

SPECIAL EDITION: by docMIKE

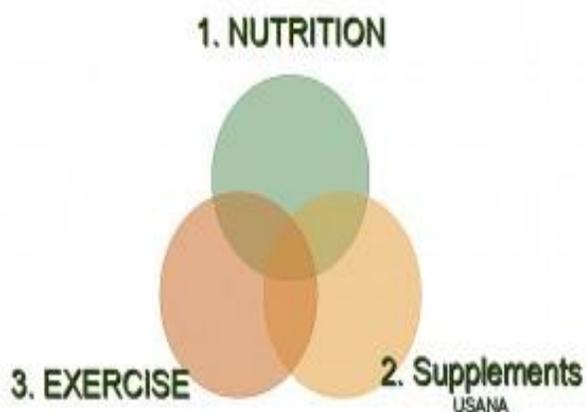
After receiving this question: *“What is the best effective way to lose weight?”* I commented...

Congratulations! This is the most straightforward and most correct question I have ever received in this topic. Everyone is trying to justify their poor choices in lifestyle and why they seek a quick solution to losing weight. Truth is quick solutions have consequences and do nothing to address the causes of obesity... poor energy management. I pray a thousand people ready your question and my reply because that is why this blog exists, to help people with the truth full of only healthy ways to restore health. Please read these 10 earlier blogs... you will find answers there:

Weight Loss: The Tripod Rule

Posted on [03/21/2013](#) by [admin](#)

A tripod is a very stable foundation, ask any photographer. Now when it comes to weight loss this concept becomes very important, as explained later, when the focus moves away from just losing weight to normalizing your metabolism and then eventually normalizing your weight. People struggle to lose weight by eating less or exercising more, by drinking herbals or taking medicine or even hormone injections, and lastly even surgery. The focus is placing concern on the weight and not the body as a whole; the focus is on the temporary activity for quick results and not long-term sustainability... bad form!



They say that insanity is repeating the same thing expecting a different result; so let's stop the insanity about the roller coaster weight loss and vow to think better, find better solutions and expect a better result. So permit me to engage you in a different conversation on the topic of weight loss and shift it to a healthy metabolism instead. Not everything we do to lose weight has a positive impact on the metabolism and the weight we do lose is only weight to be regained; sadly we all know this to be true and the reality of facing chronic diseases remains unresolved.

To avoid the majority of chronic diseases the key is to keep up a strong metabolism and the three legs (the tripod) to a stable foundation for a strong metabolism are:

1. Proper food combining and avoiding excesses in food and drink.
2. A broad-based complete multi-vitamin and mineral, anti-oxidant complex
3. Regular fitness activities; a mix of aerobic activities and muscle resistance exercises

This tripod rule strengthens your metabolism and, if the nutritional modifications focus mainly on better eating, the weight will lower naturally. The following steps will guide you into this three-legged approach:

1. Nutritional changes are to cut your overall calorie intake by 1,000 calories without compromising healthy foods by primarily replacing high glycemic foods with lower glycemic foods ([see referenced chart](#)) thus avoiding high calorie foods that contain sugar, sweet drinks, starchy foods and animal fats.
2. Start taking a daily broad spectrum multi-vitamin / multi-mineral with anti-oxidants; something better than the One a Day or Centrum types, more like NuSkin's Pharmanex supplements or USANA. You may want to add CoQ10 to supplement the anti-oxidant content if you live in an urban area.
3. Perform some daily physical activities for 20 to 30 minutes 6 out of 7 days per week. Keep it fun and interesting, do things with others as well.

Much more will be written in a dietary blog to come later but this short list is a very good start, IF YOU ACT ON IT. So remember the tripod of good nutrition, enough exercising and proper micronutrients supplementation, because trying to succeed at normalizing your weight by focusing on only one or two of the legs will unfortunately undermine both your short and long game.

Food for thought,
docMIKE

Forget about Diets! It's all about Energy Management.

