HIGH GLYCEMIC PROCESSED SUGAR AND CARBS LIKE WHITE BREAD, WHITE SUGAR, WHITE PASTA CAUSE DIABETES, OBESITY, STROKE, HEART ATTACKS, AND COLLECTIVELY THESE HIGH GLYCEMIC FOODS ARE RESPONSIBLE FOR MORE THAN 85% OF ALL DISEASE.
Insulin Causes Insulin Resistance

Insulin Causes Diabetes.

Processed Sugar and carbs Causes Insulin Resistance

Processed Sugar Causes Diabetes.

by Jason Fung | posted in: Aetiology of Obesity, Health and Nutrition, Hormonal Obesity | edited by Desire’ Dubounet IMUNE

Insulin resistance plays a large role in increasing insulin levels. Increasing insulin levels tend to drive weight gain and obesity. Continuing from the previous post, we continue our exploration of the hormonal obesity theory. To start Hormonal Obesity part I, click here.

The question we need to answer is this. What causes Insulin Resistance? From other biological systems, we can guess that a good place to start is with insulin itself. Does insulin cause insulin resistance?

Let’s look at the evidence.

There are rare tumors called insulinomas that secrete abnormally large amounts of insulin. In these cases, patients will have very large increases in insulin but very little else wrong with them. In these cases, would the increase in insulin lead to insulin resistance?
This article “Patients with insulinoma show insulin resistance in the absence of arterial hypertension” answers that question.

Looking at the graph, it is clear that as the levels of insulin in the body go up and up, the levels of insulin resistance goes up and up. This is a protective mechanism + a very good thing, which is why the body does it.

If the body did not develop resistance to insulin, the high levels of insulin would rapidly lead to very, very low blood sugars. This severe hypoglycemia would quickly lead to seizures and death. Since we don’t want to die, the body protects itself by developing insulin resistance. This is a good thing.

The usual treatment of this condition is surgery to remove the insulinoma. Doing this reverses the insulin resistance and even the associated conditions such as acanthosis nigricans. The bottom line is this – high levels of insulin cause insulin resistance. Taking away the high insulin levels reverses the insulin resistance.

The next step is to see if we can give somebody insulin resistance. That’s what they did in the next paper “Production of insulin resistance by hyperinsulinemia in man” Diabetologia 28:70–75, 1985 Rizza RA. 12 non-obese participants were given a 40 hour. One group was given higher and higher dose of insulin, the other was given saline (control group)
The blood sugar was kept stable by infusions of glucose. At the end of the experiment, subjects were tested to see if insulin resistance had developed. The subjects that had insulin infusion showed a significant 15% lower ability to use glucose compared to those that did not receive insulin. Put another way, the insulin group developed 15% greater insulin resistance.

The implication is this – I can make you insulin resistant. I can make anybody insulin resistant. All I need to do is give them insulin. But Insulin causes insulin resistance.

Another study shows the exact same thing, but with physiologic doses of insulin. “Effect of sustained physiologic hyperinsulinemia and hyperglycemia on insulin secretion and insulin sensitivity in man” Diabetologia Oct1994, Vol37, Iss 10, 1025-1035 Del Prato S. The previous study used doses of insulin that were much higher than seen naturally. This study uses doses of insulin that are often seen in humans.

The subjects were 15 healthy young men. They were given 96 hour constant infusions of insulin. These subjects are neither obese, nor pre-diabetic nor diabetic. They were normal healthy subjects. After 96 hours of insulin infusion, their insulin sensitivity dropped by 20-40%. 
Processed Carbs Kill

The implications are staggering. I can make these healthy lean men insulin resistant. Since type 2 diabetes is all about insulin resistant, that means that I can start these people on the road to diabetes and obesity within 3 days. High levels of insulin causes insulin resistance. They are as inseparable as a shadow to a body.

We see the exact same pattern in type 2 diabetic patients. Let’s look at this fascinating study “Intensive Conventional Insulin Therapy for Type II Diabetes” Diabetes Care 1993 16:23-31 Henry RR. The conventional (and disastrously incorrect) thinking at that time was that controlling the blood sugar is the most important part of diabetes.

You might think that the better you can control the sugar, the better the diabetes and you will be healthier. You might also be disastrously wrong and cause yourself irreparable damage.
But, that was the conventional thought. So they took these type 2 diabetics and intensified their insulin treatment to tightly control the blood sugars. They started on no insulin and by 6 months were taking 100 units a day. The sugars were very, very well controlled.

