THE OPEN SECRET TO WEIGHT LOSS

In my battle against obesity I called it

From 98 to 83’ish

The start of jaundice

A Type 2 diabetic at 104 kg

The purpose of this presentation is weight loss to be achieved reasonably quick and safely

To this end I will deliver a:

- Comprehensive explanation of how your body processes and uses macro-nutrients and related hormones.
- A brief explanation on human physiology and what we evolved to eat which is certainly not what we now eat.

It will differ from many diets and so called truths that you see on the internet.

I do not regurgitate hearsay information from a third party. All the information in this presentation is from verifiable scientific sources which include peer-reviewed journals, government agencies, research think tanks, and professional organizations, and which is available from The National Institutes of Health (NIH) and is not just based on opinion or a "wanna" belief.

As I say, this is about weight loss. However, it could possibly be used to treat T2 Diabetes.

It may be a good idea to consult your healthcare practitioner before a lifestyle change, especially if you are a diabetic.

Please note that doctors are trained to respond to illness in an approved way, typically by prescribing drugs! They may not approve what is included here. You need to take note of what I say and do your own research.

My weight "Yo-Yo'd" for decades. Now been reasonably constant for 10 years, but still a work in progress!

Here is a very important point! Diets imply that you eat less, is this the correct approach? I don’t believe so!

The most popular diet recommended by the healthcare system is a calorie restrictive diet, it is hard to follow and the least successful.

If you went on a reduced calorie diet, say 500 kcals per day then you have denied your basal energy requirements needed to sustain life, and the body responds by recognizing that

if it was to continue with this deficit

you will die!

The biggest motivation for ALL forms of life is to survive and propagate

This is what happens. The average human needs about 2,000 calories a day to provide energy for the body to function, heartbeat, liver function, digestive system, nervous system etc.

If you go on a 500 calorie deficit you will initially lose weight but the body will go into survival mode and burn calories more slowly and you will feel like …

The body’s metabolic rate slows down to conserve energy.

The effect is simply the body's natural physiological response to reduced calorie intake. Without it, humans would have become extinct thousands of years ago.

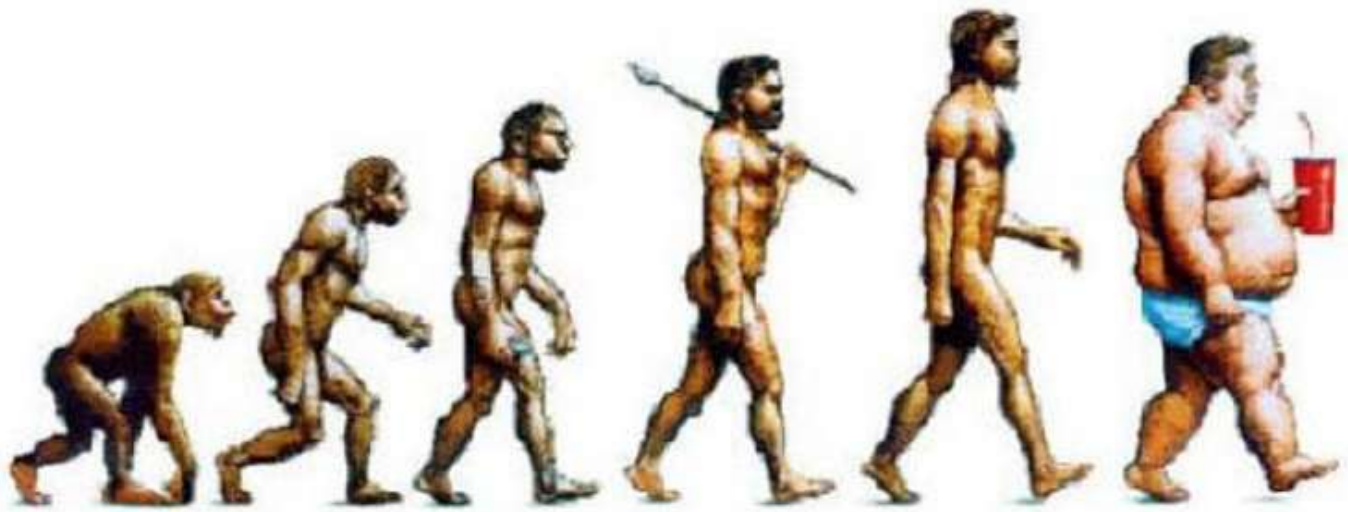
YOU HAVE TO HAVE YOUR BASAL ENERGY NEEDS OF AROUND 2,000Kcals PER DAY FOR YOUR BODY TO FUNCTION!