Posted on [05/11/2013](#) by [admin](#)



Mary was determined to lose the weight she kept for years after having her two children. In fact she was desperate and underwent a well-known Doctor's Diet that was based on blood type and told people not to exercise while on the diet. She did lose weight but along the way she was losing her hair and when she finally stopped the diet she started to regain some of her weight. She also started to have other miscellaneous body pains, so much that she now questions herself for doing something so drastic. Wow! That sounds like a lot of women's story in Manila.

Where Mary went wrong is that she thought that just because a doctor said this was how to lose weight, it would be safe. Other weight loss plans under MD supervision include HCG injections and other medication programs. **WHEN WILL PEOPLE FINALLY GET SMART** about this fallacy? Without going into the why all these programs are wrong, let's focus on **where to start doing things right**. Stop looking at ways to just lose weight (at any cost apparently) and start directing all money, time and energies on fixing why people gain extra weight in the first place.

Poor energy management

The Law of Thermodynamics can be simplified to better understand the most basic truth that Energy eaten must be energy consumed by the body's activities. (Read more on this: [Thermodynamics](#)) The BMR, basal metabolic rate, as a concept may not be well understood either because low calorie diets actually lowers the BMR, so that's why when people stop the diet their lowered BMR makes it easier for them to regain the weight lost. What else lowers the BMR? Physical inactivity, skipping meals, some medications, lack of sleep, and diets.

Two things need to take place to safely lose weight:

1. You need to stop storing more fat to replace the fat you are burning up. How do you do this? Control the fat storing hormones in the body, namely Insulin and Cortisol. Stay completely away from refined carbohydrates (eat low glycemic foods – [Glycemic Index](#)) to lower Insulin levels and immediately slow down fat storage. Also, manage your stress with proper sleep/rest and exercise to reduce Adrenalin and Cortisol levels.
2. You must not permit your BMR to get lower, in fact much better that it increases. How to protect your BMR? Exercise! Sorry folks, but there is no way to effectively promote a higher BMR without regular, daily (yes daily) exercise.

Mary said that one of the reasons she was attracted to the “doctor’s diet” was the fact that they said she was not supposed to exercise on this diet. Her “*take the path of least resistance,*” that weak side of human nature, is how she got in trouble in the first place. Failing to understand the ENERGY MANAGEMENT aspect of her body is at the root cause of her poor choices.

Lesson to take away today? **Do not start any diet, period, at all, ever and never.** Is that too straight forward for you? Diets don’t work and you will just have to accept the truth that your lifestyle needs an overhaul to get your body right again. If you can’t answer YES to this question... better to never get started: “*Can I do this the rest of my life?*” Let that guide you for now. More will be written in this blog about safe ways to normalize your weight.

Yours in real life,
docMIKE

Nutritional Supplements

Posted on 05/29/2013 by admin



The Wellings live in a major urban center and unfortunately their city is one of the most polluted cities on the planet (no joke). Normally, if a person lives right with healthy food and regular exercise habits it is reasonable to expect that they can get by without having to take food supplements to stay healthy. That is not the case when a family lives where they are exposed to daily pollution.

There are three reasons why we almost all need daily food supplements.

Reason #1.

Free radicals are an atom or group of atoms that has at least one unpaired electron and is therefore unstable and highly reactive, that attach themselves to otherwise normally active enzymes and complex molecules that your body depends on to maintain a healthy metabolism and homeostasis. The free radicals attach themselves to key metabolically active locations on the healthy enzyme and thereby reduce its ability to work effectively in the body. In other words it ties up otherwise normally functional complex molecules the body needs and that messes things up. Including adequate amounts of anti-oxidants with vitamins will reduce this negative situation.

Reason #2.

Foods can't supply you with what you need in many cases. So you think you are eating right but what real nutritive value do these foods actually bring to your body cells? There are 7 billion people on Earth and technological advancements to produce food to feed us all has altered the quality of the soil where we grow these foods. It is no surprise that testing of foods reveals that they are nutritionally less potent than foods used to be coming out of the farms. End result, good food but compromised nutritional quality. Let's not forget how we destroy much of what's left by the way we cook with heat and preserve our foods by microwaving them.

Reason #3.

