



Revealing the TRUTH about diabetes and how to  
reduce high blood sugar and boost metabolic health  
using natural dietary and lifestyle strategies

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## **Jason Fung, MD**

*Fasting Strategies For Type 2 Diabetes And Blood Sugar*

- Dr. Brian Mowll: Hello, and welcome back to the Diabetes Summit 2019. This is Dr. Brian Mowll, the Diabetes Coach. I am a certified and master licensed diabetes educator and IFM certified in functional medicine. Again, I am your host for the sixth annual Diabetes Summit.
- Dr. Brian Mowll: The next interview I have for you today is with Dr. Jason Fung. I first interviewed Dr. Fung a few years ago before he became an internet sensation. Now he's all over YouTube and the internet because of the incredible content that he delivers, and this interview is no exception.
- Dr. Brian Mowll: Dr. Jason Fung is a Canadian nephrologist and a world-leading expert on intermittent fasting and low carb diets, especially for treating people with type 2 diabetes. He's written three best-selling health books, including *The Obesity Code* and *The Diabetes Code*, and he co-founded the Intensive Dietary Management program. You can learn more about Dr. Fung by checking out his website at [idmprogram.com](http://idmprogram.com). Now here is my interview with Dr. Jason Fung.
- Dr. Brian Mowll: Dr. Jason Fung, great to be here with you again, my friend.
- Dr. Jason Fung: Good to be here. Thanks for having me back.
- Dr. Brian Mowll: Absolutely. You've been a busy man. You've been up to a lot. You released another book, which is very close to my heart, a culmination of a lot of the work that you've been doing over the past probably decade, but certainly the past few years. That's called *The Diabetes Code*. I'd love for you to just maybe talk a little bit about that and why you think that was such an important thing to do.
- Dr. Jason Fung: Yeah. It's very close to my heart as well because I actually deal with a lot of type 2 diabetes because as a kidney specialist, the biggest cause of kidney disease is type 2 diabetes, really by far and away. It really is close to what I do every day. I see people with type 2 diabetes all the time. It's sort of a follow on to the *Obesity Code*. The *Obesity Code* dealt with a lot of the same issues in terms of the misunderstanding of obesity, which is clearly related to the type 2 diabetes epidemic, but didn't really go into what is actually happening. This book is a little bit more technical and it's a bit more specific to preventing and reversing diabetes and pre-diabetes, which turns out it affects a lot of Americans.

In some studies, more than 50% of American adults, so really a lot of people are affected by that.

Dr. Jason Fung: The book really delves into the pathophysiology as to what's happening with diabetes, what the difference is, which The Obesity Code didn't do. That's sort of where it left off. If you're more interested in type 2 diabetes, then this gives you a bit more information. It's more of a science book rather than a how-to book. It's about understanding the disease, which I think is actually the key. If you understand the disease, then you know why you're doing what you're doing.

Dr. Jason Fung: One of the big misunderstandings, I think, of the disease ... There's two big ones I think. One is that people consider it, and this goes for health professionals as well, so doctors, will say things like, "This is a chronic and progressive disease", but it's really not. It's actually a reversible disease. The reason they say it's a chronic and progressive disease is that I think they've been treating it all wrong.

Dr. Jason Fung: What they've done is they've brought on a lot of drugs to treat what is essentially a dietary disease. The disease itself of type 2 diabetes is too much sugar in the body, so giving drugs doesn't get rid of that sugar. It doesn't do anything. In fact, it just masks the problem. If you've masked the problem, but keep putting sugar in your body, then the disease gets worse. What happens is that doctors say, "Wow. I have a lot of patients with type 2 diabetes, and every single one of them is getting worse, but yet, I'm using all these drugs. Therefore, the disease must just be like that", not realizing that the problem is not the disease.