So the concept of calories in equals calories out, (Energy used must equal energy consumed, or be less, to maintain or lose weight.), is …

There is very little difference in the body and metabolism of a modern person and a caveman!

Nutritional requirements are basically the same.

So, the human body is essentially the same, (apart from being fatter in 60% of the population!)



Barry

You all have heard of a 2,000 calories a day being mentioned, what does this actually mean?

Well if you laid on the sofa for 24 hours and did absolutely nothing else, the average person would require 2,000 calories to sustain life as this is the energy that all of your organs require to function without doing any other kind of work!

You have to supply your body's daily nutritional requirements.

So, what do you do?

The answer is so, so simple!

YOU EAT YOUR 2,000KCALS PER DAY AND ???

Anyone care to say what else do you do?

Exercise?

Well, on a good day I can do 10x10= 100 declined push ups

But I’m still a fatty

You do not eat anything that will increase your insulin production!

It is that easy!

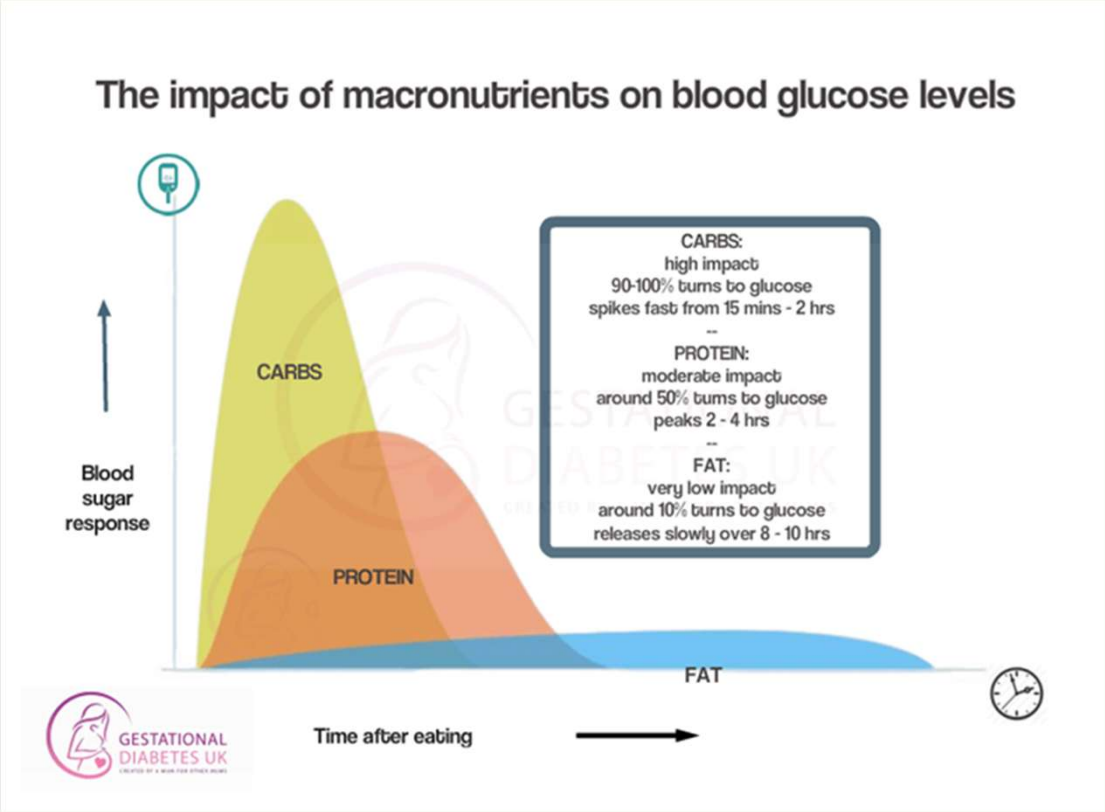
Why not increase your insulin? Because insulin is the fat storage hormone!
It is the body's natural physiological response to store excess energy as fat.

