

TED: What If We Are Wrong About Diabetes? Name: \_\_\_\_\_

[http://www.ted.com/talks/peter\\_attia\\_what\\_if\\_we\\_re\\_wrong\\_about\\_diabetes.html](http://www.ted.com/talks/peter_attia_what_if_we_re_wrong_about_diabetes.html)

What two things do we think we know when someone is obese?

- 1.
- 2.

While doing cancer research what was Dr. Attia taught to think?

Yet even though diabetes kills \_\_\_\_\_ more Americans the traditional pathological sequence was accepted with no question.

Then Dr. Attia gained a lot of weight and developed \_\_\_\_\_ and become insulin resistant.

Think of insulin as this master hormone that controls what our body does with the food you eat. Whether we burn it and store it. This is called \_\_\_\_\_.

Failure to produce enough insulin is incompatible with life.

\_\_\_\_\_ is when cells get increasingly resistant to the effect of insulin.

Once you are insulin resistant you are on your way to getting \_\_\_\_\_ which is what happens when your \_\_\_\_\_ can't keep up with the resistance and make enough insulin.

- \_\_\_\_\_ levels rise and a cascade of pathological events can begin to spiral
- cancer, heart disease, Alzheimer's and even amputation.

Main questions he asked himself:

1. How did this happen to me if I was supposedly doing everything right?
2. If the conventional wisdom about nutrition had failed me was it possible it was failing someone else?

What is the real relationship between obesity and insulin?

Traditional thought: \_\_\_\_\_

If you treat the obesity than you treat the diabetes.

What if this is backwards?

What if obesity is a coping mechanism for a more sinister problem? What does Dr. Attia mean by this?

75 million Americans appropriate response to insulin resistance is to \_\_\_\_\_ .

Analogy of a Bruise: a normal response to trauma by the immune system.

We need to get the cause and Effect correct.

Fighting Insulin Resistance and Dr. Attia's Hypothesis:

Research team of scientific "rivals" all have different hypotheses

1. too many \_\_\_\_\_
2. dietary \_\_\_\_\_
3. \_\_\_\_\_ grains and starches

Research program is focused on 3 Meta Themes

1. how do the various foods we consume impact our \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_? What molecular mechanism is at work?
2. Can people make these necessary changes in safe and practical ways to implement?
3. Once we identify safe and practical changes people can make in diet, how can we move their behavior in that direction to implement so that it becomes the default rather than the exception?

1. What does insulin resistance mean?
2. How does the pancreas deal with insulin resistance?
3. What is the traditional relationship between obesity and diabetes?
4. What is Dr. Attia's research team trying to discern?
5. What is Diabetes? (generally speaking)
6. What does he mean when he says "obesity is a proxy for diabetes"?

