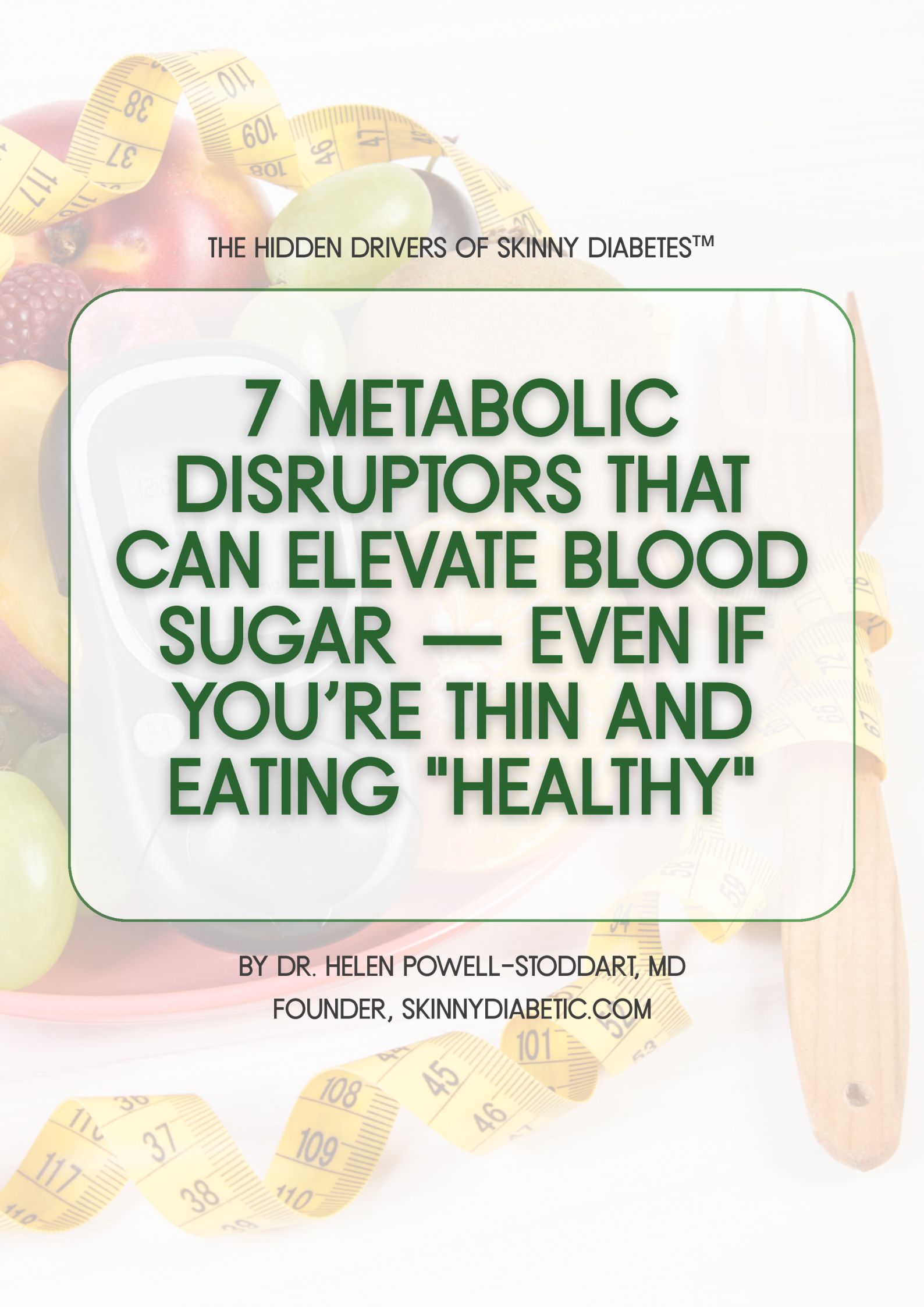


THE HIDDEN DRIVERS OF SKINNY DIABETES™

7 METABOLIC DISRUPTORS THAT CAN ELEVATE BLOOD SUGAR — EVEN IF YOU'RE THIN AND EATING "HEALTHY"

BY DR. HELEN POWELL-STODDART, MD

FOUNDER, SKINNYDIABETIC.COM

IF YOU'RE THIN... WHY IS YOUR BLOOD SUGAR HIGH?

You've cut carbs.
You've tried keto.
You've tried plant-based.
You may have even reduced your diet to mostly vegetables.

