



## The Foundation of **A LOW INSULIN** Lifestyle

Most people are told to focus on calories, carbs, or willpower. But the real driver behind weight gain, PCOS, infertility, fatigue, cravings, and metabolic dysfunction is often insulin.

**Insulin is a storage hormone.** When it is elevated too often or for too long, your body is pushed into storage mode and other hormones fall out of balance.

Lowering and stabilizing insulin is not about extreme dieting. It is about choosing foods and habits that keep insulin steady so your body can function the way it was designed to.

### What a Low Insulin Lifestyle Looks Like

- Non starchy vegetables such as spinach, broccoli, zucchini, bell peppers, and cauliflower.
- Fruits like berries, apple, pear, kiwi, and grapefruit.
- Protein from meat, poultry, eggs, fish, non starchy plant proteins such as edamame and lupini beans, and egg white protein powder.
- Healthy fats including olive oil, avocado, nuts, and seeds.
- Limit refined sugars, fruit juice, dried fruit, and highly processed carbohydrates.

### When insulin improves, everything improves.

Cycles regulate. Cravings decrease. Energy stabilizes. Weight becomes easier to manage.  
Long term metabolic health is protected.



**Our mission**  
is simple:

**Lower**  
Your Insulin



**Elevate**  
Your Health

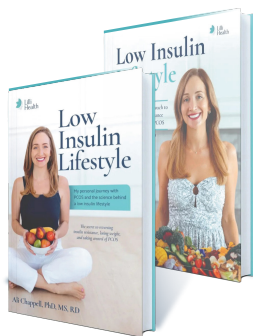
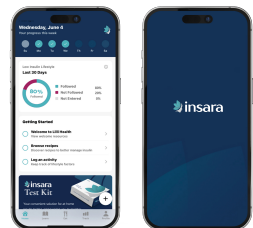


## About Insara

Insara was built to make insulin understandable and actionable. For too long, insulin resistance has been overlooked in women's health.

## The Insara App

A personalized platform that transforms labs, symptoms, and habits into clear guidance rooted in the Low Insulin Lifestyle. Education, meal planning support, and symptom tracking in one place.



## Books and Educational Guides

Research backed resources that explain insulin physiology in plain language and help you apply it in real life.

## At Home Testing Kits

Tools that allow you to measure and monitor your metabolic health, because what gets measured gets managed.



Learn more at [www.insara.com](http://www.insara.com)