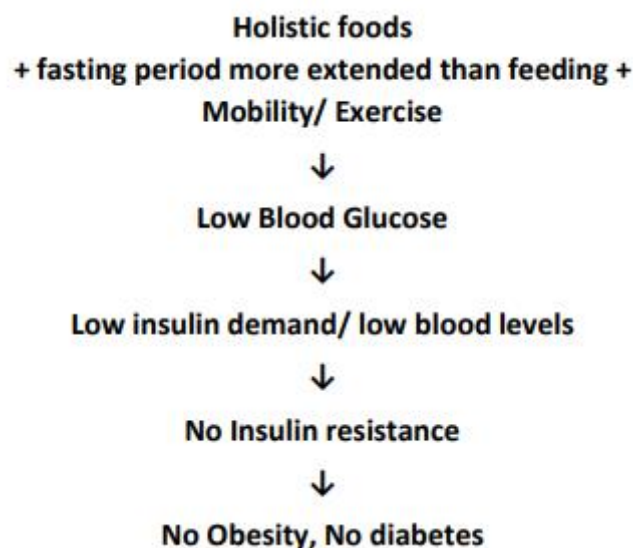


## Reversing Insulin resistance to Prevent and Cure obesity

“Body’s insulin level holds the key to controlling weight, to prevent as well as cure obesity as well as Type2 diabetes.” Jason Fung M.D-author of the book “Obesity Code.”

To reverse Insulin resistance, one must change the unhealthy food and lifestyle habits that cause an increase in blood glucose and insulin levels. Reversing insulin resistance is the key to prevention and cure of obesity, as well as other food and lifestyle diseases, such as Type2 diabetes, high blood pressure, heart disease, stroke, cancers, and many others.

Reversing insulin resistance requires reducing demand for insulin in the body. The simple equation is:



Reducing the demand for insulin requires 3 action plans:

1. Holistic foods – Low glycemic plant-based, fiber-rich foods which reduce blood glucose levels and minimize the need for insulin.

2. Balance the Fasting/Feeding periods – A fasting period which is longer than the feeding period in the 24-hour day cycle lowers the overall demand for Insulin.

3. Mobility and exercise – Increasing glucose utilization by muscle activity, reduces blood glucose levels, thereby, decreasing the demand for Insulin. The active muscles use almost 70-80% of the glucose absorbed in the body for the energy need.

**To prevent obesity, one also needs to normalize two other hormones:**

- i. Cortisol (stress hormone) by stress management to raise the happiness index
- ii. Melatonin (sleep hormone) by normalizing sleep-awake cycle