Dr. Jason Fung: The problem is the way that we treat the disease is all wrong. Because it was wrong, it got worse, and then because it got worse, we had to blame something, so we blamed the disease rather than our understanding of the disease. Again, we know it's reversible. Every single study shows that. If you have a friend who gets diagnosed with type 2 diabetes, goes ahead and loses 50 pounds, that diabetes almost for sure will go away. Everybody knows that. You know that. I know that. Everybody knows that. What happened to this notion that it's chronic and progressive?

Dr. Jason Fung: Those are what I consider the two big lies of type 2 diabetes. It's a lie to protect ourselves from recognizing the fact that we've been doing the wrong thing for so many years. We've been using drugs for a dietary disease, not fixing the diet, and then saying, "Well, it's a chronic disease. The disease is just like that."

Dr. Brian Mowll: Yeah. I think the name diabetes mellitus is a bit of a lie also. I don't think we can blame the people who originally named the condition because they just didn't have the science and knowledge around it, but diabetes mellitus is really named after a symptom, a sign, the polyuria that comes with very, very high uncontrolled blood sugars often. Diabetes is obviously not just about urinating out sugar. It's not just about having blood sugar or hyperglycemia. It's much, much more than that. I love the way you describe that in your book.

- Dr. Brian Mowll: Could you talk a little bit about really how you see diabetes? What is it really?
- Dr. Jason Fung: Yeah. That is exactly right. Type 2 diabetes, for so many years what we did was we thought that all of the problems resulted from the high blood glucose, and that's how we make the diagnosis, when you have a high blood glucose, but really what causes the high blood glucose is the diabetes. That is, the high blood glucose is a symptom of the disease. It's not the actual disease itself. We've confused the symptom with the actual disease.
- Dr. Jason Fung: If you want to use another example, you can take a person with a bad infection. For example, say they have sepsis. They have a bad, raging infection, and you need to give antibiotics because you have an infection. The antibiotics treat the disease and therefore everything gets better, but if you're just to look at the symptoms of the disease, you would say, "Well, this person has a high fever." You can treat the fever with Tylenol or acetaminophen, but that's not going to make anybody better. Giving symptomatic treatment is not useful in any way.
- Dr. Jason Fung: It's just like if you're bleeding from an internal gunshot wound and you put a bunch of bandages over it to soak up the blood, and you say, "Hey, there's no more blood. Everything's good." It's like it's not good because you never treated the actual disease. You just saw the blood as a symptom so you soaked it up with a bunch of gauze.
- Dr. Jason Fung: In every part of medicine, we understand that you can't just treat the symptoms. You have to treat the underlying disease. Here, what we did was we treated the symptoms, and because the disease got worse, the type 2 diabetes got worse, then we said, "Well, it's just like that." That's sort of the big misunderstanding of type 2 diabetes.
- Dr. Jason Fung: The way I see type 2 diabetes is essentially a disease of too much sugar in our body. It's not just in the blood. It's in our whole bodies. If you take a drug such as insulin, that's a sort of classic drug that we use for type 2 diabetes, what you have to understand is if that drug is not getting rid of the sugar in the body, it's not actually doing anything because that's the disease, too much sugar in the body.
- Dr. Jason Fung: What the insulin does is it takes the sugar from the blood and it just crams it into the liver. What the liver does is like, "Whoa. What am I going to do with it?" It turns it into fat, so it causes weight gain, and it sends that sugar all throughout the body. It goes into your nerves and it goes into your legs and it goes into your heart and everything.
- Dr. Jason Fung: Over 10-15 years, what happens is that all that sugar just rots the body. Your kidneys go. Your eyes go. You go blind. You need dialysis. You get heart attacks. You get strokes. You get diabetic foot infections because there's just all this sugar sitting around in the tissues of the body. You get nerve damage. You get everything. Everything just starts to go, but the blood glucose is good because you used all this medication to shove all this glucose from where you could see it somewhere where you couldn't see it. Then because you couldn't see it, you said, "Well, everything must be great." At the same time, not realizing that you've

just used this symptomatic ... You're treating the symptom. You're not treating the disease.

