

THE OBESITY CODE: UNLOCKING THE SECRETS OF WEIGHT LOSS:  
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Part 3 A New Model of Obesity

Chapter 10 Insulin Resistance: **THE MAJOR PLAYER**

Questions

1. What is homeostasis and how does this biological principle help us adapt and survive?

*p.108*

2. What is resistance and how do we develop resistance to antibiotics, viruses and drugs?

*pp. 109-111*

3. What causes insulin resistance and what is the effect of this vicious cycle?

*p. 110 and pp. 112-114*

4. How is time dependency important in long-term obesity?

*pp. 107-108 and 114-115*

5. What does research show to be the *primary insult* in the vicious cycle that leads to obesity?

*pp. 115-116*

Chapter 10 Insulin Resistance: **THE MAJOR PLAYER**

6. What is compartmentalization and what are the main compartments of insulin resistance in the body?

*p. 116*

7. What is the effect of insulin resistance on each of the main body compartments and which compartment affects the body set weight?

*pp. 116-117*

8. What are the two requirements for insulin resistance and how do we learn this from the experiment using constant infusions of insulin?

*pp. 118-119*

9. Compare the effects on insulin release between eating three meals a day and no snacks vs. multiple meals a day and snacks and what are the three myths about the benefits of snacking?

*pp. 119-122*

10. Why is it important to balance daily insulin-dominant vs. insulin-deficient states?

*pp. 122-123*