Healing from an injury or infection is a time when the body has to really focus its available micronutrients into the processes of recovering and restoring healthy tissues. This is a time when the body needs its reserves and tap into a higher dosage of building blocks to respond in a timely way to the needs at the moment. This will deplete some existing reserves that need to be replaced and this is also a time to provide more than enough nutritive for the healing needed. Sometimes we need to increase our food supplements to strengthen our natural immunity.

I recommend two food supplement brand names because of their availability, high quality manufacturing and completeness of supplement formulations. They are Nu-Skin brand Pharmanex and USANA. Sadly though their companies have elected to market their products using Multi-Level Marketing schemes. So there is no store you can go to buy them, you need to find a local distributor but you also have the option to sign up and purchase directly as a user/distributor. My offices can connect you with a distributor. **Call +63-2-812-6903.**

In closing I am encouraging people to evolve their understanding of when to use food supplements and to more wisely invest in their health. Caution is given to consuming trendy, popular nutritional products that the manufacturer promotes about their product's unusual value. Realize that although a chiropractor like myself has undergone 2 formal years of nutritional training and MD has only had two hours in comparison. Only a comprehensive view of micronutrients will best serve your body. Food supplements should not be used as remedies to treat disease but more so to build your body's natural health potential.

Yours in Health,
docMIKE

Wellness focus – Concerns about weight?

Posted on 08/12/2013 by admin



The dangers of obesity are a greater health risk today than smoking. How to smartly normalize your weight without dieting is a matter of making right choices and it's all about energy maintenance and energy balance. Start by correct guidance on food choices and then guidance on energy management.

It's basic arithmetic - too much energy consumed means you gain weight while equal energy consumed to energy expended means your weight stays the same. To lose weight

you have to consume less energy than you use, let the body tap into its energy reserves to make up the difference. Yes, it's as simple as that, although not as easily sustained.

Most people burn up 2,300 +/- calories per day in today's more sedentary work force. Jobs with physical labor can burn up an extra 50% more calories. Most people with a weight problem are not doing heavy labor, so they suffer from energy mismanagement; too much energy in and not enough energy out.

The first thing people need to do to lose weight is to STOP STORING FAT. Since the hormone Insulin is a principal fat storing hormone, you can almost stop all fat storage by keeping your insulin levels low. How to do this? Eliminate foods that stimulate Insulin secretion; and these are refined carbohydrates (sugars and starches like bread, rice, potatoes, pasta) and limit fruits to two per day.

Worried about not having enough to eat and going hungry? Replacement is the secret! Replace foods noted in the previous paragraph (all high glycemic indexed foods) to low **Glycemic Index** foods and I am referring to vegetables. Keep your plate full by replacing starches with vegetables. Yes, eat more vegetables, like you haven't heard that before.

Second thing to do is increase your energy expenditures and this is accomplished by exercising for 20-30 minutes every day of the week. So now you have stopped adding fat storage and have increased energy output. You should be able to maintain your weight and lose a little very slowly and gradually.

Third, if you want to get your weight down to normal in a matter of months instead of years, you will also need to reduce your overall energy consumption. Bear in mind that you still need to stay healthy by eating all the right foods, the body still needs some 8 ounces of protein per day and 50 grams of fats from vegetable sources like olive oil, sesame oil or virgin coconut oil; the body also needs fiber so three cups of vegetables per day will fill up the stomach and keep the GI tract in good health.

Lastly, with an increased metabolic activity the body needs two additional things: closer to 3 liters of water or fluids per day to process out the by-products of metabolism and the supplementation of a full spectrum of multi-vitamins and minerals with antioxidants to replenish the metabolic processes.

To summarize:

1. Eat enough protein and vegetable fats to stay healthy.
2. Cut back or cut out entirely simple carbs, the empty calories.
3. Eat more than enough vegetables and a small amount of fruits.
4. Take excellent food supplements and upwards to 3 liters water
5. Exercise daily at least 20 to 30 minutes.

No drugs, no fasting, not dieting per say, no hormone injections, no cheating and nothing else that is risky. Thousands have done it with tremendous success. Isn't it time you rejoined the healthy people?

Yours in Health,
docMIKE

How Active are You?

