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Dr. Catherine Crofts: And it was actually a snippet on a social media message board that I haven't been able to refine since... ... that pointed me into the direction of this paper. 1975, Dr. Joseph Kraft, "Detection of Diabetes Mellitus in Situ" and it has these patterns.

It's got about 500 oral glucose tolerance tests, multiple sample, up to five hours. And it started talking about these patterns. I'm going, "Yeah, this is what I want. What else has this researcher done?"

And I found this book. Ordered it off Amazon and it arrived promptly, very good. I started reading it and I'm going, "I have more questions about this. "He's done a sterling job analyzing the insulin response patterns.

But what about the glucose? We can't look at this in isolation." There's more to the story, it's not just about the insulin. And the book I had was a second edition 2011.

This is 2013 when I'm reading this and I'm going, "The photo suggests he's pretty spry. Maybe I should write to him. Maybe he still has some of his data. Maybe he might let me use it. But I don't know about that, he seems to be this illustrious person. And I'm just a down to earth kiwi pharmacist on the other end of the world."

And I'm voicing this to Grant. And he said, "Write to him, what's the worst that could happen?"