

Advanced Lab Tests help you detect early stage “Hyperinsulinemia”

For info on why you can't lose weight with elevated insulin: TrinityHealthCoaching.com/insulin

Healthy				Patient's Insulin Receptors are not functioning properly										Significant Insulin Resistance																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
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HOMA—IR Score (Insulin Resistance calculation of glucose to insulin ratio)

www.thebloodcode.com/homa-ir-calculator/



Hyperinsulinemia is a common condition with underlying cause of insulin resistance. The first symptom is usually increasing belly fat. It is a somewhat paradoxical situation because you can be diabetic and still have too much insulin in your body. With insulin resistance, the body cannot use the insulin that it has, and for various reasons the pancreas actually produces more insulin leading to an excess of insulin in the bloodstream.

GOOD!!!				"okay"			Test HOMA-IR			Most Likely Prediabetic				Diabetes at the door!				Likely Diabetic	

PubMed published medical research says 12 or higher is likely Prediabetes: <https://www.ncbi.nlm.nih.gov/pubmed/19789156>

If you have 3 or more of these symptoms you should get your fasting Insulin level checked

- ☐ **Waist size** failed the “string test”.
- ☐ **Systolic BP** over 125.
- ☐ **Diastolic BP** over 85.
- ☐ **Glucose** outside “green” on the previous page.
- ☐ **A1c** outside the “green” on the previous page.
- ☐ **HDL** outside the “green” on page 1.
- ☐ **Triglycerides** outside “green” on page 1.
- ☐ **HDL/Triglyceride Ratio** from page 1 greater than 2.0