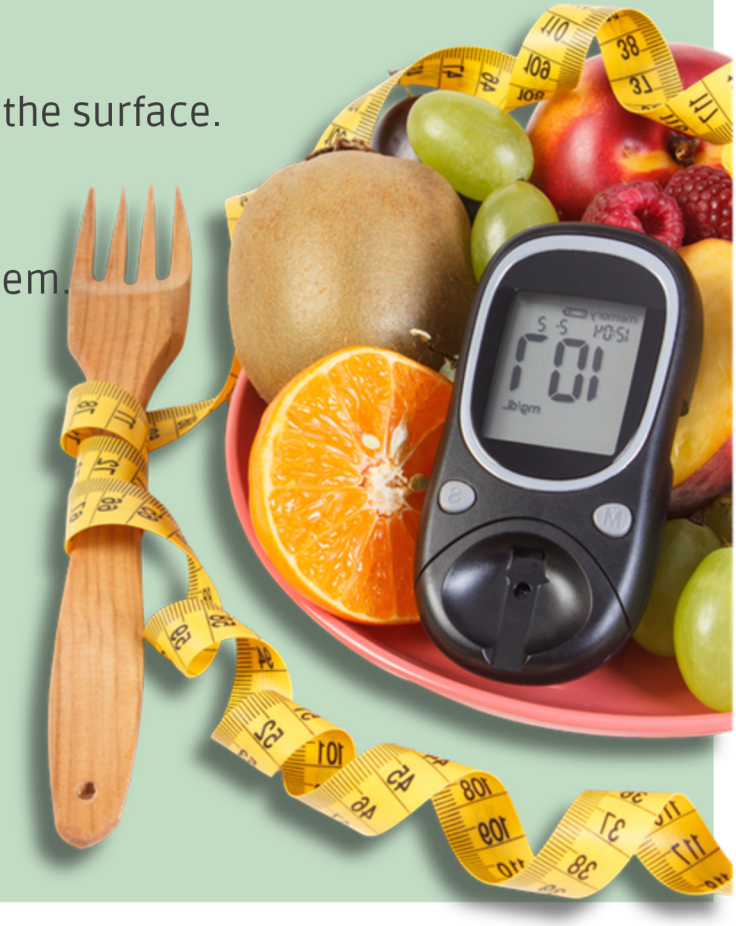
And yet...

Your blood sugar still spikes.
Your labs are called "normal."
You're losing weight you don't want to lose.
And you feel like you're doing everything right — but getting the wrong numbers.

You are not crazy.
You are not failing.

There may be hidden drivers beneath the surface.

This guide will introduce you to 7 of them.



WHAT IS "SKINNY DIABETES"?

Skinny diabetes refers to individuals who:

- Are normal weight or underweight
- Appear metabolically “healthy”
- Have elevated fasting glucose, post-meal spikes, or elevated A1c
- Do not fit the typical type 2 diabetes profile

This is often dismissed as “genetics.”

But genetics loads the gun.
Environment pulls the trigger.

Let’s look at what may be hidden beneath the surface.

HIDDEN INSULIN RESISTANCE

The myth: Only overweight people develop insulin resistance.
The truth: Insulin resistance can exist without visible weight gain.

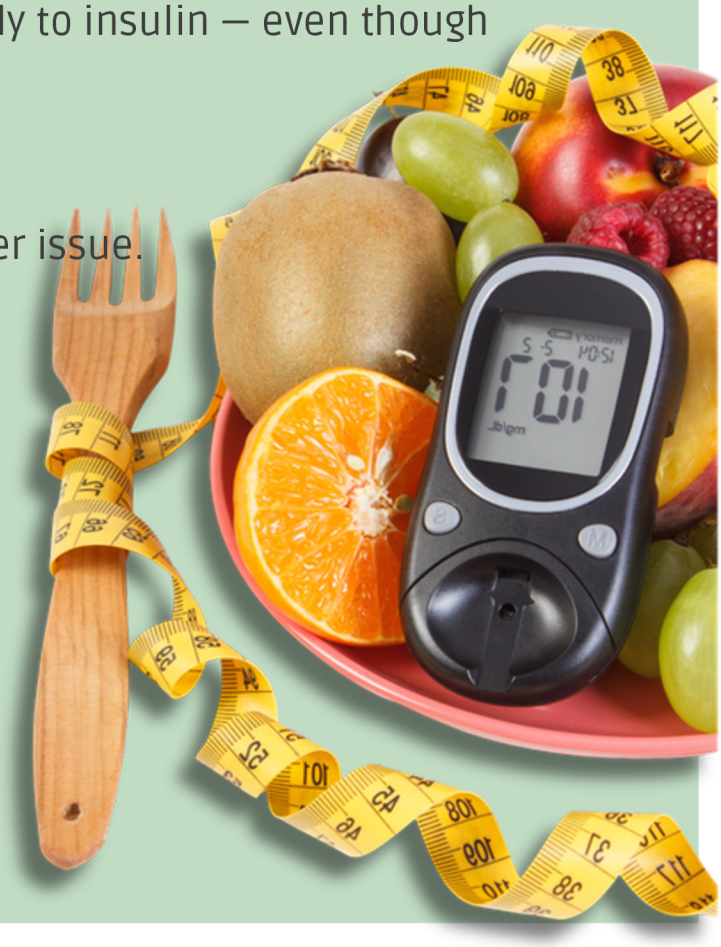
Clues you may have this:

