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Low-salt diets linked to increased insulin resistance

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By **Shraddha Warde** | June 25, 2024



Low-Salt Diet (1)

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A groundbreaking study published in the Journal of Metabolic Health reveals that low-salt diets can lead to systemic insulin resistance, raising significant health concerns. The study, based on 23 human clinical trials, indicates that such diets contribute to a host of metabolic disorders, including diabetes, cardiovascular diseases (CVD), polycystic ovary syndrome (PCOS), Non-alcoholic fatty liver disease (NAFLD) and obesity.

Renowned Consultant Interventional Cardiologist Dr Ameet G Sattur, at Sattur Heart Care, notes the cardiology perspective, explaining, “Low-salt diets are indicated for some heart ailments and as a part of dietary restriction for patients with hypertension. They can trigger insulin resistance, elevating the risk of hypertension and increasing the risk of cardiovascular issues such as heart disease and stroke. While sodium restriction may lower blood pressure in some, it often leads to adverse metabolic outcomes. Twin Health’s tailored dietary plans consider individual metabolic responses, offering a safer and more effective approach to managing chronic conditions.”

The study highlights several mechanisms through which low-salt diets impact insulin sensitivity, including activation of the sympathetic nervous system, reduced skeletal muscle blood flow, and increased stress hormones like noradrenaline and aldosterone. These changes can lead to severe metabolic disruptions, making it essential to reassess the universal recommendation of low-salt diets.

Dr Maluk Mohammed, Co-Founder of Twin Health, adds, “Low-salt diets are linked to significant metabolic disruptions, but our Whole-Body Digital Twin technology can provide a solution. By analysing over 3,000 data points daily, we deliver personalised nutrition recommendations that balance macro, micro, and biota nutrients, ensuring better health outcomes.”

Read online: https://nuffoodsspectrum.in/news/17/21242/low-salt-diets-linked-to-increased-insulin-resistance.html
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