

jason fung diabetes

jason fung diabetes has become a widely discussed topic in the medical and nutritional communities, especially regarding innovative approaches to managing type 2 diabetes. Dr. Jason Fung, a Canadian nephrologist, is renowned for his pioneering work on the role of diet, particularly intermittent fasting and low-carbohydrate ketogenic diets, in controlling and potentially reversing type 2 diabetes. His approach challenges conventional methods that rely heavily on medication and insulin therapy, offering an alternative grounded in metabolic science. This article delves into Jason Fung's philosophy and strategies, exploring how his methods impact diabetes management and patient outcomes. Additionally, it covers the scientific principles behind his recommendations, practical applications, and the controversies surrounding his approach.

- Jason Fung's Background and Philosophy on Diabetes
- Understanding Type 2 Diabetes and Insulin Resistance
- Intermittent Fasting and Diabetes Management
- Low-Carbohydrate and Ketogenic Diets in Jason Fung's Protocol
- Scientific Evidence Supporting Jason Fung's Methods
- Practical Guidelines for Implementing Jason Fung's Diabetes Strategies
- Criticism and Considerations

Jason Fung's Background and Philosophy on Diabetes

Dr. Jason Fung is a nephrologist with a strong focus on treating chronic kidney disease and diabetes. His philosophy on diabetes management diverges from traditional guidelines by emphasizing the underlying causes of type 2 diabetes rather than merely treating symptoms. Fung identifies insulin resistance as the root problem driving the disease process and advocates for dietary and lifestyle interventions to reduce insulin levels naturally. His work has popularized the use of intermittent fasting and low-carbohydrate diets as therapeutic tools, targeting the metabolic dysfunction that characterizes diabetes.

Key Principles of Jason Fung's Approach

At the core of Jason Fung's diabetes philosophy are several key principles:

- Addressing insulin resistance directly by reducing insulin levels.
- Using diet and fasting to restore metabolic flexibility.
- Minimizing or eliminating the need for diabetic medications through lifestyle changes.
- Recognizing that type 2 diabetes is a reversible condition in many cases.

Understanding Type 2 Diabetes and Insulin Resistance

Type 2 diabetes is a chronic metabolic disorder characterized by elevated blood glucose levels due to insulin resistance and impaired insulin secretion. Insulin resistance occurs when body cells become less responsive to insulin, requiring higher insulin concentrations to regulate blood sugar effectively. Over time, this leads to pancreatic beta-cell dysfunction and hyperglycemia. Understanding insulin resistance is critical in Jason Fung's diabetes treatment model, as reducing insulin demand and improving cellular insulin sensitivity can reverse disease progression.

The Role of Insulin in Diabetes

Insulin is a hormone responsible for facilitating glucose uptake into cells and regulating energy storage. In type 2 diabetes, persistently high insulin levels contribute to fat accumulation, inflammation, and further insulin resistance. Jason Fung emphasizes that traditional diabetes treatments often exacerbate hyperinsulinemia through medications that increase insulin levels rather than addressing the root cause. His method focuses on lowering insulin to restore metabolic health.

Intermittent Fasting and Diabetes Management

Intermittent fasting (IF) is a dietary pattern involving alternating periods of eating and fasting. Jason Fung advocates IF as a powerful intervention to lower insulin levels and improve insulin sensitivity. By extending fasting intervals, the body shifts from glucose metabolism to fat metabolism, reducing blood sugar and insulin demand. IF can improve weight loss, reduce inflammation, and enhance metabolic markers relevant to diabetes control.

Common Intermittent Fasting Protocols Recommended by Jason Fung

- 16/8 Method: Fasting for 16 hours daily and limiting eating to an 8-hour window.
- 24-Hour Fast: Fasting from dinner one day to dinner the next, done once or twice weekly.
- Alternate-Day Fasting: Alternating between fasting days and eating days.

These fasting schedules are adjusted based on individual needs and medical supervision, especially for people with diabetes.

Low-Carbohydrate and Ketogenic Diets in Jason Fung's Protocol

Alongside intermittent fasting, Jason Fung promotes low-carbohydrate and ketogenic diets as essential components for managing type 2 diabetes. These diets reduce dietary glucose intake, lowering the demand for insulin secretion. Ketogenic diets, which are very low in carbohydrates and high in fats, induce ketosis, a metabolic state where fat-derived ketones become the primary energy source. This shift supports improved blood sugar regulation and weight loss.

