

## PREVIEW\_ Jeff Volek - Keto-Adaptation and Performance (SD 2016)

You all know the statistics, they are dismal,  
but if you're not up to date in the latest statistics,  
two out of three or maybe closer to three out of four adults  
are in fact overweight, struggling with their weight.  
That's the new normal, I mean, that's staggering  
when you think the average person now is unhealthy and overweight,  
and about one in three are obese.  
But perhaps even more disturbing, is diabetes.  
This was the latest statistics that I'm aware of from JAMA last year,  
showing one in two adults have pre-diabetes,  
half the population is pre-diabetic.  
Again, I mean, think about that for a minute,  
the average person now is pre-diabetic, based on A1c or glucose,  
this was a very well done study using data from Enhance.  
And of course, there's personal suffering  
that's associated with diabetes and pre-diabetes,  
but beyond that, there's a huge economic burden.  
We spend today about \$340 billion managing diabetes alone  
and that's expected to increase dramatically over the next several years.  
So, there's, you know, a huge burden on our healthcare system,

that would bankrupt most developing countries  
and will bankrupt our country if we don't do something about it.  
And the consensus in the medical community,  
is that diabetes is a chronic progressive disease that can't be reversed  
and that's what most of the experts will tell you.

"Maybe we can slow it down if you pump people full of drugs."

But we know there are side effects to the drugs and they are relatively impotent.

But clearly, you can reverse diabetes with the appropriate diet.

And just to show you some actual data  
on how we've changed the dietary patterns.

We've actually decreased our fat intake,  
like, we've been told for 40 or 50 years, protein's been pretty stable,  
but clearly the most salient change has been this market rising carbohydrate.

And these aren't spinach and broccoli, right, folks?

This is a lot of added sugar  
and processed carbohydrates  
that are having a significant toll on the body.

So, the way I look at all of this...