But what happened to their insulin resistance? The more insulin they took, the more insulin resistance they got. Since diabetes is a disease of insulin resistance, that means their diabetes was getting worse not better! High levels of insulin causes insulin resistance.

<table>
<thead>
<tr>
<th>Parameter</th>
<th>0</th>
<th>1</th>
<th>3</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total insulin dose (U)</td>
<td>—</td>
<td>86 ± 13</td>
<td>92 ± 16</td>
<td>100 ± 24</td>
</tr>
<tr>
<td>Body weight (kg)</td>
<td>93.5 ± 5.8</td>
<td>97.2 ± 5.9</td>
<td>100.5 ± 6.5*</td>
<td>102.2 ± 6.8*</td>
</tr>
<tr>
<td>Weight gain (kg)</td>
<td>3.7 ± 1.0</td>
<td>7.0 ± 1.5</td>
<td>8.7 ± 1.9</td>
<td></td>
</tr>
<tr>
<td>Caloric intake (kcal/day)</td>
<td>2023 ± 138</td>
<td>1937 ± 122</td>
<td>1918 ± 121</td>
<td>1711 ± 119</td>
</tr>
</tbody>
</table>

Diabetes Care 1993 16:23-31 Henry RR

Here’s where things get really interesting. I’ve also said that insulin causes obesity. If this were true, you could expect that as we increase the dose of insulin from zero to 100 units/day over 6 months, that the patients would gain weight. True to form, that is exactly what happened. Patients gained 8.7 kg (19 lbs) over 6 months.

But look closely at their caloric intake. They were eating 300 less calories than at the beginning of the study. If you believe the Caloric Reduction as Primary (CRaP) theory – that it is all about reducing calories – you would be scratching your head wondering how you could reduce 300 calories per day and still gain almost 20 pounds.

But we know that calories are rather insignificant. The major question in obesity is this: What is driving up my insulin? Since insulin levels are way up, the body gains weight. Reducing calorie intake doesn’t matter. The body will only further reduce caloric expenditure to match and make the body gain weight. Insulin drives weight gain.

That brings us back to the question of weight gain. Insulin drives weight gain. But what drives insulin? The Carbohydrate-Insulin Hypothesis assumes that carbohydrate intake drives insulin, but that is incomplete. Insulin itself will drive insulin resistance which will increase insulin in a self-reinforcing cycle.
The longer and higher the insulin levels, the higher the insulin resistance. The higher the resistance, the higher the insulin. This is what sets into motion the time dependent effects of obesity. The fat get fatter. The longer you have obesity, the harder it is to eradicate. **Insulin Causes Obesity.**

Everybody knows about these time dependent effects. However, most current thinking about obesity completely ignores these effects even though they are plainly obvious to anybody and everybody. Since type 2 Diabetes is all about insulin resistance – this also leads us to the inescapable conclusion that **Insulin Causes Diabetes.**
**Causes Disease**

Glycemic Load

**Does Not Cause Disease**

Processed Foods | Natural Whole Foods

- Cornflakes
- Sucrose
- Cheerios
- Corn Chips
- Mars Bar
- White Bread
- Whole Wheat Bread
- Boiled potato
- Sweet Potato
- Brown Rice
- Banana
- Grapes
- Carrots
- Apple
- Watermelon
- Orange

**Processed White Sugar, Pasta, Bread, Sugar Drinks**

- High carb meal

**One bad Candy Bar can do this**

- HyperGlycemia Extra Blood Sugar
  - Attacks Artery and Capillary Walls
  - Weakening Circulation

**↑ Hunger, Cravings & Stress Hormones**

- HypoGlycemia makes one Uncontrollably Hungry, Irritable
  - and cause overeating and thus Obesity

**↓ Blood Sugar & Energy**

- HypoGlycemia Leads to loss of concentration
  - Fatigue, Restlessness
  - Bad Performance

- Excess Insulin lowers the Blood Sugar making HypoGlycemia and Insulin Resistance
  - Leading to Diabetes

- Excess Blood Sugar
  - Makes the Pancreas send out more Insulin
  - Processed Carbs make the Pancreas send out Double the Insulin

- Excess Blood Sugar & Energy

- All Diseases can grow in this Blood Imbalance, Excess Processed Sugar makes bowel flora imbalance + makes people crave more Processed Sugar
CARBS ARE KILLING YOU!
WHY EATING FAT DOESN’T MAKE YOU FAT

Fat’s got a bad rap. We’ve heard that curbing our consumption of fatty foods will help us lose weight. We’ve reduced our fat intake, but obesity is thriving.

