

Kraft Clinics

"Should everyone be tested?"

ABSOLUTELY NOT!

Only those concerned about their future!"

Joseph R. Kraft, MD, MS, FCAP

What is a Kraft Clinic?

Kraft Clinics are Meterbolic's turnkey concierge service offering to those who want the most and the best insight into their metabolic state of health. They are for people who want an "early warning sign" of potential future illness so that they can be proactive about their future health.



During a Kraft Clinic insulin resistance is measured using an Oral Glucose Tolerance Test (OGTT) with insulin or "Kraft Curve", named after the pioneering medical doctor and pathologist Dr. Joseph Kraft. Depending on your Curve outcome, we will advise on the best next steps.

Kraft Clinics are hosted by **Meterbolic** in partnership with our referring affiliates at locations in the UK and Ireland.

What is insulin resistance?

Insulin is a hormone that serves many functions in our bodies, and one of its main jobs is to shepherd glucose into our cells in order to fuel the cell and maintain blood glucose levels. The more glucose we consume the more insulin is called upon to regulate glucose in the blood. Over time it becomes harder and harder for insulin to drive the glucose into our cells and more and more insulin is required to make this happen. Slowly we become increasingly "insulin resistant" and this is exactly what a Kraft Curve is measuring.

Why does insulin resistance matter?

- An easy way to grasp the answer to this question is to know that Type 2 diabetes *is itself simply insulin resistance* - the two terms are synonymous to a large degree with the former simply a measure of the degree of the latter. According to expert Dr. Ben Bikman:

"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."

- Insulin resistance causes or contributes to diseases other than diabetes. Again, Ben Bikman:

"Most people with insulin resistance will ultimately die from heart disease or other cardiovascular complications; others will develop Alzheimer's disease, breast or prostate cancers, or any number of other lethal diseases."



What to expect at a Kraft Clinic?

- We will ask you to fill out a short questionnaire concerning basic information such as gender, age, weight, height, diagnosed health conditions, medication, etc.
- We'll then proceed with the test itself and take blood samples to measure both your insulin and glucose while in an overnight fasting state (for the previous 12 hours) using a small lancet to prick the side of your finger. The measuring is done using a combination of at least a glucometer and our proprietary insulin assay and analytics.



- After these first measurements, we'll ask that you drink 75 g of glucose in a prepared solution. Physiologically your pancreas will start to "kick-in" and begin pumping out insulin. In a Kraft Clinic we are essentially measuring how hard your pancreas has to work to deal with this sudden influx of glucose.
- Further blood samples will then be taken after the glucose intake to "plot your Curve" over the subsequent 2-3hrs and allow us to determine how hard your insulin is working to control glucose levels. We are literally measuring insulin resistance (or insulin sensitivity, depending on how you look at it!)

What we ask of you at a Kraft Clinic

Keep sensitive information private

This is a group setting. You may hear and learn from other people's health data. While a group setting is a wonderful way to learn and meet others on their own metabolic journey, we ask that you respect the privacy of those who participate of this group - and that what you hear about individual's health data stays within the group. General learning and anonymous data can be shared. Please do not share what you would not want shared about yourself.



We do not diagnose disease and do not advise on medication

It is important to remember that while a Kraft Clinic will help you take control of your health, this is not a diagnostic procedure. Only your GP/Hospital doctor can diagnose disease. We cannot advise on medication adjustment; this must remain something between you and your physician. That said, as your health improves you will likely need less medication. So close monitoring and advice on medication reduction from your GP team will be essential.

Stay curious!

One of the joys of hosting Kraft Clinics is the friendly camaraderie of coming together in pursuit of metabolic health. We have expert former GP Donal Collins on staff, who together with health optimization coach Andy Taylor have conducted many Krafting sessions and bring a combined wealth of knowledge of the topic to answer most of your questions. We also have our resident molecular biologist genius Gabor Erdosi on-hand remotely to answer some of the tougher questions. So stay curious, ask questions, try to understand - because with that understanding you can summon the resolve to reason your way towards better health.



What happens after a Kraft Clinic?

Depending on how your Curve looks, we will advise on next steps:

- You are “**insulin sensitive**” and do not need to make any major changes right now to your diet and lifestyle;
- You have some degree of **insulin resistance** and should begin your dietary and lifestyle journey back to ideal metabolic health.

Take control

The Kraft Clinic experience is just the start of your journey. A Kraft Curve is a fantastic “early warning signal” but warnings are of no use unless you pay them heed. All along this journey both our network partners and Meterbolic will be on hand to offer advice and troubleshoot with you on your way back to metabolic health.



We and our partners offer further programs and analysis tools that can support you on your journey to metabolic health:

- Meterbolic's network of **nutritional coaching** affiliates can help you navigate your way back to metabolic health.
- Meterbolic's **Rapid-IR and Glucose Control Tests** can offer a faster way to measure your progress.

Now is the time to make the simple lifestyle changes needed to optimize your metabolic health!

Meterbolic will be there to help you!

Need more info? Please e-mail
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