



Change the Way You Think About Fat!

5 things you
can do now to
naturally reset
your
hormones
and cut
cravings
for
good.

We all know by now that traditional diet advice doesn't work. If you're anything like me, you grew up believing low calorie + low fat + intense cardio = weight loss. The only problem is, these strategies won't just **not** give you results, but this diet advice will actually contribute to weight gain!

I bet you grew up also believing in "calories in, calories out."

If we consume less, we'll weigh less.

If we spend hours on the treadmill, it will negate the pizza and donuts.

If we eat low fat, the weight will melt off. Right?

On the surface, this advice seems to make sense, but does it *really* work in the real world? In a word, NO.

When we look at the science of how the body processes macros (or macronutrients, which are carbs, fats and proteins), it's easy to understand that the phrase "a calorie is a calorie" isn't actually true in terms of how our bodies process them.

So what can we do to reset how we think about weight gain and weight loss so we see real results without relying on supplements, gimmicks or luck?





KNOW WHAT MACROS ARE

Macronutrients digest differently and have different effects on blood sugar and hormones. One key difference in the macronutrients is how quickly they digest. Fats take the longest to digest, carbohydrates are the fastest, and protein is right in the middle.

The second thing that differentiates the macros from one another is what they digest into.

Carbohydrates digest into sugar, which is the easiest energy source for the body to use. Proteins break down into amino acids, which are the building blocks for lean muscle, the immune system, the digestive tract, hair, skin, nails, etc. Fats digest into fatty acids, which are integral for hormones, your brain, etc. Fat can also be used for energy by producing a substance called ketones, which can replace glucose as fuel.

When you combine these two things, **digestion speed** and **purpose**, you get very specific uses for the macronutrients that can help when it comes to fat loss, blood sugar balance, and hormonal balance.



STOP EATING LOW FAT

Keeping macros in mind, let's say you're on a "diet." You're watching what you eat, so you go to dinner and look for the lightest option. If you're scanning a menu at an Italian restaurant, the most diet-friendly option is whole grain pasta with a tomato sauce and steamed vegetables. Low calorie and not much fat added. Perfect.

The problem is, your "diet-friendly" meal is mostly carbohydrates. So what's going to happen when you eat that super "healthy" fat-free meal? Those carbohydrates are going to break down very quickly into sugar. The sugar from the carbs will flood your bloodstream all at the same time. Your body will recognize the sugar and send insulin to act as the transporter molecule to take the sugar from your blood and deliver it to your cells so they can be used for energy.

Now the problem becomes inactivity—your muscles aren't working hard enough to need all of that sugar flooding in with the insulin, so it gets stored as fat for your body to use later.

Bottom line: that low-cal "healthy" dinner totally backfired on you. What's worse, all the sugar from the food was sent **into** your blood at the same time, and then the insulin came in and took it all **back out** at the same time. This causes a sugar crash!



UNDERSTAND INSULIN

When you eat that typical “healthy, low fat” diet, you’re setting yourself up for two different situations.

First, when you don’t need the quick sugar energy that the insulin is trying to deliver, it gets stored as fat. This means insulin just became your fat storage hormone!

Second, your body is smart and adaptive, so it's going to do everything it can to bring your blood sugar back up again after a crash. The fastest way to do that is to eat more carbohydrates. So, your smart, adaptive body triggers a carb craving. This cycle continues on and on and on, keeping you on what I like to call the “blood sugar rollercoaster.”

The way to get off that roller coaster? Lower those insulin spikes to avoid the blood sugar drop right after. To do that you need to eat macronutrients that don't immediately digest down into sugar (i.e. more fats and proteins). You need to slow down digestion and stabilize blood sugar throughout the day.

Bottom line: to balance blood sugar, regulate hormones, quit storing fat—and use up the already-stored fat—we need to keep our insulin levels low, so insulin's counterpart glucagon can be in the driver's seat and trigger stored fat burning.



EAT HIGH FAT AND LOW CARB

Remember how fat and protein digest a lot slower than carbs? Instead of sending out a lot of quick energy all at once, they send it out slowly into the blood. That energy is then slowly fed to the muscles in smaller amounts, which is much more appropriate for most people’s activity level.

This energy from your food is more likely to be used instead of immediately stored as fat. In this case, your insulin levels stay low, which is important because it keeps your blood sugar stable. Stable blood sugar cuts the insane cravings for junk food later.

The other thing that happens here is you are now teaching your body to be a fat burner instead of a sugar burner. Your body can actually switch over from constantly needing sugar for energy, accessing the stored energy (aka fat), which it will use to power your body.

Before you jump on the “no carbohydrates ever” train, know that we do need some carbohydrates—especially women—to keep the thyroid balanced and to make sure we are getting enough variety in our fruits and veggies. Carbs also provide us with all-important fibre.



CUT CRAVINGS FOR GOOD!

Have you ever heard someone say they need a kale salad RIGHT NOW? Probably not. But how many times have you heard that about chocolate? Or donuts? Or pop? Probably more times than you can count.

To balance this properly, we are using a high-fat low-carb plan which is moderate, uncomplicated and very effective for balancing blood sugar, regulating hormones, and allowing the right hormones to be in play for fat burning.

When that's all in balance, you won't crave carbs anymore because you won't "need" them anymore—your blood sugar will be under control and stable. You won't be dying for a chocolate bar or an ice cream cone or a pizza night. All those things may still sound good, but it's very different from craving them.

You'll also find you don't get hungry the same way. When your body is used to burning sugar all the time, you might feel unwell when you get hungry. When you teach your body to burn fat for energy, you always have access to your stored energy, which means you're really never without an energy source.

Join my FREE Facebook group, The HER Power Lifestyle Fit and Fab Group to learn more about the this ebook so you can work with your body in a safe, natural, healthy way for incredible long-term results.



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