So what gives? The answer: It’s not fat’s fault.

Instead, diets rich in carbohydrates have been secretly storing fat, slowly growing our waistlines and our obesity epidemic. Don’t believe it? Here’s how it happens.

HOW YOU GET FAT IN 12 SAD STEPS

1. You think about a meal containing carbohydrates.
2. You begin secreting insulin.
3. Insulin tells your body to store fatty acids and keeps you from burning it as energy.
4. You get hungry.
5. You start eating.
6. You secrete more insulin.
7. Digested carbohydrates enter your bloodstream as glucose.
8. Your blood-sugar levels rise.
9. You secrete more insulin.
10. Fat from your meal stays in your fat cells as triglycerides.
11. Fat cells get fatter.
12. Hi Glycemic Carbs

Processed High Glycemic Carbohydrates do this
SUGAR FED BAD BACTERIA IN THE GUT CAN TAKE OVER YOUR BRAIN LIKE AN ALIEN PRESENCE
9 Ways Sugar Impacts Cancer

Are you eating too many carbs? Sweets and starches—even “healthy” whole-grains—can lead to insulin resistance, which impacts cancer several ways. Let us show you how to find the right amount of carbs for your body’s metabolism.

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Evidence-based nutrition consulting for cancer patients and oncologists worldwide since 1997.

1. **Stimulates MITOSIS**, the division of a cell into daughter cells

2. Drives oxidation and increases DNA DAMAGE, which can stimulate cancer cell mutation and more aggressive behavior

3. Increases IL-6 and fans the fires of INFLAMMATION, a known tumor promoter

4. Stimulates synthesis of super-antioxidant GLUTATHIONE inside cancer cells, permitting them to escape the cytotoxic effects of chemotherapy and radiation treatments

5. Boosts leptin, which stimulates CELL MIGRATION, and cancer spread (called metastasis)

6. Promotes ANGIOGENESIS, new blood vessels that fuel tumor growth and progression

7. **INHIBITS IMMUNE FUNCTION**

8. Increases insulin-like growth factor (IGF-1), a potent growth factor that allows cancer cells to EVADE APOPTOSIS (cell death)

9. Drives up circulating ESTROGEN levels

Q: What country eats the most candy?
A: Denmark is the country with greatest candy consumption on a per-capita basis, as of 2015. The average Dane eats 36 pounds of candy a year, which equates to around 3 pounds per month. Danes love imported candy as well as a national favorite, Flodeboller, a chocolate-covered cream puff. Candy is commonly found in the office and consumed as a mid-afternoon snack. In Danish tradition, the children eat a bowl of candy on Friday while watching the Disney Show. Schools typically do not allow candy, so most children consume candy on Fridays and on the weekends. Denmark has long been the top consumer of candy.

Q: What country has the most cancer?
A: Denmark

Q: What country eats the least candy?
A: Niger

Q: What country has the least cancer?
A: Niger

Q: Do you get the message about candy and cancer?
A: Some do. Some still do not

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THE SIX UNHEALTHY WHITES

If You Have Cancer
Do NOT EAT These Foods

- WHITE RICE
- WHITE FLOUR
- WHITE SUGAR
- White Pork
- White Potato
- Milk
The Harmful Effects of Sugar

- Suppresses the immune system
- Leads to Chromium deficiency
- Leads to Cancer of the ovaries
- Causes copper deficiency
- Causes premature aging
- Causes tooth decay
- Contributes to obesity
- Causes arthritis
- Causes asthma
- Causes gallstones
- Causes heart diseases
- Causes hemorrhoids
- Causes varicose veins
- Increase Cholesterol
- Contributes to diabetes
- Contributes to eczema
- Causes cardiovascular disease

Scientists declare war on sugar in food

Sugar fed bad bacteria in the gut can take over your brain like an alien presence

Millions Die each year and Big Sugar's lawyers and Power create confusion and distraction from the real issue, Disease.

But we can do something. We can share with people the ideas and the real science that reveals how Dangerous White Processed Hi Glycemic Sugar is.