

FATS IN PERSPECTIVE

“Type 2 diabetes is known as a lifestyle disease, sustained by a culture that promotes inactivity and unhealthy food choices, all leading to weight gain and obesity, the leading cause of type 2 diabetes! Indeed, 80 percent of the overweight will develop diabetes!”

The process that changes a liquid oil into a solid fat is known as hydrogenation.

Factors that contribute to the obesity epidemic include the following:

We are doing work that requires less physical labor.

We have increased inactivity at home.

Screen time has steadily increased since 1950

We consume approximately 700 more calories per person, per day than we did in 1970.

Most of the increased caloric intake is related to increased consumption of processed foods.

Our increased use of High Fructose Corn Syrup (HFCS) correlates strongly with the increase in diabetes.

Any type of fat consumed in high quantity increases insulin resistance.

“Bad fats” are saturated fats and trans fats.

Countries with higher levels of fat intake per person also had higher rates of diabetes.

How do we break the insulin resistance cycle?

Make the cells hungry again

Exercise routines should include 20 minutes of moderate exercise after each meal and burst training 3-6 times a week.

The single most important factor driving the diabetes epidemic is inflammation.

Complete the formula:

$$\text{Your Future Health} = \frac{\text{Nutrients}}{\text{Calories}}$$

The most important components of nutrition are antioxidants.