



Insulin Resistance

Insulin is the hormone that helps move glucose (sugar) from your blood into your cells for energy. With insulin resistance, your cells stop responding properly, so your body makes more and more insulin to compensate. Over time, this can lead to elevated blood sugar, weight gain (especially around the waist), energy crashes, and intense sugar or carb cravings.

Why It Matters

Insulin resistance is often at the root of stubborn weight challenges, fatigue, and hormonal imbalances. Left unchecked, it can progress to type 2 diabetes, increase inflammation, and raise the risk of heart disease. It also makes it harder for your body to burn fat, often trapping people in the frustrating cycle of dieting without results.

What We're Doing About It

We take a root-cause approach by addressing blood sugar balance through nutrition, strength training, sleep support, stress reduction, and, when appropriate, medical therapies. By improving how your body responds to insulin, we can help restore steady energy, protect your metabolism, and set the stage for sustainable weight loss and healing.