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# 9 Signs You May Be Insulin Resistant

By Benjamin T. Bikman, Ph.D.

Check all that apply:

- Do you have more fat around your belly than you'd like?
- Do you have high blood pressure?
- Do you have a family history of heart disease?
- Do you have high levels of blood triglycerides?
- Do you retain water easily?
- Do you have patches of darker-colored skin or little bumps of skin ("skin tags") at your neck, armpits, or other areas?
- Do you have a family member with insulin resistance or type 2 diabetes?
- Do you feel tired a couple hours after eating lunch?
- For women, do you have gestational diabetes or polycystic ovarian syndrome (PCOS); or for men, do you have low testosterone (erectile dysfunction)?

If you answered "yes" to 2 or more of these questions, you're likely insulin resistant. For a better understanding of insulin resistance, read Dr. Bikman's book, "[Why We Get Sick](#)."

## **About Dr. Bikman**

Benjamin J. Bikman, Ph.D., a renowned metabolic research scientist, is a popular speaker on human metabolism and nutrition. Backed by years of research, Dr. Bikman's mission is to help the world appreciate the prevalence and relevance of insulin resistance. His book, "Why We Get Sick" (released July 21, 2020) offers a thought-provoking yet real solution to insulin resistance and how you can reverse pre-diabetes, improve brain function, shed fat, and prevent diabetes. Dr. Bikman says science shows that by prioritizing protein and healthy dietary fats and limiting our consumption of refined carbohydrates, human health and metabolism thrive and insulin resistance is resolved. In May 2020, Dr. Bikman and his co-founding team of nutrition and industry experts launched the HLTH Code Complete Meal, a delicious shake for helping individuals maintain a healthy diet during a fast-paced lifestyle. Dr. Bikman has a Doctor of Philosophy in Bioenergetics from East Carolina University, as well as a Master of Science in Exercise Physiology and a Bachelor of Science in Exercise Science from Brigham Young University.

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