



Sensible Philosophy

Sensible News aims to provide important health information that may not be readily available from conventional sources. Articles are factual. Any references not listed are available on request.

Insulin Resistance (Syndrome X)

If you eat a diet with even standard amounts of bread, sugar and alcohol, your insulin levels may be chronically elevated. This causes insulin receptors to become resistant, which can result in Type 2 Diabetes. Diabetes, however, is only part of the problem.

Insulin resistance, otherwise known as Syndrome X (a term coined by the American doctor Gerald Reaven), is also known to cause:

- High cholesterol and blood lipids
- High blood pressure
- Death from cardiovascular disease
- Apple shaped obesity
- Aging
- Hormonal disorders (see next article)

Appointments at Sensible-Alternative Naturopathic Clinic are available weekdays from 8am to 8pm. 498 Miller St. Cammeray

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Insulin: at the root of Hormonal Imbalance

Chronically elevated insulin levels are a contributing cause for:

- **Polycystic ovary syndrome:** Insulin acts on the pituitary gland to inhibit ovulation, and to cause the ovary to produce excessive amounts of testosterone. This results in acne, unwanted body hair, infertility, and weight gain. Upper body weight causes further insulin resistance, thereby creating a vicious cycle.
- **Breast cancer:** Failure to ovulate causes a deficiency of the protective hormone progesterone. Progesterone deficiency increases risk for cancer, fibrocystic breasts and other conditions. In addition, breast cancer cells are stimulated to multiply by insulin-like growth factors.
- **Low thyroid function:** Thyroid hormone is not properly converted to its active form (T3) when the liver is insulin resistant. The result is low thyroid action in the tissues even though lab tests for TSH are *normal*.

Insulin resistance is reversible. Treatments include dietary change, nutritional supplements and bio-identical hormones.

Avoid conventional progestin and oestrogen supplements, such as the birth control pill, as they will worsen the condition.

Insulin resistance is second only to xeno-estrogens (February issue of Sensible News) as a major cause of hormonal disorders for both women and men.

Carbohydrate addiction

Insulin resistance is diagnosed definitively by high blood triglycerides and serum insulin. Your symptoms, however, can also give you a pretty good idea that your insulin levels are too high.

Here's what to watch for:

- Carbohydrate addiction
- Craving for bread and sugar
- Hungry 1 hour after eating carbohydrates
- Inability to lose weight
- Upper body weight gain
- Waking at night to eat
- Food binging
- Brain fog
- Fatigue

To overcome Carbohydrate Addiction, you must decrease carbohydrates in your diet:

- Eat mostly vegetables (low glycemic index carbohydrates)
- Avoid bread, sugar, pasta, and many fruits (high glycemic index carbohydrates)
- Eat protein and fat with EVERY meal or snack

References:

Ciampelli, M. et al. "Insulin and Polycystic Ovary Syndrome: A new look at an old problem." *Gynecol Endocrinol* 12(4) 1998:277-292.
 DelGiudice, ME et al. "Insulin and Related Factors in Premenopausal Breast Cancer Risk." *Breast Cancer Res Treat* 47(2) 1998: 111-120
 D'Adamo, Peter J. "Eat Right For your Type" 1995.
 (discussion of wheat lectins)

Wheat is an insulin mimic

Wholemeal does not mean it's healthy

If you are trying to overcome carbohydrate addiction (insulin resistance), you must understand wheat. Wheat flour should be avoided because it is a high glycemic carbohydrate, but this is only part of the story. Wheat, even wholemeal, is considerably worse than other high glycemic carbohydrates such as rice because the protein portion of wheat (lectins) is an insulin mimic. Wheat lectins bind to insulin receptors irreversibly, stimulating cells to store fat even in the absence of insulin.

Wheat is found in:

flour	white bread	wholemeal bread
biscuits	pasta	crackers
cereals	pastries	muffins

Fortunately, there are alternatives. You can eat any of the above made from:

- **Spelt** flour (breads, pastries, biscuits)
- 100% rye flour (pumpnickel, Ryvita)
- Rice flour (pasta, noodles, rice cakes)

These products are available from health food markets and some supermarkets.

Upcoming PUBLIC LECTURE - Bio-identical Hormones

Natural progesterone for menopause, PMS, polycystic ovary syndrome, endometriosis, infertility, and breast cancer prevention.

With Lara Grinevitch, Naturopath
 Saturday, 15 March, 2003 11:30am-12:30pm
 498 Miller St. Cammeray NSW

Seating is limited so e-mail or phone to register early!

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