Insulin is needed for the fat cells to accept fat.
No insulin, no increase in bodyweight.

If you consume the correct food, as nature intended, you will actually lose weight on a 2,000+ kcals per day diet.

YOU MUST CUT OUT ALL HIGHLY PROCESSED FOOD
YOU MUST REDUCE CARBS
YOU MUST INCREASE DIETARY FAT

Understanding the impact of macronutrients on blood glucose levels is key to losing weight and possibly curing your diabetes. (It did for me)



The peaks, shown above, is the blood sugar response to macronutrients consumed. They are not the amount of macronutrients.

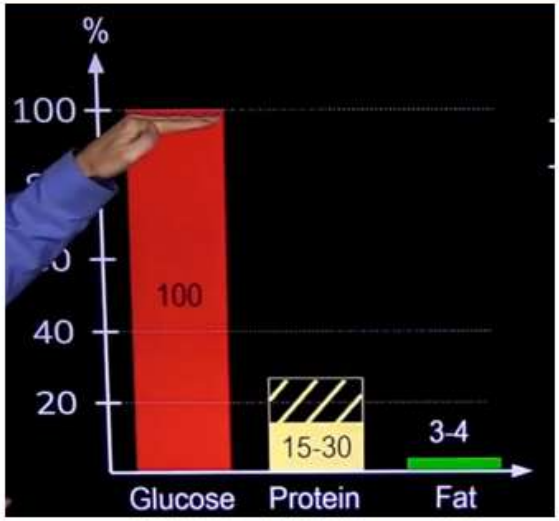
There are 3 macronutrients:

- Protein which builds tissue, can also contribute to energy.
- Carbs which supplies energy.
- Fat which supplies energy, an important store of fat soluble vitamins. Also an important source of various hormones such as Leptin & Vitamin D

Carbs, and protein to a lesser degree, stimulates the production of insulin.
Fat has an insignificant effect on insulin production.

Macronutrients are expressed in grams.
Energy traditionally is expressed in calories.

