glucose is absorbed by the digestive tract, insulin attaches to the glucose. The glucose molecule attached to insulin travels via the blood stream to our cells. The insulin acts as a key to allow the glucose into our cells so that the cell can function optimally. There are two things that could go wrong with this process.

1. If our pancreas does not produce insulin – this will result in glucose not entering our cells. This is called Type 1 diabetes and requires the administration of insulin injections. It is also classified as an autoimmune condition.
2. Our pancreas may produce insulin, but due to poor lifestyle decisions, the cells do not recognise the key (insulin) anymore. Thus the insulin receptor mechanism is faulty. We are once again left with a situation where no glucose/little glucose is entering the cells. This is called type 2 diabetes, and is treated through healthy lifestyle changes, supplementation to assist with sensitizing and reversing the resistance, glucophage or insulin injections.

What are the signs of insulin resistance?

These are confirmed through a thorough case taking, physical exam and blood work:

- Overweight
- High blood pressure
- High blood glucose levels
- High triglyceride levels
- Low hdl (good cholesterol)
- Skin tags/pigmentation

Risk factors for insulin resistance:

- Poor lifestyle habits
- Genetic pre-disposition
- Co- morbidities i.e. polycystic ovarian syndrome, fatty liver disease or sleep apnoea.
- Smoking
- Certain medications
- Age

If you are worried that you may be insulin resistant, or are progressing into the realm of diabetes, let's make an appointment and get to the root cause.

Do you have questions? Drop me some topics you would like discussed in my upcoming articles.

Kind regards
Dr Jess



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