

Burn Fat Fast To Lose Weight by Controlling Insulin

Burn fat fast by controlling insulin. Dr. Jason Fung explains why calories in vs. calories out isn't nearly as important as controlling insulin when it comes to burning fat.

Insulin spikes turn off fat burning. And insulin spikes cause leptin resistance so the "I'm full" signals don't easily reach your brain.

The simple solution to get your body to burn fat fast is to reduce your intake of refined carbohydrates. During the refining process fiber and nutrients are removed. This allows for rapid digestion and assimilation of sugars into the blood stream. High levels of blood sugar mean insulin levels spike upward to try to control blood sugar.

Numerous studies have shown that diets high in refined carbs may be associated with excess belly fat.

You need to greatly reduce your intake of refined carbohydrates if you to to burn fat fast to see your abs.

Most people want to burn fat fast. But, what happens when you eat is that insulin goes up. And insulin basically is the hormone that tells your body to **store** fat, not burn fat fast.

Insulin stops your body from burning fat. When you eat, you start to store some of the sugar and store some of the fat. Carbohydrates get turned into glycogen in the liver. Basically, glycogen is a chain of glucose molecules used for storage. And when you have too much glycogen, then your liver produces lipids [fats] and your body stores fat.

How to Burn Fat Fast

So when you don't eat, your insulin levels fall. And that's a signal to start pulling some of that stored energy out. So you're gonna start by pulling some of the stored glycogen energy out from the cells and liver. And then you're gonna access some energy from the stored fat. This is the best way to burn fat fast.

Refrigerator and Freezer for Energy Storage

So you can think of the glycogen like a refrigerator. You can put food energy in easily and you can take food energy out easily. Right. It's just food energy.

And the [stored] fat is more like your freezer. You can store more of it, but it's in your basement. It's hard to get to. It's the same idea.

You have two storage forms of energy. The refrigerator, though, has a limited capacity. So, if you consume too much food you have no choice but to put it [as fat] in your freezer.

The body doesn't have some giant vat of calories, right. You can store sugar; you can store fat. There are two places in the body where you can store food. Your calories go into your fridge and calories go out from the fridge.

Insulin Does Not Allow You to Burn Fat Fast

But there's a third thing that you have to consider. And that is how much food goes back and forth between the freezer and the fridge. And the question is, "What's controlling this?" And it turns out that the main player is insulin.

Insulin inhibits lipolysis [the breakdown of

fats]. What that means is it stops you from getting the fat out. So if you have a lot of insulin, then you can't get the food [fat] back out this way. So, normally, if you eat a huge meal your insulin is high. It's going to tell the body to move all the storage in this way [into the freezer]. and that's the problem.

Insulin Resistance Keeps Insulin Levels High

So, if you have a lot of insulin resistance, which keeps your insulin levels very high, it's like that freezer is kind of locked away in the basement behind the locked steel bar. You can't get at it.

Lets Try a Diet to Lose Weight

So what happens now when you start reducing your calories? If you start reducing your calories in, what your body is simply going to do is reduce the calories out [by reducing your metabolism]. That's what it does because it's not gonna keep losing weight until you die. That's just ridiculous.

If you're not affecting the insulin, you can't get at that fat to burn fat fast. You're just gonna reduce your calories out.

Check out the full 36 minute talk here:

<https://www.youtube.com/watch?v=tIuj-oMN-Fk>

See Your Abs With the Perfect Intermittent Fasting Ratio for the Most Fat Burning

To get abs and see them, you must lose that layer of fat covering your belly. To get into fat burning mode you must control your insulin levels. Intermittent fasting is an optimal way to lower blood sugar, and lower insulin levels, so your body can burn fat, especially belly fat, so you can finally see your abs.

Perfect Intermittent Fasting Ratio for Maximum Fat Burning

Hey guys .I'm back with another video on the perfect intermittent fasting ratio for maximum fat burning. I do get this question a lot: At what ratio should I do the eating vs. fasting cycle to

just produce the most weight loss?

Okay. Well there's some research that was done that shows that you're gonna mobilize the most fat and lower the most insulin right around 18 hours to 24 hours (of fasting), okay, in a cycle. So let's look at this more closely.