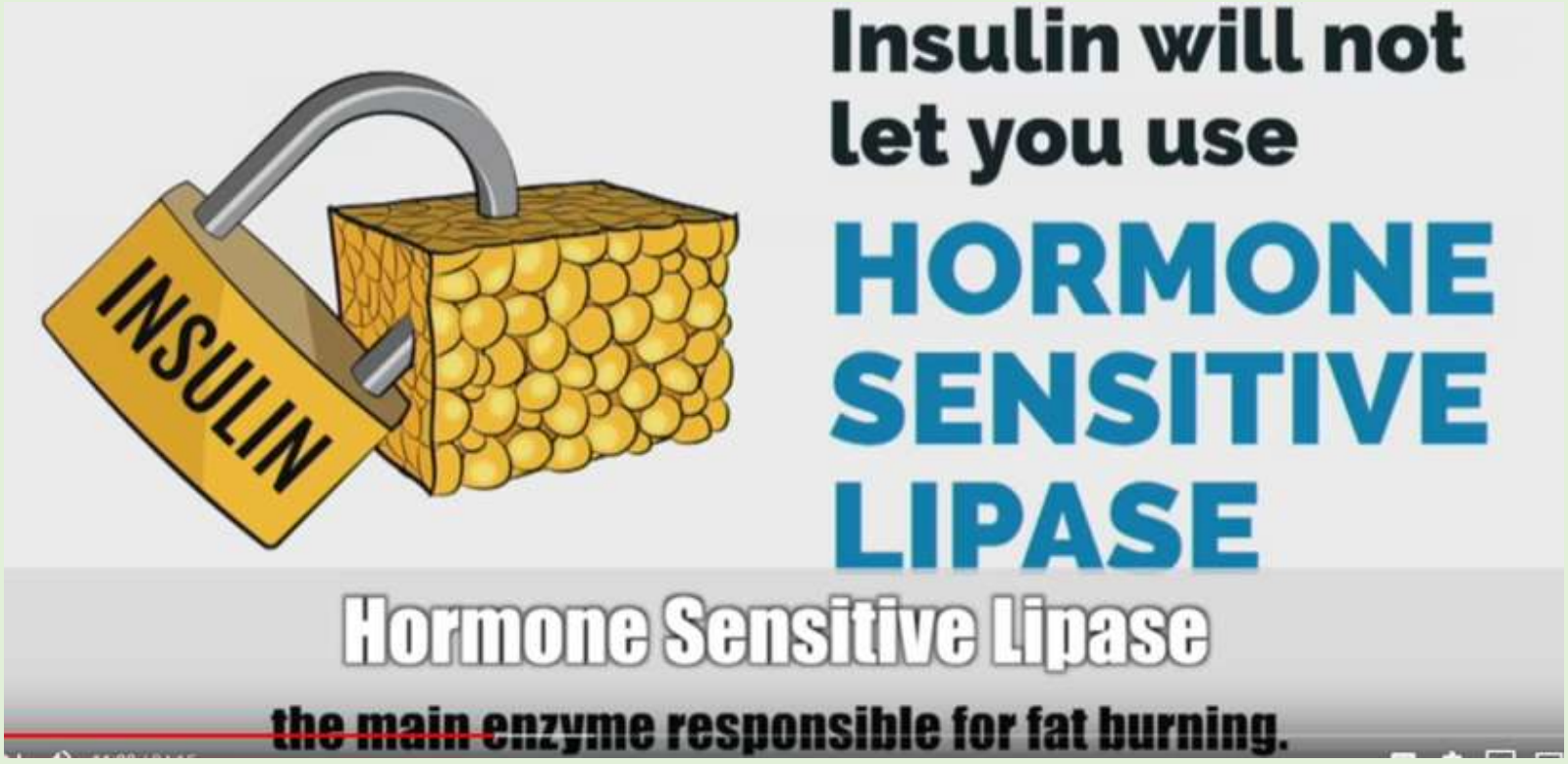
THIS ONE SLIDE IS PROBALY THE MOST IMPORTANT IN UNDERSTANDING WEIGHT LOSS!



If we regard the RED image, on the graph, as a container, and this container has to be 100% full of glucose, to satisfy our energy needs for the day, 100% of the scale. (The problem is that we tend to exceed our daily energy requirements! (More on next slide))
If you were to get your energy from protein, this container will only need to be about 20% full, with fat it ONLY needs to be about 4% full to satisfy your daily energy needs!

If you go on a low fat diet you will HAVE to eat more carbs and protein to satisfy your energy needs which means a greater production of insulin!

