

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.

Part 2 THE KETO CURE APPROACH TO DISEASE TREATMENT:
Chapter 5 TYPE 1 AND TYPE 2 DIABETES

Questions

1. What is another name for level 4 insulin resistance?

p. 52, also p. 42 of ch. 4

2. What is Type 1 Diabetes or Juvenile Diabetes, how does it affect the body and how can it develop over time?

pp. 52-53

3. Use the lock & key analogy and donut examples to describe Type 2 Diabetes Mellitus and its causes.

p. 53

4. Using the Symphony analogy, describe 'hormonal balance in a normal patient'.

p. 58

Part 2 Chapter 5 TYPE 1 AND TYPE 2 DIABETES

5. What is the most important caution for Type 1 and Type 2 Diabetics before making any changes?

pp. 54, 59 and 62

6. How can protein act as a brake or cushion in preventing hypoglycemia and why does Dr. Nally *caution* regarding the use of sulfonoureas and SLGT2 inhibitors for Type 2 diabetics?

pp. 56, 59 and 62

7. What is the effect of 'low carb' or 'sugar-free' artificial sweeteners on a person's insulin levels?

p. 55

8. What, specifically, are Dr. Nally's recommendations regarding carb-containing foods?

p. 60

- PRINCIPLE 1 LOWER INSULIN LEVELS WITH DIET
- PRINCIPLE 2 AVOID ADDITIVES THAT RAISE INSULIN LEVELS
- PRINCIPLE 3 MODERATE PROTEIN WHERE APPROPRIATE
- PRINCIPLE 4 ELIMINATE PROBLEM MEDICATIONS
- PRINCIPLE 5 ADD MEDICATIONS THAT HELP
- PRINCIPLE 6 CONSIDER APPROPRIATE SUPPLEMENTATION

9. How does Dr. Nally apply Principles 1, 2, 3, 5 and 6 to the treatment of Type 1 Diabetes?

pp. 54-56

10. How does Dr. Nally apply Principles 1 - 6 to the treatment of Type 2 Diabetes Mellitus?

pp.59-64