Posted on [03/16/2013](#) by [admin](#)



How active are you? Whenever we are engaged in physical activities there is a positive health benefit; especially if the activity is repeated to increase skills and eventually personal enjoyment and satisfaction. People eventually suffer a growing list of health problems because they just never get around to developing a physically active lifestyle.

“Things are the way things are because of the way things have been. Things need proper change for things to get better.” docMIKE

Reports state that every generation since 1950 has become obese and diabetic one decade earlier than the preceding generation. As you know, the rate of obesity is growing every year and to a greater degree than we wish to admit; due to the fact that we have too little physical activity in our lives. This goes on too many years and the following facts become a reality:

1. Increased size of fat deposits that make us overweight and also physically unattractive
2. Decreased muscle tone making people weak with also less shapely or attractive bodies
3. Decreased basal metabolic rate (BMR) due to lower muscle to fat ratios
4. The lower BMR increases the rate of fat accumulation
5. The lack of energy increases depression and decreases interest in physical activities
6. It becomes a vicious cycle ending in Chronic Disease: Hypertension, Diabetes, Heart Disease, high blood lipids, etc.

I am sure you can write your own story between the lines but the question that jumps out between these lines is quite obvious... the big elephant in the middle of the room, so-to-say. When will you (or people you know) confront the reality that there just isn't enough physical activity to burn up the excess energy being consumed by wrong dietary habits?

Oh we will talk later about the right eating habits but today I want you to confront your need to maintain higher fitness priorities because there is little point in improving your diet if the BMR cannot be sustained at proper levels. So will you?!

Next comes the process of comfortably fitting into your schedule enough exercise, enough daily fitness activities, enough group and/or individual fitness plans to restore your BMR. Permit me to list just a few items to get you started. Its really not that impossible.

1. List the things you like to do, also include things you used to do, that were fun
2. Determine where you can do each of these things
3. Take a monthly calendar and write in what days you will do each activity
4. Make a list of people you want / can do some of these things together
5. Plan make-up days for those times you unexpectedly have to skip an activity
6. Go over your activity schedule once a week adding the resolve to do everything you can

Wellness is the pursuit of health or of health lost. It is much easier to get started on doing more of the right things now than to delay until later. It is just common sense! One last thing, the reason we don't feel the urgency to fix these things we obviously know to do is because at the moment we just don't feel or experience the consequences that are suffered eventually. It's almost like you think you are getting away with it (until you don't).

Food for thought,

docMIKE

Metabolic Syndrome and Diabetes

Posted on [03/14/2013](#) by [admin](#)

Ever notice how people seem to get fatter with age and that people also become Diabetic after a certain age? If this happens in your family it's kind of expected that you will follow the same fate. Sadly, this is an entirely volunteer situation. What am I saying? I am saying that it is incorrect to assume that as you get older you just naturally get fatter and sicker. (That should be welcome news!)

Researchers have been mentioning for a couple decades now that they consistently find that lifestyles are at the center of most chronic diseases such as heart disease, hypertension, Diabetes type 2, stroke, elevated blood sugar, elevated blood lipids (cholesterol, triglycerides, uric acid, abnormal HDL/LDL levels, etc.). They refer to this in their research conclusions, often under the title “**Metabolic Syndrome.**”

Go ahead, if you like to do research, and Google “Metabolic Syndrome” and you will see exactly what I am talking about. It works like this:

1. First you get overweight, then become fatter.
2. Your limited fat stores get full and fat then is stored in your muscles.
3. Muscle can no longer efficiently use glucose exclusively for energy.
4. Insulin resistance advances into Diabetes type 2.
5. MDs manage the blood sugar and not the lifestyle so the problem just gets worse and people suffer a sick and early death.

