



Insulin
Resistance -
Part One

Nisha Jackson, PhD

The Dr. Nisha Jackson Show: Insulin Resistance - Part One

Rusty Humphries: Hello, welcome. It is *The Dr. Nisha Jackson Show*. My name is Rusty Humphries, and welcome to one of the fastest moving podcasts out there. We talk about health and what needs to be done to make you look and feel your best.

Rusty Humphries: Make sure you subscribe to this show at Apple Podcasts, Google Podcasts, YouTube, or wherever you find the show, Facebook. Hey, if you're watching on Facebook or some other place, hit that share button and share it with your friends. This is important information and it's not like a really boring, crummy show either. It's a fun program. Dr. Nisha is awesome. What is it we're into today, Dr. Nisha? What's got your attention?

Dr. Nisha Jackson: I want to talk today, and I'm going to do another show, on pre-diabetes and insulin resistance.

It has recently been estimated that 84 million Americans are suffering from pre-diabetes.

— *Dr. Nisha Jackson*

Rusty Humphries: Okay. I am an expert in this particular field, unfortunately.

Dr. Nisha Jackson: Do you have some personal experience with this?

Rusty Humphries: I do. You helped me work through it when I got it years ago. And so yeah, there's some things maybe I've lived through.

Dr. Nisha Jackson: Well, here's the deal, Rusty, this is a sad statistic. It has recently been estimated that 84 million Americans are suffering from pre-diabetes.

Rusty Humphries: What is pre-diabetes as opposed to having diabetes?

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Dr. Nisha Jackson: Well, that means one in three adults are pre-diabetic. That means they're right on the edge of becoming diabetic. And, most of them have no idea that they have this. They don't have any idea that this is going on. So unfortunately, the syndrome that happens prior to or along with pre-diabetes is what I like to talk to patients about, which is insulin resistance. To make this simple, because I like to keep things simple, because they're easier to remember if they're simple and then they're applicable, right?

Rusty Humphries: Right.

Dr. Nisha Jackson: I'll never forget when I opened my first practice in 1994.

Rusty Humphries: You were 14 years old.

Dr. Nisha Jackson: I was very passionate about teaching people to not eat the food pyramid recommendations. The food pyramid recommendations back in the day, and now it's obsolete, was to eat six to 11 bread servings a day, which now has caused our nation to be pre-diabetic.

Rusty Humphries: Do you really think that *that* food pyramid was that bad for us?

Dr. Nisha Jackson: Six to 11 bread servings a day. I'm going to repeat, that is the worst thing you can do for insulin resistance. Insulin resistance is basically when your body is producing too much insulin in response to eating foods that cause your blood sugar to go up.

Dr. Nisha Jackson: Bread and flour products, starches, white starches, or any starches raise your glucose level. They raise your blood sugar. Then your pancreas, your poor little pancreas that must work so hard to control your disgusting eating, it's constantly, constantly producing insulin to try to control the escalating sugar levels in the body. Right?

Dr. Nisha Jackson: Well after a while, your cells become resistant to the insulin, like insensitive. That means you have to make more insulin in order to get the same effect. The more insulin you make ... Insulin is a fat-storage hormone.

Dr. Nisha Jackson: If you're wondering why you're looking at food and getting fat ... People actually say this, "I don't know why I'm getting fat because I swear, I can look at food and get fat. It doesn't take hardly anything for me to gain weight." And what they're really saying, Rusty, is that they have insulin resistance because they've trained their body to have to overproduce insulin for such a long period of time. What they're eating is foods that are constantly spiking their blood sugar, which means that they constantly have to make insulin, which means pretty soon their body becomes resistant to it, which means that they're storing fat all the time, even when they're looking at food.

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Dr. Nisha Jackson: This is a really, really bad problem because what happens is diabetes is basically, for lack of better, more complicated description, after a while your pancreas can't do it anymore. It's not making enough insulin. And then you have this escalation of blood glucose or blood sugar levels that's out of control.

Rusty Humphries: Do you get a lot of people that go, "Eh diabetes. I got it, it's no big deal. I don't even worry about it. It doesn't even hardly affect me." Do you get that a lot?

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Dr. Nisha Jackson: Yeah. You know, I do. I think that's true for a lot of things. I think when people can't feel it or they can't see it happening, they don't take heart disease seriously. They don't take dementia seriously. They don't take some of the age-related illnesses seriously because they can't actually feel it happening or damage being done. They just wake up one day and they can't see or they can't think or they're having a problem, and then the damage is already done.