Optimal Intermittent Fasting Ratio

Here we have 18 hours of fasting. Okay. Let's say you eat at 12 o'clock noon, and then at 6. It gives you a six-hour window of eating, right. And then you're gonna fast for 18 hours. So you're gonna lose some weight. It's gonna be very successful.

So let's say you ate just one meal at 12 o'clock. Okay, that gives you like a 23 hour fasting cycle.

So somewhere in between here (18 to 23 hours of fasting) would be the optimum.

So a lot of you out there are doing fasting and you're just doing one meal a day. In fact, nearly a hundred percent of all the Skype interviews that I have done are doing one meal a day. So they're doing very very well.

Just Starting Out with Intermittent Fasting?

But if you're new at this, what you could do is go

to three meals. Then push the breakfast further and further and further until eventually there's no breakfast. Because you don't want to eat in the morning when you're not hungry. And then you have two meals, right.

So then what you want to do is you want to keep pushing this twelve o'clock to 1 and the 6 to 5 to shorten this down to a 4 hour window. That would be a real nice sweet spot to hit. Between 4 hours and, if you want to take one step further, and start graduating to this (23 hours of fasting) over here, you can do it. I would do this if you need to lose a lot of weight.

Also, the more you have insulin resistance, the more damage within your system, the more that you have diabetes, the more you want to graduate into this right here (one meal a day). But let's say, for example, you're losing weight. You hit your goal, and you're comfortable. And you don't have a history of high blood sugars. Then stick with something like this (18 hour fasting). Okay.

But the other benefit of doing this longer, okay, maybe you might not want to do this.

Autophagy Cleans Up Your System

But maybe a four-hour window. This is something called autophagy, which most of you seen the video

I've done on this. But autophagy is like you being a self-cleaning oven, okay, where it's cleaning up all this crap out of the cells. It's recycling all the junk. It's getting the junk out of the trunk.

So intermittent fasting can increase autophagy by five times. Okay. So it's a very powerful stimulus of autophagy which will make you very healthy as compared to a diabetic who has very dirty cells. There's no self-cleaning oven.

There's waste products. There is all sorts of damage to the eyes, to the retina, to the kidneys, to the heart. So autophagy is what you want to do, especially if you're diabetic or pre-diabetic.

Especially For Diabetics

One small point about diabetics: if a diabetic were to consume more B vitamins from nutritional yeast, they would have less damage to the mitochondria, unless wastes build-up.

Add High Intensity Interval Training (HIIT)

All right, just a side note. So for the people that want to take it all the way and do one meal a day. You can also take an even further by adding high intensity interval training exercise in your fasting window. Whether it's before or after, and you add that to one meal a day, now you're talking

about taking it to the next level because you're gonna spike growth hormone. You're gonna lose a lot more weight doing that.

Get Enough Sleep for Recovery

And also adding a little more sleep will help you as well. Make sure you don't over train. Make sure you're recovering. You know, some people are working out six days a week. I recommend twice a week. Okay, if you're doing this correctly and you're hitting it hard, the personal training, twice a week is fine, unless you're 20 years old you know. But if you're thirty, forty, fifty, twice a week is the perfect optimum frequency of workouts. But then on the off days do the walking. That would be hot.

Stay Low Carbs

Also keep your carbs lower than 20 grams, and the vegetables in as well. But keep those carbs at less than 20 grams, not counting vegetables and I think this right here you're gonna have some serious weight loss. And you're going to be happy with that pattern.

Thanks for watching.

Hey, thank you so much for watching. Keep spreading the word and share this video.

Take Dr. Berg's Free Keto Mini-Course:
<https://www.drberg.com/how-to-do-ketosis>

Disclaimer:

Dr. Eric Berg received his Doctor of Chiropractic degree from Palmer College of Chiropractic in 1988. His use of "doctor" or "Dr." in relation to himself solely refers to that degree. Dr. Berg is a licensed chiropractor in Virginia, California, and Louisiana, but he no longer practices chiropractic in any state and does not see patients. This video is for general informational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical exam, cure, treatment, diagnosis, and prescription or recommendation. It does not create a doctor-patient relationship between Dr. Berg and you. You should not make any change in your health regimen or diet before first consulting a physician and obtaining a medical exam, diagnosis, and recommendation. Always seek the advice of a physician or other qualified health provider with any questions you may have regarding a medical condition.

