

PREVIEW_ Jason Fung - Presentation (Breckenridge 2017) 2

Dr. Fung: "It's your fault", that's what we tell people all the time. But it wasn't. It was really the failure of the doctors, of the researchers to understand that type 2 diabetes is not about too much sugar in the blood. It's about too much sugar in our whole body.

That's what you need to get rid of. You can't simply take the sugar in your blood and shove it in your body and pretend that you're better. It's like if you have garbage in your kitchen and instead of throwing it out, you throw it under the sink. Great, the kitchen is nice and clean, right?

And then when there's more garbage you throw it into your bathroom. "Hey, great, my kitchen is clean!" You doctor pats you on the back, "Your blood glucose is so good. Your A1c is so good." But what's the problem? You haven't thrown out that garbage and your whole house just starts to smell. And then the doctor says, "Well that's what happens, you know. It's chronic, it's irreversible." But it wasn't.