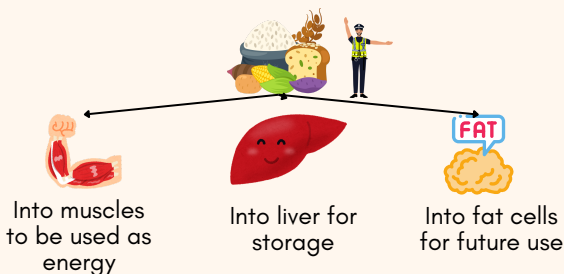


Why You Can't Burn Fat? It's Not Calories, It's Insulin Resistance

INSULIN = Your Glucose Traffic Director

When you eat carbs, sugar enters your blood. Insulin tells that sugar where to go:



✓ When insulin works:

- Glucose is guided into cells efficiently
- You can switch between sugar & fat for energy

Metabolically Flexible



✗ When insulin is overworked:

- Blood sugar spikes too often
- Cells stop responding
- Energy gets stuck in storage mode

Insulin Resistant



The "Traffic Jam" That Keeps You Fat



Common causes of insulin resistance:

- Frequent snacking
- Sugary meals or drinks
- Skipping protein or fibre
- Poor sleep and stress
- No strength training

⚠ What happens when insulin resistance sets in:

- Your body can't use fat for energy
- Glucose stays high in blood
- You feel constantly tired, hungry, and foggy
- Your body stores fat — even when you eat less

6 Signs You Might Be Insulin Resistant

-  Low energy
-  Strong carb cravings
-  Belly fat that won't go away
-  Brain fog after meals
-  Hungry again soon after eating
-  High fasting insulin or HOMA-IR score

How to Fix Insulin Resistance & Burn Fat Again

✓ 6 Strategies to Clear the Metabolic Traffic Jam

1. Start your day with protein
2. Eat in the right order:  →  → 
3. Stop snacking, space meal 4-6 hours apart -
Every snack = insulin spike. If you really need a snack: Drink water first
4. Take a post-meal walk (10-15 mins)
5. Strength train 2-3 times per week, more muscle = better insulin sensitivity
6. Sleep 7-8 hours, lower your stress. High cortisol = higher blood sugar. Manage stress with mindfulness, breathwork, or journaling

📌 Bonus Tips

- Track blood glucose with a Continuous Glucose Monitor if possible
- Test fasting insulin (<6 uIU/mL is optimal)
- Try apple cider vinegar or lemon water before meals to blunt glucose spikes
- Add magnesium, omega-3, and fibre-rich veggies to support blood sugar balance

Health & longevity tips by Miri, Certified Nutrition & Health Coach

 Science-backed wellness tools to help you rebalance your metabolism and thrive long-term.

 Follow @WellnessByMiri

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