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Week 2 Report

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You managed to reduce your caloric intake this week by about 300 calories per day, that's a great start. Your nutrient targets were at 97% which is very good, only Magnesium prevented you from being 100%. I don't know if you take magnesium supplements ? but if so maybe you need a little more or concentrate on more magnesium rich foods which would be preferable.

Macronutrients: While your carbs are 100g a day lower than they were when you started they actually went up this week over last. You did a great job getting your protein down and you were lower on fat which is not so good. You really need to work on replacing carbs with fat this week. Your Omega6/3 ratio is excellent, the flax seed oil definitely takes care of that. This ratio bodes well for reducing inflammation in the body.

You lost about 3lbs this week, which is good, most if not all of that will be water weight. In order to burn fat which is the long term goal here you need to be fat adapted.

Let me explain the metabolic and physiological changes that need to take place to reach the metabolic state of burning fat for fuel.

Right now your body is burning glucose for fuel and has been for decades so you likely are having problems with insulin resistance. When you eat lots of carbs you spike insulin. Insulin's job is to reduce sugar in the blood stream by ferrying the energy to the cells that need it. However, when you have too much insulin in the bloodstream the insulin receptors on the cells that let the energy in become resistant and as a result the cells don't get the energy they need. Over time this leads to all sorts of metabolic life threatening diseases. As the glucose in the blood has to go somewhere it gets converted to triglycerides and stored as fat. When the fat cells can't take any more fat (which takes a lot because they balloon up to try and take more) the glucose stays in the blood stream and eventually leads to type 2 diabetes. The insulin in the blood stream prevents glucagon the hormone that releases fat store in to the blood stream to use as energy from doing it's job. So when the body is in need of energy, remember the cells are starving, the hunger hormone ghrelin is activated and sends a message to the brain that you need to eat. The neural pathways in your brain having been used to your body processing carbohydrates translates that hunger emotion into a quest to get more carbs, because it's the only fuel it's been using. So now you eat more carbs and the cycle goes on and you store more fat.

When you become a fat burner everything changes. First of all you don't feel hungry all the time and a need to eat five or six times a day. When you body senses that it needs more energy it now checks out the fat stores and the satiety hormone kicks in and tells the brain, I got your back, I've got plenty of available fat storage for energy so I won't tell your brain I'm hungry I'll just go ahead and release fat which goes to the liver and gets converted to ketones and the body is super happy having lots of clean burning fuel to keep the metabolic fires burning. Currently your body fat percentage is 38%, which is about 60lbs of fat. A pound of fat is approximately 3500 calories so at 2000 daily calorie requirement that s about 100 days of fuel in storage!

So how do you get to reach this superior metabolic state? First of all you have to reduce the insulin in the bloodstream and reverse the insulin resistance. Every time you eat carbs your insulin will spike, how quickly and how high will depend on the glycemic index of the carbs. If it's high, the insulin goes into panic mode and can get released in as little as 3 seconds as it rushes to reduce the blood sugar. Protein is less likely to spike insulin and when it does it happens over a controlled period of 3 or 4 hours rather than seconds and has much less of an impact. Fat on the other hand does not spike insulin.

So in order to keep insulin low, eat high fat moderate protein and low carbs, known as nutritional ketosis, it's a not a diet, it's a physiological and metabolic process that takes place to run the body in accordance with our ancestral DNA. i.e the way our body was originally designed to operate.

The process is as follows: eat low carbs, ideally less than 50 a day, now that isn't possible right off the bat without unpleasant side effects know as keto flu. So the objective is to

reduce your carbs over about a 3 or 4 week period to around 50. The timeframe that it is likely to take will depend on how carb dependent you have been metabolically and for how long. There is no satiety associated with carbs other than short term that's why you want to eat 5 or 6 times a day. If you eat a lot more fat and a lot less carbs you will feel more satiated, so you won't want to eat so often so you keep your insulin levels down. By eating fat rather than carbs your body has no option but to eventually burn fat as fuel, and now the insulin in the blood stream is reduced and your fat is able to be released from the stores into the blood stream. This is the only way you can burn fat, working out like crazy doesn't help. It makes you hungry and just puts you back in the cycle. Primarily you work out hard and reward yourself with food and you wasted your time.

So initially you eat more fat and less carbs and the body slowly starts to convert to being a fat burner, the insulin in the blood stream reduces allowing fat stores to be released and reverses insulin resistance. Once you are a fat burner you will be in the metabolic state known as ketosis, I have the blood ketone measuring equipment to measure that. Once you have reached that state you back off on the dietary fats and let the fat stores fuel your body. As the body is using stored fat it no longer needs to send hunger messages to the brain, so you don't keep feeling hungry. In fact it seems rather strange but because you are not getting the messages you tend to forget to eat. As a result you eat far less food which is great for longevity. So your daily calorie intake could be a dietary 1000 and a fat store 1000. If you burn 1000 fat storage calories a day you will lose 2lbs or more of fat a week guaranteed. Once you have reached this superior metabolic state and you don't feel hungry very often you can start eating less often, let's say you don't wake up hungry so you don't feel like eating until noon. Then maybe you eat between noon and 8 (your eating window) now you are eating for 8 and fasting for 16. 16/8 is the initial starting point for intermittent fasting. At this point you are burning fat for large periods of the day and your insulin levels are very low.

There is another factor that comes into play here and that's the bodyweight set point. The body is always fighting to remain in a state of homeostasis where everything is balanced particularly your hormones. I am guessing your body weight set point is around 160lbs, that means regardless of what you eat your body tries to stay at that weight by manipulating things like hormones and energy output. The body is basically fighting against you to keep you at that weight. If you eat less it will make you feel lethargic to preserve energy for example. This is known as an elevated set point. Now imagine you lowered your bodyweight set point to 135, now your body is fighting to keep you at that weight, so you eat too much and it makes you feel energetic so you can burn more energy.

This is the ultimate state to be in. Imagine you weigh 135 lbs and your body is doing everything it can to keep you at that weight. I lowered my bodyweight set point from around 180 to 140 and now I have to eat at least 2200 calories a day to stop from losing weight.

I know I

appear to be lecturing here, but I feel by understanding how your body works metabolically it makes it a lot easier to do what you need to do and it's very motivational when you see things working the way they were designed to work. What I have described is clinically proven scientific fact that I had to spend 100's of hours of study on to become professionally certified to be a coach and teach this stuff. This is not a diet, and it's not a fad, it's fact. It requires a lifestyle change and you have to be willing to make that change to get the results. Nobody can do it for you so armed with the knowledge it's all up to you. How much do you want it?