



# Battle Of The Bulge

Part I of III

By: Susan Higley

Every Day millions of people go through life feeling sick, tired and overweight. Over time, people forget what “healthy” feels like, and start to believe that the way they feel is normal. Many health experts agree that over the last 50 years profound changes in our environment have contributed to an increase in obesity, heart disease, cancer, Alzheimer’s and other age-related physical and mental disorders. A marked reduction (by most people) in physical activity; a substantial increase in the consumption of foods that are nutrient-poor and high in saturated fats, simple carbohydrates, and salt; and an increase in stress, all contribute in a negative way to people’s health.

In the developed world, obesity is a true epidemic. North America has the highest percentage of people who are obese and /or succumbing to obesity-related illnesses such as heart disease and diabetes. Although healthy dietary choices, physical activity, and stress management can go a long way in preventing these things, much research has been conducted and a common denominator appears to be insulin resistance.

Insulin is a hormone produced in the pancreas to regulate glucose levels. It works by facilitating the uptake of glucose into the cells. Science now tells us that almost all the health risks associated with increased body fat occur because most overweight people develop insulin resistance (sometimes referred to as Syndrome X or Metabolic Syndrome). This is a state in which insulin works less efficiently with every pound of added body fat. As the body’s cells become less sensitive (less responsive) to insulin, the body tries to compensate by producing higher than normal amounts of insulin. Insulin resistance can eventually lead to the development of diabetes, increased blood pressure, damage to the heart and blood vessels, weight gain, inflammation and other health conditions.

The key to preventing or addressing these and other health problems is to improve insulin sensitivity, which can be achieved by normalizing and sustaining healthy blood glucose levels. Next week I will share with you how this can be done simply with a prudent diet and the consistent use of an amazing new dietary supplement.

This article is not intended as medical advice; visit your medical doctor for that. Please stop by our vitamin store and health-learning center and let us show you the many products we carry to help support your weight loss and wellness program. Until next time, I leave you with this message. You can develop and maintain vibrant health, abundant energy, and mental clarity. All you need is a little knowledge, will power, and determination; lots of patience, and the daily practice of healthy habits. Eat Well, Sleep Well, and Be Well.

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