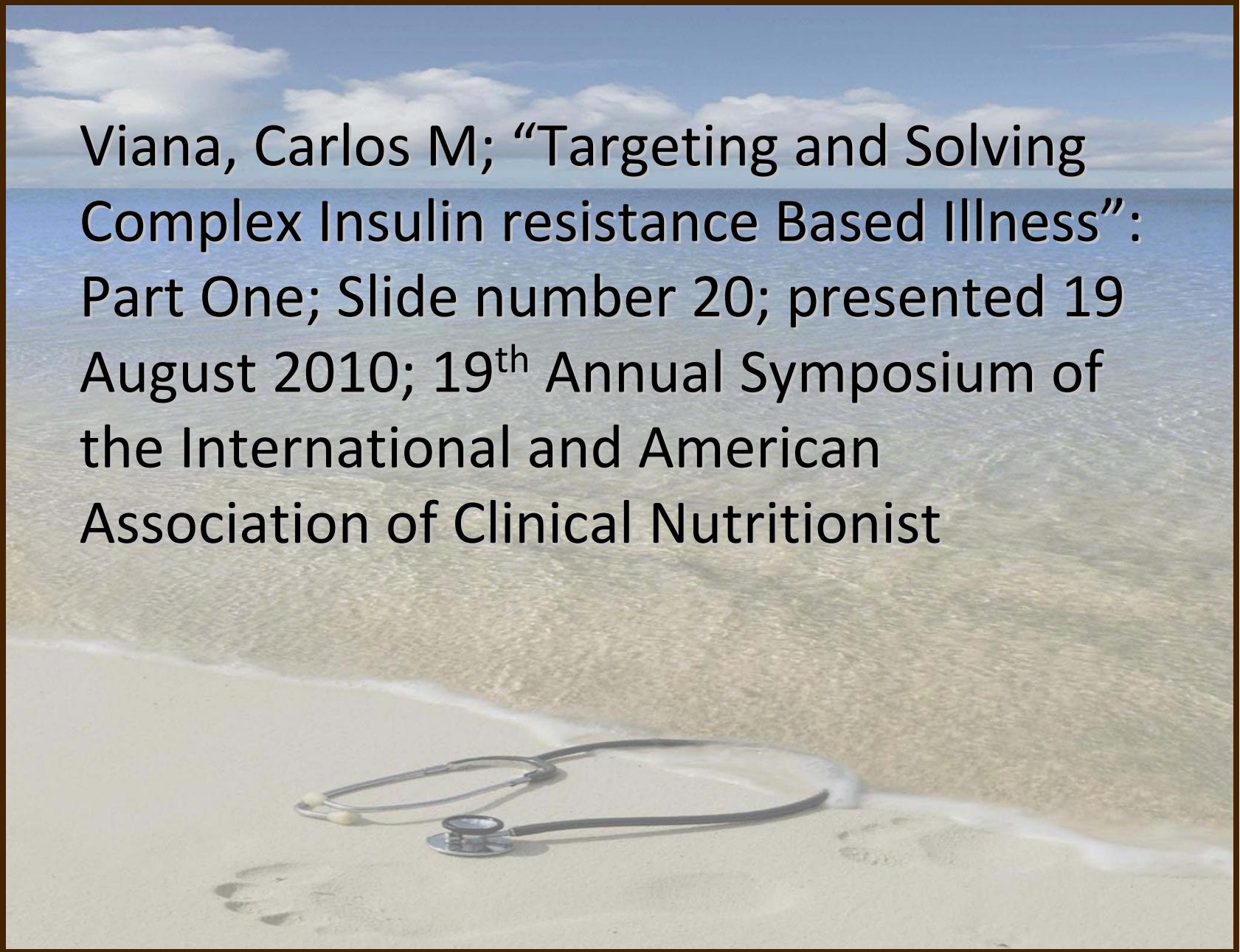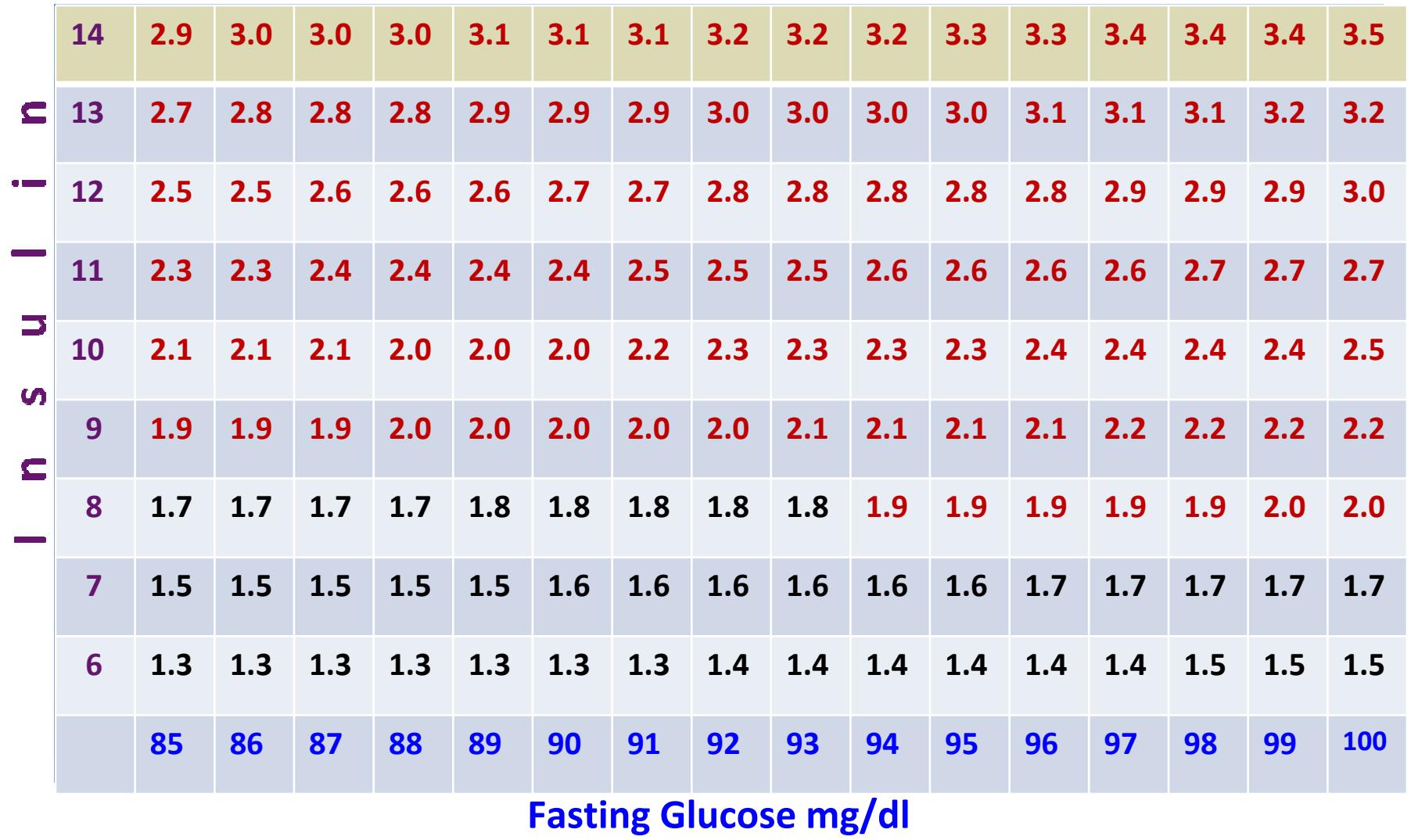Viana, Carlos M; "Targeting and Solving Complex Insulin resistance Based Illness": Part One; Slide number 20; presented 19 August 2010; 19th Annual Symposium of the International and American Association of Clinical Nutritionist

