



Here are some interesting links or interviews.

Study well and give it some thought we can discuss how to get you started.

Heal type 2 diabetes by ignoring guide lines

<https://www.youtube.com/watch?v=da1vvigy5tQ&list=PLzxeEBFYRBVWAbGGF9VGhsNi3oagy0N3m>

How to cure type II diabetes

<https://www.youtube.com/watch?v=zjUdtK6ukqY>

Low Carb Diet: Fat or Fiction?

<https://www.youtube.com/watch?v=8GUIBNKnT1M>

Low Carb expert Dr. Eric Westman (MUST WATCH THESE IF YOU WANT TO KNOW WHAT TO EAT)

<https://www.youtube.com/watch?v=x9-OkTOq-n0&spfreload=1>

<https://www.youtube.com/watch?v=n-jBRmQVOuk>

Dr Wortmans Ketogenic diet for diabetes

https://www.youtube.com/watch?v=pNwq_uSv9kA

Keto-Adaptation

https://www.youtube.com/watch?v=PyeFO_MGzp0

Jeff Volek, PhD, RD: How your blood panel values respond to a ketogenic diet

<https://www.youtube.com/watch?v=y2zoDsVimyw>

Jeff Volek: The Many Facets of Keto-Adaptation: Health, Performance, and Beyond

<https://www.youtube.com/watch?v=n8BY4fyLvZc>

David Perlmutter MD Grain Brain (The Surprising Truth About Wheat, Carbs, & Sugar - Your Brains Silent Killers)

<https://www.youtube.com/watch?v=qgu7wiDRaLU>

William Davis - Wheat: The UNhealthy Whole Grain

<https://www.youtube.com/watch?v=UbbURnqYVzw>

Dr Mercola and Dr D'Agostino on Ketogenic Diet and cancer treatment

<https://www.youtube.com/watch?v=UjPgK7gWJeM>

The Oiling of America – Sally Fallon

<https://www.youtube.com/watch?v=y2zoDsVimyw>

The Great Cholesterol Myth a cardiologist views – Dr Frank Sinatra

<https://www.youtube.com/watch?v=dAq7Sxyp-JQ>

Enjoy saturated fats a hearts surgeons views– Donald Miller

<https://www.youtube.com/watch?v=vRe9z32NZHY>