

Published based on [Identify Simple Symptoms Of Insulin Resistance](#)

Identify Simple Symptoms Of Insulin Resistance

Insulin is a chemical that's produced by the beta cells, which are cells that are scattered across the pancreas. The insulin produced is released into the blood stream and travels through the body. Insulin is a very important hormone that has many actions in the body. About all of the actions of insulin are aimed at metabolism (control) of carbs (sugars and starches), lipids (fats), and proteins.

Insulin is also important in controlling the cells of the body including their growth. The reason for the majority of cases of symptoms of insulin resistance remains unknown. There's obviously an inherited part, like increased rates of insulin resistance and Type two diabetes.

But there are some grounds for suspecting that symptoms of insulin resistance is related to a high carb diet. An American study has suggested that glucosamine (regularly prescribed for joint issues) may lead to symptoms of insulin resistance.

The commonest feature of [symptoms of insulin resistance](#) is that it wears people out. Some are exhausted just in the morning or afternoon, others are exhausted all day.

If you disregard the symptoms of insulin resistance, you might end up with diabetes over time. This is as of the insulin overproduction that goes with it. Because your body ignores it and makes more because it doesn't know it is there, you're going to realize that your pancreas gives out and can not make any more insulin.

You can also find this article published on [Identify Simple Symptoms Of Insulin Resistance](#), and on the tag pages [diabetes](#), [insulin resistance](#), [symptoms of insulin resistance](#).