Dr. Jason Fung: It's kind of like if you have garbage, and instead of throwing it out, you just put it under the sink. When the sink is full, you put it in your bedroom, and then you put it in your bathroom. You say, "Look. My kitchen's nice and clean because I can't see any garbage", but the whole house starts to smell. That's exactly what we've done with type 2 diabetes. We've given these medications to shove all this sugar where we couldn't see it. As our body starts to rot away, we said, "Well, that's just the disease. That's just the way it's done."

Dr. Jason Fung: It's very powerful because if you understand that it's just about too much sugar in the body and not just the blood, then there's only two things you need to do. Stop putting sugar into the body and burn off that sugar. If you don't put sugar in, that's a low carbohydrate diet. Cutting out the sugar, cutting out the refined grains, refined carbohydrates. If you want to burn it off, you do intermittent fasting. Again, let your body burn off all that sugar that's making you sick.

Dr. Jason Fung: Is it fun? No, not really. You can use exercise too, but it's not as efficient a method of burning it because your muscles tend to exercise the muscles when you exercise, but really the liver is the key here. You want to get rid of all that sugar in the liver, all that fat in the liver.

Dr. Jason Fung: It's very simple, but now what you do is you take a disease which is dietary in nature and you treated it with Intensive Dietary Management rather than drugs. That's why it's successful. We see people ... I have an Intensive Dietary Management program. We've been treating people for like four or five years now, and we see people who reverse ... Even just today, I saw somebody on 75 units of insulin a day, took him down to zero in like four months. They had it for 15 years. Took him down to zero in like four months and the A1C is 5.9. In our lab, that's classified as nondiabetic. We took a severe diabetic and turned him into a nondiabetic in four months when they had this disease for 15 years. That's what we do.

Dr. Jason Fung: We have an online program for that as well, in terms of diabetes reversal. It's the Intensive Dietary Management program, which is [idmprogram.com](http://idmprogram.com). People can join and get help with that.

Dr. Jason Fung: It's really trying to get people to understand that this is a disease that you have to treat the underlying cause, not just bandaid over the situation and then say things are getting worse.

Dr. Brian Mowll: That makes a lot of sense. How does insulin and insulin resistance fit into the picture? You talked about essentially diabetes is too much sugar in the blood and the way to reverse it is to get the sugar out of the body, or too much sugar in the body and the way to reverse it is to get the sugar out of the body through low carbohydrate diet, exercise, and fasting. Where does insulin resistance and hyperinsulinemia fit into the picture?

