



WHITE PAPER

INSULIN



Understanding Its Role,
Restoring Balance,
and Reclaiming Your Health



by

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Why Insulin Matters More Than Ever

Over the past century, medicine has made extraordinary progress. In the early 1900s, most people died from infectious diseases like pneumonia or tuberculosis. Today, thanks to sanitation, hygiene, and antibiotics, those are no longer the primary threats.

Instead, we face a different challenge: chronic diseases. Heart disease, cancer, stroke, Alzheimer's disease, and type 2 diabetes. Alongside them, many people experience weight gain, fatigue, hormone imbalances, brain fog, and low energy, often without a clear diagnosis.

A major driver behind many of these issues is **insulin resistance**.

Research suggests a large percentage of adults may have some degree of insulin resistance, often without realizing it. Insulin resistance has been linked not only to type 2 diabetes, but also to heart disease, weight gain, and even Alzheimer's disease, sometimes referred to as "Type 3 Diabetes."¹

This matters because insulin plays a central role in how your body manages energy, weight, hunger, hormones, and long-term health.

When insulin is working well, you experience steady energy, balanced appetite, and a healthy metabolism. When it's not, the result is often fatigue, cravings, weight gain (especially around the midsection), and increasing health challenges over time.

The encouraging news: insulin health is highly responsive to daily habits.

What Insulin Does (and Why It's So Powerful)

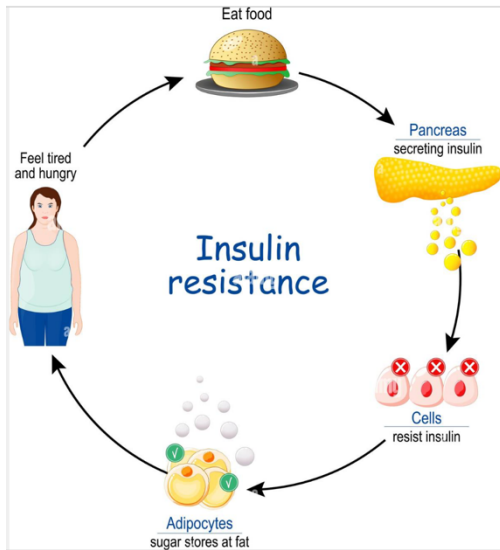
Insulin is a hormone made in the pancreas. When you eat, especially foods that raise blood sugar, insulin is released to move glucose from your bloodstream into your cells, where it's used for energy. This is a good thing, the body needs insulin, just not too much of it.

But insulin does much more than regulate blood sugar. It influences:

- Fat storage
- Hunger and cravings
- Energy levels
- Hormone balance
- Brain function

In simple terms, insulin helps decide whether your body is in **"store energy" mode or "use energy" mode**.

Insulin resistance occurs when your cells stop responding properly to insulin. Your body compensates by producing more, leading to chronically elevated insulin levels. Over time, this disrupts metabolism and contributes to a wide range of health issues



Why Weight Gain Isn't Just About Calories

For years, weight gain was explained as “calories in, calories out.” While calories matter, this view ignores how hormones control what your body does with those calories.

Insulin is one of the most powerful fat-storage signals in the body.

When insulin levels are high:

- Your body stores more fat
- It becomes harder to burn stored fat
- Hunger and cravings often increase

At the same time, excess body fat, especially around the abdomen, worsens insulin resistance. This

creates a cycle where insulin and weight gain reinforce each other.

Where fat is stored also matters. Fat around internal organs (visceral fat) is more strongly linked to metabolic disease than fat under the skin (subcutaneous fat.) This is why someone can appear “thin” but still have poor metabolic health.

Improving insulin sensitivity helps break this cycle, making it easier to manage weight, energy, and overall health.

