

NEW YOU IN THE NEW YEAR



Inside Out Weight Loss:

Understanding Your Fat Hormones



with Jon Gabriel & Dr. Ron Rosedale

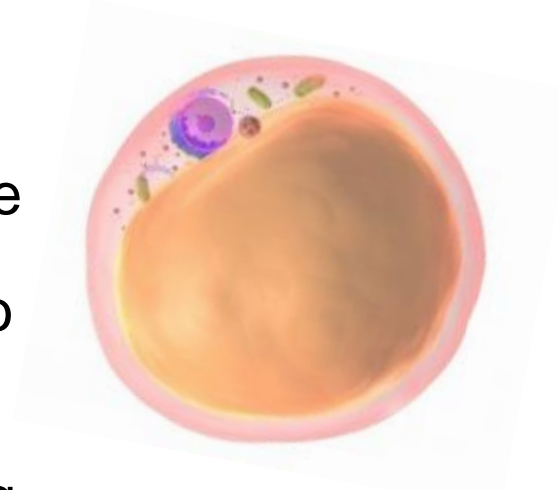
Define: Metabolism

- The chemistry that turns food into life
- Metabolism is controlled by hormones
- Leptin is the most important hormone, then insulin, glucose, etc.
- Diabetes is a disease of leptin-signaling, not of glucose



What is Leptin?

- Hormone, secreted by fat cells
- Leptin tells your brain how much fat you have
- In prehistoric times, you didn't want to be too fat
- Leptin lessens hunger, tells you to stop being hungry and to burn excess fat
- If you're too skinny, your leptin goes down
- Your body fears famine, brain tells body you have to gain weight



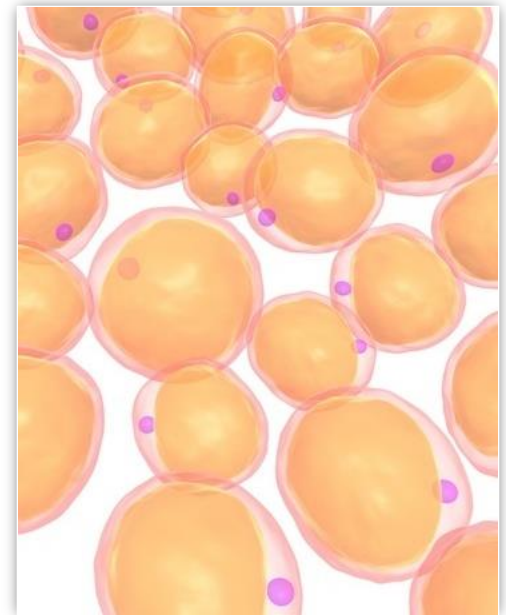
Leptin & The Obesity Epidemic

- We are suffering from a miscommunication with leptin
- Our brains have become leptin resistant
- There is a disconnect between what the body is saying & what the brain hears
- Brain thinks you don't have enough fat to survive the famine. Even if you have plenty of fat, your brain doesn't know



Leptin & The Obesity Epidemic (cont'd)

- Brain tells you to eat more, so you gain weight
- Weight gain leads to leptin increase, followed by leptin resistance or desensitization
- Result: you crave more food
- Leptin resistance leads you to make more sugar
- You become insulin resistant, which causes more leptin resistance – a vicious cycle



Leptin & Insulin

- Type II diabetics have plenty of insulin, but the body is behaving as though insulin is too low, so sugars go up
- Drugs are given that raise insulin further – but this doesn't improve insulin sensitivity
- Raising insulin to lower glucose is not a healthful long term solution



Leptin & Insulin (cont'd)

- All chronic diseases & diseases of aging are accelerated when the hormones of metabolism are not “heard” properly
- Proper leptin signaling is key for curing diabetes
- Each of these hormones plays off each other



Leptin & Diet

- More body fat = the more leptin you'll make (your body saying "stop!")
- Leptin levels increase dramatically due to eating certain foods
- Our high-sugar & starch diet elevates insulin and leptin levels
- Your brain stops hearing the signal that you have enough fat already
- Leptin resistance is a desensitization, your body thinks it's starving & craves more food



Leptin and Diet (cont'd)

- Our cells are overwhelmed by our diet, and we become desensitized/resistant
- You then require more leptin and insulin for our cells to “hear” the hormonal signals
- It's a vicious cycle, a classic catch-22
- Leptin resistance leads to loss of sweet taste—so you crave sweeter foods to get a normal sweet sensation



