

BALANCING OUR BLOOD SUGAR – THE KEY TO GOOD HEALTH!

If I had to choose one thing to teach to my patients about their bodies, it would be the importance of controlling their blood sugar levels.

Our bodies are composed of cells. Our eyes, our hearts, our muscles, our livers... everything is made up of cells. Now it is important to understand that each cell is fed by glucose (which is delivered to the cell via the blood). The catch is that glucose cannot get into the cell without the aid of insulin. Insulin is the one who opens the door so glucose can enter the cell and be used as fuel.

Now these days it is *real* easy to eat foods that raise our blood sugar too quick. Any refined foods will digest in a snap! (Refined means it has been processed). Some examples of refined foods are cookies, muffins, breads, sweetened drinks, anything made with white flour, pop, quick oats, crackers, noodles etc.

The problem is that as the blood sugar skyrockets, the insulin secreted by the pancreas also needs to skyrocket. If this pattern is repeated on a day to day basis – this can lead to Insulin Resistance.

Here are some of the symptoms of insulin resistance

- Weight gain around the waist
- Increasing blood pressure
- A fatty hump at the base of your neck
- Skin tags
- Hyperpigmented skin folds
- High triglyceride levels
- Abnormal hair growth (in women)
- PCOS (poly cystic ovarian syndrome)
- Fatigue

Insulin resistance occurs when the cells are perpetually exposed to high levels of insulin. This high load of insulin causes the cells to become resistant to insulin. This resistance means less glucose gets into the cells and more glucose stays in the blood vessels. Then the pancreas releases even higher amounts of insulin in response to the high glucose levels, not only perpetuating the problem but also causing the pancreas to burn out. Once the pancreas putters out, a person shifts from having Insulin Resistance to becoming a Type II Diabetic.

Now it is also important to understand that whenever the glucose is too high in the blood stream, the body will convert it to fat and stash it away for safe keeping. This is when people may start showing signs of increased weight around the waistline. Furthermore, the high glucose will damage the blood vessels causing an inflammatory response to occur. (which in combination with the higher levels of fats in the blood, can lead to high

blood pressure). And finally, there is also a link between high glucose levels and cancer cell growth!

On the flip side, when you eat foods that are low on the glycemic index and thus release glucose into your bloodstream slowly – the blood glucose levels do not rise enough to damage anything and the pancreas only has to release small amounts of insulin. This is the ideal situation.

Here are some basic tips to attaining optimal blood sugar levels:

- 1) Build muscles! Skeletal muscles are designed to burn blood sugar effectively, therefore just by increasing your muscle mass your blood sugar levels will be more balanced.
- 2) Eat whole foods! Vegetables, legumes (beans), organic meat, wild fish, nuts, fruit. & drink filtered water.
- 3) Avoid all sugar and refined white flour products
- 4) Avoid coffee, switch to green tea (if you feel like you need caffeine).
- 5) Eat protein with each meal & high fiber foods
- 6) Eat regularly & do not skip meals
- 7) Take chromium to resensitize your cells to insulin.
- 8) Exercise! Because it increases the rate at which glucose is taken up by the muscles & increases insulin sensitivity.

Just by following these simple steps you will feel better, look better and prevent future health problems!

Good Luck
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