

It Takes Fat to Burn Fat

With all the dietary information out there, this statement seems like a paradox. What you need to understand requires you to think hormonally instead of calorically.



- 1. Dietary fat has no effect on insulin.**
Remember, carbohydrate is the major catalyst of insulin, with protein having only a slight impact. Eating some fat, such as a few nuts in a pinch, is a great quick snack.
- 2. Consuming fat along with carbohydrates will slow down the rate of entry of turning to sugar** in the bloodstream, much like fiber does. Fat acts like a control rod to prevent the overproduction of insulin. With a lower level of insulin released, it is more likely you will release stored body fat for energy. Using fat for energy is 2 1/2 times more efficient than using carbohydrates alone. So, this is a major reason FAT is your ally!
- 3. Fat acts as your hormonal off-switch for eating.** Fat consumption sends a signal to your brain that you are full and to stop eating.

How the Fat Burning Process Happens

Between meals or while you are sleeping, the fat storage process in healthy cells* begins to reverse. Any excess carbohydrate, protein or fat that is stored in the fat tissue begins to breakdown as insulin levels drop. What is stored in the fat cells is a combination of sugar and fatty acids, which break apart to be utilized by the body as needed.

When your fat cells are healthy*, your fat tissue acts like a bank. It makes deposits during the day (food consumption) and makes withdrawals at night (fat burning). The key to this occurrence is FAT consumption.

*as opposed to unhealthy fat cells in which there is increased cellular inflammation due to a high carbohydrate diet coupled with high levels of omega-6 fatty acids consumed.

Eicosanoids



Eicosanoids are the most powerful hormones in your body, controlling every cell, organ and system. Their function, as with all hormonal systems, require a balance – you want to have more good eicosanoids than bad ones.

What can destroy this balance? An overproduction of insulin. When insulin is overproduced, the body produces a polyunsaturated fatty acid called Arachidonic Acid (AA).

Again, some of this AA produced is necessary; however, too much is dangerous and can lead to chronic diseases like cancer, heart disease, diabetes, arthritis, etc.

What foods contain Arachidonic Acid (AA)? You'll find it in fatty red meats (sausage, bacon, steak), egg yolks and organ meats. Limit these dietary sources from your meals and snacks. Also, limit consumption of another polyunsaturated fat, known as omega-6 essential fatty acids. Common sources of omega-6 include oils such as sunflower, safflower and soybean oil (often found in bottled dressings).

What your body really needs to consume is adequate amounts of another kind of polyunsaturated fats, called omega-3 fatty acids. The best omega-3 fatty acid is eicosapentaenoic acid (EPA). EPA prevents your body from the negative hormonal effects that consuming omega-6 fatty acids can cause. The best source of EPA is salmon and other types of fish. An alternative is taking cod liver oil (as your grandmother probably did) or taking **fish oil capsules daily**.



What is the best type of fat to eat to burn fat? Monounsaturated fat is your best choice. Excellent sources of monounsaturated fat include: olives, avocado (guacamole), olive oil and certain nuts like almond, cashew, pistachio, macadamia and walnuts.

With Thirty40Thirty Nutrition, one fat block equals 3 grams of fat. Examples include:

1 Tbs avocado, 1/3 tsp olive oil, 3 almonds or 1 macadamia nut.

Olive Oil

Olive oil is an integral component of this program. According to Dr. Sears, "surprisingly, the best olive oil to cook with is not the premium extra virgin olive oil, but the considerably less expensive **refined olive oil**. The type of oil as in *extra virgin* and *virgin* denote the amount of contaminants of free fatty acids (which have a bitter taste) in the olive oil. *Extra virgin* means the oil has less than 0.5 percent by weight of free fatty acids, whereas *virgin* indicates less than 1.0 percent by weight. Olive oil containing more than 2 percent of free fatty acid has to be refined, which will reduce the amount of the free fatty acid to 0 percent."

Reference: Dr. Barry Sears, *Mastering the Zone* and *The Mediterranean Zone*

