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**Obesity and Insulin Resistance  
What does it have to do with Type 2 Diabetes and Cardiovascular Disease?**

Rates of obesity have tripled over the last 40 years in every country in the world. The United States is among the very highest with rates averaging over 36%. West Virginia is the most obese state with over 42%. Obesity is linked to insulin resistance. This is the basis of many chronic health problems including cardiovascular disease, autoimmune diseases, type 2 diabetes and cancer. Insulin resistance develops after years of overexposure to insulin. Obesity and insulin resistance are highly inflammatory states leading to many more health problems including anxiety and depression.

Over 60% of the foods consumed by many Americans have little to no nutritional value. This has resulted in an epidemic of obesity and malnutrition together – Dual Burden of Disease. Many countries, especially the U.S. has a medical system poorly equipped to handle the multitude of chronic disease and poor health seen today.

When obesity is not managed with lifestyle modifications, weight and insulin resistance increases. This increases the incidence of Cardiovascular Disease. Most commercial diet plans in the U.S. are incorrectly based on calorie restriction. We now know that the basic unit of energy is NOT a calorie but rather ATP. The low-fat diet of the last 50 years has NOT resulted in weight loss, but rather tremendous weight gain around the world, despite dietary fats having more calories per gram than carbohydrates and protein.

My specialty is Diabetes, Obesity and Cardiovascular Disease. I am aware that most practitioners do not understand the factors of weight gain and weight loss. It is with this important information that Healthcare Practitioners will be armed with the knowledge that most Medical Doctors do not know – how to truly help people to avoid progression from obesity to Type 2 Diabetes and Cardiovascular Disease. In my private practice on Long Island, I have successfully helped many people to lose weight naturally. When medically supervised, weight loss and optimal health CAN be achieved when we work **with** rather than against our natural DNA as human beings.