

Lower Your Insulin

Most adults over 55 are not failing because they lack discipline. They are failing because they are eating foods that keep insulin elevated all day, and elevated insulin means your body stays in fat-storage mode regardless of how little you eat.

The solution is not another meal plan. It is understanding which foods trigger an insulin response and which ones allow your body to shift into fat-burning mode.

At Balanced Body Workout, I teach a practical nutrition strategy built around one goal: keeping insulin low. No calorie counting, no obsessive tracking. Just clear, actionable changes that match how your metabolism actually works after 55.

When insulin drops, fat burning starts. That is the whole framework.