Rusty Humphries: Okay, so for me, I'm type 2 diabetic. Should I be feeling something because I don't feel anything.

Dr. Nisha Jackson: Well, the mentality that we want to try to adopt here is prevention.

Rusty Humphries: Okay.

I don't care what age you are; you could be 10 and the damage is being done from the way that you're eating. I do believe that this is the main issue that we're going to be dealing with as people age.

— Dr. Nisha Jackson

Dr. Nisha Jackson: Okay? Because you only have one shot at protecting your body as you age. You only have one shot at it. At some point, you're going to run out of chances, and the damage is being done. I don't care what age you are; you could be 10 and the damage is being done from the way that you're eating. I do believe that this is the main issue that we're going to be dealing with as people age. When I first started practicing medicine, Rusty, we would not see younger people with type 2 diabetes. We used to call it adult onset diabetes.

Rusty Humphries: Right. You're not getting kids.

Dr. Nisha Jackson: Yeah, now we have kids with type 2.

Rusty Humphries: No, no, no, you're not getting kids. It's adults.

Dr. Nisha Jackson: Oh no, it's not adult onset diabetes. It's kid diabetes now.

Rusty Humphries: How old of kids are you seeing with type 2 diabetes?

Dr. Nisha Jackson: Thanks to the USDA food pyramid, we have type 2 diabetes in children.

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— *Dr. Nisha Jackson*

Rusty Humphries: Wow.

Dr. Nisha Jackson: So anyway, back to insulin resistance and pre-diabetes. Insulin resistance is the syndrome that leads into pre-diabetes. Pre-diabetes is the state in which you start to see the escalation of your glucose going up.

Dr. Nisha Jackson: It's not full-blown diabetes; it's like the beginning of it. There's a lot of things you can do, Rusty, that would protect your body from converting to diabetes, but you must think prevention.

Rusty Humphries: Okay, how do we start?

Dr. Nisha Jackson: Most people are not thinking prevention, but there's many, many things that you can do.

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One of the things that you can do is start concentrating, getting your family and yourself eating foods that are colorful foods. Preferably 50 percent of your diet being vegetables, which is not what people are doing. I know we've talked recently about the importance of drinking water.

Rusty Humphries: Right.

Dr. Nisha Jackson: And how some people don't even drink a drop of water a day. They don't drink any water. Well, that is the same thing that people do, but with vegetables. They don't even remember the last time they had any fresh vegetables. This is not that uncommon. When is the last time you had a big plate of vegetables, Rusty?

Rusty Humphries: I went to the salad bar restaurant *today*.

Dr. Nisha Jackson: Oh, that's awesome.

Rusty Humphries: And, I made sure I had a whole bunch of different colors. I had beets and I had peas and I had celery, and I went for a colorful variety, cheddar cheese, blue cheese. No, I'm kidding.

Dr. Nisha Jackson: Okay, yes, 50 percent of your diet should be vegetables. This is not only an excellent way of getting more water into your body since we were on the water subject recently, but it's a wonderful way to help increase the fiber in your diet, which slows the release of sugar into your system. So, that's an easy thing that people can do to start having more fiber in their diet. Preferably fiber not from flour products but from vegetables.

Dr. Nisha Jackson: Get more sleep. In contrast, lack of sleep can be very harmful for the body and increases your risk of infections, heart disease, and type 2 diabetes.

Lack of sleep increases your risk of type 2 diabetes because when you're sleeping, your body's in recovery mode. So, it's giving you hormones and nutrients and recovery that you need to function at a more optimal level the next day. People who even get one or two hours less sleep than they should – I recommend a minimum of seven hours of sleep at night – but people who are getting even one hour less of sleep have more problems with glucose blood sugar instability. This has been shown study after study after study. Just sleeping more, Rusty, can help improve your body's ability to manage blood sugar, and therefore, help prevent the onset of diabetes.

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Rusty Humphries: Now, I have a hard time believing you're following your own recipe there for seven hours. I do not believe you sleep seven hours a night, do you?

Dr. Nisha Jackson: Absolutely. No, I'm a freak about my sleep. I'm a freak. Here's the deal. I actually need my brain, and my brain does not work if I don't sleep. Like I can't function. So, water and sleep, those are two things I have to have.