Benefits of Low-Carb and Ketogenic Diets for Diabetes

- Reduction in blood glucose levels and glycemic variability.
- Decreased insulin resistance and hyperinsulinemia.
- Enhanced fat burning and weight loss.
- Improved lipid profiles and cardiovascular risk factors.

Scientific Evidence Supporting Jason Fung's Methods

Jason Fung's diabetes management strategies are backed by emerging scientific

research highlighting the benefits of intermittent fasting and low-carbohydrate diets. Clinical studies have demonstrated improvements in glycemic control, insulin sensitivity, and weight loss through these interventions. While long-term randomized controlled trials are still limited, observational data and smaller trials support the safety and efficacy of Fung's approach for many patients.

Key Research Findings

- Intermittent fasting improves insulin sensitivity and reduces fasting glucose levels.
- Low-carb diets lead to significant reductions in HbA1c and medication dependency.
- Combined fasting and ketogenic protocols promote sustainable diabetes remission in some cases.

Practical Guidelines for Implementing Jason Fung's Diabetes Strategies

Implementing Jason Fung's approach to diabetes management requires careful planning and medical oversight. Patients should work with healthcare providers to tailor fasting schedules and dietary changes to individual health status and medication regimens. Monitoring blood glucose and ketone levels is essential to ensure safety and optimize outcomes. Gradual adaptation to dietary changes and fasting helps patients maintain compliance and avoid adverse effects.

Steps to Begin Jason Fung's Diabetes Protocol

1. Consult with a healthcare professional to assess suitability.
2. Start with a low-carbohydrate diet to stabilize blood sugar.
3. Introduce intermittent fasting gradually, beginning with shorter fasting windows.
4. Monitor blood glucose and adjust medications as necessary.
5. Increase fasting duration and consider ketogenic diet adaptation based on tolerance.

6. Maintain regular follow-up for metabolic and clinical assessment.

Criticism and Considerations

While Jason Fung's diabetes management methods have gained significant popularity, some medical professionals caution that these approaches may not be appropriate for everyone. Concerns include potential hypoglycemia risks, nutrient deficiencies, and the challenge of long-term adherence. Additionally, more extensive clinical trials are needed to establish definitive safety and efficacy. Careful patient selection, education, and monitoring are crucial when adopting these strategies.

Potential Risks and Limitations

- Hypoglycemia, especially in patients on insulin or sulfonylureas.
- Electrolyte imbalances during prolonged fasting.
- Difficulty maintaining strict dietary and fasting regimens.
- Limited research on long-term outcomes.

Frequently Asked Questions

Who is Jason Fung and what is his approach to diabetes?

Jason Fung is a Canadian nephrologist and author known for his work on intermittent fasting and low-carbohydrate diets as a treatment for type 2 diabetes. He advocates for these approaches to help reverse insulin resistance and improve blood sugar control.

What does Jason Fung say about the role of insulin in diabetes?

Jason Fung emphasizes that insulin resistance, rather than just high blood sugar, is the core problem in type 2 diabetes. He explains that excessive insulin levels drive fat storage and worsen metabolic health, and reducing insulin through diet and fasting can help reverse diabetes.

How does intermittent fasting fit into Jason Fung's diabetes treatment recommendations?

Jason Fung promotes intermittent fasting as a powerful tool to lower insulin levels and improve insulin sensitivity. By extending periods without eating, fasting helps the body burn stored fat and can lead to better blood sugar regulation in people with type 2 diabetes.

What dietary recommendations does Jason Fung make for managing diabetes?

Jason Fung recommends a low-carbohydrate, whole-food diet that reduces sugar and refined carbs to minimize insulin spikes. He suggests focusing on healthy fats, moderate protein, and vegetables to support metabolic health and aid diabetes reversal.

Has Jason Fung's approach to diabetes been supported by scientific evidence?

Many studies support the benefits of intermittent fasting and low-carb diets for improving blood sugar control and insulin sensitivity. While more large-scale clinical trials are needed, Fung's approach aligns with emerging research on dietary management of type 2 diabetes.

What books has Jason Fung written about diabetes?

