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FREE EDUCATIONAL GUIDE

Insulin Resistance 101

What it is, why it happens, how to spot it, and the simple habits that help.

Insulin resistance can build quietly for years while your blood sugar still looks normal. I know, because it happened to me. This guide covers the basics I wish someone had explained to me sooner.

Free Guide

By **Shade Alabi, Pharmacist** · Educational only. Not medical advice.





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What Is Insulin Resistance?

Insulin is a hormone made by your pancreas. After you eat, it moves sugar (glucose) from your blood into your cells, where it's used for energy.

Insulin resistance means your muscle, fat and liver cells stop responding well to insulin. To keep blood sugar normal, your pancreas makes more and more of it.¹

That's why standard blood glucose tests can look fine for years with high insulin quietly doing the extra work.

How it can progress

STAGE 1

Insulin rises

Cells respond less, so the pancreas makes extra insulin. Blood sugar still looks normal.

STAGE 2

Prediabetes

The pancreas can't keep up. Blood sugar climbs above normal but below the diabetes range.¹

STAGE 3

Type 2 diabetes

In some people, blood sugar keeps rising into the diabetes range. Acting early can change this path.¹



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Signs to Notice

Most people have no clear symptoms, which is why it's easy to miss.¹
Some signs worth mentioning to your doctor:

Visible clues

- Weight that settles around the middle¹
- Dark, velvety skin patches on the neck, armpits or skin folds (acanthosis nigricans)²
- Many skin tags, especially on the neck and underarms²

What I noticed: frequent urination, especially at night; a tingling sensation in my hands and feet; cravings; and tiredness after meals.

How It's Checked

There's no single routine test for insulin resistance.¹ Doctors usually look at blood sugar first:

A1C

Average blood sugar over about 3 months. Prediabetes: 5.7–6.4%.¹

Fasting glucose

Blood sugar after 8+ hours without food. Prediabetes: 100–125 mg/dL.¹

Fasting insulin + HOMA-IR

Not routine, but can show rising insulin before blood sugar changes.

Next step: grab my free **Lab Checklist** for what to ask for and how to track your numbers.



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Simple Habits That Help

Small, steady changes add up. In a major study, people at high risk who lost 5–7% of their body weight lowered their chance of developing type 2 diabetes.¹

Move most days

Aim for 150 minutes a week of moderate activity, like brisk walking, plus strength training on 2 days.³ Muscle uses glucose, so building it helps.

Walk after meals

Short bouts of light walking lowered blood sugar more than sitting or standing in a 2022 review.⁴ Even a few minutes after eating counts.

Build balanced plates

Add fiber, protein and healthy fats to your meals, and cut back on refined carbs and sugary drinks. My free **Fiber Made Simple** guide shows you how.

Protect your sleep

Get enough sleep, and ask about sleep apnea if you snore or wake up tired.¹

Manage stress

Ongoing stress makes healthy routines harder. Small daily resets, like prayer, a walk or deep breathing, help you stay consistent.

Talk to your doctor

Some people also benefit from medicine.¹ Never start or stop a medicine without your doctor.

"Your body is a temple of the Holy Spirit... honor God with your body." 1 Corinthians 6:19–20

Educational only. Not medical advice. Talk with your own doctor before changing your diet, activity, medicines or supplements. Follow **@insulinresistancerox** for real CGM data, real food and simple habits.

REFERENCES

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