Rusty Humphries: Wow. So how many hours do you try to sleep?

Dr. Nisha Jackson: I really try not to ever get less than seven, but if I'm super stressed, I need more. The irony is that most people sleep less the more stressed they are, right? Those two go hand in hand. I'm stressed, I can't sleep. Not only are they worrying all night and they're restless, but they're trying to get more done because they're completely stressed out.

But the problem is that's when your brain and your body really need more sleep, when you're using so much adrenaline and cortisol during the day. So just sleeping more causes your blood sugar to be more balanced.

Rusty Humphries: We need to do a sleep show, too, because it's easy to say, "Yeah, you should sleep more." Well duh, but I can't. And I'm sure you've got some great tips for that for maybe some other show. Yeah?

Dr. Nisha Jackson: Yes.

Rusty Humphries: Okay. We can definitely do that.

Dr. Nisha Jackson: The other thing that you can do is exercise more. We know that exercise controls, helps to control, insulin resistance. If you don't know if you have insulin ... you could do a blood test, right? You can do a blood test, not just for blood sugar or blood glucose, but you can look at your fasting insulin levels. These are two different things. A lot of people say, "Oh I have my insulin level checked all the time." But they've never had it checked because they're confusing insulin with glucose.

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Rusty Humphries: So, you're talking about the blood glucose monitoring at the store and you prick your finger and you get the one drop of blood, right?

Dr. Nisha Jackson: Yes. But that's glucose. I'm talking about insulin.

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Rusty Humphries: Okay, totally different.

Dr. Nisha Jackson: Yeah, when you go into the medical office, you should ask for a glucose level and an insulin level because you should be able to see what your blood sugar and your glucose are doing, because they work hand in hand. If your fasting insulin level is above 8.0, you probably have insulin resistance. Or, a cruder way of identifying this is if you just lift up your shirt and you grab your belly right now, you grab your belly fat. If you have more than two inches of fat that you're grabbing, easily grabbing, you probably have insulin resistance.

Rusty Humphries: Yeah.

Dr. Nisha Jackson: Yeah?

Rusty Humphries: Yeah, that's not good. That's not good.

Dr. Nisha Jackson: Everyone's driving down the road right now, grabbing their belly fat. Most Americans have too much belly fat.

Rusty Humphries: You can't do that, though, can you? You can't do the two inches. I've seen you. You can't do it. I don't want to brag. I can do it no problem. That's real easy for me.

Dr. Nisha Jackson: I know when I've been eating off because I'm telling you, it goes right to your gut. Again, let's keep it simple. When you eat too much sugar, and a lot of people say, "Oh, I don't eat any sugar. I don't even like sugar. But I love chips and bread and pancakes and crackers and all sorts of cereal."

Rusty Humphries: Hey, those aren't sweet.

Dr. Nisha Jackson: Those are, in many cases, worse than eating sugar. In fact, a piece of white bread metabolizes into sugar immediately upon hitting the tongue faster than a Snickers bar.

Rusty Humphries: No way.

Dr. Nisha Jackson: Yes. So you just have to understand that even if you don't have sugar, but you have a lot of starch in your diet, it's causing the same problem and that is you're producing too much sugar in your blood, which is causing your pancreas to release insulin at too high of a level, and then it's causing you to store too much fat around the middle part of your body.

It's all about prevention.

— Dr. Nisha Jackson

Dr. Nisha Jackson: So if you don't want a fat stomach, you need to cut back on the starchy carbs and the sugar in your diet so that you can start working on ways to control the progress or the progression of diabetes.

Dr. Nisha Jackson: It's all about prevention.

Rusty Humphries: Okay.

Dr. Nisha Jackson: All right. The last thing I'm going to say — we're going to get into this in the next show also about pre-diabetes and insulin resistance because I have so much more to say about it — is one of the very simple things that you can do to control your blood sugar level is reduce your stress. And I hate saying that because I just wrote a book on this.

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Dr. Nisha Jackson: A lot of people, they don't know how to reduce their stress because there's nothing they can do to reduce their stress. But what you can do is, you can reduce your body's ability, or improve your body's ability, to *manage* the stress. Breathing, meditating, taking a timeout, walking out in nature. Even if it's 10 minutes that you walk outside, take a little mental break, walk away from your desk, eat regularly throughout the day instead of eating sugar. Consider eating a good snack like cut up apples with some string cheese. You know, where you're getting that protein carbohydrate.

