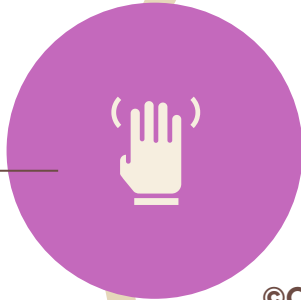




## Make Insulin

Your body makes insulin creating more insulin resistance until pancreas cannot keep up



## Eat Food

When you eat sugar and carbs



# INSULIN RESISTANCE

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## Cells Resist Insulin

Your cells resist the insulin due to overexposure or blocked receptors



## Stores as Fat

The body stores excess glucose as fat. Insulin is a fat storage hormone and inflammatory hormone



## Feel Tired|Hungry

Which then makes you feel tired and hungry