

The 2024 Daybreak Summer Nutrition Seminar Series

Lesson 10- The Art of Burning FAT! (...And Isn't That What You Want?)

Part 1- The Rules of the Course/Review Last Week's Lesson

- 1) I am the all-knowing nutrition wizard-guru-ninja, I'm always right (Eye roll).
- 2) "The goal is to keep the goal the goal".... So, what's yours?
- 3) YOU are in charge of your health. Do NOT outsource it to someone else.
- 4) Understand the principles and make them fit into YOUR life.
- 5) Have fun!

Fat & Carb Burn

Your Body's Stored Calories

The chart at right illustrates the fuel stored in your body. Think of it as the gas tank that supplies the engine—your body—with fuel. Fat and carbohydrates are what fill your tank.

BODIES HAVE MORE FAT
Within your body, fat stores are considerably larger than carbohydrate stores.

FAT HAS MORE ENERGY
Breaking down 1 unit of fat yields 9 times more energy than breaking down 1 unit of stored carbohydrate.

2,000
Calories from Carbs

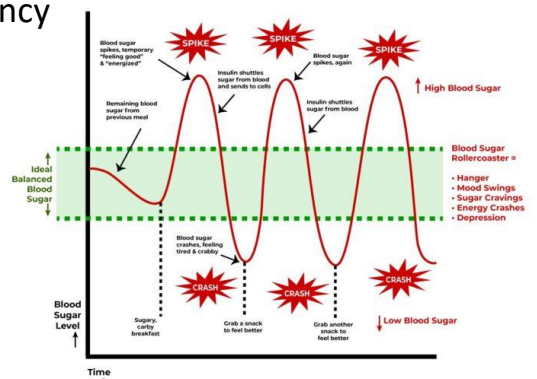
197,658
Calories from Fat



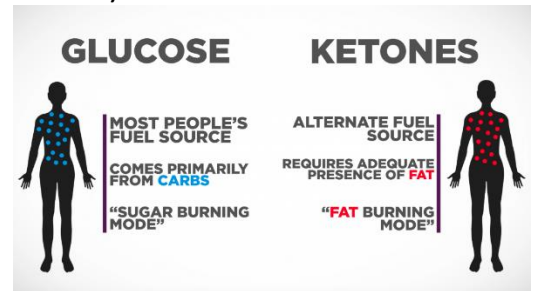
Part 2- Energy System #1- Glucosis- A Metabolic Emergency



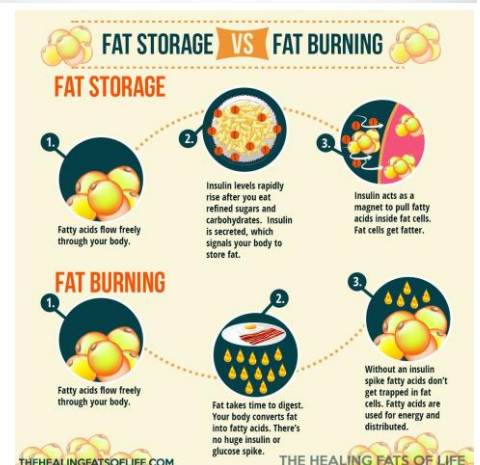
THE BLOOD SUGAR ROLLER COASTER



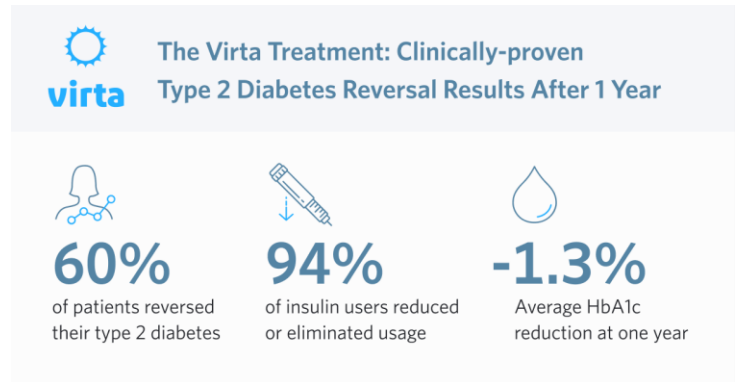
Part 3- Energy System #2- Ketosis- Our Natural State (NOT a fad)



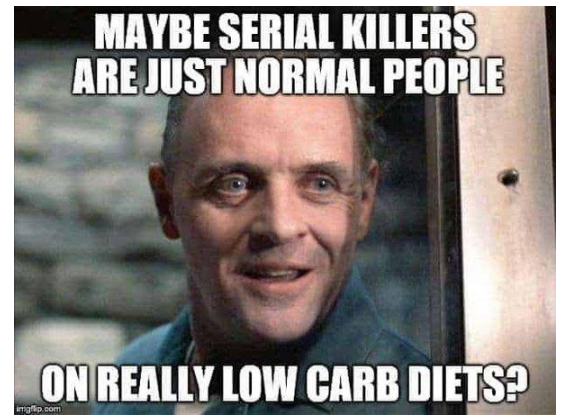
Part 4- What Are the Benefits of Burning Fat for Fuel?



Part 5- Ketogenic Research!



Part 6- But Wait... Isn't Ketosis Dangerous?!?



Homework- Try a ketogenic Experiment to Burn Fat!

Resources-

Boundless Body Radio- A Masterclass on Ketogenic Diets! Episode 1, Part 1! 456 (This is a 6-part series!)

<https://www.buzzsprout.com/1244183/12825745>

Boundless Body Radio- The Case For Keto with Bestselling Author Gary Taubes!

<https://www.buzzsprout.com/1244183/10434847>

The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet by Nina Teicholz

<https://www.amazon.com/Big-Fat-Surprise-Butter-Healthy/dp/1451624425>

What If It's All Been a Big Fat Lie by Gary Taubes- Article NY Times- July 7, 2002

<https://www.nytimes.com/2002/07/07/magazine/what-if-it-s-all-been-a-big-fat-lie.html>

Revisionist History Podcast Season 2 Episode 10-The Basement Tapes- Malcolm Gladwell

<http://revisionisthistory.com/episodes/20-the-basement-tapes>