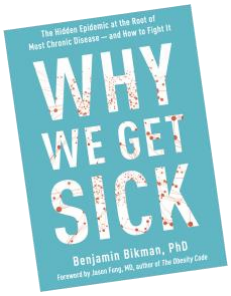


Benjamin T. Bikman, Ph.D.
Associate Professor
Dept. of Physiology and Developmental Biology
Brigham Young University
3017 LSB | Provo, UT 84602

Benjamin J. Bikman, Ph.D.

Metabolic Scientist, University Professor, Author

Overview

Benjamin J. Bikman, Ph.D., a renowned metabolic research scientist, is a popular speaker on human metabolism and nutrition. Backed by years of research, Dr. Bikman's mission is to help the world appreciate the prevalence and relevance of insulin resistance. His book, "Why We Get Sick" (released July 21, 2020) offers a thought-provoking yet real solution to insulin resistance and how you can reverse pre-diabetes, improve brain function, shed fat, and prevent diabetes.

Dr. Bikman says science shows that by prioritizing protein and healthy dietary fats and limiting our consumption of refined carbohydrates, human health and metabolism thrive and insulin resistance is resolved. In May 2020, Dr. Bikman and his co-founding team of nutrition and industry experts launched the HLTH Code Complete Meal, a delicious shake for helping individuals maintain a healthy diet during a fast-paced lifestyle. Dr. Bikman has a Doctor of Philosophy in Bioenergetics from East Carolina University, as well as a Master of Science in Exercise Physiology and a Bachelor of Science in Exercise Science from Brigham Young University.

Biography

Dr. Bikman's research focus is to elucidate the molecular mechanisms that mediate the disruption that causes and accompanies metabolic disorders, such as obesity, type 2 diabetes, and dementia. Driven by his academic training (Ph.D. in Bioenergetics and postdoctoral fellowship with the Duke-National University of Singapore in metabolic disorders), he is currently exploring the contrasting roles of insulin and ketones as key drivers of metabolic function. He frequently publishes his research in peer-reviewed journals and presents at international science meetings.

Research Interests

The focus of Dr. Bikman's lab (the Laboratory of Obesity and Metabolism) is twofold. First, identify the molecular mechanisms that explain the increased risk of disease that accompanies weight gain, with particular emphasis on the etiology of insulin resistance and disrupted mitochondrial function. Second, reveal novel cellular processes that are responsible for fat development and accrual, with a particular emphasis on white/brown fat and the contrasting effects of insulin and ketones.

Benjamin J. Bikman, Ph.D. Bio (cont.)

Much of his lab's recent work is focused on the pathogenicity of the hormone insulin. Insulin, while necessary for healthy living, elicits significant and harmful changes in tissue metabolic function when chronically elevated. Several projects have stemmed from this work, including a focus on the varying effects of dietary macronutrients (e.g. carbohydrates vs. fats) on insulin homeostasis, the effects of insulin on brown adipose tissue (and metabolic rate), and insulin-induced brain alterations.

Dr. Bikman's lab employ numerous pharmacological and genetic tools to better understand the origins and consequences of ceramide accumulation on various factors related to metabolic function, including signal transduction, substrate utilization, and energy expenditure.

Education

Doctor of Philosophy, Bioenergetics, East Carolina University, 2008
Master of Science, Exercise Physiology, Brigham Young University, 2005
Bachelor of Science, Exercise Science, Brigham Young University, 2003

Experience

Academic - Post-Secondary
Postdoctoral Research Fellow, Duke-National University of Singapore Medical School, 2009-2011

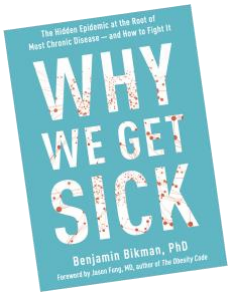
Memberships

Mitochondrial Physiology Society, 2012-Present
The Obesity Society, 2012-Present
American Diabetes Association, 2011-Present
American Physiological Society, 2010-Present

Honors and Awards

Oroboros Instruments : Travel Award
Keystone Symposium : Travel Scholarship
NIH: Pre-doctoral fellowship

Press Contact: Jeff Pizzino, APR (+1 480-606-8292)



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