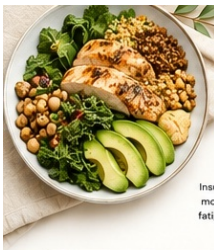


The Gentle Reset
LOVE YOURSELF FOR A LIFETIME

INSULIN RESISTANCE

UNDERSTAND THE ROOT CAUSE. RESTORE BALANCE. RECLAIM YOUR HEALTH.

Insulin resistance occurs when your cells don't respond properly to insulin, the hormone that moves glucose (sugar) from your blood into your cells for energy. Over time, this can lead to fatigue, weight gain, cravings, hormonal imbalances and increase your risk of type 2 diabetes, heart disease and other chronic conditions.

WHAT IS INSULIN?

Insulin is a hormone made by the pancreas. Its job is to help glucose from the food you eat enter your cells to be used for energy.

When your cells become resistant to insulin, glucose builds up in your blood and your panrceas produces more insulin to compensate.

COMMON CAUSES

- Excess sugar & refined carbs
- Sedentary lifestyle
- Chronic stress & poor sleep
- Inflammation
- Excess body fat (especially abbominal)
- Hormonal imbalances (PCOS, menopause)
- Nutrient deficiencies

HOW IT DEVELOPS

1. Cells become less sensitive to insulin.
2. Pancreas produces more insulin to keep blood sugar normal.
3. Blood insulin stays high.
4. Over time, blood sugar rises – leading to pre-diabetes and type 2 diabetes.

THE IMPACT ON YOUR HEALTH

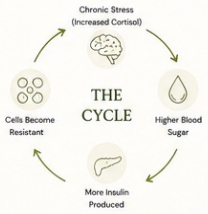
- Constant fatigue and tiredness
- Weight gain (especially around the midsection)
- Sugar cravings & mood swings
- Hormonal imbalance (PMS, PCOS, menopause)
- Poor sleep and brain fog
- Increased risk of type 2 diabetes, heart disease & inflammation

THE LINK: STRESS, CORTISOL & INSULIN RESISTANCE

Chronic stress causes your body to release cortisol. While helpful in short bursts, long-term high cortisol:

- Increases blood sugar
- Promotes belly fat storage
- Makes your cells more resistant to insulin
- Increases cravings for sugar and refined carbs

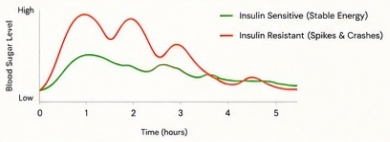
High cortisol + high insulin = a cycle that keeps your body stuck in survival mode.



SIGNS YOU MAY HAVE INSULIN RESISTANCE

- Crave sugar or carbs often
- Feel tired after meals
- Trouble losing weight
- Belly fat (especially around waist)
- Skin tags or dark patches (Acanthosis Nigricans)
- Irregular periods or PCOS
- High blood pressure or cholesterol
- Brain fog or poor concentration

BLOOD SUGAR: INSULIN SENSITIVE vs INSULIN RESISTANT



DID YOU KNOW?

Insulin resistance is reversible! With the right nutrition, lifestyle changes and stress management, you can restore balance, improve your energy and protect your long-term health.

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LOVE YOURSELF FOR A LIFETIME

MANAGING & IMPROVING INSULIN RESISTANCE NATURALLY

NUTRITIONAL STRATEGIES

- Focus on whole, minimally processed foods
- Choose low GI carbs that stabilise blood sugar
- Include protein & healthy fats with every meal
- Eat plenty of fibre-rich vegetables
- Limit refined sugar, white flour & processed foods
- Stay hydrated and support gut health
- Eat mindfully and stop when 80% full

LIFESTYLE STRATEGIES

- Move your body daily (strength + movement is key)
- Build muscle – it improves insulin sensitivity
- Prioritise 7-9 hours of quality sleep
- Manage stress with breathwork, meditation or time in nature
- Avoid long periods of sitting
- Support a healthy circadian rhythm (get morning sunlight)

POWERFUL FOODS TO SUPPORT INSULIN SENSITIVITY

CINNAMON
May improve insulin sensitivity and lower blood sugar.

BERBERINE
Supports glucose metabolism and insulin function.

MAGNESIUM-RICH FOODS
Improves insulin action. Include nuts, seeds, leafy greens.

OMEGA-3 FATS
Reduce inflammation and support cell membrane health.

VINEGAR
May help reduce blood sugar spikes after meals.

HERBS & SUPPLEMENTS

(Always consult your healthcare practitioner)

- **Berberine** – supports blood sugar control and insulin sensitivity
- **Chromium** – helps improve insulin action
- **Magnesium** – supports glucose metabolism
- **Alpha Lipoic Acid** – powerful antioxidant that improves insulin sensitivity
- **Inositol** – especially helpful for women with PCOS
- **Vitamin D** – supports insulin function
- **Omega-3** – reduces inflammation

SAMPLE DAY OF BALANCED EATING

Breakfast	Greek yogurt with berries, chia seeds & nuts
Lunch	Grilled salmon, quinoa, roasted vegetables
Snack	Apple with almond butter
Dinner	Chicken stir-fry with lots of vegetables and brown rice
Drink	Herbal tea, water with lemon

KEY TAKEAWAYS

- Insulin resistance is common, but reversible.
- Small, consistent changes make a big difference.
- Balance blood sugar, support your body and be kind to yourself.
- Focus on progress, not perfection.

DAILY HABITS THAT MAKE A DIFFERENCE

HYDRATE
Drink plenty of water throughout the day.

EAT MINDFULLY
Chew slowly and enjoy your food without distraction.

MANAGE STRESS
Practice daily stress management techniques.

MOVE DAILY
Aim for movement you enjoy every day.

SLEEP WELL
Good sleep is essential for blood sugar balance.

CONNECT
Build strong relationships and nurture joy.

YOU ARE NOT ALONE

Healing is not a straight line. With the right support, nourishing food and self-care, you can restore balance and create lasting health.

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