

Understanding Insulin Resistance and the Carb Threshold Score

By Robert Ferguson

Robert's note: **Do you struggle with losing weight despite trying different diets?** Leading institutions like Tufts University suggest insulin resistance could be the hidden barrier to your success. Understanding your **Carb Threshold Score** may unlock the secret to achieving your goals. Ready to take control of your health and discover the key to lasting vitality? Read on to learn how!

Insulin resistance is a condition that affects the body's ability to manage blood sugar levels and lose excess body fat efficiently. It is increasingly recognized as a key driver behind chronic conditions like type 2 diabetes, obesity, heart disease, and even Alzheimer's disease. Despite its prevalence, insulin resistance often goes undiagnosed because standard medical testing typically focuses on blood glucose levels rather than insulin levels.

To address this gap, the **Carb Threshold Score (CTS)** has emerged as a groundbreaking proprietary tool for identifying and understanding insulin resistance. This score provides individuals with a clear understanding of their body's current level of insulin resistance and sensitivity. It also serves as a roadmap for customizing nutrition to their unique metabolic condition. By following a tailored plan, individuals can effectively work toward reversing their insulin resistance and improving their overall health.

Knowing your CTS puts you in control, positioning you to improve overall health and achieve more efficient weight loss. Ultimately, by monitoring and improving your CTS, you can increase your carbohydrate tolerance, allowing you to enjoy more carbs without the concern of regaining weight. This makes the CTS an invaluable tool for sustainable, long-term health and vitality.

What Is the Carb Threshold Score?

The **Carb Threshold Score** is a scientifically developed method that measures a person's level of insulin resistance. It ranges from **0 to 100**, where any score below 60 indicates insulin resistance.

The Carb Threshold Score works by evaluating how the body processes carbohydrates and its ability to regulate blood sugar and insulin levels effectively. Certified practitioners use the score to help clients better understand their metabolic health and create personalized strategies to reverse insulin resistance.

The Prevalence of Insulin Resistance

It is estimated by reputable institutions such as **Tufts University** and **The University of North Carolina at Chapel Hill** that a vast majority of adults in the United States—up to **93%**—have

some level of insulin resistance or metabolic dysfunction. Yet, because insulin resistance is not part of standard diagnostic protocols in most medical practices, it often remains undetected until significant damage to health has occurred.

The Carb Threshold Score addresses this critical oversight by providing an accessible, evidence-based method to detect insulin resistance early.

A Personal Success Story: Debra J.

Debra J., a 52-year-old woman, had tried many diets to lose weight. She experimented with keto, Noom, counting calories, and intermittent fasting. Despite her efforts, nothing seemed to work. Frustrated but determined, she decided to hire me, Robert Ferguson, to coach her.

As part of getting started, we establish a baseline with all clients, which includes conducting their Carb Threshold Score. Debra's initial CTS was **17**, indicating a high level of insulin resistance. At the time, she weighed **215 pounds**. Over the next year, Debra slowly yet consistently lost weight. One year to the day, she stepped on the scale at **150 pounds**, and her CTS had increased to **48**, moving her to a medium-low level of insulin resistance.

Today, after coaching her for a little over two years, her CTS is **63**, which means she has no insulin resistance. Debra now lives a healthy and vibrant life at **139 pounds**, demonstrating the transformative power of understanding and improving her CTS.

How to Get Your Carb Threshold Score

The Carb Threshold Score is exclusively available through certified **Nutritionists, Health, and Weight Loss Coaches** who are trained in the evidence-based and clinically proven **Diet Free Life methodology**. These professionals have the expertise to assess your metabolic health, calculate your score, and guide you through actionable steps to reverse insulin resistance.

Why the Carb Threshold Score Matters

Identifying insulin resistance early can be life-changing. It allows individuals to:

1. **Take Preventive Action:** Knowing your score enables you to adopt lifestyle and dietary changes that can prevent the progression of insulin resistance into more serious conditions like type 2 diabetes.
2. **Personalize Nutrition Plans:** The Carb Threshold Score helps create customized eating plans that align with your body's unique carbohydrate tolerance, making weight loss and metabolic health optimization more effective.
3. **Improve Overall Health:** By addressing insulin resistance, clients often experience improvements in energy levels, mental clarity, waist circumference, and cholesterol levels.

A Clinically Proven Approach to Reversing Insulin Resistance

The **Diet Free Life methodology** has helped thousands of individuals reverse insulin resistance and regain control of their health. This approach focuses on:

- **Customized Nutrition:** Tailored meal plans based on your Carb Threshold Score.
- **Evidence-Based Coaching:** Strategies rooted in clinical research and proven outcomes.
- **Sustainable Lifestyle Changes:** Achievable steps that fit into your daily routine without strict dieting or deprivation.

Take Action Today

Insulin resistance affects more people than we realize, but it doesn't have to be a silent threat. By knowing your Carb Threshold Score, you can take proactive steps to reverse insulin resistance, improve your metabolic health, and prevent chronic diseases.

****Schedule a consultation with a certified Diet Free Life coach, or connect with me directly today, to learn your Carb Threshold Score and begin your journey toward better health. The earlier you understand your body's carbohydrate tolerance, the sooner you can take control of your health and achieve lasting vitality.**

References

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