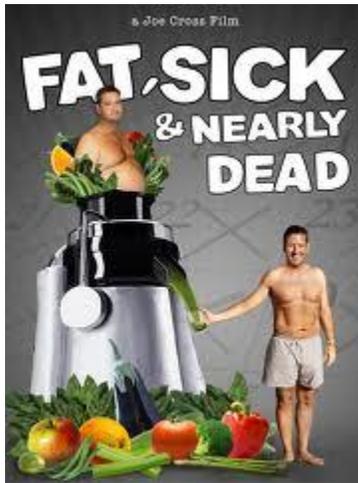
Now, on the other hand, when someone says: “*Gee that's a lousy way to look to the future. I think I will change something around.*” ... guess what happens? They get healthier, reverse their Diabetes or avoid it all together; live healthier lives for an additional 20 years. They save a lot money not going to doctors and buying maintenance medications; take more vacations and see the world instead of the inside of a hospital room; except to visit one of their friends who refuses to get their life together before it's too late. **Food for thought.**

Yours in Health,
docMIKE

PS: If you want to know how to safely restore your health, return to an appropriate Body Mass Index (BMI) just keep reading this Blog for ongoing information. Just for you! 😊

Fat, Sick & Nearly Dead

Posted on [05/20/2013](#) by [admin](#)



In our journey towards a Well Life we need to expand our exposure to new ideas and be motivated by exceptional individuals who stand out of the crowd with their achievements. On May 30, 2013 in Manila I attended a seminar by one such individual who has reversed his physical standing where the risk of experiencing Diabetes has been virtually eliminated, if his progress is sustained. Australian businessman Joe Cross tipped the scale at 310 pounds when he realized he needed to regain control of his life.

His solution? Juicing... His product choice [Breville](#) manufacturing.

I do not personally support the idea that juicing is the correct way to restore your health but there may be a limited role for people who have failed at other methods. Mostly, I believe you can be inspired by his journey and the lessons you can take home, not specifically about taking the exact same pathway he under took, but by **the person he became along the way** for the main lessons I hope you can absorb from exposure to this transformed person.

Lessons I walked away with that are noteworthy for my readers are:

1. Juicing offers a valid natural intervention when someone is suffering an illness. The hyper-nutrition received will give the body ingredients it can use to heal, to restore metabolic integrity.
2. 10 days of strict juicing is a safe place to start
3. If weight loss is needed above 15 lbs, it may take 30 days of juicing to restore BMI.
4. Moderate to extensive exercising is MANDATORY during juicing days and required after as part of new lifestyle.
5. Juicing is then replaced with plenty of daily vegetables and some fruits, for the rest of your life.

6. If you return to your old lifestyle habits... you will be right back where you started from.

Everything can change in an instant when a person experiences a “Moment of Truth” that most commonly happens when we have a Mid Life Crisis. That is what Joe experienced, that moment when looking at the present (sum of his past choices) and being totally disappointed with who he was, then projecting that reality ahead in life and instantly feeling the consequences. Joe’s “Moment of Truth” took place when he brought all the future consequences of his past choices that before didn’t seem to matter... but now they do. This is a story repeated by so many men and women in their 30’s and 40’s.

Read more about positive life transformations in my blog on [MID LIFE CRISIS](#). Hope to see you there at the screening. I will be able to make it to the Friday May 31st date.

Yours in Real Life,
docMIKE

Wellness Focus – Juicing is Hyper-nutrition

Posted on [11/29/2013](#) by [admin](#)



Earlier this year I wrote about an Australian businessman, Joe Cross, who saved his life by starting to juice his nutrition. ([Fat, Sick and Nearly Dead](#)) Since then I have had several conversations with people who have begun juicing as part of their regular health regimen and the time has come that I have decided to place my entire family on a hyper-nutrition program.

Living in Manila, identified as one of the most polluted cities on this planet, my family members began noticing an undertone that can only be described as a decreased basic health equivalent. This manifested differently in each person but the underlying cause is an increase in [Metabolic Syndrome](#) that affected several body systems.

It took no time to decide to start a daily routine of taking high quality food supplements. We selected [USANA](#) vitamin, mineral and anti-oxidant products and [Pharmanex](#) (Nu-Skin) food supplements. Results showed some clear improvements from reducing the effects of the increased daily exposure to free-radicals from this environment.

Now that a few years have gone by it is noticed that a supplementation alone approach, added to a fairly decent nutritional lifestyle, doesn't seem to be enough to preserve our long-term health standards. The past six months of absorbing new knowledge on the benefits of juicing vegetables and fruits has increased my confidence that it is time to bring in the benefits of hyper-nutrition that comes from juicing plant foods. I invite you to do your own homework on this subject as well and consider its benefits for you and your family.

