

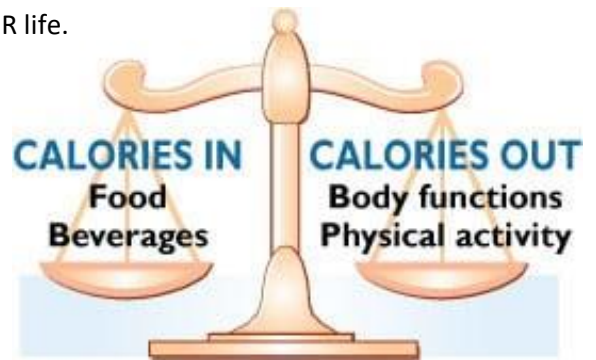
The 2024 Daybreak Summer Nutrition Seminar Series

Lesson 7- Insulin and Insulin Resistance! How to Trap Your Fat Stores!

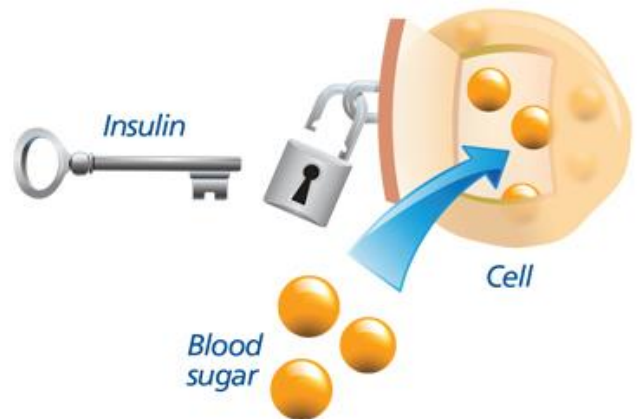
Part 1- The Rules of the Course/Review Last Week's Lesson

- 1) I am the all-knowing nutrition wizard-guru-ninja, I'm always right (Eye roll).
- 2) "The goal is to keep the goal the goal" So what's yours?
- 3) YOU are in charge of your health. Do NOT outsource it to someone else.
- 4) Understand the principles, and make them fit into YOUR life.
- 5) Have fun!

Part 2- CICO vs Hormones



Part 3- The Hormone INSULIN- How We Store Fat!

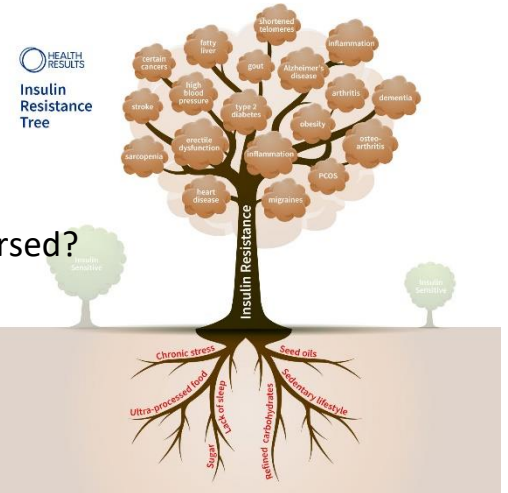


Part 4- Insulin Resistance- When Insulin Stops Working!




Rajaree Nambudripad, MD

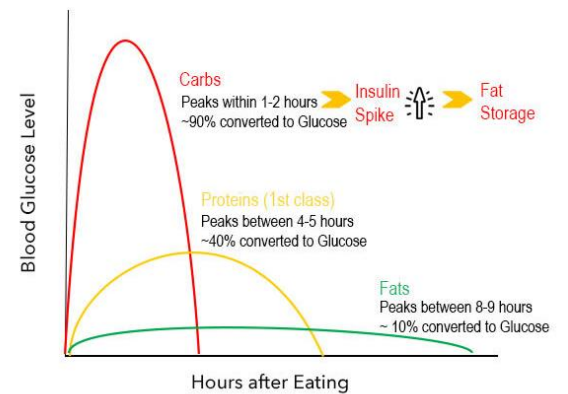
Part 5- Insulin Resistance and Chronic Disease- Tree Trunks and Tree Branches



Part 6- Can Insulin Resistance and Chronic Disease Be Reversed?



Homework- Reduce Blood Glucose and Blood Insulin!



Resources-

[Why We Get Sick: The Hidden Epidemic at the Root of Most Chronic Disease--and How to Fight It](#) by Dr. Ben Bikman

https://www.amazon.com/Why-We-Get-Sick-Disease_and/dp/194883698X

Boundless Body Radio Episode 30- Why We Get Sick with the Incredible Dr. Ben Bikman!

<https://www.buzzsprout.com/1244183/6694033>

Boundless Body Radio Episode 593- Shrinking Fat Cells: Insulin Versus Energy with Ben Bikman!

<https://www.buzzsprout.com/1244183/14491222>

Boundless Body Radio Episode 553- Reversing Insulin Resistance with Practitioner Roxana Soetebeer!

<https://www.buzzsprout.com/1244183/13824716>

What Is Insulin Resistance- Jason Fung, YouTube

<https://www.youtube.com/watch?v=r0d5IJzMXnM>