

Benefits For All Nations To Adopte An Insulin Friendly Healthy Lifestyle

By Charles E. Harris, J.D., June 2018

Adopting an “Insulin Friendly Healthy Lifestyle” will benefit governments and people around the world. By highlighting this seemingly simple phrase, people of all ages and circumstances can choose a lifestyle which maximizes their chance for a long and healthy life. Some possible benefits are outlined below:

1) Insulin Levels Target The Root Cause of All Chronic Diseases:

An Insulin Friendly Healthy Lifestyle (“IFL”) can virtually eliminate future cases of all chronic diseases (NCDs) including diabetes, hypertension, heart disease, cancer, obesity, Alzheimer’s, etc. Moreover, for those already suffering from chronic diseases, insulin-based medical interventions can offer effective treatment strategies which will improve everybody’s quality of life, and in many cases, reverse all of their diseases. For example, over 80% of the people diagnosed with Type II diabetes who follow an IFL can reverse and even cure¹ their disease;

2) Insulin Levels Are Politically Neutral: Insulin knows nothing about politics. Insulin is either high or low and easy to test. Therefore, it stands to reason that lifestyle choices and the insulin levels that follow would not generate political strife. Political wrangling over food and beverage choices among governmental, non-profit, medical, agricultural, and corporate organizations, etc., would be silenced in the face of objective insulin blood tests. Arguments promoting various types and amounts of macronutrients and micronutrients in a diet become moot, even neutralized, by blood tests indicating an individual’s insulin levels (especially over time) following the consumption of various foods and beverages. Debates about whether any given food or beverage is healthy or not, whether one should eat “whole real foods” and avoid processed foods made with added and/or artificial sugars, oils, fats,

¹ Medical doctors and researchers from around the world have found that targeting insulin levels can cure Type II diabetes and restore pancreatic function in over 80% of all cases, including those on daily insulin injections. These medical experts submit that focusing and controlling rising blood sugar with medications has been a fundamental mistake ... leading to the conclusion that Type II diabetes is a progressive chronic and incurable disease. New research shows this is completely wrong! Insulin-based medicine shows that too much, as opposed to too little, insulin (i.e., chronic elevated insulin levels leading to insulin resistance, fatty liver, and pancreatic dysfunction) is the root cause of Type II diabetes. Once liver function is restored by an “aggressive” insulin friendly healthy lifestyle (“IFL”), normal pancreatic function follows as well, restoring normal blood sugar levels in over 80% of all cases - even for those patients who have been taking insulin injections for years.

salt, and refined grains (refined carbohydrates and oils, or for short “RCOs”) and other man-made ingredients, cease in the face of actual insulin level test results. For example, one need not judge or criticize a particular food or drink sold by popular brands marketing cookies, cakes, candies, hamburgers, fried chicken, potato chips, instant noodles, ice cream, soda drinks and fruit juices made with added high fructose corn syrup, etc. Government officials and schools can simply educate each person how insulin reacts to certain ingredients (RCOs like added sugar, salt, oils, fats, and refined grains and other man-made additives) and recommend routine medical examinations to assess an individual’s own risk of elevated chronic insulin levels. Focusing on insulin puts the spotlight on how particular ingredients (like processed added sugar) affect insulin levels, not on the ultimate product, brand name, food, or beverage;

3) Tests Can Detect Elevated Insulin Levels Long Before Chronic Diseases Appear: Insulin levels provide the most profound “early warning system” for the prevention of chronic diseases. Insulin shows up on the “radar” screen for anyone to see. Chronically elevated insulin levels can alert a medical practitioner years, if not decades, before any given individual is ultimately diagnosed with a particular chronic disease. This provides a window of opportunity to adjust lifestyle factors and prevent chronic diseases;

4) Targeting Insulin Levels Reduce Health Care Costs: Focusing on insulin levels allows governments to promote wellness and prevention of chronic diseases as opposed to sick care and medication-based treatments. Benjamin Franklin said it best: “An ounce of prevention is worth a pound of cure.” Focusing on insulin is the best policy to reduce sky-rocketing health care costs;