- Dr. Jason Fung: Hyperinsulinemia ... Insulin is a normal hormone. What it does is when you eat carbohydrates and protein, insulin goes up. It tells the body to store food energy. You store it as glucose, which is glycogen in the liver. When you have too many carbohydrates, then you turn that into fat. There's a process in the liver called de novo glycogenesis, which turns that excess carbohydrate and protein into fat. Essentially, you store the excess carbohydrates and protein as sugar, which is glycogen, or fat, body fat.
- Dr. Jason Fung: You get to this stage where you have something called insulin resistance. Insulin resistance only refers to the fact that if you normally eat a meal, so say you eat a meal which has some carbs, some protein, some fat, blood glucose goes up, insulin goes up. The insulin then forces that blood glucose down by shoving it into the cells. At some point when you have insulin resistance, what you see is that when you eat the meal, the blood glucose stays up. The insulin level is not low. It actually tends to be high, but for some reason, that insulin is not pushing that glucose into the cell. That's what's called insulin resistance.
- Dr. Jason Fung: The question is why this insulin is no longer working. The reason ... And that's called insulin resistance, which is sort of synonymous with type 2 diabetes. Type 2 diabetes is insulin resistance. Insulin resistance is type 2 diabetes. The way to understand why is that the cell is full of glucose. If it's already full of glucose, that insulin is not able to shove any more glucose into that cell. What the body does is it produces more insulin to really stuff it in.
- Dr. Jason Fung: It's kind of like a suitcase, for example. The first couple of shirts go into the suitcase no problem, but once it's full, those last two shirts, it takes a lot of force to push it down. What caused it to fill up in the first place? It was too much fructose, too much glucose, which caused too much insulin. That is what filled up the cell in the first place. It's an overflow phenomena.
- Dr. Jason Fung: You can think of the cell or the body as a sugar bowl. If it's empty, the sugar goes in no problem. Insulin makes the sugar go in no problem. There's no insulin resistance. As you fill up that bowl, then what happens is that that insulin is no longer able to shove any in because it's full and it'll spill out into the blood. That's what's called insulin resistance. What caused it in the first place was too much insulin and too much sugar in the first place. The whole thing comes down ... All that insulin resistance was really just caused by too much sugar. It's the same process, insulin resistance, which causes more insulin secretion, which causes more resistance because remember, insulin's trying to shove all that sugar in.
- Dr. Jason Fung: Just like our overfilled suitcase, the wrong thing to do in this case is to use more insulin. If you have an overfilled suitcase, the solution is not to get a friend to help push down the cell, push down the suitcase, because as you shove more shirts into that suitcase, and then you say, "Oh yeah, but if I get my friend, I can close it up", eventually it reaches a point where the two of you are not enough so then you say, "Oh, I'll get a third friend." That's what we do because the problem is too much sugar and too much insulin. The solution cannot be to give more insulin.

The better solution is to get rid of all that glucose which is filling up the cell in the first place.

Dr. Jason Fung: Again, if you think about that suitcase, the solution is not to get more friends to help sit on the suitcase. The solution is to get rid of some of the shirts that you put in it. It's the same thing. In the cell, the solution is to get rid of that glucose. How do you do that? One, don't put it in, and two, burn it off if you have it in.

Dr. Brian Mowll: You've described having too much glucose in the cell as one of the drivers for insulin resistance. Many other doctors and scientists also have described having fat around the liver and the pancreas, as well as muscles, as one of the drivers of insulin resistance as well. We've got these different elements, high insulin levels, insulin resistance, fat stored in the muscles, liver, and pancreas, and then we've got too much glucose in the cell, which, as you just described, drives more insulin resistance. How do all these pieces fit together?

Dr. Jason Fung: They're all caused by the same thing. They're absolutely right. What you see is that fatty infiltration of the muscles, fatty infiltration of the liver, and fatty infiltration of the pancreas is what causes the type 2 diabetes, but where does that fat come from? Some people say dietary fat, but that's not where it comes from. When you eat fat, it doesn't go into the liver. It goes into the bloodstream where it's taken up by fat cells. The way that you get too much of this fatty infiltration of organs is by giving a lot of carbohydrates, refined carbohydrates, and high doses of insulin.

Dr. Jason Fung: If you give a lot of insulin, remember, what happens is that it takes that glucose ... If you eat too much sugar, glucose and fructose, and then insulin goes way up high and you do this sort of day after day after day, the liver takes that glucose, turns it into fat. It then has to export that fat out of the liver because it's not supposed to keep it around, but if it's producing so much fat that it can't export it all out, then it backs up and what you get is fatty liver. If you eat fat, it never gets into the liver. It never gets to the liver.

Dr. Jason Fung: As the liver is pumping it out, the first place it goes to is the skeletal muscles, which start to take up the fat because it's there, and also the pancreas and the visceral organs, so the organs around the fat. It's all driven by too much insulin. In the end, all of the fatty infiltration of organs, the insulin resistance, which is linked to that, and the beta cell dysfunction, which is fatty infiltration of pancreas, is all driven by hyperinsulinemia, which is driven by too much sugar, which is glucose and fructose.

