

## Preview\_ Andreas Eenfeldt –

### Weight Control The Calories vs Insulin Theory (SA 2015) 3

**Dr. Eenfeldt:** I work as a family doctor. I spent a decade treating obese people and reading and thinking about this. But for a long time it was confusing to me, but it's absolutely possible to make sense of it and you may know this that people with obesity normally have high levels of insulin, abnormally high levels of insulin, the fat storing hormone.

While thin people have usually lower levels. Just one example from one study of fasting insulin levels-- that's the vertical axis, --in different groups. And we have the green column on the left. That's normal, healthy weight people.

The red column is healthy people that are obese. That's the people with obesity who also have slightly elevated blood sugar levels. So they are heading towards type 2 diabetes. Next one even worse - they passed the border to type 2 diabetes.

They have obesity and type 2 diabetes. The last one, yeah, they have obesity, type 2 diabetes and they have really high blood sugar levels. And you can see, the difference is huge in the fasting insulin levels.

So we're not talking about slightly elevated, 10%, 15%. We're talking about 500%, 1000%. Imagine what would happen if any important regulatory hormone in the body, thyroid, cortisol, whatever, you know, gets 10 times normal. It messes things up, it leads to disease.