Dr. Nisha Jackson: Give your body what it needs to help manage the stress. Because when you're stressed out, your blood sugar is going to be very unstable, which is going to cause you to make more insulin, which is going to cause you to store too much fat, which is going to cause you to have a higher risk for diabetes.

Rusty Humphries: Is that why people, when they, you know – stress eating. They get stressed and they start eating stuff. What do you think it's doing for your body, or why do you think your body's craving that?

Dr. Nisha Jackson: Well, first of all, when you're stressed and you want to eat, there are pressure points in the top of your mouth, in the roof of your mouth. And one of the reasons why people like crunchy food when they're stressed, or nuts and seeds would be great actually. I wish people would eat that when they're stressed.

Dr. Nisha Jackson: The reason why people eat is that there's pressure points in the roof of the mouth that cause them to calm down. When you eat more and you're creating that pressure point in the roof of your mouth, like you're depressing that pressure point, what happens is you calm down, and so people calm down. But the problem is that you're creating more problems because, most likely, people are not chewing on broccoli when they're stressed. They're chewing on some kind of sugary food, right? That's not what their brain says when they're stressed, to go get some broccoli. They're eating a cookie or –

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Rusty Humphries: Don't get the peanut butter M & M's. That's not what the body's saying.

Dr. Nisha Jackson: Right, it helps people calm down because chewing and eating calms them down because of those pressure points. I believe that's part of the reason that people do it. But people also eat when they're stressed. Reducing your stress and improving your body's ability to manage stress is one of the easy things you can do to control your blood sugar.

Rusty Humphries: Okay.

Dr. Nisha Jackson: All right. I'm going to keep going on the next show about why it's so important to prevent diabetes.

Rusty Humphries: So next show, how you can prevent diabetes. You're actually, there's a way to do that?

Dr. Nisha Jackson: Yes. We're going to talk more about prevention, and we're going to talk more about what happens when your body does not control its blood sugar with time. What are some of the physical ramifications of pre-diabetes and diabetes that you ... I would like to try to scare people a little bit in this next show.

Rusty Humphries: That doesn't sound like fun, but it sounds like something we should be doing. All right. She is Dr. Nisha Jackson, and her book is out there. It's called *Brilliant Burnout: How Successful, Driven Women can Stay in the Game by Rewiring Their Bodies, Their Brains and Their Hormones*.

Rusty Humphries: Also, if you'd like to work with Nisha, I suggest you do it. I've done it personally. How do they get ahold of you? They go to a [Peak Medical Clinic](#)?

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Dr. Nisha Jackson: Yes, you can go to peakmedicalclinic.com, or an easy way to go is just to my website, nishajackson.com.

Rusty Humphries: Okay, do that. She really is that good. She really, really is. I know, personally. She's awesome. So, I'd go there, peakmedicalclinic.com or nishajackson.com. Also, do us a favor, please, and that is subscribe to this podcast. Hit the subscribe button on YouTube, or hit the subscribe button at Apple podcasts or Google podcasts and then tell your friends about it.

Rusty Humphries: How much did you learn today? Huh? Did you have fun? Of course, you did. So please tell your friends, if you would please, and subscribe and catch every episode of *The Dr. Nisha Jackson Show*. I'm Rusty Humphries, she's Dr. Nisha Jackson, and we will see you next time here on *The Dr. Nisha Jackson Show*.



Nisha Jackson, PhD MS NP HHP

NISHA JACKSON, PhD, is a nationally known hormone expert and functional medicine specialist. Nisha founded and is the director of Peak Medical Clinics, which specialize in functional medicine, hormone balance, age management, and disease prevention. For 28 years, Nisha has subspecialized in hormone balancing for men and women. With in-depth testing and balancing of the adrenals, thyroid, brain chemistry, gut, and sex hormones, she has successfully helped thousands of men and women reverse chronic problems such as fatigue, brain fog, weight gain, and depression and regain focus, stamina, drive, and optimal mood and energy. Nisha is a renowned lecturer, motivational speaker, radio host, columnist, and author. She is the founder of Peak Medical Clinics in Oregon, Texas and California, and the founder/owner of Balance Docs Inc., a nutritional supplement company, and Peak Laboratories, a full-service laboratory for in-depth specialized testing and research.