



NSIPM & Sano Wellness Center

Sugar Utilization

The excessive intake and/or poor utilization of simple carbohydrates and sugar in the diet are often associated with the development of many health problems and accelerated aging. Conditions such as hypoglycemia, diabetes, digestive difficulties, yeast infections, fatigue, depression, chronic inflammation, and many others are often caused by poor carbohydrate and sugar utilization. Insulin is the hormone in the body that stores fat. Insufficient protein intake and poor sugar and carbohydrate utilization can create excess insulin production and may increase one's weight.

You can have poor sugar utilization regardless of whether you eat a lot of sugar or not.

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