



# insulin-resistance

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Cruising Review

Insulin-Resistance: Publications and Research from SwissMixIt



This webpage QR code

## Structured Data

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Insulin resistance is when cells in your muscles, fat, and liver don't respond well to insulin and can't easily take up glucose from your blood. As a result, your pancreas makes more insulin to help glucose enter your cells. Lots of blood sugar in the bloodstream is very damaging to the body and needs to be moved into cells as soon as possible. There's lots of insulin, too, telling the liver and muscles to store blood sugar. When they're full, the liver sends the excess blood sugar to fat cells to be stored as body fat. Yep, weight gain. And what's more serious, the stage is set for prediabetes and type 2 diabetes. Apple polyphenols could represent a novel nutritional approach in the management and control of blood glucose, especially in type 2 diabetics. Capsaicin per se or its combination with moderate exercise could be a useful therapy against complications linked to obesity-insulin resistance in hypoestrogenic females. Recent evidence has strengthened the proposed synergistic relationship between obesity-related insulin resistance (IR) and/or diabetes mellitus (DM) and cancer.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/smx/insulin-resistance.html>

## Insulin Resistance Botanical Information

Insulin resistance is when cells in your muscles, fat, and liver don't respond well to insulin and can't easily take up glucose from your blood. As a result, your pancreas makes more insulin to help glucose enter your cells. Lots of blood sugar in the bloodstream is very damaging to the body and needs to be moved into cells as soon as possible. There's lots of insulin, too, telling the liver and muscles to store blood sugar. When they're full, the liver sends the excess blood sugar to fat cells to be stored as body fat. Yep, weight gain. And what's more serious, the stage is set for prediabetes and type 2 diabetes. Apple polyphenols could represent a novel nutritional approach in the management and control of blood glucose, especially in type 2 diabetics. Capsaicin per se or its combination with moderate exercise could be a useful therapy against complications linked to obesity-insulin resistance in hypoestrogenic females. Recent evidence has strengthened the proposed synergistic relationship between obesity-related insulin resistance (IR) and/or diabetes mellitus (DM) and cancer.

Keywords: Insulin resistance, Hyperinsulinemia, Metabolism, Cardiovascular disease, Dyslipidemia, adipose tissue expandability, inflammation, lipotoxicity, skin tags, Fatty acids, Palmitic acid, Omega-3 fatty acids, Hypothalamus, Adipose tissue, Liver, Muscle, Endotoxemia

Description and Research Abstract: Insulin resistance is when cells in your muscles, fat, and liver don't respond well to insulin and can't easily take up glucose from your blood. As a result, your pancreas makes more insulin to help glucose enter your cells. Lots of blood sugar in the bloodstream is very damaging to the body and needs to be moved into cells as soon as possible. There's lots of insulin, too, telling the liver and muscles to store blood sugar. When they're full, the liver sends the excess blood sugar to fat cells to be stored as body fat. Yep, weight gain. And what's more serious, the stage is set for prediabetes and type 2 diabetes. Apple polyphenols could represent a novel nutritional approach in the management and control of blood glucose, especially in type 2 diabetics. Capsaicin per se or its combination with moderate exercise could be a useful therapy against complications linked to obesity-insulin resistance in hypoestrogenic females. Recent evidence has strengthened the proposed synergistic relationship between obesity-related insulin resistance (IR) and/or diabetes mellitus (DM) and cancer.

Serum Fatty Acid Profiling within Distinct Lipid Fractions Provides a More Robust Indicator of Insulin Resistance in Humans than Total Triglyceride and Fatty Acid Profiles. Nigella sativa oil (NSO) was known as hypoglycemic agent in both types of diabetes. Nigella sativa oil (NSO) might have beneficial effects in the treatment of diabetic complications. Nigella sativa seeds are traditionally reputed as possessing anti-diabetic properties. Seed spices have a diverse array of natural phytochemicals that have complementary and overlapping actions, including antioxidant effects, Anticancer, Antidiabetic, Antimicrobial Activity, Hypolipidemic effect, Insecticidal, useful in menstrual disorders, helping in digestion, Modulation of hypertension, detoxification enzymes, reduction of inflammation, modulation of steroid metabolism, stimulation of immune system and helps in improve other several human disorder.



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