

the KETO CURE: A Low-Carb, High-Fat Dietary Solution to
Heal Your Body & Optimize Your Health

Nally, Adam S., DO & Moore, Jimmy. Las Vegas: Victory Belt Publishing, Inc., 2018.

Chapter 4 INSULIN RESISTANCE 101

Questions

1. How do *diseases of civilization* develop? Give examples.
p. 37
2. What phenomenon is the culprit acting as the underlying cause of *diseases of civilization*?
pp. 37-38
3. Explain how insulin acts as a 'master hormone' using the lock & key analogy.
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4. Describe and explain the mechanisms involved in insulin resistance.
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5. Describe seven of the adverse functions of insulin.
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6. Use the fire metaphor to describe normal amounts of insulin vs. five to ten times normal levels.

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7. What findings do Dr. Kraft's studies of GTT tests of glucose and insulin levels show regarding insulin resistance, pre-diabetes and diabetes?

pp. 40-41

8. What are the five stages of insulin resistance?

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9. Describe insulin resistance as a genetically inherited syndrome.

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10. What signs and abnormal lab values indicate insulin resistance?

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