

## **BOOK EXCERPT PAGE 21: INSULIN RESISTANCE AND HOW TO REVERSE IT**

Now that you understand that Type 2 diabetes is about insulin resistance, it's time to rethink how you are approaching your treatment for this condition. Most doctors and their patients focus on reducing the blood glucose values and if they're successful they feel they're controlling diabetes. But I asked myself if we were fixing the core problem or simply treating the symptoms. After reflecting on the question, I realized the core problem may not be elevated blood glucose levels after all. High glucose values are simply a symptom of diabetes. So where should the focus be?

The answer is insulin resistance. By focusing on this, you could achieve much better results, since this is essential to fixing your diabetes. Let's use an analogy to help think about this concept in a different way. If I see a patient who presents with a painful throat, red and swollen tonsils, swollen lymph nodes in the neck, and a fever, I know I likely have a patient who needs to be treated for strep throat. In order to solve his problem, I will need to give him an antibiotic to fight the bacteria that is causing his symptoms. If I gave this patient Tylenol, I would only be treating his symptoms, and would likely end up with a patient who feels better but isn't really cured.

This is what we are doing with our diabetes treatment. This is also likely the reason we consider this a progressively worsening disease. By shifting your focus, you will find a path to the solution you've been searching for. Why focus on insulin resistance? Because when insulin levels are high due to resistance, lipolysis (fat breakdown) is inhibited, sensitive arteries throughout the body are exposed to damaging higher levels of glucose, muscle protein synthesis is reduced, and glycogen-filled cells are converted to fat for storage.