Dr. Jason Fung: Again, if you come down to it, once you get down to the root cause, now you can say, "Okay. Now I have something to treat." The problem is actually hyperinsulinemia. Then the question is, "Okay, good. How do I lower insulin?" That's how you treat the problem. If you just say, for example, "Oh the problem is caused by fatty liver", what causes a fatty liver? "We don't know." That doesn't help you. You have to get to the root cause, which is in the end, hyperinsulinemia, too much glucose, too much fructose.

- Dr. Brian Mowll: Excellent. You described earlier a low carb diet and you mentioned fasting. I'd love to talk to you for a few minutes about fasting. You wrote a book about fasting. This is something obviously you are known for, you teach quite a bit. If people want to start fasting, what's a good place for them to start?
- Dr. Jason Fung: Fasting is just not eating basically. You could do it at any point. In a day, normal fasting should be sort of 12 to 14 hours. That is eating dinner at 7:00pm and you don't eat breakfast until 7:00am. That's 12 hours of fasting. That's what a normal day is. If you want to extend that period of fasting, then you can go up to like 16 hours, for example, which is a 16/8 or time-restricted eating, which is where you only eat for eight hours of the day. You can go up to 20 hours of the day, for example. Those would be done most days of the week, six out of seven days of the week.
- Dr. Jason Fung: As you develop diabetes, you may want to give your body a bit more time because remember, the thing about fasting is that if you don't eat, your body is forced to burn off that sugar. It's like, "That's great." That's the whole problem in the first place for pre-diabetes and diabetes, type 2 diabetes, is that you have too much sugar. Now you're going to burn it. Is it fun? No, but it's an all-natural way to do it. We're not giving you drugs. We're trying to take away those drugs in the IDM program, and it's 100% natural. It's been used for thousands of years.
- Dr. Jason Fung: You can go up to, say, 24 hours of fasting, which is sort of a one meal a day idea, which is maybe, say, 23 hours a day of fasting. You might do that, say, three times a week. That's another very popular schedule. As you get into the more severe diabetes, you can keep going up.
- Dr. Jason Fung: You can go up to 36 hours, which is a full day fast. For example, if you eat breakfast, lunch, and dinner on Monday, then you don't eat anything after dinner on Monday, and then you don't eat anything for all of Tuesday. Then you don't eat again until Wednesday morning. That's longer than 24 hours. It's about a 30 to 36 hour fast. That's simply gives your body more time to burn sugar. As you burn sugar, you're going to get better, if you do it day after day.
- Dr. Jason Fung: Then you can go into the multiple day fast, four days, five days, seven days sort of thing. It's all up to you what you want to do. The longer you go, the more powerful it is, but there is things you have to watch out for. Medication adjustments and all these other things that you do have to be a bit careful of. Re-feeding, which is, if you do a long fast, you have to break it very gradually.
- Dr. Jason Fung: Again, these treatments have a huge advantage because one, as I said, they're all-natural, they've been used for thousands of years, but they're also free. For all those people who are disadvantaged or don't have a lot of money, you're going to save money because you're not even buying food. You're relying on your body's stored food sources because that's all body fat is. All that fat that's there in the liver, that's there in the pancreas, that's there on your body, that's just stored food energy. That's there for you to use if you don't have anything to eat.

Dr. Jason Fung: If you don't have anything to eat, you're going to use it, which is great. Then you're going to get healthy. It doesn't take time to fast. It actually saves you time because you don't have to shop. You don't have to do anything. It's convenient and it's available tomorrow. You don't have to wait for somebody to set up a clinic for you. You don't have to wait for any of it. You don't have to wait until your doctor does this or that. You can start like literally right now for free, available to anybody anywhere in the world.

Dr. Brian Mowll: I love that.

Dr. Jason Fung: And you can do it any time.

Dr. Brian Mowll: Yeah. That's great. For people who have questions about fasting, you have an incredible blog over at [intensivedietarymanagement.com](http://intensivedietarymanagement.com).