Leptin Affects Everything

- Hypothalamus: Leptin controls many systems of the body because it controls the hypothalamus
- Thyroid: thyroid levels go up when leptin goes up
- Reproduction: Leptin influences reproductive capacity as it's required for women to initiate their menstrual cycle, and is actually used medicinally to help female marathon runners be able to have children



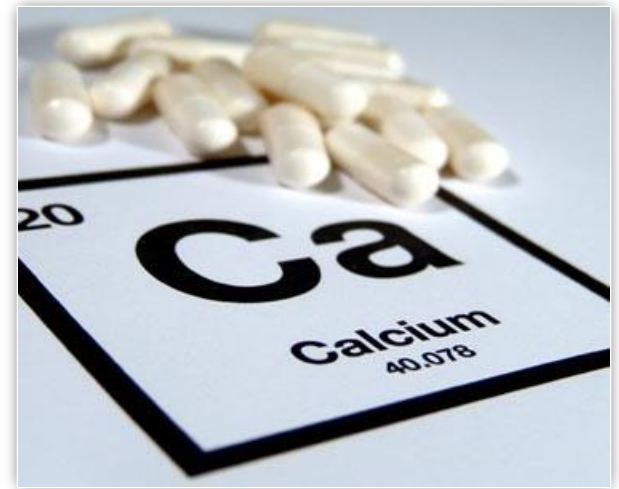
Leptin Affects Everything (cont'd)

- Elevated leptin contributes to inflammation with increased risk for heart disease, cancer, and dozens of other illnesses
- Stress increases cortisol which contributes to leptin resistance as well, so the vicious cycle continues



Cellular Stress & Calcium

- Calcium supplements can interrupt cellular communication
- Kindergarten thinking: “If I take calcium, I can make bones...”
- Calcium does not actually affect the strength of a bone



Reversing Leptin Resistance

- Lower insulin and leptin via diet as much as possible
- If you decrease these, your body can finally 'hear' them again and you'll naturally reduce your hunger



Food Groups

- There are 3 major food groups: protein, fat and carbohydrates
- Carbs are fiber or non-fiber, you want as much fiber as you can
- Carbs are a nonessential nutrient
- Protein is an essential nutrient
- Insulin and leptin are proteins
- Muscles and bones need protein (but not too much)



How Much Protein?

- Aim for approx. 1 gram of protein per day for 1 kg of lean body mass (your total weight less your body fat)
- This varies with individuals, you may need more if you are doing resistance training, if you're pregnant, if you're still growing, etc.



Fat is Good for You!

- Fat does not raise insulin and leptin
- You don't get fat b/c you eat fat!
- Your health & longevity are determined by the proportion of fat vs. sugar you consume and burn in your lifetime
- Ideally, you'll be fat burning, not sugar
- Those with leptin resistance are burning sugar



What Are Healthy Fats?

- Saturated fats are harder to burn than unsaturated fats—but they are less likely to turn rancid inside the body
- Coconut oil is ideal
- When you're burning sugar instead of fat, you're hungry all the time
- Your goal is to be burning fats



More About Fats

- Mono-unsaturated fats, like olive oil, are good in moderation
- Mono-unsaturated oils don't turn rancid easily, and your body can burn them
- Polyunsaturated fats, such as commercial vegetable oils (corn, peanut, safflower, etc.), are extremely unhealthy
- We need a little Omega-6, but not too much
- Omega-6 is pro-inflammatory.



More About Fats (cont'd)

- Omega-3 (high in fish oil) is the best sort of fat
- They are anti-inflammatory.
- In modern Western diet, we're eating as much as 50-to-1 of Omega-6 to Omega-3's
- Cooking with those vegetable oils, such as to make French fries or other fried foods, is particularly harmful as they oxidize and turn rancid, both when cooking and in the body
- Fish oil (Omega-3) reduces inflammation and burns fat
- Omega-6's do the opposite, they make your blood clot and can lead to a heart attack

What to Eat to Get Protein & Healthy Fats?

- Protein shake
- Nuts as a snack throughout the day
- Fish oil
- Avocados



Closing Thoughts

- High-fat, moderate-protein, low-carbohydrate diet is ideal
- Weight loss and healing diabetes is possible!



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