Hyperinsulemia

Targeting & Solving complex IR Based Illness-1, Viana ©

Insulin

	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
14	2.9	3.0	3.0	3.0	3.1	3.1	3.1	3.2	3.2	3.2	3.3	3.3	3.4	3.4	3.4	3.5
13	2.7	2.8	2.8	2.8	2.9	2.9	2.9	3.0	3.0	3.0	3.0	3.1	3.1	3.1	3.2	3.2
12	2.5	2.5	2.6	2.6	2.6	2.7	2.7	2.8	2.8	2.8	2.8	2.8	2.9	2.9	2.9	3.0
11	2.3	2.3	2.4	2.4	2.4	2.4	2.5	2.5	2.5	2.6	2.6	2.6	2.6	2.7	2.7	2.7
10	2.1	2.1	2.1	2.0	2.0	2.0	2.2	2.3	2.3	2.3	2.3	2.4	2.4	2.4	2.4	2.5
9	1.9	1.9	1.9	2.0	2.0	2.0	2.0	2.0	2.1	2.1	2.1	2.1	2.2	2.2	2.2	2.2
8	1.7	1.7	1.7	1.7	1.8	1.8	1.8	1.8	1.8	1.9	1.9	1.9	1.9	1.9	2.0	2.0
7	1.5	1.5	1.5	1.5	1.5	1.6	1.6	1.6	1.6	1.6	1.6	1.7	1.7	1.7	1.7	1.7
6	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.4	1.4	1.4	1.4	1.4	1.4	1.5	1.5	1.5

Fasting Glucose mg/dl

Calculating Insulin Resistance mg/dL

HOMA - CIGMA

Insulin Resistance = $\dfrac{Glucose * Insulin}{405}$

≥ 1.8 = Insulin Resistance