Dr. Jason Fung: It's actually [idmprogram.com](http://idmprogram.com). I changed that.

Dr. Brian Mowll: [Idmprogram.com](http://idmprogram.com). Okay. [Idmprogram.com](http://idmprogram.com). And they can read all about fasting. You've written many, many articles about diabetes and obesity and fasting. You have a book about fasting as well. You answer questions like why you don't lose lean body mass on fasting, why your metabolism doesn't slow down on fasting, why fasting is safe for almost everyone, and you really cut through a lot of the myths and misinformation I think that prevents or stops people from practicing fasting. Fasting has stood the test of time. We all fast every day, as you said, anyway, so we're just using that as a strategy and lengthening our fast to improve the health of our body and recovery. There's a lot of benefits to it.

Dr. Brian Mowll: I'd like to finish with just a few questions. I'd like to ask you about your work because, first of all, I just want to honor you. I think you're a pioneer in the field of diabetes. You've really taken some of these concepts and put them out there with a lot of courage and strength of character. You've really brought this message to a lot of people. I just want to honor you for doing that because I know it's not always easy to be out on the front lines.

Dr. Brian Mowll: If there was one message or idea or quote professionally that you'd like to be remembered by, at least at this point in your career, if you, for some reason, had to hang it all up tomorrow and there was a message that you wanted people to remember your professional work by, what would that be?

Dr. Jason Fung: I think the most important thing really is to understand that type 2 diabetes is a reversible condition. Knowing that is more important than everything else because everybody tries to make you believe otherwise, that type 2 diabetes, pre-diabetes, is this sort of pre-destiny, that once you have it, you're always going to have it. Clearly, that's not true because we have tons of people who reverse their disease. Other people say, "Oh that's just a part of aging." It's not a part of aging. Let's go back to the 1960s. Very few people had type 2 diabetes, and the genetic pool is sort of all the same.

Dr. Jason Fung: People try and give you this learned helplessness. You see this on the diabetes, American Diabetes Association. "Oh, it's just part of it. It's a life sentence." It's like, "No, it's not a life sentence." Type 2 diabetes is treatable. Once you understand that, then you can start looking for ways to treat it. Whether you want to do restriction or intermittent fasting or low carbohydrate diet, there's lots of different ways, but once you believe that it's a treatable condition, then you can start working towards that, whereas most doctors have given up the ghost and said, "Oh you have it? Too bad. It's a death sentence. You'll eventually die of this." It's like it's not a death sentence. It's treatable.

Dr. Brian Mowll: I love that message.

Dr. Jason Fung: It's still a lot of work.

Dr. Brian Mowll: It is. It's some work. It's not easy necessarily, even though it's a pretty simple process to do it. It still takes time and takes some commitment, but knowing that it's possible I think gives people hope, and that's the most important thing.

Dr. Jason Fung: Yeah. Then you can also look for help because there's programs ... Getting the support that you need. You go out there ... It's not so bad now, but five years ago, we used to say, one of our top tips was, Don't tell anybody because people are going to shoot you down when they hear your fasting." Now it's not so bad. It's kind of out there. People accept it and have recognized the logic behind it. Five years ago, we're like, "Yeah. Don't tell anybody you're doing this because they're going to come down on you like a ton of bricks."

Dr. Jason Fung: Getting the support you need, whether it's a group situation. There's Facebook groups, for example, that you can join. We have a Facebook group. It's called like Fasting Support. That is available. There's lots of other fasting groups, keto groups, low carb groups that are out there. There are things that you could use. We have a list of tips for people and helps, appetite suppressants. We often use things like tea, for example, which is a very like a natural whole food, for example. Different teas, particularly green tea for example, is often very effective for people to lose weight. There's things you can do to get help because it is difficult.

Dr. Brian Mowll: Okay. Great. Just two other questions here. The first one is, if you had a really good friend or a family member who got a surprise diagnosis of type 2 diabetes, you didn't know that they were maybe even on this path, and they came and told you and you had just two minutes to really give them your best advice on what to do about it, what would you tell them?

