

THE KRAFT TEST

THE ULTIMATE TEST FOR
METABOLIC HEALTH



Meterbolic
Kraft your Longevity

A Kraft Test is a blood test used to identify a condition known as hyperinsulinemia.

It is a picture of how your body responds to food, in particular glucose - the basic component of most of the carbohydrates we eat increasingly in our modern diets.

When glucose enters the body it's important that its concentration in our bloodstream is kept under control, so the body quickly responds to the glucose influx with a regulating hormone called *insulin*. Most of us associate insulin with a treatment for diabetes, and it is. But actually, everybody naturally produces insulin in the pancreas. Some of us need more insulin than others and the particular "pattern" of that response is very telling as to the status of your metabolic health. In fact, many medical professionals think it's the most important blood test for metabolic health.

The reason it is so important is because the test is an early-warning of chronic disease risk. A Kraft Test can reveal if the patient has a condition known as hyperinsulinemia, which is known to increase the risk of a host of conditions including diabetes but also hypertension, heart attack, stroke, neuropathy and even things like tinnitus, vertigo and hearing loss.



In fact, Kraft took to calling hyperinsulinemia “occult diabetes” or “hidden diabetes”.

In his original study*, Dr. Joseph Kraft, the doctor and pathologist who discovered these patterns, grouped the patterns he observed in patients into five (a later study gave six patterns, and we follow that here) broad groups.

These patterns were observed after asking his patients to take a glucose drink while in a fasting state. This allowed him to isolate the behavior of insulin as it responds to glucose over the subsequent 3 hours and is almost exactly the same protocol you will follow to discover your Kraft Pattern.



His discoveries were remarkable.

He found that of patients who had normal blood glucose levels (about half the population in his study), and who therefore were thought to be in a “normal” or healthy metabolic state, **50%** actually had **hyperinsulinemia** and a further **25%** were borderline for the condition.

Effectively these people had an early form of diabetes and didn’t even know it. They thought they were fine!

***Detection of Diabetes Mellitus 'In Situ' (Occult Diabetes)** - Joseph R. Kraft, M.D. Laboratory Medicine, Volume 6, Issue 2, 1 February 1975, Pages 10–22.