Jason Fung has authored several books, including 'The Diabetes Code' and 'The Obesity Code,' which discuss the role of insulin resistance in diabetes and obesity and detail his approach using diet and fasting to reverse these conditions.

Can Jason Fung's methods help reverse type 1 diabetes?

Jason Fung's methods primarily target type 2 diabetes, which involves insulin resistance. Type 1 diabetes is an autoimmune condition requiring insulin therapy, and while diet and fasting may support overall health, they do not replace insulin treatment for type 1 diabetes.

Are there any risks associated with following Jason Fung's fasting protocols for diabetes?

While many people benefit from intermittent fasting, it may not be suitable for everyone, especially those on certain medications or with medical conditions. People with diabetes should consult their healthcare provider before starting fasting to avoid hypoglycemia or other complications.

Additional Resources

1. *The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally*

Dr. Jason Fung explores the underlying causes of type 2 diabetes and offers a revolutionary approach to managing and reversing the condition without relying heavily on medication. The book emphasizes the role of insulin resistance and how dietary changes, particularly intermittent fasting and low-carb eating, can significantly improve health outcomes. Fung combines scientific research with practical advice to empower readers in taking control of their diabetes.

2. *The Obesity Code: Unlocking the Secrets of Weight Loss*

Although focused primarily on obesity, this book by Dr. Jason Fung is highly relevant for diabetics because it addresses insulin resistance, a key factor in type 2 diabetes. Fung explains how hormonal imbalances, especially involving insulin, drive weight gain and metabolic disease. The book advocates for intermittent fasting and dietary adjustments to break the cycle of insulin resistance and promote sustainable weight loss.

3. *Fast This Way: Burn Fat, Heal Inflammation, and Eat Like the High-Performing Human You Were Meant to Be*

Co-authored by Dr. Jason Fung, this book delves into the benefits of intermittent fasting beyond weight loss, including its positive effects on blood sugar regulation and diabetes management. It provides practical fasting protocols and lifestyle strategies designed to enhance metabolic health. Readers learn how to use fasting as a powerful tool to reduce inflammation and improve insulin sensitivity.

4. *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting*

In this comprehensive guide, Dr. Jason Fung teams up with Jimmy Moore to explain various fasting methods and their health benefits, especially for people with type 2 diabetes. The book offers science-backed insights into how fasting can improve insulin resistance and support weight loss. It includes meal plans, tips for overcoming challenges, and guidance to safely implement fasting in daily life.

5. *The Diabetes Reset: Prevent, Control, and Reverse Your Type 2 Diabetes Naturally*

This book presents a holistic approach to managing and potentially reversing type 2 diabetes by addressing diet, lifestyle, and fasting. Inspired by Dr. Fung's principles, it encourages reducing sugar and processed foods while incorporating intermittent fasting to restore metabolic health. The text is accessible and motivational, aimed at helping readers regain control over their condition.

6. *Intermittent Fasting for Diabetes: A Practical Guide to Managing Blood Sugar and Losing Weight*

Drawing on the work of Dr. Jason Fung, this guide focuses specifically on how intermittent fasting can be used as a therapeutic tool for diabetes management. It explains the science behind fasting and insulin resistance and

provides step-by-step instructions for safely starting and maintaining a fasting regimen. The book also addresses common concerns and offers tips to optimize blood glucose control.

7. Reversing Diabetes with Lifestyle Changes: Insights from Dr. Jason Fung

This book compiles research and practical advice inspired by Dr. Fung's methods for reversing type 2 diabetes through diet, fasting, and lifestyle adjustments. It emphasizes the importance of understanding the root causes of diabetes, such as chronic high insulin levels and insulin resistance. Readers gain motivation and tools to make sustainable changes that can lead to improved blood sugar levels and overall health.

8. The Fasting Cure for Diabetes: A New Approach

Inspired by Dr. Jason Fung's pioneering work, this book explores how therapeutic fasting can be an effective and natural treatment for type 2 diabetes. It discusses the physiological mechanisms behind fasting and insulin regulation, providing evidence for its benefits. The book includes fasting schedules, dietary advice, and tips for monitoring health during the fasting process.

9. Unlocking Insulin Resistance: A Guide Based on Dr. Jason Fung's Research

This title focuses on the concept of insulin resistance as the core problem in type 2 diabetes, a perspective central to Dr. Fung's teachings. It offers a deep dive into how diet, fasting, and lifestyle influence insulin levels and metabolic health. The book aims to equip readers with knowledge and actionable strategies to overcome insulin resistance and improve diabetes outcomes.

