**PREVIEW\_ Jason Fung - Presentation (Breckenridge 2017) 1**

**Dr. Fung:** The problem is not the insulin. The problem is that your cell is overfilled, it's an overflow paradigm. Just like this - your cell is like a train and it's got passengers and normally they go in. Insulin opens the door, stuff goes in. But what happens if that cell is already filled?

If it's already filled with glucose and fat, that liver cell, you keep it shoving it in with insulin... That's not the solution. Because you have the wrong paradigm. You think that the train is not opening the door, so you hire these guys to keep shoving people you. They do this in Japan. Because it's cool.

But the problem is the glucose stays outside, the passengers can't get in. So you keep trying to shove it in. Which is fine at first then you get to the next stop, you hire more guys, hire more insulin guys and keep shoving it in. Now that works for the next stop then you hire more guys to keep shoving it in until you can't anymore. Then everybody stays outside and you make the diagnosis of type 2 diabetes.