Sugar cravings, Insulin resistance and blood sugar control

Simple explanation of Insulin Resistance
When we eat food, primarily carbohydrates, our pancreas produces insulin to take the glucose out of the blood and store it in cells so we can use it for energy. Think of the cell as having a lock, and insulin has a key to unlock the cell to accept the glucose.

In insulin resistance, the body's cells become less responsive to insulin and the key can't open the lock. As a result, the body needs to produce more insulin to try to maintain normal blood sugar levels. The body's hope is that by producing more insulin, eventually it will be able to open the lock so the cell can accept the glucose.

Over time, the pancreas can struggle to keep up with this demand, leading to elevated blood sugar levels (hyperglycemia), and eventually type 2 diabetes if not managed properly.

How Insulin Resistance Affects Blood Sugar Control & Sugar Carvings
Insulin resistance often leads to unstable blood sugar levels. When blood sugar spikes after a meal, it is followed by a rapid decline (due to excessive insulin release). This drop in blood sugar (sometimes called a "crash") can cause fatigue and trigger sugar cravings as the body seeks quick energy to raise blood sugar levels again. This rise and fall in blood sugar levels also leads to issues with the bodies natural balance of the hunger and satiety hormones ghrelin & leptin. This can lead to increased appetite and cravings of sugary foods, as the brain signals a need for energy.

What can we do?
Eating smaller, frequent, balanced meals with fiber, protein, and healthy fats helps slow the digestion of carbohydrates, leading to a more gradual release of glucose. This prevents the blood sugar spikes and crashes that fuel sugar cravings. Staying hydrated can help reduce the urge to eat sugary foods. In addition, eliminating refined and processed foods helps prevent large insulin spikes, which puts an end to the cycle of blood sugar drops and sugar cravings. There are also supplements that can be very helpful to control these spikes and falls in blood sugar.