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jason fung diabetes: The Diabetes Code Cookbook Dr. Jason Fung, Alison Maclean, 2021-11-02 The ultimate companion cookbook to The Diabetes Code from the New York Times-bestselling author and pioneer of intermittent fasting, Dr. Jason Fung. Dr. Jason Fung helped thousands of people lose weight with his breakout bestseller The Obesity Code. Next, he helped prevent and reverse type 2 diabetes with his groundbreaking book The Diabetes Code. Now, The Diabetes Code Cookbook makes it even easier to follow Dr. Fung's proven advice for preventing and reversing type 2 diabetes through intermittent fasting and a low carb/high-fat diet. This cookbook features full-color photographs and includes: 100 simple and delicious recipes to help manage insulin and aid in weight loss Intermittent fasting schedules and plans (16, 24, 30, and 26-hour fasts) Grocery shopping lists A new intro from Dr. Fung with up-to-date information on insulin resistance and its connection to weight gain and type 2 diabetes Readers will come away with knowledge of their health and an arsenal of mouthwatering meals—because eating for type 2 diabetes doesn't

have to be bland!

jason fung diabetes: The Diabetes Code Dr. Jason Fung, 2018-04-03 FROM NEW YORK TIMES BESTSELLING AUTHOR DR. JASON FUNG • “The doctor who invented intermittent fasting.” —The Daily Mail “Dr. Fung reveals how [type 2 diabetes] can be prevented and also reversed using natural dietary methods instead of medications ... This is an important and timely book. Highly recommended.” —Dr. Mark Hyman, author of The Pegan Diet “Dr. Jason Fung has done it again. ... Get this book!” —Dr. Steven R. Gundry, author of The Plant Paradox Everything you believe about treating type 2 diabetes is wrong. Today, most doctors, dietitians, and even diabetes specialists consider type 2 diabetes to be a chronic and progressive disease—a life sentence with no possibility of parole. But the truth, as Dr. Fung reveals in this groundbreaking book, is that type 2 diabetes is reversible. Writing with clear, persuasive language, Dr. Fung explains why conventional treatments that rely on insulin or other blood-glucose-lowering drugs can actually exacerbate the problem, leading to significant weight gain and even heart disease. The only way to treat type 2 diabetes effectively, he argues, is proper dieting and intermittent fasting—not medication. “The Diabetes Code is unabashedly provocative yet practical ... a clear blueprint for everyone to take control of their blood sugar, their health, and their lives.” —Dr. Will Cole, author of Intuitive Fasting

jason fung diabetes: The Cancer Code Jason Fung, 2020-11-10 Author of the international bestsellers The Diabetes Code and The Obesity Code Dr. Jason Fung returns with an eye-opening biography of cancer in which he offers a radical new paradigm for understanding cancer--and issues a call to action for reducing risk moving forward. Our understanding of cancer is slowly undergoing a revolution, allowing for the development of more effective treatments. For the first time ever, the death rate from cancer is showing a steady decline . . . but the War on Cancer has hardly been won. In The Cancer Code, Dr. Jason Fung offers a revolutionary new understanding of this invasive, often fatal disease--what it is, how it manifests, and why it is so challenging to treat. In this rousing narrative, Dr. Fung identifies the medical community's many missteps in cancer research--in particular, its focus on genetics, or what he terms the seed of cancer, at the expense of examining the soil, or the conditions under which cancer flourishes. Dr. Fung--whose groundbreaking work in the treatment of obesity and diabetes has won him international acclaim--suggests that the primary disease pathway of cancer is caused by the dysregulation of insulin. In fact, obesity and type 2 diabetes significantly increase an individual's risk of cancer. In this accessible read, Dr. Fung provides a new paradigm for dealing with cancer, with recommendations for what we can do to create a hostile soil for this dangerous seed. One such strategy is intermittent fasting, which reduces blood glucose, lowering insulin levels. Another, eliminating intake of insulin-stimulating foods, such as sugar and refined carbohydrates. For hundreds of years, cancer has been portrayed as a foreign invader we've been powerless to stop. By reshaping our view of cancer as an internal uprising of our own healthy cells, we can begin to take back control. The seed of cancer may exist in all of us, but the power to change the soil is in our hands.

