

Bristlecone Med-fitness

"Damaging truth, I prefer it to advantageous error. Truth heals the pain which perhaps it evokes." -Goethe

GET THE FAT OUT!

LUXUSKONSUMPTION...

Luxusko...what?? Luxuskonsumtion is the process of converting calories or stored fat into heat & physical activity. It's the oxidation (or burning) of fat & calories.

Let's be honest...most of us could take our old New Year's resolutions & simply cross out the year, change it to this year, and try it again! Chances are most of those resolutions included something about *losing weight & eating less!* However, the common experience for most people that attempt a calorie restricting diet seems to be... *"constant, ongoing failure to control appetite & restrict calories to a level that would maintain or reduce weight."* Sound familiar? The problem is most people approach change from the outside - in. And, doctors encourage this by telling patients to, "eat less & exercise more!" *Obviously, this isn't working!*

Weight problems are not caused by a weak will or lack of activity, but rather, out of balance hormones!

OVER FED AND UNDER NOURISHED!

People who continually struggle with fat storage are starving on the inside. What? I know it sounds strange, but let me explain. Obesity is not caused by overeating & under exercising...it is an internal hormonal disorder in the distribution of energy ...calories are stored as fat rather than used for energy. This disorder is initiated by *any form of cellular starvation*. A simple way to remember this is **starvation = conservation!**

The body is designed to store fat when it isn't satisfied.

This crisis fat will store as a result of cell deprivation. *The body actually traps the lipids for fear of future starvation!* The typical pattern of this crisis fat storage is around the mid section of the abdominal area; these fat cells are the most "available" to the body. However, the fat is actually "trapped" in these cells until we learn to turn on the luxuskonsumtion from the inside - out! When our muscles aren't fed, the brain continues to cry out for more, more & more food in attempt to satisfy the energy needs of the cells. This hormonal cry for food is much stronger than willpower! Unfortunately, when there is a hormonal disorder in energy distribution, only a small % of the nutrients actually reach the cells. The bulk goes directly into fat storage!

GET THE FAT OUT!

To stop this cycle of internal starvation & fat storage, ***we must address the unique hormonal imbalance on the inside!***

In a metabolically healthy person, the body automatically balances energy in with energy out. After a meal, the cells are adequately nourished & energy is channeled into physical, mental or emotional activity. Next, the small amount of unused energy (glucose) is temporarily stored in the fat cells. Then, during the hours between meals, these fat cells release their stored fatty acid & the body uses it for energy! It is this process that allows hunger to be curbed naturally.

"Your aspirations are your possibilities!" ~Samuel Jackson

Bristlecone Med-fitness

"Damaging truth, I prefer it to advantageous error. Truth heals the pain which perhaps it evokes." -Goethe

KEEP THE FIRE BURMIN'...

This is also the healthy oxidation of the lean! During this process, the person is naturally satiated for at least 3-6 hours. However, for a person stuck in fat storage, it is a much different story. ***Nutrients are channeled away from the cells, tissues & organs, and instead, they are sent directly into fat storage. Thus, the person is overfed, yet undernourished.***

The principle to remember is this:

The body will never burn fat when it is starving at the cellular level! The metabolism is like a camp fire; it must be fed to burn!

In fact, when an "undernourished" person tries to reduce her calorie load, she will slip further into "internal starvation" & her metabolism will retard. *The worse the cellular starvation, the more the body will conserve and store fat.* Insulin resistance is the primary cause of this starvation. Resistance is a lot like a car flooded with gas. The car needs the gas to go, but when it's flooded, it can't even start, because there's too much! *Too much of a good thing can bring everything to a halt!*

HELP! MY ENGINE IS FLOODED!

In a similar way, our body has a delicate fuel & delivery system to the cells. And, when we consume too many carbs, the system floods with insulin, and shuts down the delivery! We are flooded with fuel, but unable to use it! This hormonal flood forces the fuel (glucose) into fat storage rather than using it for energy. Then, we get hungry too soon because our cells weren't nourished. It's just like pumping the gas pedal after the car's already flooded! Too much insulin brings a complete halt to the metabolic engine!

Like a flooded car, we must stop pumping out the insulin in order to restart our engines!

But for some, the issue may not be insulin. In cortisol flooding, a heightened stress response, the cellular starvation is much more basic. *The person is usually not eating enough to sustain a healthy metabolism. A flood of cortisol can actually suppress the appetite, & cause muscle to waste for energy.* Consequently, the more the calorie load is reduced, the more muscle is lost & the less she can eat without storing fat. ***This is an "anorexic like" metabolic disorder ...muscle will decrease & fat will increase!***

EAT YOUR WAY LEAN!

I want to encourage each of you to participate in our "Luxuskonsumtion" challenge. Hopefully, you have identified your root hormonal problem as either insulin or cortisol. Then, you're ready to tackle the problem of "internal starvation." If it's insulin, you must eliminate the flooding, so the cells can reopen & receive the nutrients. Try a broth fast for 48 hrs. followed up with high protein & a drastic elimination of all carbs except vegetables. **Do this until your body fat % begins to drop!** (Try this cyclically...2 day fast/3 day high protein/weekend off... at least two times per month.)

For cortisol people, you must eat enough protein to reverse muscle wasting and stop the crisis fat storage! Protein will not make you fat...it's biologically impossible! It will restore your lean muscle, feed your cells & increase your metabolic rate. ***But, remember, this can only be effective if you first stop the cellular starvation!***

~Kelly & Julie~