



## CV - Ivor Cummins

BE(Chem) CEng MIEI PMP® completed a Chemical Engineering in 1990. He has since spent over 25 years in corporate technical leadership and management positions, and was shortlisted in 2015 as one of the top 6 of 500 applicants for “Irish Chartered Engineer of the Year”. Ivor’s focus and specialty is leading teams in complex problem-solving scenarios. He has often led worldwide teams with over 60-70 engineers working on major technical issues; the largest of these involved product issues where hundreds of millions of dollars were in the balance.

Several years ago, Ivor encountered a complex technical challenge in his personal life. Receiving poor blood test results, he was unable to get solutions via the doctors consulted. He thus embarked on an intense period of biochemical research into the science of human metabolism. Within eight weeks he had resolved and optimized all of his blood test metrics. Also, he had shed over 15Kg of bodyfat with relative ease. In the following years he continued his research on the many “root causes” of modern disease, from “cholesterol” through to insulin resistance. In order to help stem the tide of chronic disease in our modern population, he embarked on a personal mission to share the science and solutions. He began this process by giving corporate talks and releasing them on YouTube for the wider audience. He has since become a professional speaker of note, giving many public lectures and chairing interviews with worldwide health experts. Most notably he was invited by the President of the British Association for Cardiovascular Prevention and Rehabilitation (BACPR) to give a keynote talk on heart disease root causes, at their annual conference in London last October. All of Ivor’s public lectures and interviews are available on his YouTube channel, where well over a million views have been recorded to date:

<https://www.youtube.com/channel/UCPn4FsiQP15nudug9FDhluA>.

His book on chronic disease root causes and resolution strategies (co-authored with Denver doctor Jeffrey Gerber MD, FAAFP) was released in the US and Canada in March 2018. It has already received around 150 reviews on Amazon, of which ~97% are 5-star: <https://www.amazon.com/Eat-Rich-Live-Long-Mastering/dp/1628602732/>

His blog and other content is available at [www.thefatemperor.com](http://www.thefatemperor.com)

From early 2018 till 2020 Ivor was fully funded by the Irish Heart Disease Awareness charity ([www.IHDA.ie](http://www.IHDA.ie)). This fulfils their mission in enabling all middle-risk people access the power of the Coronary Artery Calcification scan (CAC). He has thus ramped up his passion to help the people help themselves – in a journey to health, weight-loss and longevity. Ivor lives in Dublin, Ireland, with his wife and five children.

## Publications, Lectures and Other Releases:

Ivor has been researching the biochemistry and metabolic science behind modern chronic disease since 2012. From 2013 onwards his findings have been presented in a series of talks and Q&A sessions around the world. He has also conducted technical interviews with many professors and doctors of medicine, to democratize their exceptional knowledge and insights. Most productions have been released for free public viewing. A selection of these are included in the below list. The most recommended items are highlighted in bold.

## Publications:

“**Eat Rich Live Long**” co-authored with Dr. Jeffrey Gerber was published in February 2018. It details the science of avoiding chronic disease and has over 300 scientific papers referenced throughout – available here:

<https://www.amazon.com/Eat-Rich-Live-Long-Mastering/dp/1628602732>

“**Diabetes Unpacked**” published August 2017 – Chapter 11 co-authored with Dr. Jeffrey Gerber

<https://www.amazon.co.uk/Diabetes-Unpacked-Science-Sense-Coating/dp/1907797580>

## Technical Lectures:

“Want to Fix your heart disease? Okay then - here you go” – Dublin, August 2018

<https://www.youtube.com/watch?v=C8Xd9e4B3e8>

“Want to find out your REAL level of heart disease? Okay then - here you go” – Dublin, August 2018

<https://www.youtube.com/watch?v=gnq-2wRrdfw>

“FoodNews Conference 2018 - fixing the Heart Disease Elephant” – Prague, May 2018