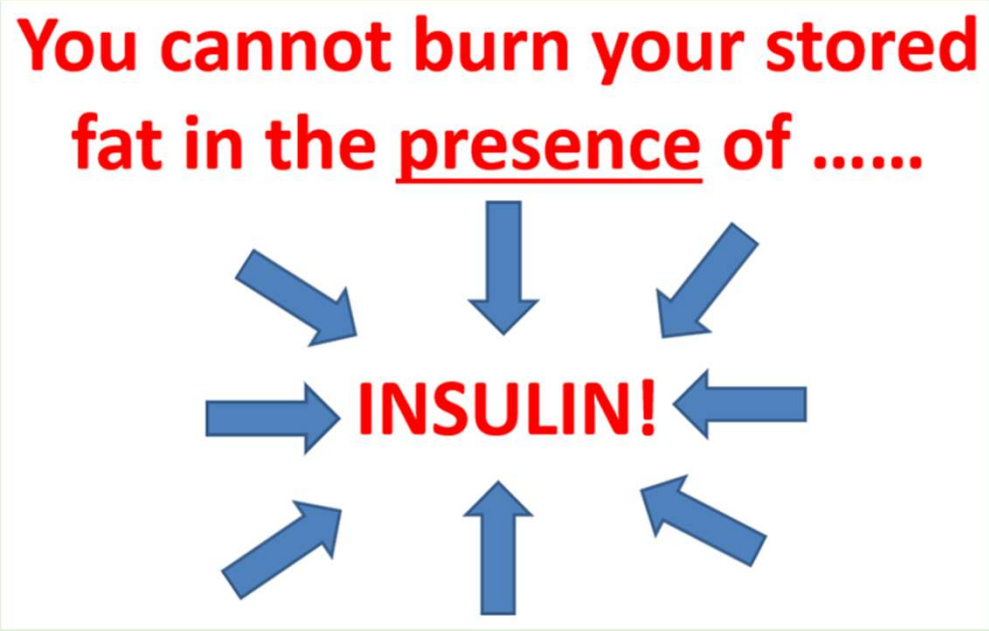
We have already seen that fat consumption has a insignificant impact on insulin production. Fat also make you feel less hungry as fat is more energy dense than carbs.


INSULIN
Insulin will not let you use
HORMONE SENSITIVE LIPASE
Hormone Sensitive Lipase
the main enzyme responsible for fat burning.

Why won't insulin allow you to use hormone sensitive lipase?

There is a satiety hormone called Leptin which is generated by your adipose tissue (Fat cells). This hormone tells the brain that you have had enough to eat.

A high level of insulin in your blood blocks the leptin from reaching the brain resulting in …



Earlier I said that a calorie restrictive diet of 500 kcals puts the body into survival mode, and the body will use the remaining 1,500 Kcals more slowly, because the biggest motivation for ALL forms of life is to survive and propagate

But what if you fast?

The body takes a different track here, when most of the body's store of glucose is used up your insulin level will fall and the body will use your fat reserves for energy.

Ketones are derived from fat and are an excellent form of energy!

You are now burning fat for energy and you have (Most people) a significant reserve of it.

You will have lots of energy and after a day or so you will not feel hunger.

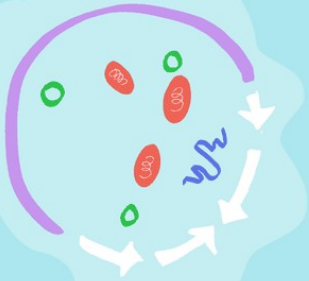
To prevent muscle atrophy the body triples production of human growth hormone HGH
So you maintain muscle density.

In addition the body goes into the state of autophagy (Av' 2-3 days) where parts of old cells are broken down to recycle and make new cells.

