



Resources to look into:

Mastering Diabetes by Cyrus Khambatta and Robby Barbaro

Ketotarian: The (Mostly) Plant-Based Plan to Burn Fat, Boost Your Energy, Crush Your Cravings, and Calm Inflammation: A Cookbook by Will Cole

Carnivore vs. Vegan debate: <https://www.youtube.com/watch?v=U7dyGwnbp1w>

Sigma Nutrition Podcast: Vegan and Vegetarian Athlete Nutritional Programming with Emma McCrudden: <https://sigmanutrition.com/episode133/>

Sigma Nutrition podcast: Are Vegan Diets Superior for Health? With Alan Flanagan: <https://sigmanutrition.com/episode342/>

Concepts and research to look into:

The Randle Cycle, also known as the fatty-acid syndrome, which states that fatty acids and glucose compete for entry into cells.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2739696/>

De Novo Lipogenesis – there are a ton of studies on this, I've included one below as an example, but the science keeps showing that the creation of fat from carbohydrate intake, even at a level of 2,000grams/day for 7-10 days only manufacture about 150gms of newly synthesized fatty acids from DNL/day, or 1/3 of a pound.

<https://pubmed.ncbi.nlm.nih.gov/8675642/>

Big Ideas:

Insulin resistance can be addressed by skewing macronutrient ratios from a keto standpoint, but also from high-carb, low-fat standpoint.

We generally approach insulin resistance and diabetes from a Carbohydrate-centric Diabetes model. This is only a theory that points the finger of blame at carbohydrate intake for insulin resistance. This model suggests, as do the data, that insulin resistance *inhibits* carbohydrate tolerance, and that insulin resistance is the result of eating too much fat, especially of the saturated variety.

Monosaccharides and refined sugars are not the same thing, and are not processed by the body in the same way.

Fat cells can become inflamed due to their inability to expand indefinitely, and being chronically overfed, which can result in a chronic low-grade inflammation and triggers insulin resistance.

The NTA Vision:

We empower a passionate community of life-changing nutrition professionals to create a ripple effect that transforms lives and shifts the outlook of health to one of hope, today and for generations to come.