



THE FASTING PODCAST **WOW**: EPISODE 114 – INSULIN, WEIGHTLOSS & FASTING

What About Insulin?

- Insulin is the peptide hormone secreted by the pancreas, allowing sugar to enter the cells so they can create ATP energy
- Insulin unlocks the fat cells to store fat (fat or excess carbs/sugar can also be stored as fat) – insulin is the hormone of lipogenesis (store fat)
- When insulin is high, can't take the energy from storage – stores as sugar in glycogen muscles or liver or as fat
- When insulin is low, can burn it through metabolism or exercise (lowest)
- When insulin is far too low, hormone glucagon aids in the balancing
- Many people have insulin resistance – will talk about signs & solutions
- Per CDE, up to 90% of people with prediabetes don't know they have insulin resistance, so it's important to know the signs & contact doctor
- Eating too many carbs or just eating frequently for long period keep insulin levels high. If insulin is high & calories reduced, rather than burning stored fat, the body decreases the metabolic rate – operating slower, feeling cold...





THE FASTING PODCAST **WOW**: EPISODE 114 – INSULIN, WEIGHTLOSS & FASTING

More About Insulin Resistance

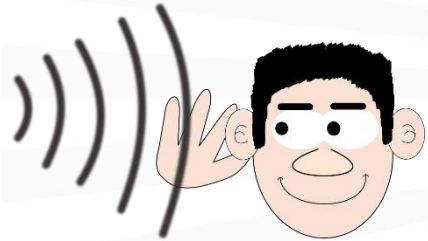
- Insulin resistance develops if too much insulin circulating in the blood, excess inflammation, too much fat stored in pancreas and liver
- Excess insulin can negatively effect: insulin resistance, inflammation, fat storage, cognitive decline, blood pressure, cholesterol, oxidative stress, liver detoxification pathways, estrogen/testosterone levels
- Insulin resistance can result in sleeplessness, which can affect the hormones leptin and ghrelin which tell our bodies when hungry/full (weight loss)
- Insulin resistance if gone unchecked can lead to pre-diabetes, diabetes type II (used to be called adult onset), type IIb (includes an autoimmune component), type 3 (brain/ Alzheimers...), gestational (pregnant) type 1 different (used to be called child onset autoimmune attacking pancreas / insulin receptors - no insulin is produced by pancreas – use needles or insulin pump) . Low dips in blood sugar (hypoglycemia – faint, weak if don't eat soon) → possible diabetes





Possible Signs

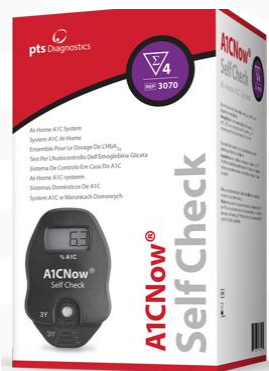
LISTEN to your
body



- Overweight tendency especially around middle
- Difficulty in losing weight
- Large appetite
- Craving sweets after a meal
- Eating sweets doesn't fully relieve craving
- Feeling more tired after meals
- Frequent thirst and urge to urinate
- Brain fog or difficulty concentrating
- Hormone issues (e.g. women PCOS or Cushings disease, estrogen or testosterone dominance, men testosterone low)
- Acne, skin pigmentation issues, skin tags
- High blood pressure or high triglycerides
- Sedentary lifestyle
- Sleeplessness or sleep apnea
- Food sensitivities
- Smoking
- Excessive inflammation
- Substantial use of steroids for too long
- Dark skin patches in folds of skin (acanthosis nigricans)



Tests for Insulin Resistance



A1c 5.4 or
Lower Ideal

- Doctors normally don't test for insulin resistance, but here are some tests used to determine if someone has pre-diabetes or diabetes:
 - HbA1C test
 - Fasting plasma glucose (FPG)
 - Oral glucose tolerance test (OGTT)
 - Random glucose test
- Most doctors order FPG test or A1C test to check for prediabetes. Some doctors may use the OGTT (more difficult to administer & expensive)
- FPG & OGTT both reflect your blood glucose levels at the time of the test, but A1C looks at avg blood glucose levels over past 3 months
- A1c less accurate, so may be best to do that + FPG or OGTT
- Walmart.com has offered A1c SELF TEST (before/after) for reasonable \$



Possible Solutions



- ✓ Clean balanced keto – ep 16 – lower net carbs with all natural eating – check out glycemic index & load
- ✓ Longer fasting window for a period (e.g. 16:8 or 18:6)
- ✓ Avoid snacking & grazing – study 54 t2 diabetics 16:8 vs 6/day same food – 8 lbs vs 5 lbs & improved insulin sensitivity – gave the system a rest
- ✓ Soluble fiber e.g. chia and flax – slows absorption of glucose decreasing likelihood of becoming insulin resistant
- ✓ Plant-based protein, ideally with omega 3 good quality salmon, wild caught fish, grass fed
- ✓ Omega 3 fats – anti-inflammatory and crucial to cell membrane health and insulin sensitivity – many diets are too high in omega 6 – flax and chia seed have a combination



THE FASTING PODCAST **WOW**: EPISODE 114 – INSULIN, WEIGHTLOSS & FASTING

More Possible Solutions (Goal = Insulin Sensitivity)



- ✓ Ginger, cinnamon, magnesium, curcumin, glutathione, berberine, optimal vit D levels, anti-inflammatory nutrients, fermented foods
- ✓ Digestive & gut health – see episode 67 for enzyme/probiotic/mineral blend – w/ niacin-bound GTF chromium (best form blood sugar balance)
- ✓ Stress reduction/management and deep breathing
- ✓ High quality plentiful deep sleep (also helps leptin/ghrelin hormones)
- ✓ Increase resistance training workouts
- ✓ Molecular hydrogen (H₂) – selective antioxidant, anti-inflammatory... (I'm an agent for the best H₂ water machine 7years www.wowh2water.com)
- ✓ Mitochondria nutrients – clinical study 767 diabetics in 90 days, 90.2% saw a change to normal or near normal blood sugar levels (no side effects)
- ✓ Insulin sensitivity can lower inflammation, aid fat loss, lower sugar crashes, reduce the risk of disease, and lower the risk of cognitive decline



Possible Next Steps



Check out our website: www.JPWOWPrograms.com

Please refer others to the podcast / youtube & give us a good Itunes review

For questions such as which supplement brands I prefer and quantities with timing and feedback, email Julie@JPWOWPrograms.com



THE FASTING PODCAST **WOW**: EPISODE 114 – INSULIN, WEIGHTLOSS & FASTING

Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*