We have looked at the different juicing machines and see the quality of the lecture sponsors ([Breville](#)) that uses a grinding mechanism to juice the plant foods. We are aware that there are also Cold-Press types of juicers available that may be superior in some ways but the end product has more pulp remaining in the liquid juice. My personal preference is to start with the clearer liquids, worried that the added pulp might be difficult to swallow every day.

So you are asking: “*What are the benefits of hyper-nutrition and is it safe?*” and that is an excellent question. These are some of the benefits of juicing plant foods

1. Juicing is a great way to squeeze fruits and vegetables into your diet, especially if you typically don't like them or typically make time for them.
2. When making juice, you waste less produce by adding fruits and vegetables that are about to spoil.
3. Juicing can help you lose weight as part of a balanced diet plan. It supercharges your nutrient intake by providing your body with pure micronutrients, vitamins and enzymes that can be enormously beneficial for health, with none of the bad stuff that constitutes processed food.
4. You can kick start your metabolism and give your body a break from all of the strange chemicals you've been challenging it to process, by putting the most nutritious fuel into your system possible.

WARNING: Juice, no matter where it comes from, is a concentrated source of calories. This is especially true if you use more fruits than vegetables in your juices; so focus on vegetables and 'some' fruits for better energy management.

Let's end this blog with Joe's Five Tips To Better Juicing:

1. Save time

Prepare your vegetables and fruits the night before if you plan on making a morning juice. Select the ingredients for your juice, wash the produce, place them in a storage container in the fridge and already have the the juicer assembled in your kitchen so it's ready to go.

2. Store in the fridge

Juice will keep for 24-48 hours in the fridge (suggesting 72 hours is maximum time). Transport your juice in a cooler if you are travelling.

3. Fill your container full.

Filling juice to the top of your preferred container prevents oxygen from getting in, which can deplete the nutrients.

4. Freeze

Freezing is an option but less desirable than refrigeration. If you do freeze your juice do it immediately after juicing and thaw first in the refrigerator.

5. Wash produce thoroughly

Unwashed produce can be contaminated with bacteria so this is an important step in the juicing process.

Yours in Health,
docMIKE

The 5 Ws of Health & Wellness

Posted on 04/05/2014 by admin



Even though people are doing many things to improve their wellness, they still take their body places and do things with it that gets them sick. This BLOG is a very useful self-contained program that can be used by small groups (class, church, clubs, etc.) to undertake a group support type of **wellness workshop. You can do it!**

Enjoy this simple process I developed for a small seminar. It was quite effective at getting the majority of the participants to take real assessment of their current health status and get them in the correct frame of mind to take the next important steps to a healthier body and life. Take a pen and paper and participate in this process of reviewing the 5 Ws:

Who? Why? What? Where? and When?

- 1. Who?** Is responsible for your health? Of course it's not your doctor or your spouse, but it's you. Write your name here.
- 2. Why?** Personalize what reasons you have to get & to stay healthy. Take a moment to list 3 to 5 reasons you find apply to you as you confirm that health is important to you and for the following reasons...
- 3. What?** What is stopping me from experiencing the fullest in health? You begin by accepting the significance of this statement: *"My Problems are the result of doing too many of the WRONG things and not enough of the RIGHT things."* But what things are we talking about? Regarding money and relationships the list can be long but when we are talking about health, in general we are referring to how we think, feel and act about moving our bodies and about eating the right foods. In the end it is really all about Energy management.

The correct pathway begins with your thinking 1st and 2nd focusing on your actions. Sad to say how we mostly suffer from the dangers of erroneous thinking; that is we believe something to be true that is not true. This includes the rationalizations we hold dear to our hearts to justify our wrong behaviors. Many times we are simply addicted to something and are not willing to admit that truth; like alcohol, nicotine, insulin or adrenalin. In the end we suffer health consequences resulting from wrong lifestyles.

There is a gradual degradation of health as follows: healthy, well, unwell, unhealthy, sick, near death, and finally dead. On a scale of 1-10 we can rate these as 10 = healthy, 8-9 = well, 7-8 = unwell, 5-6 = unhealthy, 3-4 = sick, 1-2 = near death, and 0 = dead.

