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**For Immediate Release**

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## **Outdated Training, Understanding on What Causes Disease Leads to More Sickness and Deaths, Says Scientist in New Book**

*Metabolic scientist Dr. Benjamin Bikman claims in his book, “Why We Get Sick,” that insulin resistance is “the world’s top health disorder” and typically the culprit behind Alzheimer’s, diabetes, cancer, heart disease, hypertension, obesity and other health conditions.*

**PROVO, Utah – July 15, 2020** – Insulin resistance is the new No. 1 enemy to health and longevity, and if we want to substantially decrease our chances of succumbing to Alzheimer’s, diabetes, cancer, heart disease, hypertension, or battling with obesity, migraines or many other health conditions, then it’s time to rethink how we diagnose, treat and prevent disease, says a scientist in his new book.

“Insulin resistance is wreaking havoc upon human health and leaving massive sickness and death in its wake,” said Bikman. “It’s time for the world to embrace the research that irrefutably proves the strong connection between insulin resistance and most chronic diseases and adverse health conditions. It’s the epidemic nobody has ever heard of — yet it affects more people annually than any other.”

Bikman says that up to 88% of the population may be insulin resistant. Solving this metabolic issue can also substantially decrease the severity of a COVID-19 infection for those with a preexisting health condition.

That’s why Bikman has taken it upon himself to lead a worldwide movement in calling out insulin resistance as “the world’s top health disorder.” He’s shared his warning in speeches, on social media, YouTube videos and many peer-reviewed research papers. Now, in an attempt to expand his reach, he’s sharing it in his new book, “[Why We Get Sick](#)” (to be released July 21). The book relies on research performed and published by hundreds of different labs and hospitals worldwide that have studied this issue for a century. Bikman claims nothing he wrote is based on his opinion, but rather everything is backed by published, peer-reviewed science.

Some medical doctors are so impressed by Bikman’s research and advice that they’ve changed how they’re practicing medicine and using it to more effectively treat their patients.

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Bikman identifies nine warning signs to help people quickly determine if they may have insulin resistance: excess belly fat, high blood pressure, a family history of heart disease, high levels of blood triglycerides, easily retaining water, patches of darker-colored skin or little bumps of skin (i.e., “skin tags”), a family member with insulin resistance or type 2 diabetes, feeling tired a couple of hours after lunch, gestational diabetes or polycystic ovarian syndrome (for women), or low testosterone (for men).

“If you answered ‘yes’ to two or more of these, then you’re likely insulin resistant,” said Bikman.

But the good news is insulin resistance can usually be quickly reversed or eliminated by a change in diet and lifestyle. Bikman’s research says regular exercise and a diet high in protein, healthy fats (saturated and monounsaturated, not processed fats), and insulin-friendly fruits and vegetables (like cabbage, broccoli, Romaine lettuce, blackberries and raspberries) can produce almost immediate results.

“Although its consequences are dire if left untreated, insulin resistance doesn’t have to be a life sentence,” said Bikman. “There are simple, science-based approaches to reverse the condition or prevent it from developing.”

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### **About Dr. Bikman**

Benjamin J. Bikman, Ph.D., a renowned metabolic research scientist, is a popular speaker on human metabolism and nutrition. Backed by years of research, Dr. Bikman’s mission is to help the world appreciate the prevalence and relevance of insulin resistance. His book, “Why We Get Sick” (released July 21, 2020) offers a thought-provoking yet real solution to insulin resistance and how you can reverse pre-diabetes, improve brain function, shed fat, and prevent diabetes. Dr. Bikman says science shows that by prioritizing protein and healthy dietary fats and limiting our consumption of refined carbohydrates, human health and metabolism thrive and insulin resistance is resolved. In May 2020, Dr. Bikman and his co-founding team of nutrition and industry experts launched the HLTH Code Complete Meal, a delicious shake for helping individuals maintain a healthy diet during a fast-paced lifestyle. Dr. Bikman has a Doctor of Philosophy in Bioenergetics from East Carolina University, as well as a Master of Science in Exercise Physiology and a Bachelor of Science in Exercise Science from Brigham Young University.

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**Photo:** Insulin resistance and diseases.

**Cutline:** This chart shows the most common diseases connected to insulin resistance.