

How to Reverse Insulin Resistance to Manage Obesity, Type 2 Diabetes, Metabolic Syndrome, PCOS, High Blood Pressure, and Heart Disease

“Knowledge Empowers us to Solve a Problem; Lack of Knowledge makes us Powerless.”

“Understanding the cause of the disease is essential to Prevent, Control, and Reverse it.”

Background

Medical science has established that the Insulin Resistance is the root cause of the above diseases as well as many more food and lifestyle diseases, including cancer. World Health Organization consultation team on Diet, Nutrition, and Prevention of chronic diseases met 15 years ago in Geneva in January 2002. Aim of the group was to examine the scientific basis of the relationship between diet and physical activity and the major nutrition-related chronic diseases. The key findings as would be expected were that the escalating epidemics of Obesity, Metabolic Syndrome, Type2 diabetes, Heart disease, and cancer are the result of an imbalance between declining energy expenditure due to physical inactivity and an excess of calories from an overconsumption of refined sugars, starches, unhealthy saturated fats, and trans fats.