5) An Individual’s Insulin Levels Are The Best Guideline For A Healthy Lifestyle: Keeping insulin levels low provides a clear and unambiguous guideline for those who want to enjoy a long and healthy life. Of course, other data (HDL, triglycerides, waist size, HbA1c, Uric acid, CAC scoring, sdLDL, hsCRP, Abdominal Ultrasound, liver enzymes, etc.) from routine medical examinations can enhance how well an individual is staying on a healthy course;

6) Targeting Individual Insulin Levels Are Flexible and Personal: Each person’s insulin levels depend upon an individual’s circumstances,

including lifestyle, age, sex, health status, environment, availability of food, beverages, exercise, and stress-management options. What lifestyle choices of food, beverages, exercise, stress management, etc., might keep insulin levels low for one individual might chronically elevate insulin levels in another. Only routine insulin testing can provide a clear path to health;

7) All Health Care Professionals Would Be Ethically Free To Counsel Their Patients: All health care professionals would be free to discuss the connections among an individual's lifestyle choices and insulin levels, leaving the patient free to determine what dietary and exercise, etc., factors are appropriate;

8) Focusing on Insulin Is An Inclusive & Positive Concept: An IFL is an open-ended and positive concept. It focuses on the individual's insulin levels in response to the impact of various lifestyle choices. For example, stress and exercise can greatly influence insulin levels as much as certain foods and beverages. Restrictive food lists and negative dietary recommendations classifying what foods and beverages to consume or not, and in what proportions, draw unnecessary "lines in the sand." The better approach is to educate people on how different foods, beverages, artificial ingredients, etc., in combination with other lifestyle choices, can affect insulin levels and urge them to track their own insulin levels. There is no need for food advocacy groups to create lists of what fat, carbohydrate, or protein to eat. Insulin has a "mind" of its own and will seek its own level;

9) Insulin Is A Realistic Marker: Humanity has created cultures and civilizations with vast differences in lifestyle and dietary choices. Grains or sweet potatoes are the staples in some parts of the world, while fish, animals, dairy, vegetables, fruits, seeds, or nuts are the main-stay in others. Whether vegetarian or animal-based (or some combination), only insulin levels can bridge all lifestyle choices to fit an individual's unique situation and promote wellness;

10) National Policies Focusing On Insulin Would Be A Logical Step Forward: Governments, universities, and research institutions could shift the focus away from macro food group guidelines and embrace an IFL at the individual level. Entrenched beliefs and preferences, even at the institutional level, could "evolve" to promote an insulin friendly healthy lifestyle.

11) Insulin Places The Pancreas and Insulin Front and Center: The heart and brain, among other organs, have been the focus of a healthy lifestyle for years. However, giving the pancreas and insulin levels top priority would be the best approach. In truth, “first principles” lead directly to insulin. Dietary regimes such as Low Carb High Fat (“LCHF”) or High Carb Low Fat (“HCLF”), Paleo, Plant-Based, Traditional, Vegan, USDA Dietary Guidelines, etc., take different approaches to nutrition. But if metabolic health is the target (and it comes down to insulin levels), then why not just advocate an insulin friendly lifestyle? It just makes common sense. An insulin friendly lifestyle takes into account all activities of an individual’s life which impact insulin levels ... in a positive manner.

Slides & Images: The following slides and images used in my PowerPoint lectures highlight some of the reasons to focus on insulin:

Why Focus On Insulin?

- Leading Cause
 - Chronic Diseases
 - Weight Gain



High Blood Pressure
โรคความดันสูง



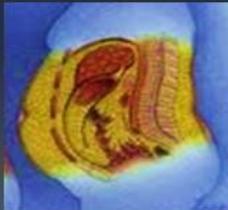
Diabetes
โรคเบาหวาน



Fatty Liver
โรคไขมันติดตับ



Alzheimer's
โรคอัลไซเมอร์



Obesity
โรคอ้วนลงพุง



Heart Disease
โรคหัวใจ



Cancer
โรคมะเร็ง



PCOS
ภาวะถุงรังไข่หลายใบ



Insulin Directly Or Indirectly Controls ...

