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片语健康

降糖的骨骼肌

运动时骨骼肌的主要能量来自血糖，主要是葡萄糖。骨骼肌是利用血糖的最大人体器官，因此也是维持正常血糖水平的主要器官。胰岛素的刺激和机械牵拉调控骨骼肌利用/处理葡萄糖[1]。

通过运动牵拉骨骼肌是预防/治疗 2 型糖尿病的“基石”疗法。运动促进葡萄糖的输送、跨膜和代谢(糖酵解和糖氧化)，可使骨骼肌利用/处理葡萄糖的效率提高 50 倍[2]。

在约 250 万年的进化长途中，人类的骨骼肌牵拉是基本生存之道。获取猎物要牵拉、逃逸扑杀要牵拉、耕作收获要牵拉……持续了近 250 万年的牵拉使人类获得了近乎完美的骨骼肌及工作基因。在人的骨骼肌细胞中，超过 1 000 个磷酸化位点受牵拉调节，这表明骨骼肌利用/处理葡萄糖的调节非常复杂，蕴藏着进化的完美和神秘[2]。

100 多年来，人类聪明反被聪明误，骨骼肌的牵拉时间越来越少（久坐少动），结果处理不好血糖了。

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