

Lesson 1:
What is insulin and insulin resistance?

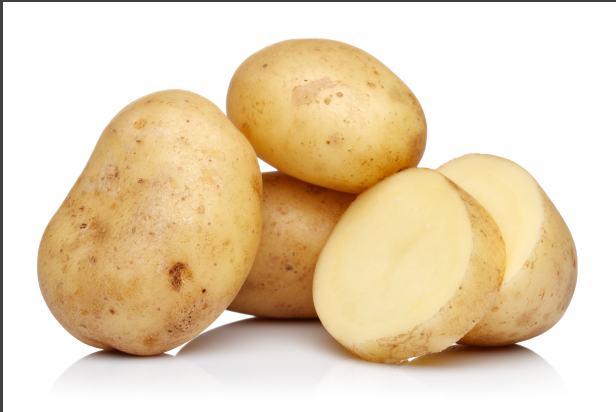
Megan Ramos
Co-founder and CEO



the Fasting Method

Pop Quiz

If you want to lose weight or avoid a sugar spike,
what 5 real foods will you give up?



A woman with voluminous, curly brown hair is looking directly at the camera with a surprised expression, her mouth slightly open and eyes wide. She is wearing a purple, textured, long-sleeved sweater. Her hands are held out to the sides, palms up, in a gesture of surprise or questioning. The background is a light blue gradient with a faint grid pattern. A semi-transparent blue banner is overlaid at the bottom of the image, containing white text.

Wait a minute...these are all
low fat, low calorie foods!

Weight loss

- All calorie restriction
- Same thing in different packaging

**"INSANITY IS
DOING THE SAME
THING, OVER AND
OVER AGAIN,
BUT EXPECTING
DIFFERENT RESULTS"**

The type 2 diabetes story...

- You have too much sugar in your body
- Take these 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 your diabetes and requires more medication over time



How does this make any sense?

Wait, it doesn't...

Hyperinsulinemia

The Problem



Hyperinsulinemia

Toxic levels of insulin

Development of insulin resistance

Obesity

DMII

PCOS

Fatty liver disease

Metabolic Cancers

Hyperinsulinemia and obesity

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 image, containing the title and a list of bullet points. The background is a blurred outdoor setting with green grass and a yellow sky.

Constantly Fuelling

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

Body Fat = Unused Glucose





Weight gain

Hyperinsulinemia and insulin resistance (IR)



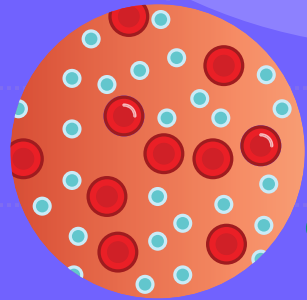
INSULIN RESISTANCE

Other Health Problems

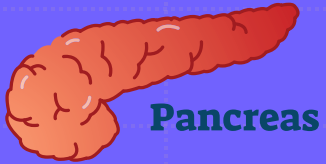


High Carb Diet

Constant High Glucose In Blood

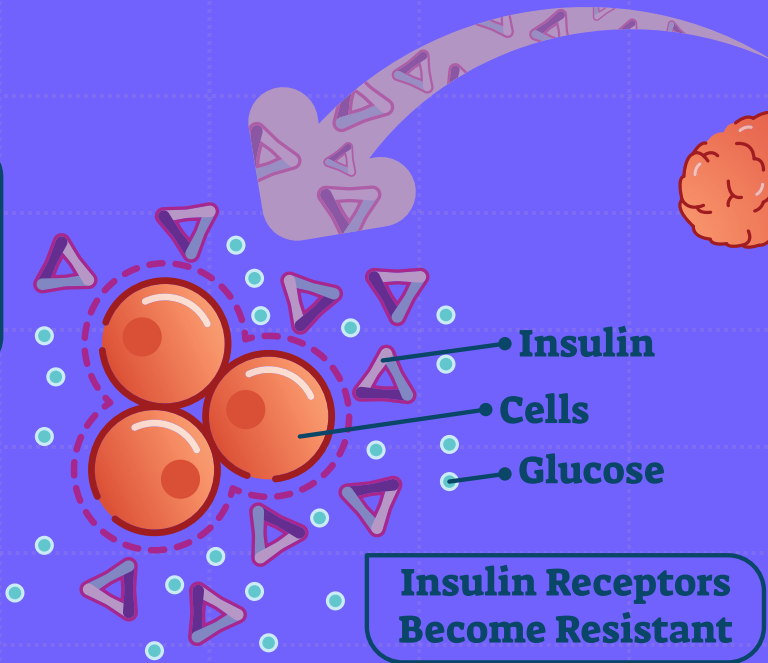


Constant High Insulin Demand



Pancreas

Starving Cells
High Glucose Level
High Insulin Level



Insulin Receptors Become Resistant



Hunger And Carvings

Action Plan

Minimize the number of times a day you produce insulin.

It's not about eating less – it's about eating less often.