jason fung diabetes: The Obesity Code Cookbook Dr. Jason Fung, 2019-12-10 New York Times bestselling author Dr. Jason Fung helped thousands of people lose weight with his groundbreaking book The Obesity Code. Now, he offers the ultimate companion cookbook, filled with zero carb recipes and intermittent fasting plans to help readers lose weight, manage type 2 diabetes, and increase longevity, all while eating delicious food. In his original bestseller The Obesity Code, Dr. Jason Fung showed us that everything about our metabolism, including our weight, depends upon on our hormones. He showed us that the hormone insulin triggers our bodies to store calories as fat, and that once we understand weight gain as a result of excess insulin and hormonal imbalance in our body, we can begin to treat it by looking at what's on our plate. Enter The Obesity Code Cookbook, a collection of mouthwatering recipes for your journey to lower insulin, lose weight for good, and reverse and prevent type 2 diabetes. More than a recipe book, it comes with bonus material including: A guide to stocking your pantry with the right foods (and ditching the wrong foods); Fung's easy-to-understand explainers on how weight gain and weight loss really work; intermittent fasting FAQs and best practices; and meal plans for 16-hour, 24-hour, and 36-hour fasts. In other

words, *The Obesity Code Cookbook* will not only show you what to eat, but also when to eat it—and why. But eating this way doesn't have to be bland. *The Obesity Code Cookbook's* many delicious comfort foods include: Hearty breakfasts like the Everyday Omelette and Coconut Pancakes; Flavorful vegetable mains like Roasted Cauliflower with Turmeric and Tahini and spicy Thai Vegetable Curry Scrumptious seafood such as Scallops with Prosciutto and Chili Garlic Shrimp Meat-forward mains such as Gruyere Meat Loaf, Pork Belly with Star Anise, Roast Chicken Thighs with Lemon and Tea-Braised Duck with Fennel And don't forget about desserts and snacks: Nut Bars with Chocolate Drizzle, Almond Fig Cake, and Walnut Power Balls are just a few of the delights you'll enjoy while eating your way to a healthier, better you. Praise for Dr. Jason Fung: "The doctor who invented intermittent fasting."—*The Daily Mail* "Dr. Jason Fung's explanation of insulin resistance and the accompanying insulin model of obesity is original, brilliant and game changing." —Zoë Harcombe, Obesity researcher, author of *The Harcombe Diet* Dr. Jason Fung triumphs in explaining the core underlying causes of obesity and manages to simplify it in a way that anybody can understand. If more doctors and people were able to understand these causes and implement Dr. Fung's actionable advice then we would be able to start reversing the obesity epidemic tomorrow." —Sam Feltham, USA Today World Fitness Elite Trainer of the Year "Fung zeroes in on why insulin resistance has become so prevalent and offers specific outside-the-box solutions that have emerged as the key to maximizing health." —Jimmy Moore, author, *Keto Clarity* and *Cholesterol Clarity*

jason fung diabetes: *The Obesity Code* Dr. Jason Fung, 2016-03-03 FROM NEW YORK TIMES BESTSELLING AUTHOR DR. JASON FUNG: The landmark book that is helping thousands of people lose weight for good. Harness the power of intermittent fasting for lasting weight loss. Understand the science of weight gain and insulin resistance. Stop suffering and ditch calorie counting, yo-yo diets, and excessive exercise. In this highly readable book, Dr. Jason Fung, long considered the founder of intermittent fasting, sets out an original theory of obesity and weight gain. He reveals that everything you've been told about how to lose weight is wrong: weight gain is driven by hormones, and only by understanding the effects of insulin and insulin resistance can we achieve lasting weight loss. Dr. Fung shares five basic steps to controlling your insulin for better health. And he explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight—permanently.

