

Insulin Resistance, Diabetes, and The Evexia Comprehensive Diabetes Panel

From a functional medicine perspective, it's important to know that chronically increased blood glucose can cause toxic effects on the structure and function of many organ systems, including the pancreas.



Insulin resistance is a condition wherein insulin becomes less effective at lowering blood sugar due to poor insulin binding at the cell receptors. It's important to know that aside from the negative affects of insulin resistance on glucose metabolism, insulin resistance also effect fat metabolism causing accumulation of fat in:

- Muscle Tissues
- Liver
- Heart
- and other Organs.

Aside from impaired fasting glucose and impaired glucose tolerance, insulin resistance and hyperinsulinemia are associated with dyslipidemia, increased fibrinogen, increased CRP – which means increased inflammation – and dysfunction of the endothelial lining of the arteries.

THE PRE-BUILT EVEXIA COMPREHENSIVE DIABETES PANEL

Aside from the baseline biomarkers of blood glucose regulation, this panel includes advanced biomarkers.

Dr. Sodano's Featured Biomarkers:

C-PEPTIDE

Originates in the pancreas β -cells as a byproduct of the enzymatic cleavage of proinsulin to insulin. Low C-peptide levels are to be expected where insulin secretion is diminished, as in insulin-dependent diabetes, or suppressed, as in a normal response to exogenous insulin, whereas elevated C-peptide levels may result from the increased β -cell activity observed in insulinoma.

DIABETES-RELATED AUTOANTIBODY TESTING

Diabetes-related autoantibody testing such as insulin autoantibodies, glutamic acid decarboxylase autoantibodies (GADA), and Zinc transporter 8 autoantibodies

NMR LIPOPROFILE

This profile goes beyond the standard lipid markers by measuring the particle size and number of HDL and LDL, as well as providing an Insulin Resistance Score.

Learn more about the Evexia Cardiovascular Panels by [clicking here](#).

Learn more about the Evexia Nutraceuticals by [clicking here](#).

To learn more about Evexia Diagnostics, scan the QR Code.

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Recommendations related to blood sugar dysregulation support.

GlucAvail

GlucAvail's blend of natural extracts and vitamins support healthy blood glucose levels. GlucAvail's unique and effective formulation contains five ingredients (Alpha lipoic acid, chromium, cinnamon bark extract, biotin, and vanadyl sulfate hydrate) provided at targeted doses for maximum efficacy.

GlucBalance Plus

GlucBalance Plus is a synergistic formula that combines standardized herbs and other botanicals that are shown to support healthy blood sugar through various mechanisms, including cinnamon, corosolic acid from banna, isoflavones from kudzu, and ginsenosides from ginseng. It also contains berberine, a compound highly regarded for its efficacy in supporting healthy blood glucose regulation and insulin sensitivity.

Berberine Plus

Berberine Plus supplies high potency berberine combined with alpha-lipoic acid to help support optimal blood sugar and insulin levels, cardiovascular health, and liver health.



Lifestyle recommendations to support Blood Sugar Dysregulation:

DIETARY:

Mediterranean or Modified Mediterranean diet.

OPTIMAL BODY COMPOSITION:

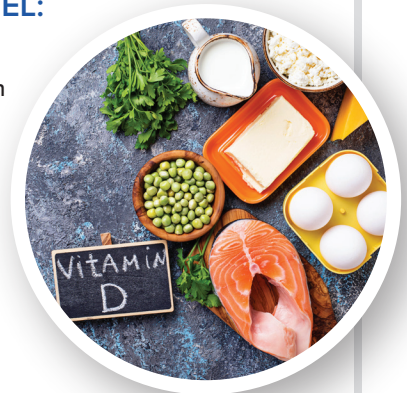
Central obesity is known to be associated with diabetes. High fat and low lean mass percentage in the abdomen increases the risk of hyperglycemia.

REGULAR EXERCISE:

Regular physical activity helps the body to be more sensitive to insulin and helps control blood glucose levels as well as lower the risk of heart disease and nerve damage. Fasting exercise reduces the accumulation of harmful fatty acids by accelerating lipid breakdown of muscle cells, which helps to improve peripheral insulin sensitivity and better improves glucose tolerance.

OPTIMAL VITAMIN D LEVEL:

Vitamin D reduces the extent of pathologies associated with insulin resistance such as oxidative stress and inflammation. More recently, it was also shown that vitamin D prevents epigenetic alterations associated with insulin resistance and diabetes.



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