



# Jesabe Warner Naturopathy

PERSONALISED AND SPECIALISED FUNCTIONAL MEDICINE

## The Insulin Resistance (IR) Diet

This low carbohydrate moderate protein and moderate-fat diet is focused on real foods as the solution to Insulin Resistance Syndrome (IR). Based on human evolutionary history and physiology, this should be your most natural and optimal diet. It reflects what our most recent ancestors (before agriculture) evolved eating over a millions years and as such has the highest potential of supporting healing and preventing disease. In addition, this diet is naturally alkalising, which means it will minimise bone and muscle loss, reduce inflammation and slow down ageing.

It will take at least 2 - 3 months to re-establish normal insulin sensitivity, however you can expect to notice significant results after 6-8 weeks. You will experience loss of weight (especially abdominal) reduced carbohydrate cravings, improved energy and lab values will improve.

With this diet you should not be hungry until its time for the next meal. If this is happening try increasing the non-starchy vegetables, nuts, fats and/or protein intake in the meals. Do not avoid naturally fatty foods but limit saturated fats. Avoid hydrogenated oils and fried foods. For hypoglycaemia symptoms eat smaller meals more frequently. Notice if you are eating for hunger or for emotional reasons. If you do need to eat for emotional reasons, try nuts seeds or protein foods.

## Vegetables

### **Eat as many of these as possible for your best health.**

Artichoke	Collard greens	Parsley
Asparagus	Cucumber	Capsicum
Avocado	Dandelion greens	Radish
Bok choy	Endive	Seaweed
Broccoli	Fennel	Spinach
Brussels sprouts	Garlic	Swiss chard
Cauliflower	Kohlrabi	Tomatoes
Celery	Lettuce	Turnips
Chives	Mustard greens	Watercress
Onions		

### **Vegetables in moderation**

Beets  
Carrots  
Green beans  
Eggplant  
Squash  
Taro

### **Vegetables to avoid (or small amounts occasionally)**

Pumpkin	Parsnip
Corn	
Potatoes	
Sweet potato	

## Problem carbohydrates (refined and starchy)

No simple sugars/carbohydrates - sugar, fructose, pastries, fruit juice, soft drink, alcohol, breads, pasta, corn products, crackers etc. or artificial sweeteners. These all will raise insulin levels, exacerbating IR and perpetuate the craving for sweets. As IR improves, sweet cravings reduce.

Some whole grains are okay - whole brown rice, rye and barley in small amounts only (once or twice a fortnight).

## Good carbohydrates (non-refined and non-starchy)

Small amounts of fruits are ok but eat with protein foods such as nuts and seeds. Berries are best, no dried fruit.

Eat a lot of non-starchy vegetables from the list about raw or lightly cooked is best. These should be the main source of carbohydrates in the diet. Fresh vegetables are best, frozen is ok but canned is to be avoided except for canned tomatoes and tomato sauce.

## Proteins

If you eat animal products, consume moderate amounts of lean meats and seafood. The best are wild fish and free-ranging beef and chicken. Grain-Fed means more saturated fats and omega-6 (inflammatory) oils. Eggs are fine occasionally, avoid dairy if you can as it is detrimental to your blood sugar levels, will draw calcium out of your bones and is highly acidic. Include protein with every meal and snack as the protein will slow down the absorption of the glucose for better blood sugar levels.

Legumes, nuts, seeds and quinoa (eat instead of rice) and all great sources of proteins.

## Fats and oils

Consume moderate amounts of healthy oils such as olive, macadamia, sesame, flaxseed and coconut oils. A low-fat diet is not healthy, nor is it compatible with this diet. Limit canola and rice bran oil as they are high in omega 6 (inflammatory). If you need to cook with oils avoid flaxseed as it will quickly turn rancid. Never use the oil to cook a second time as it will oxidise much faster and this oxidised oil is seen as a toxin by the body.

## Exercise

It must be emphasised that exercise is a crucial element of our metabolism. It is needed for the release of toxins out of our fat tissue, the circulation of our nutrients and oxygen into our cells, it regulates blood sugar and is essential for balanced moods - and has a zillion other roles.

## Water

Drink at least 2.5L of clean water daily, more if you drink caffeine. Water is needed for proper conversion of your hormones in the peripheral tissue, it is involved in the energy cycles in each cell and keeps our blood and tissues functioning effectively.

For recipe options go to [affordablewholefoods.com.au](http://affordablewholefoods.com.au) for many gluten free, low carb, easy to make breakfast, dinner and snack ideas.