- Carbohydrates / Drinking water

Why simply cutting down on carbs won't heal your insulin resistance

Know the dietary factors that cause your blood glucose to rise

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Are you struggling with high blood sugar or glucose levels? Perhaps you have tried to avoid all forms of carbohydrates but still fail to maintain a regular blood glucose level. Have you been prescribed anti-diabetic medications, and you end up feeling so dizzy and hungry that you tend to eat more food because you went on a restrictive diet? Thus, causing a cycle of hypoglycemia (low blood glucose level) and hyperglycemia (high blood glucose level)?



The simplest way to help stabilize your blood glucose level, which is even easier than cutting down carbs, is to drink plain water regularly throughout the day. Dehydration causes an elevation in blood glucose due to the increase in concentration of glucose. Contrarily, high blood glucose also causes dehydration because the kidneys will work hard to excrete the excess sugar through the urine. Frequent urination without proper rehydration will lead to dehydration. Excessive thirst and frequent urination are signs of high blood glucose levels. Do not wait to feel thirsty before drinking water. Be mindful of your water intake upon waking up, during meals, and before, during, and after exercising. Take sips or gulps of water while working or between activities. The best indicator of whether you are well hydrated is the color of urine, which must be clear or light colored. Dark urine indicates dehydration. Carry a water bottle with you and be intentional in hydrating because oftentimes, we forget and just remember when the body gives a signal through the sensation of thirst.

What happens when you avoid carbs? What else can you eat? Naturally, you turn to animal-based food sources, right? Did you know that regular consumption of animal food sources, especially red meat like pork, beef, lamb, and other non-red meat options like poultry, eggs, dairy, and even seafood, can wreak havoc with your blood glucose level? How is that possible, when they do not contain carbohydrates? During digestion, bacteria in the gut will produce a substance known as trimethylamine or TMA. This gets converted by

Instead of adopting a low-carbohydrate diet, choose the right types of carbohydrates from wholesome vegetables, whole grains, and fruits.

the liver into trimethylamine N-oxide or TMAO. TMAO has been shown by studies to impair the function of beta cells in the pancreas. These beta cells produce the hormone insulin that is required to regulate blood glucose levels. Impaired function of beta cells leads to insulin resist-

ance, causing abnormal elevations in the blood sugar level. Therefore, if you are having issues stabilizing your blood sugar, consider
adopting a plant-predominant way of eating consisting mostly of wholesome, minimally processed vegetables, fruits, whole grains, and some animalbased products if you cannot totally give them up. Vegetables must now be the main dish, paired with your high fiber carbohydrates, and let animal-based products or meat become just a small treat or side dish.
Lastly, watch your fat intake. One would think that fat would not impact blood sugar absorption just because it does not contain any sugar or carbohydrates. That is a myth. Fat causes inflammatory responses in the body that promote oxidative stress in cells. Thus, making cells resistant to insulin. If the insulin cannot penetrate the cells, then it cannot bring the glucose from the blood into the cells to be utilized as energy. Glucose remains in the blood and causes an elevation. Furthermore, fat
accumulation in the abdominal area, known as visceral fat, releases pro-inflammatory chemicals that interfere with insulin’s signaling pathways. Avoid cooking meals that use up too much oil, such as frying, and consuming fast food, processed meats, dairy products like milk and cheeses, and packaged or ultra-processed food and snack items like cookies, chips, and the like. These food are high in saturated fat.
If you wish to reverse your insulin resistance, remember that you cannot just cut down on one food item, which is sugar. It is important to keep hydrated with water throughout the day, eat wholesome vegetables and plant food sources for every meal, and limit or avoid animal-based products and high-fat food like cheese, milk, butter, and oils.