How Insulin Affects Energy, Cravings, and Mood

When insulin is out of balance, it doesn't just affect weight, it affects how you feel, the amount of energy you have to do the things you love. Common experiences when your insulin is out of balance:

- Energy crashes, especially in the afternoon
- Cravings for sugar or carbohydrates
- Brain fog and poor focus
- Mood swings or irritability

These symptoms often come from blood sugar fluctuations driven by high insulin levels.

Several lifestyle factors contribute to this:

- Processed foods and added sugars
- Frequent snacking or grazing
- Poor or inadequate sleep
- Chronic stress
- Sedentary lifestyle
- Environmental toxins

These factors compound over time, making it harder for the body to regulate energy and metabolism effectively.

Signs Your Insulin May Be Out of Balance

Insulin resistance can develop quietly over years. Early signs are often subtle and easy to dismiss.

Common indicators include:

- Afternoon fatigue or energy dips
- Sugar or carb cravings
- Difficulty losing weight
- Weight gain around the abdomen
- Brain fog
- Feeling shaky or irritable between meals
- Poor sleep or waking in the night

Other signs may include:

- High blood pressure or triglycerides
- Skin tags or darker patches of skin
- Hormonal issues such as PCOS or low testosterone

While no single symptom confirms a problem, a combination of these signs suggests it may be time to support your metabolic health more intentionally.

What Actually Improves Insulin Sensitivity

The most important takeaway is this: **insulin resistance is largely driven by how we live. And that means it can be improved.**

1. Move Your Body (Especially Build Muscle)

Exercise is one of the most effective ways to improve insulin sensitivity.

- Muscle helps absorb glucose without needing as much insulin
- Strength training is especially powerful
- Even walking and low-intensity movement make a difference

Benefit: better energy, improved metabolism, and easier weight management.

2. Eat in a Way That Supports Healthy Insulin Levels

Food has a direct impact on insulin levels.

Key Approach

- Reduce refined carbohydrates and sugar
- Prioritize whole, unprocessed foods
- Eat adequate protein
- Include healthy fats

Refined carbohydrates raise insulin the most, protein moderately, and fat very little. Balancing these helps prevent large insulin spikes.

Benefit: fewer cravings, steadier energy, and improved metabolic health.

3. Stop Constant Grazing

Every time you eat, insulin rises. Frequent eating keeps insulin elevated all day.

Simple shifts:

- Move toward 2–3 meals per day
- Allow time between meals
- Consider time-restricted eating if appropriate

Benefit: gives your body time to burn stored fat and reset insulin levels.

4. Prioritize Sleep and Manage Stress

Sleep and stress have a direct impact on insulin.

- Poor sleep increases insulin resistance
- Chronic stress raises cortisol, which drives blood sugar and fat storage

Benefit: better energy, improved mood, and healthier metabolism.

The Big Picture: What You Can Do

The most effective approach is not extreme dieting or perfection. It's consistent, sustainable habits:

- Build and maintain muscle
- Move daily
- Eat real, whole foods
- Reduce processed foods, sugar and refined carbs
- Avoid Grazing throughout the day
- Eat 2-3 well balanced meals Sp
- Practice good sleep hygiene habits - aim to get a minimum of 7 hours sleep
- Manage stress, practice mindfulness, conscious breathing, meditation,



These actions address the root cause of insulin resistance rather than just managing symptoms.

This Is Fixable

Many of the most common health challenges today, weight gain, fatigue, cravings, brain fog, are deeply connected to insulin.

When you support insulin health, your body often responds quickly:

- Energy improves
- Cravings decrease
- Weight becomes easier to manage
- Mental clarity returns
- Long-term health risks are reduced

You don't need to change everything at once. Start small. Walk more. Build muscle. Eat real food. Space your meals. Get better sleep.

These daily habits may seem simple, but they work at a deep biological level.

And when insulin starts working better, many things that once felt difficult begin to feel easier.

I have been helping people for 30 years to regain their health and vitality. I offer a free 30-minute consultation to see if working together might help you achieve your health goals. Click [here](#) to schedule an appointment.

To learn more about my work, please visit my [website](#).