Process of Autophagy

Sequestration

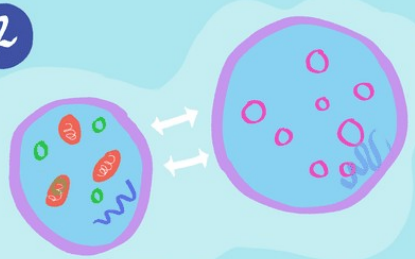
1



Autophagosome is formed around cytoplasm and organelles

Transport to a Lysosome

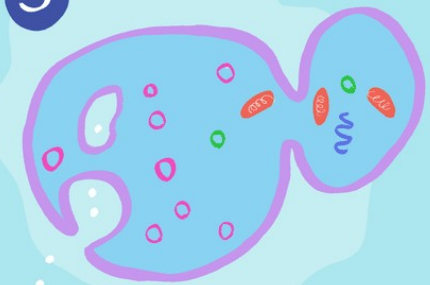
2



Autophagosome fuses with lysosome

Degradation

3



Lysosome releases enzymes that degrade material in autophagosome

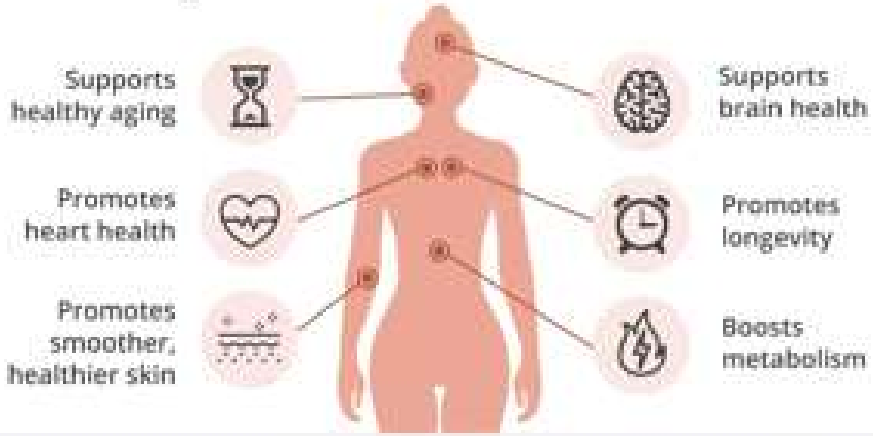
Utilization of degradation products

4

All cellular materials degrade to amino acids

verywell

Top 6 Health Benefits



Lifestyle Factors That Induce Autophagy

When I stated that fat will not contribute to weight gain, there is an exception.

If you consume fat and carbs during the same meal, carbs will stimulate the production of insulin and an excess of both carbs and fat will be stored as body fat!
This is the worst combination of macronutrients!

However, there are many so called “experts” who disagree.
The latest thinking is to eat vegetables first, as the fibre will line the digestive tract, before eating high glycemic carbs.

My own personal experience was in cutting out all carbs for 5 weeks I lost 6 kg and my bloodwork improved considerably, my insulin, triglycerides, cholesterol, AST, ALT & LDH levels all fell and I am no longer on diabetic medication.

If you are a diabetic the medical profession recommend that you should lose weight! HOW?

They advise that you should consume more carbs and that your diet should contain:

Carbs 60%

Fruit 2 cups	Sugar content	75g
Dairy 3 cups	Sugar content	40g
<10% added sugar		50g

Total daily sugar consumption 165g without the sugar in the 60% of the other carbs!

In my opinion and in my case the medical profession did nothing to cure my diabetes, they were only intent on controlling my condition.

I lost weight and cured my diabetes by lowering my insulin levels, essentially by a higher fat lower carb diet.

So to lose weight and to become metabolically healthy you need to maintain a lower insulin level.

This is easily done on a higher fat, keto or a carnivore diet.

I believe that it’s important to include leafy greens in you diet but separately from fat and protein

To Recap:

- Lower insulin by cutting out all food which stimulates insulin production
- Do not go on a calorie deficit diet
- Lower your carbs and increase your fat consumption
- Exercise
- Try intermittent fasting (One meal a day, 2,000 kcals +)
- For quick results do an extended fast of 36 hours plus
- You need to eat about 0.8 to 1 gram of protein per kilo of body weight. An egg is about 6 grams of protein, Beef about 26g/100g, chicken about 33g/100.
- 70% of what you eat should be fat, e.g. 100g of chicken and vegetables = 70g of fat.
- Lastly forget about counting calories.

One last thing …

It’s no good talking about losing weight you have to keep your mouth shut!