The Truth About Insulin and Your Metabolism

What is the role of insulin and weight management? Everyone needs insulin. In fact, without it, we wouldn’t survive. Insulin is one of the most important hormones in your body because it directly affects the metabolism, aging, and overall health. However, insulin can be both your friend and enemy.

Why do some people seem to have a ‘fast metabolism’ and can eat more than most and not gain weight, while others can’t seem to stop gaining weight? It’s because those people have their insulin in control and can convert the food they eat into energy rather than store it as fat.

How We Got Here

Take a look around. We are unhealthier than ever before, and two-thirds of our society is overweight or obese. Low-fat and fat-free foods are everywhere yet we keep getting bigger! Have we been misled about what we should be eating to maintain proper weight and good health? How could diet foods cause weight gain and slow metabolism? Take a look:

Diet Products

Low-calorie and low-fat and other diet foods can sabotage weight loss efforts because these foods can slow your metabolism, and often cause hunger, cravings and fatigue. Although you may lose some weight in the short-term, most dieters gain the weight back faster than it took to lose it. These foods can spike your insulin causing the body to store more fat and use the energy reserves from muscle. Every time you try a ‘quick-fix’ diet, it gets worse.

Meal Replacements: Bars and Shakes

How could you possibly get proper nutrition or a ‘satisfying meal’ from a bar or shake? Most are equivalent to candy bars. Most meal replacements contain high amounts of sugar, sodium, soy and artificial ingredients. Some of these ‘meals’ have more than 50 ingredients! Meal replacements definitely do not replace a meal. Aside from having most of the same unhealthy ingredients, shakes are worse. These ‘liquid meals’ contain artificial ingredients and are usually loaded with sugars and fillers. Many of the ingredients are highly processed with harsh chemicals that are linked to side effects including digestion problems and allergic reactions. Drinking your meals is not a realistic or sustainable way to lose weight.
Harmful Preservatives and Additives

There are over 3,000 preservatives and additives that have made their way into many of the foods we eat. Preservatives and additives are used to make foods shelf-stable, and to put flavor back into the product so it tastes edible. On average, over 150 pounds of chemicals may go through your system each year if you eat processed foods, and some may store in your fat cells, preventing the release of fat. Preservatives and additives have many side-affects associated with them and can contribute to obesity, type 2 diabetes, and increase your risk of certain diseases. Some of the biggest culprits are:

High Fructose Corn Syrup (HFCS)

High Fructose Corn Syrup is so cheap to produce that it has found its way into most processed foods including low-fat and fat-free products. When you foods with high fructose corn syrup you may not feel full or satisfied, and your body may trigger you to eat more, causing you to overeat.

Refined Sugars

Our society is fueled by sugar. There are over 30 words used by processed food manufacturers that mean sugar, including those ending in ‘ose’ like dextrose. Sugar is in most processed and fast foods including French fries, chicken nuggets, bottled dressings, and condiments.

Artificial Sweeteners

Almost every diet product on the market contains some kind of artificial sweetener. These sweeteners may have zero calories, but your body does not recognize them as a food source, they contain no nutritional value, and your body may be triggered to ‘keep eating’ when you consume them.

Sodium

The average person’s daily sodium intake is over 3,000 milligrams. The body needs much less than that to survive. Sodium in natural foods or healthy salts is not the problem. Most of our excess sodium is consumed through processed and packaged foods, including bread, cakes, cookies and even soda.

Soy

Unprocessed, fermented soy consumed in small quantities can be beneficial. What most of us consume is highly processed, soy and soy by-products that contain no nutrition and is found is most processed and fast foods. This type of soy is unhealthy and linked to many health issues including hormonal imbalances.
What should I be eating for good health and weight loss?

Good health and sustainable weight loss comes from giving your body what it needs: proper nutrition that you can only get from balanced meals made with real foods. Unlike processed foods, real food can turn into energy when consumed and contain enzymes, vitamins, minerals and other essential nutrients that the body recognizes and knows how to process. In return, the body can use this food as fuel and burn it for energy.

Complete the assessment below to see if you are consuming too many processed foods on a regular basis. If so, you may be sabotaging your health and weight. Gradually reduce and eliminate and replace with healthy alternatives.

<table>
<thead>
<tr>
<th>I Eat the Following Foods (servings)</th>
<th># Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>White (or other packaged) bread</td>
<td></td>
</tr>
<tr>
<td>Boxed cereals (including oatmeal packets)</td>
<td></td>
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<tr>
<td>Meal replacement shakes and bars</td>
<td></td>
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<tr>
<td>Frozen or packaged meals</td>
<td></td>
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<tr>
<td>Fast food - Convenience store meals</td>
<td></td>
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<tr>
<td>Processed lunch meat (including hot dogs)</td>
<td></td>
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<tr>
<td>Packaged snacks (chips, cookies)</td>
<td></td>
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<tr>
<td>Soda, sports and energy drinks, juice</td>
<td></td>
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<tr>
<td>Blended coffee drinks</td>
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To learn more about insulin and how it affects weight loss, visit www.golo.com or, if you have questions, please contact us at 1-800-730-4656, or support@golo.com

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