



# 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

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.**

Disclaimer. All content, including text, images, or other formats were created for informational purposes only and do not serve as medical advice nor should be relied upon as such. The content is general information for PCA Members only and is NOT intended to be a substitute for professional medical advice, diagnosis, or treatment. The statements and information have not necessarily been evaluated by the Food and Drug Administration. Professional medical advice and consultation should never be disregarded nor should seeking it be delayed because of this information. The Pennsylvania Chiropractic Association expressly disclaims to any person or entity for any liability, loss or damage caused or alleged to be caused directly or indirectly as a result of the use, application or interpretation of any information provided herein. Chiropractors should seek a legal opinion from an attorney for interpretation of Pennsylvania laws and regulations including scope of practice.