# Skin tags and high insulin: what to do next

By Dalibor Covic, R.TCMP, Aculosophy Acupuncture Clinic, Mississauga. You asked for the guide from our skin tags video. Here it is, in plain words.

## 1 What skin tags can tell you

Skin tags are small, soft flaps of skin, often on the neck, under the arms or around the eyes. Having several of them is often linked with **hyperinsulinemia**, which simply means the body has too much insulin in the blood.

When blood sugar keeps running high, the body makes more and more insulin to bring it down. Insulin is also a growth hormone, so over time the skin can start to grow these little tags. Not every skin tag means a blood sugar problem, but they are a good reason to check.

## 2 Ask about a fasting insulin test

Most routine blood work looks at blood sugar (fasting glucose and A1C). **Fasting insulin** is a lab test that shows how much insulin is in your bloodstream, in other words how hard your body is working to keep your sugar in range. It can be high even when your blood sugar still looks normal.

- Ask your doctor whether fasting insulin, fasting glucose and A1C make sense for you.
- It's done in the morning, before you eat. Keep a copy of your results.

## 3 Start with your plate

Food is the main thing that moves insulin. In our clinic we start here:

- **Cut the sugar first:** sweet drinks and juice, sweets and desserts.
- **Less starch:** bread, pasta, pastries and other foods made with flour, and processed snacks.
- **Build meals around** good-quality protein, natural fats like eggs and butter, and green vegetables. Many people find this keeps them full longer and their energy steadier.

If you take medication for blood sugar, keep checking your sugar as your doctor advised when you change how you eat, and tell your doctor.

## 4 Sleep and stress count too

Stress hormones raise blood sugar, which then calls for more insulin. A regular bedtime and wake time, daylight in the morning and less screen time at night all help your body settle.

**How we can help.** At your first visit, Dalibor looks at your blood work, food, sleep and stress, and does a Chinese medicine assessment. Care combines holistic nutrition, acupuncture and Chinese herbs, with weekly check-ins, alongside your doctor's care. Read more: aculosophy.com/type-2-diabetes-acupuncture-mississauga

**See your doctor** about any skin growth that bleeds, hurts, changes colour or grows quickly, and don't cut skin tags off yourself. This guide is general information, not a diagnosis, and it does not replace your doctor's advice.

**Aculosophy Acupuncture Clinic**
Unit 229, 1550 Enterprise Road, Mississauga, ON L4W 4P4

**647-342-2281**
aculosophy.com