



## The Most Erudite Diabetes Metaanalysis on YouTube

I've read lots of diabetes books but if you want to get the insight without the time commitment, this video from [Chris MacAskill](#) is solid.

Put another way, this is just a sensemaking consensus of all the books backed by science that have contributed to our deepening understanding of Type 1, Type 2, Diet, Exercise, and Insulin as they pertain to diabetes.