Twitter Thread by Chris Boettcher



Chris Boettcher
@chrisboettcher9

80% of people are insulin resistant

It's a silent killer...

If you want to control the deadly condition you probably already have, read this:

Diabetes, heart disease, stroke, and cancer don't just happen overnight.

They are chronic diseases that most often are the result of longterm inflammation.

This inflammation slowly increases over time as a result of worsening insulin resistance.

So what is it insulin resistance?

When you eat, sugar enters the bloodstream.

The pancreas pumps out insulin to help bring that sugar into your cells.

What you eat impacts how high your blood sugar rises and how much insulin is needed.

Eventually the pancreas can't keep up.

The modern diet consists of:
-Processed foods
-High sugar
-Alcohol

These cause your blood sugar to ride a rollercoaster of extreme highs and lows throughout the day.

Your cells become resistant to insulin and like a drug addict your body needs more and more to function.

Insulin resistance happens slowly over time. Some early indicators of it:

-Dad bod (abdominal fat)
-Sweet cravings
-Low energy
-Headaches
-Anxiety

Why is this harmful?

Insulin resistance and high blood sugar are inflammatory throughout the body.

At first it can present as:
-GI distress
-Joint pain
-Brain fog
-Fatigue

Over time it places you at high risk of:
-High blood pressure
-Heart disease
-Alzhemiers
-Diabetes

Body positivity campaigns only worsen this epidemic because it normalizes obesity which is the leading indicator of insulin resistance.

Some in the medical community are now even pushing an agenda that says insulin resistance cannot be reversed but that's far from accurate.

Here's 5 ways to improve your insulin resistance:

1) Lift weights

Improves your regulation of sugar by drawing it into your cells.

Muscle is the most metabolically active tissue in the body.

Building muscle will reduce abdominal fat and insulin resistance.

2) Build your meals around protein

Protein is digested slowly over several hours rather than just a few minutes with processed foods and carbs.

This keeps your blood sugar from spiking and provides you energy for a longer period of time cutting down on the urge to snack.

3) Intermittent fasting

Creating an eating window of 10 hours or less during the day teaches your body to burn fat and improves insulin sensitivity.

Fasting gives your gut a break and helps reduce inflammation.

It also can be a helpful tool for weight loss.

4) Walk after meals

Following meals your blood sugar naturally rises.

Light activity helps bring sugar from the bloodstream into your cells lowering sugar levels and decreasing stress on your pancreas.

5) Manage your stress

Chronic stress causes:
-Poor sleep
-Limited recovery
-Increased cortisol and adrenaline levels
-Increased inflammation/insulin resistance

Focus on:
-Meditation
-Breath-work
-Outdoor walks
-Magnesium supplement

How to improve your insulin resistance:

1) Lift weights
2) Walk after meals
3) Intermittent fasting
4) Manage your stress
5) Build your meals around protein

I hope you enjoyed reading this:

If you learned something and found value in it, please retweet so others can learn as well.

Follow me @chrisboettcher9 for more on taking back control of your health. https://t.co/6LwFQxn2j7

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— Chris Boettcher (@chrisboettcher9) February 21, 2023

Men, if your ready to step up for yourself and your family to:

-Lose 20+ pounds
-Improve your confidence
-Stay active with your kids
-Build a sustainable lifestyle

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Our next group kicks off in March.

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