Dr. Jason Fung: Much as what we discussed. Type 2 diabetes is really just about too much sugar in the body. Burn it off. Just burn it off. It's been done many, many times successfully. I see it almost every single day. If you want to avoid all the problems because ... I tell people it's not fun, but neither is getting your leg chopped off and neither is having a heart attack and neither is having a stroke and neither is going blind and neither is going on dialysis when your kidneys fail. None of that is fun.

Taking medications, two, three, four medications, injection after injection, for the rest of your life, is that fun? Not really.

Dr. Brian Mowll:

Not at all.

Dr. Jason Fung:

You have to make a choice because if you don't take care of those dietary issues, if you just take the medications and just try to pretend that you're getting better, it doesn't. You're going to face those consequences later on. If that does happen, it will be too late at that point because once the damage is done, it's done. You can't undo the damage that's already done. Just like if you have a car and you don't change the oil, then it breaks down. Then you say, "Oh I'm going to change the oil now." It's like that's good, but not going to help.

Dr. Brian Mowll:

Too little too late.

Dr. Jason Fung:

Yeah.

Dr. Brian Mowll:

Okay. Finally, this is a big one. If you're sitting around the table with 20 of the world leaders, presidents from all the major industrialized countries, and they're looking at the diabetes epidemic and scratching their head, and they brought you in as an expert to help them solve the diabetes epidemic, what advice would you give them?

Dr. Jason Fung:

It's all about education. This is the thing that people have to understand. From a public health standpoint, the way that we treat type 2 diabetes, especially in America, is not sustainable from a fiscal standpoint. It's going to bankrupt you. The medications cost an arm and a leg. When you develop the complications, heart attacks, strokes, and cancer, the treatment is fantastically expensive. More and more people are getting it. Setting aside the human cost to it, the money cost to it is huge, but you have to understand that all of this is treatable, preventable for free merely with education. You're not trying to build huge clinics to do surgery for people. You're not trying to train hundreds of doctors to get out there and do this fancy thing.

Dr. Jason Fung:

You're just educating the general population, which they do anyway, on best practices, on how to use fasting, why you shouldn't fear fasting, why if your blood sugar is up you can do a bit more fasting because if you don't eat, your blood sugar will fall. If your blood sugar falls, you don't need to take medication. What's so hard to understand about that? If you continue to not eat, you'll lose weight. As you lose weight, your type 2 diabetes will go away. What's wrong with that? It's available for free and it's going to save the governments of whole nations literally billions of dollars. That's not including the human cost and suffering, the heart attacks and strokes and cancer, which is immeasurable in terms of dollar amount, but the dollar amounts themselves are just staggering.

Dr. Brian Mowll:

Wow. Great advice. There you have it, Dr. Jason Fung. [Idmprogram.com](http://Idmprogram.com). He's got a great program on helping people to reverse type 2 diabetes, get control of their blood sugar. The Diabetes Code, The Obesity Code, on Amazon. I'm sure you can get information at the website as well. Check out his blog at [Idmprogram.com](http://Idmprogram.com) as well. Dr. Fung, thanks so much for spending some time with me here today.

Dr. Jason Fung:        Alright. Thanks, Brian.

Dr. Brian Mowll:      Alright, guys. That was my interview with Dr. Jason Fung. I know you enjoyed it. We covered a lot there, and I was so excited to bring this interview to you as part of the Diabetes Summit 2019. Hey, I want to thank you so much for being part of this event. Remember to share this with some friends or family members. It's not too late. Tell them to go to [thediabetessummit.com](http://thediabetessummit.com), get registered for this free event, so they don't miss any of this great content.

Dr. Brian Mowll:      Alright. I'm Dr. Brian Mowll, the Diabetes Coach, and I'll see you again really soon for another expert interview.