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DEVOTED TO LASTING INNER PEACE AND WELL-BEING

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The following is a list of 108 research studies that support what we teach in our Diabetes Challenge with respect to insulin resistance, carb intolerance, metabolic syndrome, and types 1.5, 2 and 3 diabetes.

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## References

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The Causes of Insulin Resistance in Type 1 Diabetes, Type 1.5 Diabetes, Prediabetes and Type 2 Diabetes  
Insulin resistance is the common thread that underlies blood glucose variability across all forms of diabetes. This document contains references from the evidence-based research about the true dietary causes of insulin resistance.
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