

PREVIEW_ Ted Naiman - Presentation (Breckenridge 2017) 1

Dr. Naiman: It turns out that anytime somebody dies, that could be categorized as one of five things. You've got up in the top right-hand corner 30% of deaths is toxic kinetic microbial genetic. But down in this giant 70% of all deaths you've got chronic disease. And of course a big three - cancer, cardiovascular disease and chronic neurodegenerative diseases like Alzheimer's.

What we know about all these chronic diseases that is driven by sedentation and malnutrition, this is poor diet and lack of exercise and underpinning all of this stuff is insulin resistance. And that is why this is such a huge big topic. I mean I will never stop talking about this because it's really that important.