Figure 5: High glycemic food intake could cause inflammation and diseases as a result of hyperinsulinemia. The pathways in the shaded area have been extensively described by Cordain [2003, ref] (part B). Part A: The consequential reactive hyperglycemia is another deleterious pathway. Hyperglycemia is a danger signal, which activates the systemic stress system. Chronic activation will suppress the IIS, resulting in low grade inflammation and an increased vulnerability for excessive inflammation.