

PREVIEW Jason Fung 1 - The two big lies of T2 Diabetes (SA 2015)

Dr. Fung: The problem to put it simply in type 2 diabetes is that you have too much sugar. But it's not just in the blood, it's everywhere in the body. So now what we do is we take the sugar out of the blood and we shove it somewhere else in the body. Right?

So if you imagine that you have a sugar bowl, if your body is like a bowl of sugar, when you eat, the sugar comes in and that bowl is full, so it will just spill out into the blood. But instead of getting rid of it, what you do is you take insulin and you shove it back into the body.

And the body sends it somewhere else, because he says "What am I going to do with it?" It turns it into fat, it sends it to the eyes, it sends it to the kidneys, it sends it to legs, to the heart. But you're not getting rid of it.

So your bowl of sugar is still full, the next time you eat, sugar comes in, it spills out, you take more insulin, you shove it back in. and what happens is that you've got sugar everywhere in your body. So what happens? Well everything just starts to rot.

Your eyes, you get blindness, you get heart attacks, you get strokes, you get amputations, you get kidney disease... Everything starts to go. And all the while your doctor is saying, "Look how good your blood sugar is!" Your A1c is 6%. Good for you!