- Cell Growth & Reproduction
- Nutrients (Magnesium, Sodium)
- Energy Balance & Usage
- Conversion of Sugar To Fat
- Lipid Metabolism
- Basic Metabolic Rate
- Thyroid Function (T4/T3 Liver)
- Hormones (Leptin, Cortisol)
- Blood Glucose Levels
- Epigenetics



Insulin

Endocrine System

Hypothalamus

Pineal

Pituitary

Thyroid

Kidney

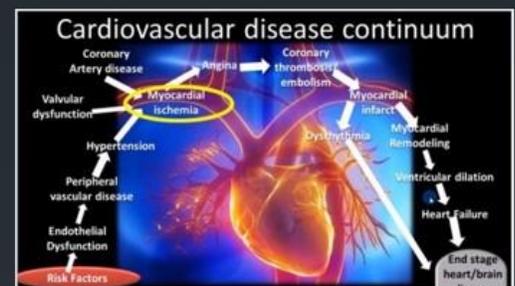
Ovaries

Testes

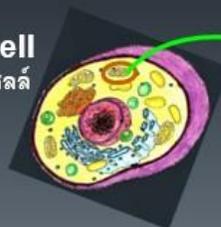


Insulin Abuse Causes Cellular Damage

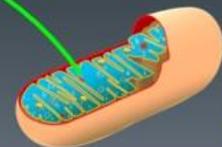
- Inflammation, Stress, Oxidation, AGEs
- Hypertension & Toxic Glucose Levels
- Hormone Imbalances
- Weight Gain & Fat Storage
- Inhibits Glucagon & "Survival" Signaling



Cell
เซลล์

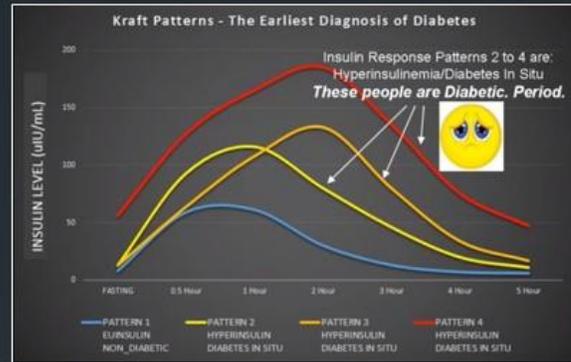


Mitochondria
ไมโทคอนเดรีย

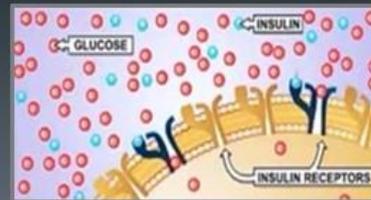


Testing “Insulin Disease”

- High insulin levels are the main cause of other chronic diseases. Insulin is the first “NCD” of all other NCDs.
- Insulin disease can show up 20 or 30 years before diabetes.