jason fung diabetes: *The Diabetes Code Journal* Jason Fung, 2023-10-31 A companion journal to *The Diabetes Code* from Dr. Jason Fung, New York Times bestselling author, creator of *The Obesity Code*, and 'founder of intermittent fasting'. (*The Daily Mail*) *The Diabetes Code Journal* begins by outlining Dr. Fung's trademark, proven approach to treating type 2 diabetes: intermittent fasting, and a low-carb, healthy high-fat diet that has helped thousands of people lose weight and transform their health for good. Modeled on the groundbreaking approach outlined in *The Diabetes Code*, this 12-week journal includes: Space to record your daily food intake Tools for monitoring glucose spikes and dips A fun weekly challenge! Mindfulness prompts for developing a positive relationship with food A selection of recipes from *The Diabetes Code Cookbook* A shopping list. With Dr. Fung's empathetic approach and science-backed information and tips, *The Diabetes Code Journal* offers a daily practice that anyone can follow. Get ready to kickstart your journey to better health today.

jason fung diabetes: Summary of Jason Fung's *The Diabetes Code* by Milkyway Media Milkyway Media, 2018-09-06 *The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally* (2018) by kidney specialist Dr. Jason Fung offers a natural strategy that combines nutrition and intermittent fasting to reverse Type 2 diabetes. For decades, the main treatment of Type 2 diabetes has been insulin injections, which only make conditions worse for many patients... Purchase this in-depth summary to learn more.

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has been insulin injections, which only make conditions worse for many patients...Purchase this in-depth summary to learn more.

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jason fung diabetes: Life in the Fasting Lane Dr. Jason Fung, Eve Mayer, Megan Ramos, 2020-04-07 Real-life advice and guidelines to take the guesswork and the fear out of fasting. Fasting is emerging as one of the most exciting medical advancements in recent memory. Its list of benefits extends far beyond weight loss and includes improved cardiovascular health, lower blood pressure, protection against cancer and better cognitive function. While many of us may be able to handle the physical effects of fasting, the mental and social challenges are often daunting. There are so many opportunities to eat during the day, and sometimes it's rude not to participate in meals. What do you do with the time you used to spend eating? How do you navigate social situations while fasting? How can a food addict mentally prepare for a fast? Life in the Fasting Lane fills all of these gaps, and more, by bringing together three leading voices in the fasting community to provide a book written for both the body and the mind, helping people cope with all aspects - physical, social, emotional, medical - of fasting. It blends cutting-edge medical and scientific information about fasting with the perspective of a patient who has battled obesity the majority of her adult life.

jason fung diabetes: The Complete Guide to Fasting Jimmy Moore, Jason Fung, 2016-10-18 Thousands of books have been written about the latest and greatest diets that will help people lose weight and improve health. But a key element in any successful nutritional health program is a tried-and-true method that most people haven't thought about. This ancient secret is fasting. In The Complete Guide to Fasting, he has teamed up with international bestselling author and veteran health podcaster Jimmy Moore to explain what fasting is really about, why it's so important, and how to fast in a way that improves health.

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jason fung diabetes: Summary Of: the Obesity Code and the Diabetes Code by Dr. Jason Fung. Unlocking the Secrets of Weight Loss Johnny Rockermeier, 2020-08-22 25% of the royalties of this book will be donated to Dr. Fung's research and work! (I also have a book that supports cancer research) This book is a summary of Dr. Jason Fung's books The Obesity Code and The Diabetes Code by revising Dr. Fung's own transcripts. Here the original Book descriptions: The landmark book from New York Times-bestselling author Dr. Jason Fung, one of the world's leading experts on intermittent fasting for weight-loss and longevity, whose 5-step plan has helped thousands of people lose weight and achieve lasting health. Not only full of insights but also surprisingly funny. Read it to understand why the world became fat, how to reverse the epidemic--and how to stay thin yourself.--Andreas Eenfeldt, MD, Founder of dietdoctor.com Everything you believe about how to lose weight is wrong. Weight gain and obesity are driven by hormones--in everyone--and only by understanding the effects of insulin and insulin resistance can we achieve lasting weight loss. In this highly readable and provocative book, Dr. Jason Fung sets out an original, robust theory of obesity that provides startling insights into proper nutrition. In addition to his five basic steps, a set of lifelong habits that will improve your health and control your insulin levels, Dr. Fung explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight--for good.-----Dr. Jason Fung has done it again. In easy to follow, simple steps and rules, Dr. Fung gives you the tools to rid yourself of diabetes forever. Get this book!--Dr. Steven R. Gundry, author of The Plant Paradox The must-have guide to reversing and preventing type 2 diabetes through intermittent fasting and a low-carb,

high-fat diet--from Dr. Jason Fung, internationally best selling author of *The Obesity Code*. Today, most doctors, dietitians, and even diabetes specialists consider type 2 diabetes to be a chronic and progressive disease--a life sentence with no possibility of parole. But the truth, as Dr. Fung reveals in this paradigm-shifting book, is that type 2 diabetes is reversible. Writing with clear, persuasive language, he explains why conventional treatments that rely on insulin or other blood-glucose-lowering drugs can actually exacerbate the problem, leading to significant weight gain and even heart disease. The only way to treat type 2 diabetes effectively, he argues, is proper dieting and intermittent fasting--not medication.

