

## **PREVIEW\_ Dr. Ted Naiman - Hyperinsulinemia (LCC 2016) 2**

**Dr. Naiman:** How do you get insulin resistant? Turns out the more insulin you're exposed to, the more insulin resistance you get. And this is not unique specialty of insulin, this is every hormone in your body.

If you are exposed to any hormone, you can get resistance to it. Actually if you are exposed to anything your body you will get resistance to it. That's how your body works. Let's talk about olfactory fatigue.

This is a phenomenon where if you are in a room with a really bad smell, at first it's overpowering, you stay in there a couple of hours, it's not so bad, you stay in there all day, you can't smell it at all.

Now if you leave the room for a long time and then you come back in, well, then you can smell it. This is adaptation and everything in your body works this way. You go from a dark room into bright sunlight, you can't see until you adapt.

You go from bright sunlight into a dark room, you can't see until you adapt. All your sensors work this way, all your hormones work this way, all your neural processes work this way, all your biochemical processes work this way. Your whole body just adapts to stuff.