Insulin Disease

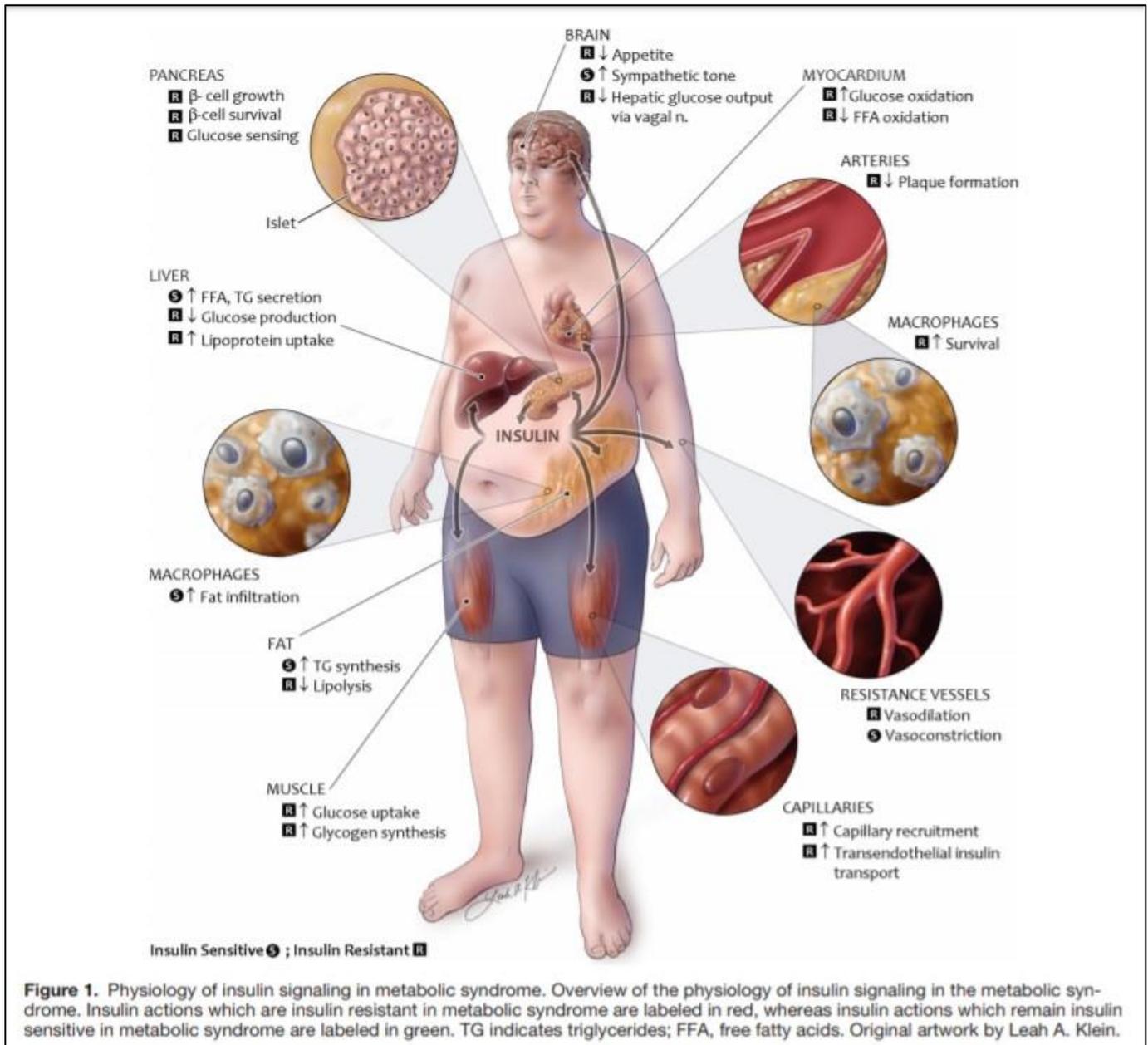


“Insulin Friendly” Healthy Lifestyle

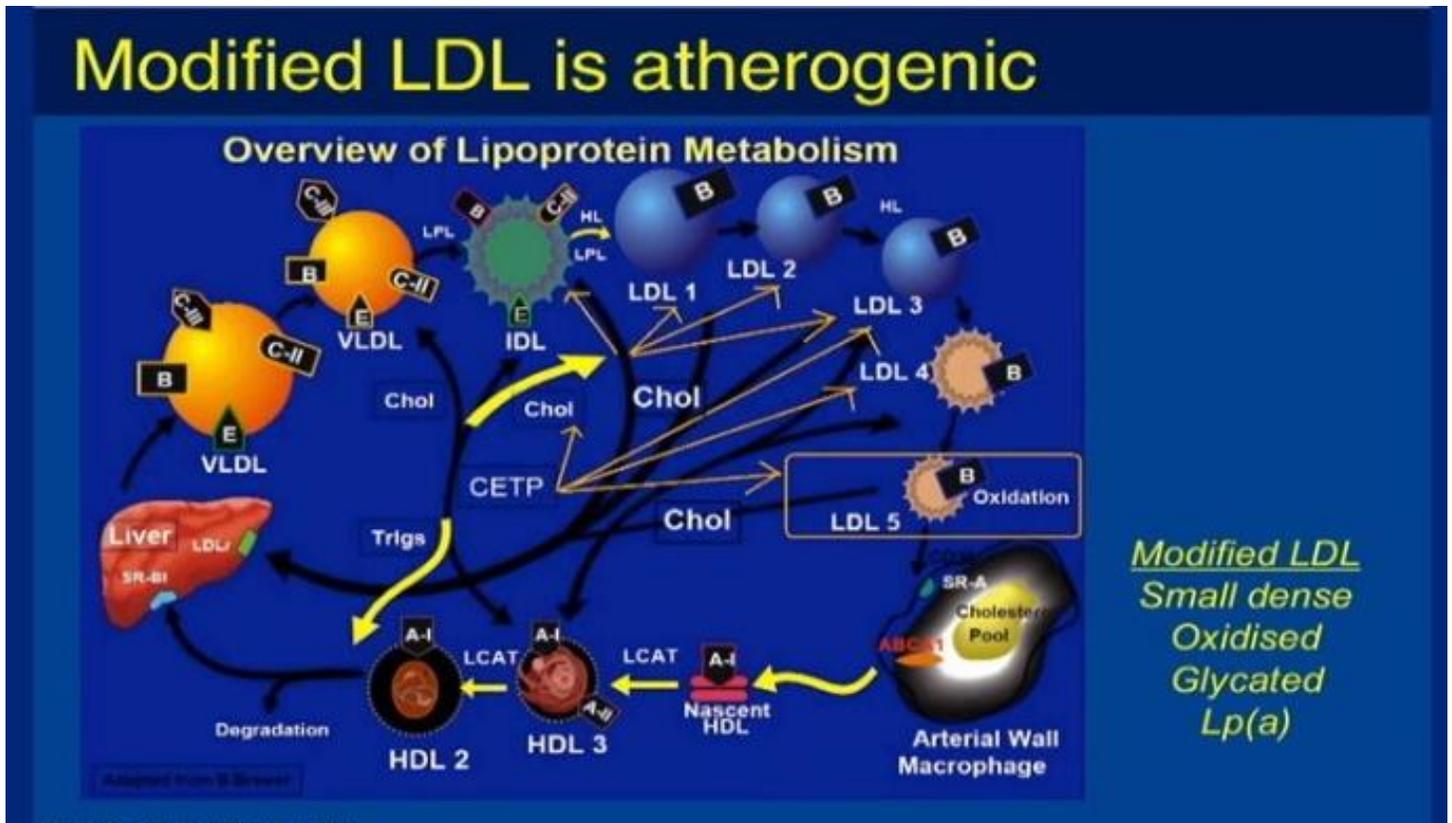
- Whole Real Natural Foods
- Low Insulin Impact Meals & Food Order
- Rich In Nutrients, Enzymes, & Phytochemicals
- Sunshine & Foods for Vitamin D
- Proper Food & Beverage Preparation
- Micro Biome Healthy Fiber-Rich Diverse Foods
- Elimination of Refined Man-Made Extracts: (Processed Sugars, Oils, Flours, etc.)
- Oxygen & Mineral-Rich Pure Clean Water
- Routine Exercise & Stress Management
- Modulate Insulin & GG Mode
- Limit Alcohol, No Smoking



Impaired insulin signaling is central to development of fatty liver and the metabolic syndrome and can promote cardiovascular disease indirectly through development of abnormal glucose and lipid metabolism, hypertension, and a proinflammatory state. See: **Tissue-specific Insulin Signaling, Metabolic Syndrome, and Cardiovascular Disease**, Rask-Madsen C, Kahn CR., Joslin Diabetes Center, Harvard Medical School. Original artwork by Leah A. Klein



Modified sdLDL, caused by free radicals, oxidation and/or glycation, is the leading cause of atherogenesis. See: **The Role of Lipids and Lipoproteins in Atherosclerosis**, MacRae F Linton, MD, Patricia G Yancey, PhD, Sean S Davies, PhD, W. Gray (Jay) Jerome, PhD, Edward F Linton, BA, and Kasey C Vickers, PhD.



Slide from Dr. Ken Sikaris: “Blood Tests to assess your Cardiovascular Risk”



www.insulinfriendly.com