

Seven Ways to Treat Insulin Resistance

1. **Moderate physical activity 3 to 5 times a week for at least 30 minutes.** Exercise encourages the body to transport blood sugar into the muscles as opposed to storing it as fat. In anticipation of this process, the body up-regulates its ability to utilize insulin, increasing sensitivity.
2. **Healthy diet.** A diet that consists primarily of lean meats and dairy; high-fiber grains, vegetables and legumes; leafy greens; and fruit will substantially aid the body's ability to balance insulin levels. Pairing complex carbs and protein also helps decrease the spike in glucose and insulin.
3. **Getting a good night's sleep.** Deep, restorative sleep—also called slow-wave sleep—helps regulate blood sugar. Getting adequate slow-wave sleep requires sleeping at least 6 to 7 hours per night, and it results in waking up feeling refreshed.
4. **Managing stress.** Stress results in the overproduction of cortisol, a hormone that counteracts the effect of insulin.
5. **Weight loss.** Weight loss can make the body more sensitive to insulin and lower blood glucose levels. Maintaining a lower body weight by eating fewer calories will also result in less demand for insulin.
6. **Medication.** Medication such as Metformin decreases insulin resistance and improves insulin sensitivity thereby helping the insulin the body makes work more effectively.
7. **Supplements.** Vitamins, dietary and herbal supplements such as inositol, magnesium, manganese, B vitamins, cinnamon, and chromium may also help with insulin resistance by increasing sensitivity.