<https://www.youtube.com/watch?v=1H889DhAYwc>

Ivor Cummins Talk at FIT-CEO Conference Dublin, Nov 2017

<https://www.youtube.com/watch?v=OvuGm8VYkQY>

“Ivor Cummins Talk at Cardiology Conference BACPR 2017 London”

<https://www.youtube.com/watch?v=5Nqg2ahW5sQ>

“Primary Causes of Heart Disease - Ivor Cummins & Dr Jeffrey Gerber at Public Health Collaboration 2017, Manchester” <https://www.youtube.com/watch?v=VOq-IHhFVRM&t=1s>

“Ivor Cummins: “Roads to Ruin?” The Pathways and Implications of Insulin Resistance” – at Physicians Ancestral Health Conference Miami January 2017

<https://www.youtube.com/watch?v=6qRCA08oblQ>

“Ivor Cummins in Florida: Insulin Versus Cholesterol” – January 2017

<https://www.youtube.com/watch?v=xiUNNJrTDRQ>

“Want to know how to collapse your heart disease risk? Ok then.”

<https://www.youtube.com/watch?v=UZoQiDaWnuE>

“Heart Disease root causes - and the tests that can save your life”

<https://www.youtube.com/watch?v=ggovoQ8JKyw>

'Run on Fat' Irish Premiere - Insulin & Diabetes Primer, and post-movie Q&A

<https://www.youtube.com/watch?v=gaAowBkdwU&t=1s>

“D is for Debacle - The Crucial Story of Vitamin D and Human Health”

<https://www.youtube.com/watch?v=v3pK0dccQ38&t=1s>

“The Cholesterol Conundrum - and Root Cause Solution”

<https://www.youtube.com/watch?v=fuj6nxCDBZ0&t=1s>

“SUGAR as a primary Root Cause of Metabolic Syndrome and the Obesity/Diabetes Epidemic”

<https://www.youtube.com/watch?v=xrsHqIKtXNw&t=1s>

## Technical Interviews:

“Dr. Joseph R. KRAFT - Father of the Insulin Assay”

[https://www.youtube.com/watch?v=w0nV-\\_ddXoc](https://www.youtube.com/watch?v=w0nV-_ddXoc)

“Professor Douglas Boyd - Inventor of the Calcification Scan” – Las Vegas, July 2018

<https://www.youtube.com/watch?v=sW0wztCYu6w>

“Gabor Erdosi: Part 2 of 2 - Insulin, Incretins - and the Perils of Processed Food Carbs” – Budapest, April 2018

<https://www.youtube.com/watch?v=KwO-Uizzx8I>

“Gabor Erdosi: The Road to an Early Death Starts in your Fat Tissue - Part 1 of 2” – Budapest, April 2018

<https://www.youtube.com/watch?v=l3mZ-J-12bA>

Coronary Calcification and CAC with expert Professor Matthew J. Budoff MD FAAC

<https://www.youtube.com/watch?v=-wNKD6ByHzs>

“Dr. Ted Naiman on Blood Tests, Diabetes, Obesity, Carbohydrate and more”

<https://www.youtube.com/watch?v=YOoKd1QUD1c>

“Dr. Jason Fung and Fat Emperor explore Fasting and Diabetes - Part 1”

<https://www.youtube.com/watch?v=kU5bc3Fja34>

“Diabetes, Obesity and Heart Disease - let's talk...LIVER”

<https://www.youtube.com/watch?v=Qbdo-Y3YOrA>

“Professor Bruce Brundage - Cardiovascular Brilliance, CAC Supremacy”

[https://www.youtube.com/watch?v=a7N6i1\\_uGqQ](https://www.youtube.com/watch?v=a7N6i1_uGqQ)

“Dr. Kenneth Brookler on Tinnitus, Meniere's, Insulin and Kraft”

<https://www.youtube.com/watch?v=-5gohctcJE>

Ivor is founding and Advisory Board Member of the “European Keto Live Centre – Information and Training Centre for Ketogenic Metabolic Therapies”