- Post-meal glucose spikes
- Elevated fasting insulin
- Fatigue after meals
- Family history of metabolic disease

What's happening:

Your cells are not responding efficiently to insulin — even though your weight looks normal.

This is a signaling issue, not a willpower issue.



CHRONIC STRESS & CORTISOL DYSREGULATION

Stress hormones increase blood sugar by design.

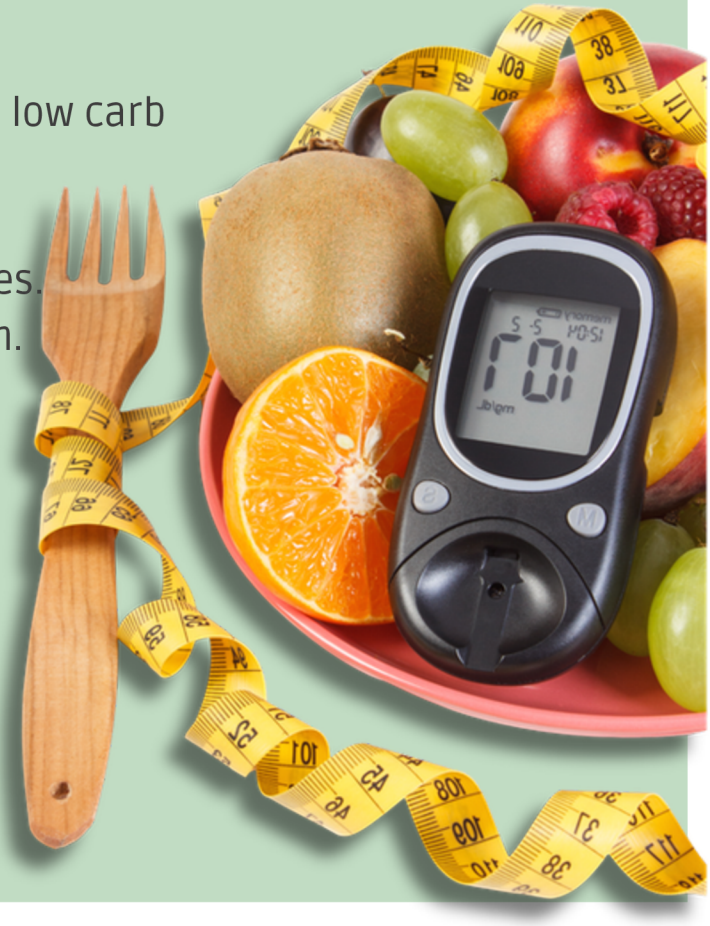
When cortisol is chronically elevated:

- The liver releases more glucose
- Insulin signaling is impaired
- Blood sugar becomes volatile

Clues:

- You are a high achiever
- You sleep lightly or wake at 2–3am
- You feel wired but tired
- Blood sugar rises even when eating low carb

This is not about eating fewer vegetables.
This is about nervous system regulation.



GUT DYSFUNCTION & SILENT INFLAMMATION

Your gut influences:

- GLP-1 signaling
- Insulin sensitivity
- Nutrient absorption
- Systemic inflammation

If the gut lining is compromised:

- Inflammatory cytokines rise
- Insulin becomes less effective
- Glucose spikes become unpredictable

Clues:

- Bloating
- Food sensitivities
- Autoimmune history
- Irregular bowel patterns

Sometimes the issue is not what you're eating —
but what you're not absorbing or repairing.

