



Am I Insulin Resistant?

Insulin resistance is linked to a number of diseases. Answering yes to the following questions, may indicate you are insulin resistant.

- Do you tend to put on weight easily, even when not overeating and exercising regularly?
- Do you or a family member suffer from: diabetes, heart disease, high cholesterol, high blood pressure?
- If female, do you suffer from polycystic ovarian syndrome?
- Do you experience food cravings for sugary, starchy foods?
- Are you unusually tired in the afternoon, early evening?
- Do you carry most of your weight around the mid-section/abdominal area?

Insulin resistance is treatable, so don't put up with the fatigue, carbohydrate cravings, and extra kilos any longer. Contact us on 02 9501 0326 or christine@healthinourhands.com.au to get your metabolism back on track.

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