



Balancing Nutrition
Tu cuerpo en Equilibrio

Symptoms of insulin resistance

- Waking up to pee
- Hungry between meals
- Napping after eating
- Not feeling full
- Sweet cravings
- Tiredness
- Abdominal fat
- High blood pressure
- Polycystic ovaries
- Brown spots on back of neck, armpits behind neck, groin
- Cysts
- Inflammation, pain
- Stop breathing at night
- Cloudy brain
- Can't rest, sleep problems
- Bloating
- Fatty liver
- High cholesterol
- Low muscle mass
- Bad mood
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