

Why is maintaining a stable blood sugar important?

In an optimal state, the body maintains blood sugar levels in a fairly narrow range that is neither too low (hypoglycaemia) nor too high (hyperglycaemia). Stability of blood sugar is important because imbalances, particularly raised levels, can cause serious health problems, including Type 1 diabetes. To remain healthy, the body does all it can to maintain normal blood sugar levels. It achieves this stability through the secretion of insulin from the pancreas.

Research has found, however, that many individuals don't respond to insulin like they should. Left untreated cause blood glucose levels to rise. But because the body tries to keep blood sugar in a normal range, its first response is to secrete more insulin. This condition is known as insulin resistance. Producing more insulin may be beneficial in the short run because it prevents glucose from becoming

elevated, but long-term unmanaged insulin resistance can lead to a whole host of undesirable health problem Metabolic Syndrome, also known as Insulin

Resistance Syndrome, refers to a cluster of symptoms characterized by varying degrees of glucose intolerance, abnormal blood fats, high blood pressure,

and upper body obesity, which are all independent risk factors for Coronary Heart Disease (CHD).

Elevated insulin levels may also be associated with polycystic ovaries, and even colon and breast cancer.