



Functional Nutrition Working Group Newsletter

February/March 2023

Nutritional Strategies for Insulin Resistance

Insulin Resistance Strategy #1: Low Carbohydrate Diet and Weight Loss

- Losing an average of 6.7% of total body weight prevented the incidence of type II Diabetes by 58%
- Generally speaking, the greater the weight loss, the more health benefits can be obtained
- Restricting carbohydrate intake has benefits for insulin sensitivity

Strategy #2: Exercise

- Insulin sensitivity has been shown to decline quickly after just a few days of sedentary behavior
- 150 minutes a week of moderate physical activity is the universal recommendation for prevention of all cardiometabolic events.



Strategy #3: Sleep

- Poor sleep quality/quantity has been associated with insulin resistance and development of Type II Diabetes
- Lowest risk is generally associated with 6.5-7.5 hours of sleep nightly.

Strategy #4: Supplements

- You can't out-supplement poor diet or lifestyle
- Good data available for the benefit of Magnesium, Berberine, Chromium, Vitamin D fatty acids, Probiotics and Garlic, among others.

Strategy #5: Retesting and Follow-Up

- Retest insulin resistance assessment blood markers every 3-4 months
- Without follow-up, a patient's blood sugar control and health could deteriorate quickly

Register Now for the Upcoming Webinar

THE BLOOD SUGAR BACK PAIN CONNECTION PART 1
THURSDAY MARCH 9 @ 12:30PM

PCA MEMBER \$24
NON-MEMBER \$32
1 CE

CLICK HERE TO REGISTER

Review the epidemiology, diagnostic criteria, physiology of blood sugar problems in the US and introduce the relationship between these disorders and chiropractic problems such as back pain.

March 9, 2023
12:30-1:30 PM

The Blood Sugar-Back Pain Connection
Presented by Dr. Keith Sheehan

Next Month: Blood Sugar-Back Pain
Case Studies

Guilliams T. Cardiometabolic Risk Management: A Functional and Lifestyle Approach. Stevens Point, WI; Point Institute: 2018.

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