

FUEL FLUX

Have you been sweating bullets at the gym when a well meaning trainer says, "you're turning yourself into a fat burning machine!" Yeah right! The last time you stepped on the scale... nothing! In fact, one little, tiny cookie makes you gain weight despite the long hours and buckets of sweat on the elliptical... right? It's like there's no room for error; your body grabs every extra calorie and it even stores fat when you smell a mini-donut! Frustrating, but it is true; your body is stuck in fat storage, 24/7! storage.,there's hope.

BURN FAT, NOT SUGAR!

The Truth is we can work out, sweat, pump weights, run, jump, hop, leap, crunch and still never access our stored fat for energy. We all know it's true; America has more gyms and health clubs than ever before, yet obesity and diabetes are epidemic. **Because, exercise is not the porthole to fat burning.** Hormones control lipolysis (fat burning) and esterification (fat storage), not exercise. WHAT? THEN, WHY ARE WE SLAVES TO THE GYM? After reading this, maybe you'll break your chains to the treadmill and discover the freedom found in *metabolic flexibility*.

The 80/20 Rule

Metabolic flexibility is a fancy way of saying, "the ability to burn fat for energy and store fat for later." Burn, store, burn, store... this was the plan; it worked well until the explosion of the grain industry. 80% of the battle of the bulge is nutritional; it's about the choices we are making with food. Exercise is only 20% of the equation. So, what's the secret? DRIVE YOUR INSULIN LEVEL DOWN. Insulin is the hormone secreted by the pancreas when you eat any carbohydrate; it is also the hormone that stores fat! **It is metabolically impossible to gain weight without carbs.** Most Americans are in the store, store and store some more, mode. This is caused by the blood being saturated with insulin, 24/7.

I'm Hungry, Again?

Insulin tells the brain, "I am hungry, let's eat sweet and salty!" So, even though we are over eating most of the day, we still have that nagging urge to raid the fridge... it's the *hormone who won't go home's* fault, INSULIN! Insulin programs the muscle cells to crave dietary sugar for fuel; so, when insulin levels are elevated in the blood, the muscles are primed to use glucose, or sugar, as energy. So, you can be sweating to the oldies or running a marathon, but if your insulin is high, the body won't burn fat! But, as your diet strategically changes, insulin will fall and the muscles will shift their receptors. Literally, the brain reprograms the muscle to 'crave fat' for energy. This is how you'll lose the love handles; we each have the energy of approximately 17,000 stored pancakes stuck in our fat cells. *Let's get burning* ☺.

~Kelly & Julie