

PREVIEW_ Dr. Ted Naiman –

Is Obesity Caused by Too Much Insulin_ (LCC 2016)

All of the anti-insulin theory people out there

know that testosterone completely controls muscle growth.

I mean everyone knows you can just simply inject testosterone and grow muscle and people accept that 100%.

But, "Oh, no, fat mass is controlled not by insulin, but by a just eating too many calories."

It really baffles me why some people deny insulin.

I mean we have everything we need to know to realize that insulin controls fat mass.

If you give someone too much insulin, they will gain fat,

if you have insulin deficiency, you will lose fat.

I mean that's really all you need to know right there.

We've really learned everything we need to know about insulin from insulinoma patients and type 1 diabetics with insulin deficiency and insulin completely controls fat mass.

Insulin is there to preserve stored energy and preserve fat,

it's fat sparing, it prevents lipolysis, that's its primary role.

And once you look at the insulin levels in lean versus obese people, there's really no going back.