jason fung diabetes: *You Can Achieve Normal Blood Sugar* Dennis Pollock, 2019-04-02

Discover the Secret to Successfully Manage Your Blood Sugar If high blood sugar is something you struggle with, chances are you've been overwhelmed by the wealth of well-meaning information you've heard from doctors, nutritionists, and other sources. Isn't it time to put the theories to the test and determine once and for all how to get your numbers back to normal? That's exactly what bestselling author Dennis Pollock did. And the results of well over 100 blood sugar tests he conducted for this book, further backed by brand-new research and real-life stories, will give you the answers you've been searching for. In addition, you'll learn why, how, and when to test, the importance of reading food labels, helpful guidelines for weight control and general nutrition, and so much more. For the first time in your diabetic journey, you will finally be able to experience what it feels like to know that maintaining normal blood sugar isn't just possible, it's entirely achievable.

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jason fung diabetes: *The Ketogenic Bible* Jacob Wilson, Ryan Lowery, 2017-08-15 The *Ketogenic Bible* is the most complete, authoritative source for information relating to ketosis. This book is a one-stop-shop that explains the history, the science, and the therapeutic benefits of the ketogenic diet, outlines the general guidelines for following this diet, and provides a wide variety of keto recipes. Readers will come away with a firm understanding of the ketogenic diet, its potential uses, and the ways it can be implemented. Using a scientific approach, the authors have drawn from both extensive research and practical experience to bring readers an all-encompassing approach.

jason fung diabetes: *Master Your Diabetes* Mona Morstein, 2017-10-12 "Dr. Morstein draws from the best of conventional and integrative therapies to provide diabetic patients an easy-to-implement program to regain their health."—Robb Wolf, author of *Wired to Eat* The evidence

is clear: We are in the midst of a worldwide diabetes epidemic. In the United States alone, one in three Americans is either diabetic (29 million patients) or prediabetic (87 million patients), costing an annual \$242 billion in medical treatments. In *Master Your Diabetes*, naturopathic physician and diabetes expert Dr. Mona Morstein shows how people with both type 1 and type 2 diabetes can gain and maintain excellent control of their blood sugar levels, preventing and even reversing existing complications through education combined with medical support and encouragement. This is the first comprehensive guide for patients, caregivers, and medical practitioners to demonstrate an integrative approach based on the “eight essentials” of treatment and prevention: a low-carb diet, exercise, good sleep, stress management, healing the gut, detoxification, supplementation, and medications. Topics covered include: Important physical exams and lab work Conventional diets and non-insulin medications Insulin Low-carb diets and how they apply to different food groups Lifestyle factors, including exercise, stress management, and the microbiome Diabetic supplementation Pediatric diabetes An indispensable resource, *Master Your Diabetes* will empower readers to take control of their condition and continue living full, active, enjoyable, and long lives.

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jason fung diabetes: *60 Ways to Lower Your Blood Sugar* Dennis Pollock, 2021-01-01 It’s projected that in 50 years, one American in three will be diabetic. Many today are well on their way to becoming a sad statistic in the war on obesity, high blood sugar, and the related diseases—including diabetes—that can result from a diet that’s seriously out of whack. In his previous bestselling book, *Overcoming Runaway Blood Sugar*, Dennis Pollock shared his personal experience with this deadly epidemic—including his success at lowering his runaway blood sugar to acceptable levels. Now Dennis offers readers the next step in the battle: 60 practical ways to manage their blood sugar without resorting to a bland unsatisfying diet of turnips and tuna fish. In this step by step, change by change plan, readers will learn how to: reduce their intake of carbs exercise more effectively shed excess weight A must-have book for readers serious about regaining their health while also lowering their weight and increasing their energy.

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