

THE EFFECTS OF HIGH INSULIN LEVELS ON YOUR BODY

Insulin levels go up and stay up when you eat candy, cookies, cakes, muffins, ice cream, crackers, bread, pasta, rice, potatoes and other starchy foods. These foods are primary contributors to all degenerative diseases including heart disease, diabetes, arthritis and cancer.

The following are some of the effects of high insulin levels.

- Fluid Retention = high blood pressure
- Increase thickness of blood vessels = high blood pressure
- Constriction of blood vessels = high blood pressure & decreased ability to regulate temperature (difficult to stay warm – cold hands & feet)
- Stimulates production of bad cholesterol by the liver = increased risk of heart disease
- Reduces levels of good cholesterol (HDL) = increased risk of heart disease
- Stimulates production of triglycerides = increased risk of heart disease
- Causes the blood to be prone to clots = increased risk of heart attacks and strokes
- Increases inflammation in the body = pain, arthritis, heart disease, Alzheimer's, inflammation can be related to any health issue
- Tells the fat cells to store calories as fat and keep it there = fat weight gain
- Blocks the effective burning of fat for energy = can't lose weight, lowered stamina
- Stimulates appetite = hungry all the time, overeating = weight gain
- Accelerates aging process = early signs of aging, loss of energy, loss of sex drive, etc
- Depresses the immune system = easy to get sick, hard to get well
- Decreases muscle mass and strength = weakness of legs and arms, flabby muscles
- Decreases ability of hormones to communicate messages properly = menopause, andropause, pms, infertility
- Increase growth rate of cancer cells
- Increase levels of insulin is a strong predictor of heart disease.