

# **Declaration to Adopt An Insulin-Friendly Lifestyle For the Prevention and First-Line Medical Treatment of Chronic Diseases**

Adopted By the Model Medical Clinic\*

**WHEREAS** humanity is facing an unsustainable future and possible civil disruption by virtue of an ever-escalating level of chronic diseases which are: a) consuming the vast majority of healthcare resources, time, and money; b) causing untold suffering, morbidity, and assaults on the human body and spirit; and, c) perplexing both healthcare professionals and patients who are deluged by misinformation, overwhelmed by the impact of changing modern technologies, and ensnared in confusing messages and conflicts of interest among government, industry, and institutions;

**WHEREAS** a healthy lifestyle can: a) prevent and reverse metabolic dysfunction and chronic diseases; b) promote wellness and longevity; c) eliminate the need for most, if not all, medications and clinical procedures used to manage metabolically driven chronic diseases; d) improve the outcome and quality of life for everyone; e) complement the fields of integrative and functional medicine; f) lead to sustainable healthcare budgets; and, g) allow humanity to achieve its greatest potential;

**WHEREAS** the most acceptable, sensible, and universally appropriate healthy lifestyle should be based on a) preventing hyperinsulinemia; b) reducing inflammation, oxidative stress, AGEs, sdLDL, and other causes of metabolic dysfunction; c) preventing and reversing “insulin disease” (defined as fatty liver, insulin resistance, metabolic syndrome, and/or visceral fat); d) preventing and reversing chronic diseases; and, e) stimulating the human body’s innate ability to heal itself and achieve optimal wellness; and,

**WHEREAS** for the sake of humanity and our future, every individual must assume responsibility for his or her own health by adopting a lifestyle that is “insulin-friendly” and prevents hyperinsulinemia, insulin disease, and chronic diseases by consuming whole real natural foods, healthy beverages, exercising as appropriate, managing stress, avoiding refined carbohydrates and oils, and keeping hormones in balance for metabolic flexibility in the use of energy (either from daily food intake or glycogen and triglyceride stores).

## **IN VIEW OF THE FOREGOING, THE MODEL MEDICAL CLINIC (“MMC”) HEREBY DECLARES:**

- 1)** MMC hereby adopts an insulin-friendly lifestyle (“IFL”) as the foundation and standard of care for preventive medicine at this medical institution and as the first-line medical treatment for hyperinsulinemia, metabolic dysfunction, insulin disease, and chronic diseases;
- 2)** MMC will encourage every healthcare professional, staff, patient, and member of the MMC community to learn and adopt an IFL as tailored to each individual’s age, gender, health status, food preferences, culture, religion, and other relevant factors. No matter which diet one follows (including those promoted by governmental, educational, medical, corporate, and non-profit associations, as well as the popular diets known as LCHF, Low Carb, Ketogenic, Vegan, vegetarian, DASH, Anti-Inflammatory, Mediterranean, etc.), MMC believes all diets would be better served in the context of an IFL;
- 3)** MMC will provide educational programs and materials explaining the basics and benefits of an IFL for its healthcare professionals, staff, and patients, including those seeking urgent medical care. IFL programs and materials will include counseling, seminars, pamphlets, videos, etc., and the establishment and encouragement of an “IFL Buddy” system and “Healing Centers” by which various staff members, patients, and MMC community activists can help each other adopt and practice an IFL. MMC will encourage the consumption of IFL foods and beverages, and support other IFL healthy habits such as exercise and stress reduction. MMC will openly discourage and/or prohibit the sale of “insulin-unfriendly” fast foods, refined processed foods, and sugary drinks on its premises.
- 4)** MMC will encourage all patients to review the benefits of an IFL with their clinicians in all decisions affecting their health. To facilitate such discussions, MMC will provide accurate and unbiased information to help in the decision-making process, including information from relevant research studies, testing and evaluation of relevant bio-markers (such as fasting and postprandial glucose and insulin blood levels, HbA1c, VAP Lipid panel, PULS Cardiac Test, TG /HDL ratio, liver enzymes, serum ferritin, inflammation, waist-height ratio, etc.), diagnostic procedures (such as ultrasound, FibroScan, CAC scan, etc.), and data as to what lifestyle interventions exist, in lieu of or in combination with, standard medications and procedures, integrative and functional medicine; and the emerging and converging fields of Artificial Intelligence, Quantum Computing, biotechnology, and nanotechnology; and,
- 5)** MMC respects each person’s right to choose whether or not to follow an IFL. Nevertheless, to encourage the broadest participation, MMC will “pass through” savings in healthcare costs and insurance premiums to all those who successfully adopt an IFL (as shown by maintaining certain bio-markers to be selected from those mentioned above), and to implement other reasonable incentives in the future. MMC anticipates that all those following an IFL will find an improvement in their quality of life and the elimination of medications and invasive medical care heretofore customarily administered to manage insulin disease and chronic diseases.

**WITH GREAT EXPECTATIONS** for a healthier future for our staff, patients, the MMC community, and eventually all people, and with supportive consideration for all medical professionals, we hereby unanimously pledge our support and adopt this Declaration.

Signed: **The Board of Directors and Management of MMC**

\* Drafted by Charles E. C. Harris, Esq.