ENVIRONMENTAL TOXINS & MOLD EXPOSURE

Certain environmental toxins:

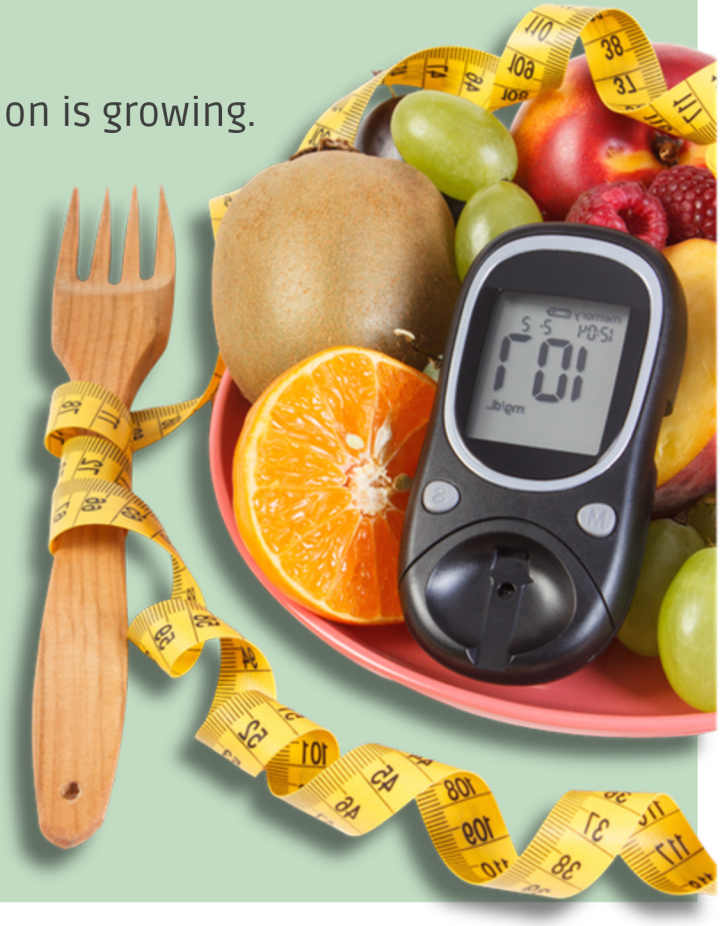
- Disrupt mitochondrial energy production
- Interfere with insulin receptors
- Increase oxidative stress
- Overload detox pathways

Clues:

- Water-damaged home history
- Chemical sensitivity
- Unexplained fatigue
- Brain fog
- Symptoms that worsen indoors

Many people never consider environmental burden as a glucose disruptor.

But the research on metabolic disruption is growing.



MITOCHONDRIAL DYSFUNCTION

Mitochondria are your cellular engines.

If they are underperforming:

- Glucose is not efficiently converted to energy
- Oxidative stress increases
- Fatigue rises
- Weight may drop unintentionally

Clues:

- Exercise intolerance
- Post-exertional crashes
- Low stamina
- Blood sugar spikes despite calorie restriction

This is an energy problem — not a discipline problem.

HORMONAL IMBALANCES

Thyroid, estrogen, progesterone, and other hormones influence:

- Insulin sensitivity
- Metabolic rate
- Muscle preservation
- Inflammatory signaling

Clues:

- Cold intolerance
- Hair thinning
- Cycle irregularities
- Perimenopausal changes
- Labs “within range” but not optimal

Subtle imbalances can produce significant metabolic effects.

MUSCLE LOSS & METABOLIC RESERVE DECLINE

Muscle is the primary site for glucose disposal.

If muscle mass declines:

- Blood sugar rises more easily
- Post-meal spikes increase
- Metabolic flexibility decreases

Clues:

- Sedentary lifestyle
- Chronic dieting
- Under-eating protein
- Loss of strength

Sometimes skinny diabetes is a muscle problem — not a carb problem.

THE REAL QUESTION

It's not:

"Do these drivers exist?"

It's:

Which one is driving yours?

Without identifying the primary driver, you may:

- Restrict your diet unnecessarily
- Lose weight you don't need to lose
- Increase stress trying to "eat perfectly"
- Feel defeated despite doing your best

Precision changes everything.

YOUR NEXT STEP

This Thursday, I'm teaching a live class:

The Hidden Drivers of Skinny Diabetes™

What Most Doctors Aren't Testing For

You'll learn:

- Why vegetables alone don't fix the issue
- Why standard labs often miss the root cause
- How precision testing can identify your driver
- What to do next safely and strategically

Reserve your seat here:
[Insert Registration Link]

IMPORTANT DISCLAIMER

This guide is for educational purposes only and is not intended to diagnose, treat, cure, or replace medical care.

Always consult your healthcare provider before making changes to your health plan.