

Lesson 1

The physiology of IR and DMII: what you need to know

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the Fasting Method

Preamble

- None of the information provided in this or other lessons of the DMII Masterclass is medical advice, it is for educational purposes only
- Discuss any and all lifestyle changes you wish to implement with your doctor/PA/NP, since they are familiar with your complete health history and have a record of your medications and supplements

Spectrum of IR

Insulin
Sensitive

Mild
Insulin
Resistance

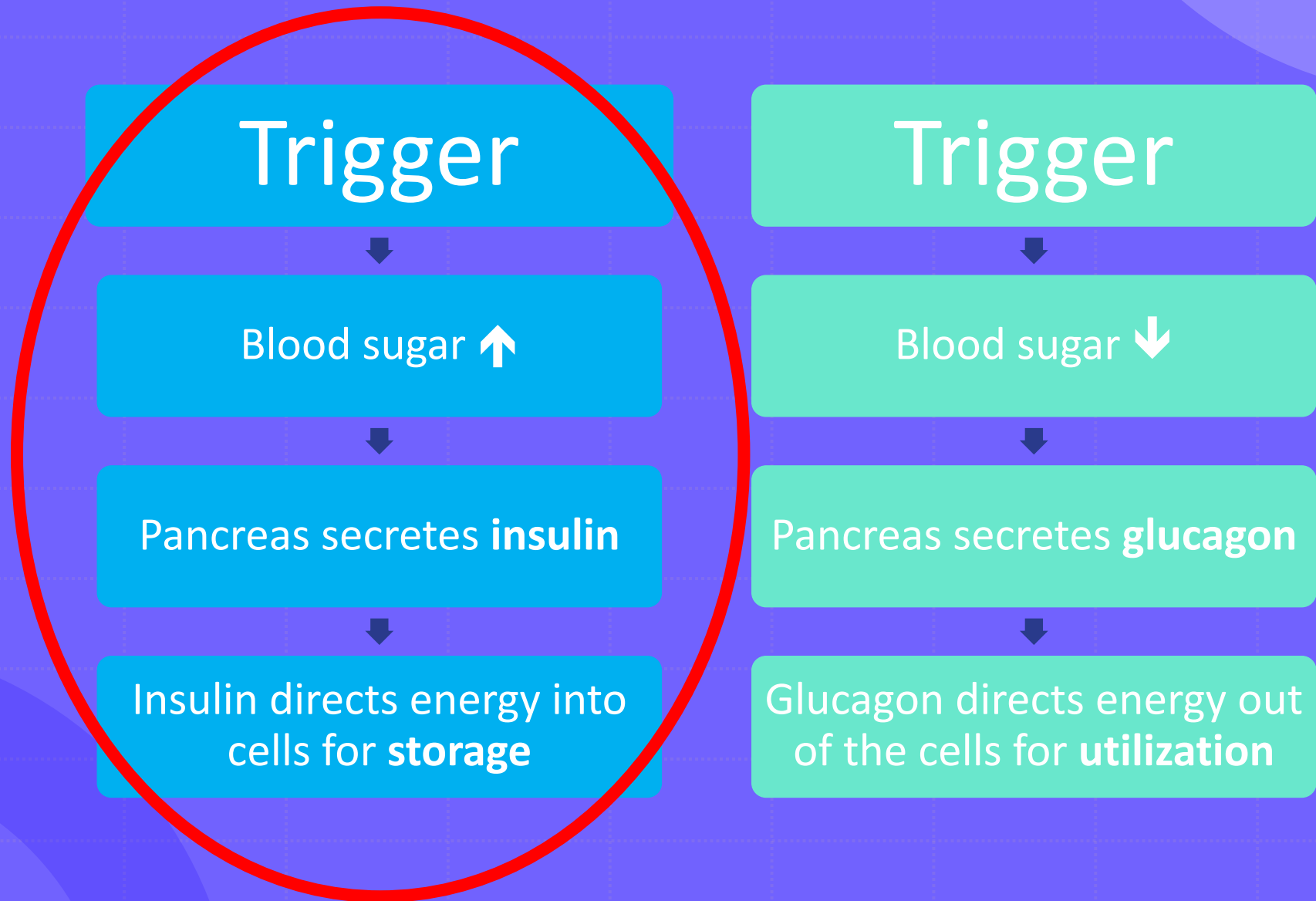
Moderate
Insulin
Resistance

Pre-
diabetes

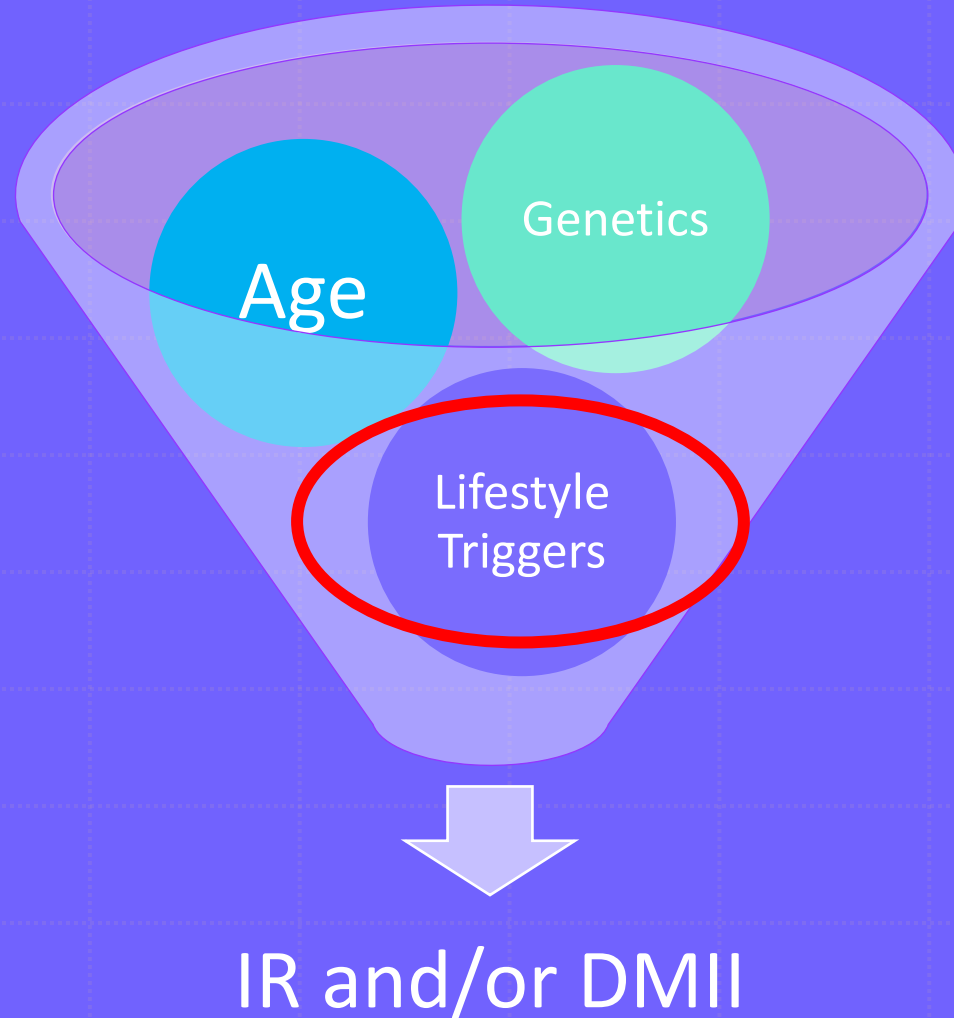
DMII

Insulin-
Dependent
DMII

Physiology of IR



Factors Contributing to IR and DMII



Lifestyle Includes

Diet – how often
we eat

Diet – what we
eat

Sleep

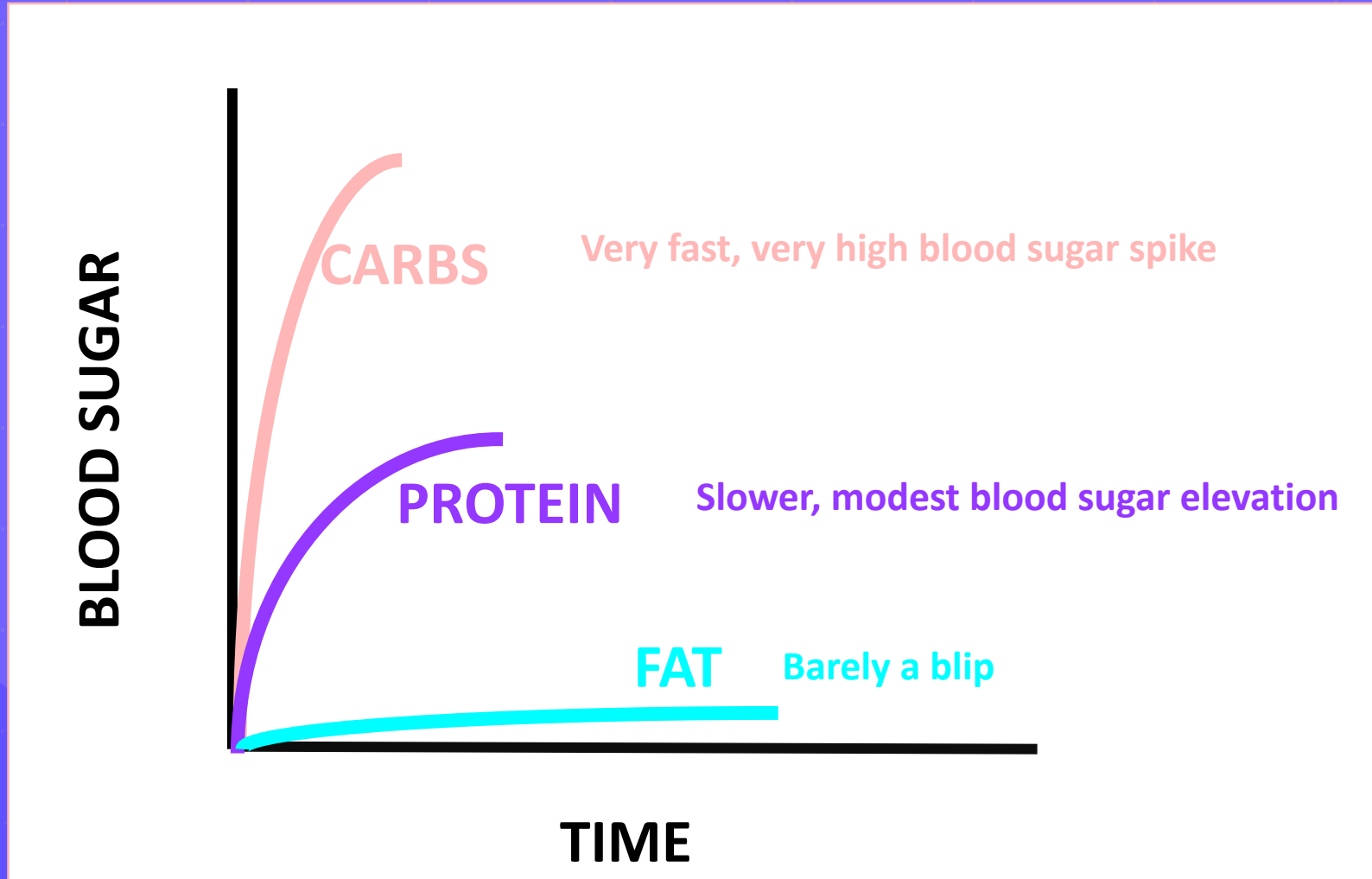
Stress

Physical Activity

Pharmaceuticals
/ Supplements

Tobacco

Food & Blood Sugar



A close-up photograph of a hand holding a grey gas pump nozzle. The nozzle is partially inserted into the fuel tank of a silver car. A large, semi-transparent white circle is overlaid on the left side of the image, containing the title and a list of bullet points. The background is a blurred outdoor setting with green grass and trees.