Be honest and write down how you rate yourself (1-10) in these 5 Essential areas of Health, with 10 being the best.

1. (score = ____) Nutrition
2. (score = ____) Fitness
3. (score = ____) Rest/sleep
4. (score = ____) Correct thinking and stress management
5. (score = ____) Proper nerve supply

Now add up the above scores for a total score of _____, then divide by 5 to get your average on scale of 1-10. Refer to the above scale and see where that places your health status. Are you satisfied with that number? If not, some positive changes will help.

4. Where do we go from here to improve our health status? The first place to go is in the mind which then dictates what actions are possible to undertake. I believe people are basically smart enough to figure these things out on their own. At each of the 5 Essentials, select one easy solution that will improve your score in that area in just 3 days; then select one not-so-easy solution to implement over the next 3 months that will also raise your score in that area. You don't have to tackle every area all at once. Get some positive experience with some of the areas you are more confident to make changes in first. Then repeat this process every quarter until you have raised your score to as close to a 10 as possible. It might take you a full year to do so but that's OK as long as you start and make regular progress.

5. When? You might automatically say: *“Well the right answer is Right Now!”* But that may not necessarily be true. The right thinking creates the right conditions for you to move forward. You need to get your head and heart in the correct frame of mind. Permit me to send you to another website that will help educate you in these areas so it becomes easier to feel more confident in making better choices, the right choices.

Go to: www.naturalAplus.com

Yours in Health,
docMIKE

Insulin Resistance is Caused by Fat in Muscles.

Posted on [04/22/2013](#) by [admin](#)

The WHO (World Health Organization) has warned that Diabetes Type 2 (caused by improper lifestyles) has reached epidemic proportions; some regions of the world at greater risk than others, mostly due to geographic and economic factors. The focus on Diabetes by western Medicine is to manage blood glucose levels. This is a failed formula and that is the principal reason why the incidence of Diabetes-related illnesses are also on the rise. Type 2 Diabetes is caused by Insulin Resistance also called Insulin insensitivity.

Scientific studies are fairly uniform in their commentaries that Diabetes Type 2 is a disease of wrong lifestyles but the actual physical connection doesn't get explained very well. The reason is again the failed focus on blood sugar management Vs lifestyle correction. The important question to ask is: *"Why does the body fail to manage its own blood sugar?"* Research says that the body's main fat storage areas eventually get filled up so the body has to store fats in muscle tissue and that results in Insulin resistance. The body has to increase its blood concentrations of Insulin. This hormone, in order to lower blood sugar, does so by pushing glucose into fat storage mechanisms and people get fat and fatter.

The most important lesson to learn here is in the title of this blog: **"Insulin Resistance is caused by fat in muscles."** Anyone can study online the connections between Insulin resistance and fat storage in muscle tissues. Having a deeper understanding of this important fact is empowering for individuals to make the necessary changes to eventually reduce their percentage of body fat. Men should only have 15% to 18% body fat while women's percent body fat is normal in the 20% to 24% range. Unfortunately, people are 30% to 50+% body fat and that is the problem.

DO NOT DIET to lower your % body fat! A diet is something you start, make some temporary changes to lose weight then the diet stops, only to return to the same lifestyle habits that put the weight on in the first place. You have to reduce the intake of foods that increases Insulin in the blood; these foods are carbohydrates. So if you seriously cut down or cut out simple sugars and starches, processed carbohydrates you also lower the blood sugar levels and self-manage the Diabetes condition by proper diet / proper daily eating habits.

This will stop the fat storage processes and initiate weight loss, reduce fat storage in muscles, improve Insulin sensitivity, eliminate Insulin resistance and self cure your Diabetes. Imagine that people have the power to cure their own Diabetes; in fact they have to power to prevent Diabetes by acting sooner. This is a truth the drug companies DON'T WANT YOU TO KNOW.

Sorry guys! I spilled the beans and now we can look at a future with less obesity, less Diabetes and the other diseases that accompany the other not-so-well understood part of this story... [METABOLIC SYNDROME](#) (which you can read in my earlier blog).

Yours in Health,
docMIKE