

I am Fat and Need to Lose Weight

I am fat and need to lose weight! The best way to lose weight is to understand the cause of weight gain. It then become easy to lose weight.

There is always a reason for being overweight. And, it almost always has to do with eating the wrong foods. Most people have followed the advice of the wrong people. Poor nutritional advice comes from the media, doctors, your family, food manufacturers, and even the government.

Fortunately, the scientific evidence has shown how to actually lose weight and keep it off.

For decades we've been told gaining and losing weight is all about the calories. Just one little problem: the research says otherwise.

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Most of us think we only put fat in our fat cells when we eat too much. But as Gary Taubes explains in "Good Calories, Bad Calories," you're fat cells are like rechargeable fuel cells. Every time you eat you store some fat. In between meals, fat comes out of your fat cells to provide the fuel for your muscles and organs.

If you're naturally thin, it's because you have efficient fat cells. Fat goes in quickly and it comes out easily. Your body doesn't need much fat because the little bit of fat you do have is a reliable source of fuel.

We Starve at the Cellular Level

I am fat and need to lose weight! If you're predisposed to be

fat, it's because you have greedy fat cells. When you eat, you tend to store calories as fat instead of burning them. And when your other tissues need those calories, the fat comes out slowly, if it comes out at all.

The end user of food that we eat is our individual cells. It doesn't matter if it goes in our mouth if it doesn't get to those cells, we starve. We starve at the cellular level.

And so, you do exactly what your body is telling you to do. You eat more.

You Eat Because You're Fat

In other words, you're not getting fat because you're eating more. You're eating more because you're getting fat.

High Blood Sugar is Toxic

Most of us weren't born with greedy fat cells. But we can certainly make them that way. When you eat too many carbohydrates, you raise your blood sugar. Since **high blood sugar is toxic**, your body releases insulin to bring it down. But, your body can only burn a little bit of sugar at a time. So what happens to the rest of it?

Your storage sites for carbohydrates are limited. And we've got unlimited storage places for fat, so the body ends up just converting the carbohydrate to fat.

Your Body Suppresses Blood Sugar First of All

And after bringing down your blood sugar, [insulin](#) does its other jobs. It tells your body to store fat. When you have a healthy metabolism, it only takes a little bit of insulin to bring your blood sugar down. And then everything goes back to normal.

But, over time, well, that can change. The cells can become resistant to the effects of insulin. In essence, when that happens the insulin is talking but the cells should start listening. And so they don't get the message from insulin. So they don't do what they're supposed to do.

And so your body does what it has to do. It starts producing more insulin.

You finally reach the point where your insulin is high just to keep your sugar normal, even if you're not eating any sugar. And then when that happens, then it's starting to drive stuff into the fat cells and then you've reached this point where all of a sudden BAM! [You get fat](#).

I am fat and need to lose weight! The solution is to stop consuming foods that cause blood sugar to rise. Stop eating carbohydrates, especially high glycemic carbohydrates.

From the documentary "Fat Head."