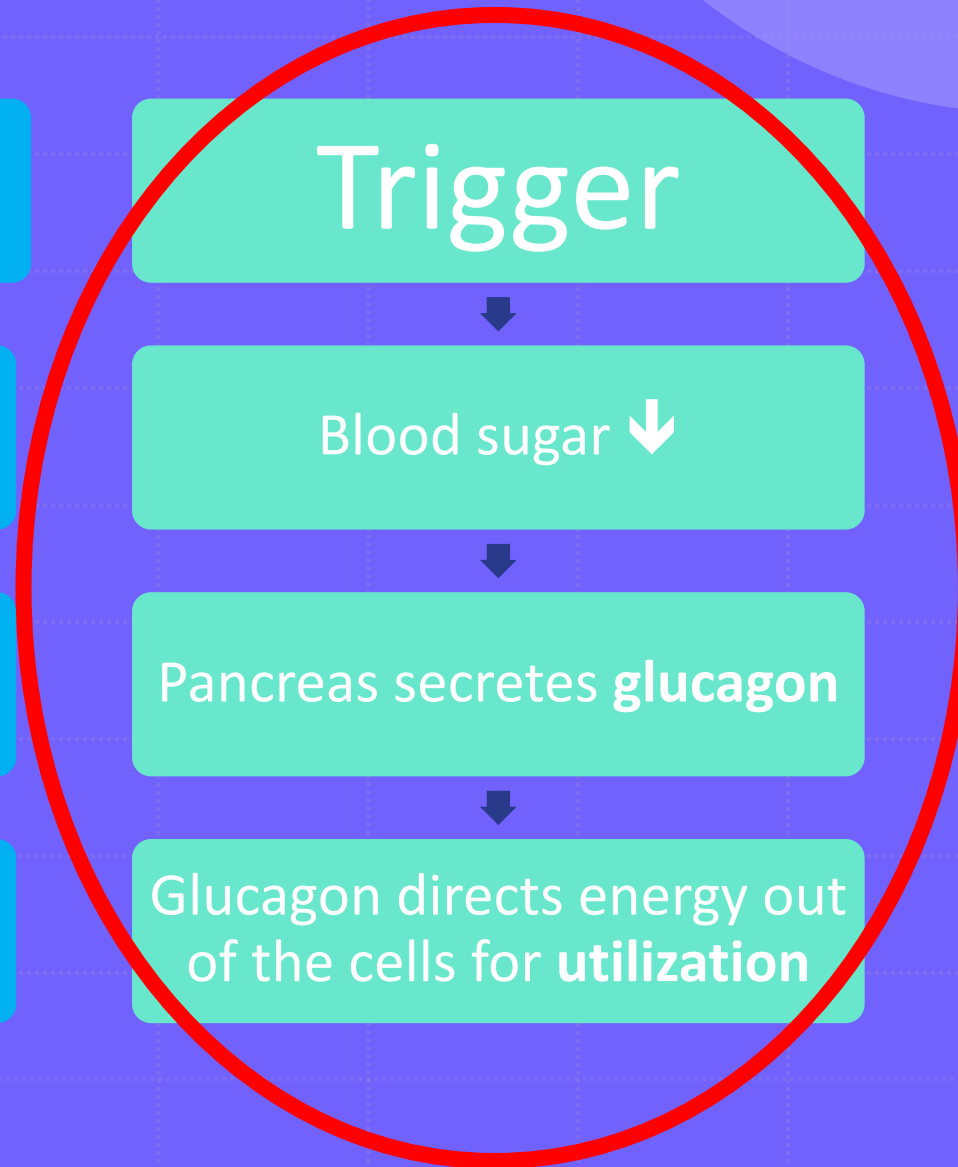
Constantly Fuelling

- Eating several times a day
- Constant snacking
- Eating beyond satiation
- Stress, fun, boredom, mindless



**Too Much
Stored Fuel**

Fixing the Problem



We want to take
our internal
stores and...



The DMII Story...

- You have too much sugar in your body
- Take medications to lower your blood sugar
- But wait...eat more sugar to prevent the medications from driving your blood sugar too low
- Eating more sugar worsens DMII and requires more medication over time



Action Plan

- Review the physiology from today, and ensure you understand the big picture
- This will help you become more mindful of how the lifestyle choices you make, trigger disease or healing
- Tomorrow, we are going to learn which data points matter, and what to expect