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Cruxpoint Health Breakthrough, Inc.

Strategies For Lowering Insulin Levels

1. Dietary Approaches

Reduce Refined Carbohydrates and Sugars: Replace refined carbs with whole-food carbs like beans, lentils, quinoa, and vegetables.

Emphasize Protein and Healthy Fats: Ideally, include foods such as meats, fish, eggs, Greek yogurt, nuts, olive oil, butter, tallow, and avocado.

Increase Fiber Intake: Eat high-fiber, high-nutrient, low calorie vegetables and berries. Seeds and legumes such as chia seeds, beans, lentils, and peas.

Lengthen Fasting Periods: Start with a 14 hour overnight fast and extend if sustainable. Explore other ways to incorporate lengthened fasting periods.

2. Exercise and Physical Activity

Aerobic Exercise: Aim for 150 minutes per week of brisk walking, cycling, swimming, or jogging. A half-hour five times per week is excellent.

Strength Training: Include 2–3 sessions per week of weightlifting, bodyweight training, resistance bands, or such. There are many ways to build strength without going to the gym. Small dose drills of 2 minutes duration, taking specific muscles to fatigue or “failure” is an excellent program that fits into modern lifestyles.

Daily Movement: Take a 10–15 minute walk after meals. Break up long sitting periods with a 2-minute drill every hour. Choose effort over ease. Stairs are better than elevators.

3. Lifestyle Factors

Stress Management: Learn to manage the amount of stress in your life or your response to stress. Try stretching, meditation, deep breathing, yoga, or other activities that quiet your sympathetic nervous system and lower your stress hormones.

Prioritize Quality Sleep: Make sleep a priority. Aim for 7–9 hours per night, with a consistent sleep schedule. Sleep the number of hours that allow you to wake up rested.

Limit Alcohol: Choose to abstain if it works for you. Otherwise, keep intake moderate or minimal.

Summary

Lowering insulin requires a multi-pronged approach. Together, these steps reduce chronic hyperinsulinemia, improve metabolic flexibility, and make fat loss more achievable:

- Eat a low-glycemic, high-fiber, whole-food diet.
- Combine aerobic exercise, resistance training, and daily movement.
- Manage stress, sleep, and alcohol.

An Example of a Step-by-Step Daily Plan to Lower Insulin

Morning

- Wake up & Hydrate: Drink water with lemon.
- Optional Fasted Exercise: 20–30 min brisk walk or light cardio.
- Breakfast (if not fasting): Omelet with spinach, mushrooms, avocado OR skip breakfast.

Midday

- Lunch: Grilled salmon/chicken, greens, olive oil dressing (no sugar), quinoa or lentils.
- Post-meal Walk: 10–15 minutes.
- Stress Reset: 5 minutes deep breathing or meditation.

Afternoon

- Movement Breaks: Stand/stretch hourly. Two-minute drills.
- Snack (if hungry): Nuts, Greek yogurt, or celery with hummus.

Evening

- Exercise (alternate days): Resistance training (30–45 min).
- Non-training days: light walk or yoga.
- Dinner: Protein (chicken, tofu, fish) + veggies + healthy fat.
- Time-Restricted Eating: Finish dinner by 7–8 pm or earlier.

Night

- Wind Down: Avoid screens 1 hr before bed, calming activity.
- Sleep: Aim for 7–9 hours.