How to Burn the Most Fat So You Can See Your Abs

How to Burn the Most Fat So You Can See Your Abs! Want to lose belly fat to see your abs? You must become a fat burner. Here is the key to becoming a fat burner, losing weight, especially abdominal fat.

In this video we're going to talk about how to burn fat, a very important topic, but a big problem simply because pretty much all the mainstream recommendations for burning fat are completely outdated. In fact, look at the statistics in America: only 2% of the population ever is successful at burning fat, in achieving their weight-loss goals.

An average female spent 17 years dieting. So what does that tell you? They're operating off of incorrect information.

What I'm going to tell you is based on fact, physiology books, how the body works. There are two main fuel sources in the body. Okay, you have fat and you have stored sugar. There is a third

one called muscle, but I'm not going to get into that because you have to be very very sick for your body to start using muscle protein as a fuel source.

We're going to talk about the two main ones which are fat and sugar. In other words, your body can store sugar (the name of that's called glycogen) in your liver and your muscles. And that can be released in between times where you're not eating. Okay. Or it can go after the fat.

So the way it works, our fat burning hormones based on what you eat and what you do trigger the release of certain enzymes to dissolve that fat, called lipase enzymes. These enzymes break fats down into ketones. Ketones are the byproduct of fat metabolism and your body can run on these very efficiently, way better actually it's a better fuel source, it's a cleaner fuel source. Your body can run on this; even your brain can run on ketones.

Now fat making hormones trigger the storage of sugar and the conversion of the sugar into fat. So that's how that works. The great majority of people are only burning sugar which is glucose. They're not burning fat. What occurs is they will lose some temporary water weight and they hit a plateau, thinking that's actual fat. But if they

never actually burn fat, and I can prove that because I have a machine that measures how much fat someone burns, and you can very easily see they lose water weight, and then they plateau.

Insulin has the Strength to Prevent Fat Burning

So, the great majority people burn sugar. They're not actually burning fat. So in this next section I'm going to tell you about the single control factor that determines whether you're burning fat or whether you're burning sugar.

So here it is: the number one controller of whether you burn actual fat or whether you're burning sugar is this one hormone called insulin. So insulin, even in small amounts, has the strength, the domination, to prevent you from tapping into your fat reserve. So here's a little graph on how much insulin, or let's just say when I talk about insulin I'm going to talk about sugar, because sugar triggers insulin. So I could easily say the number one control of whether you burn fat is sugar, or hidden sugars. But I'm just going to call insulin sugar right now. So that sugar is high, let's say it's high sugar right here, or high insulin. You're not going to be able to burn fat.

Your body is running on sugar. So let's say you eat moderately. Because someone said everything in

moderation, you know it still won't work because insulin has to be zero, or sugar has to be zero, to tap into ketones which are is the byproduct of fat burning, which is ketosis. So in other words, it's not a graph that's a gradual graph. You have to make insulin, or so we say sugar, zero before you can burn fat.

Ketosis is Needed to Burn Fat

So now we're going to talk about this thing called ketosis. Ketosis is what we want to get into. And you may hear some negative things about ketosis because it relates to diabetes. But we're talking about doing ketosis in a very healthy way. Okay, ketosis is the healthiest thing to do for your blood sugars, for your heart, for your brain, and other conditions like polycystic ovarian syndrome. Really, really important because, think about that condition, persons are usually always insulin resistant. And if they go on this diet they see great improvements. Okay, so we want to get the person in ketosis.

To get in ketosis usually does not happen overnight. It's easy to tap into the sugar reserve because all you have to do is eat sugar but to get into ketosis it can sometimes take way more than two days. It could take a week, to two weeks, up to a month, and maybe in some situations five or

even six weeks before you're really hardcore into fat burning. Now why is that? Because you've been living on sugar your whole life and your system is so inefficient and so used to burning sugar.

You Must be Keto Adapted

To convert over it's called a keto adaptation. So you're adapting to burning fat just takes a little bit longer. Don't worry about it because you can see ketones in your urine within a few days. But the point is, you want to stick with it a little longer. And I think what discourages a lot of people is they think they're going to burn fat in a day or two. And they get discouraged, and they stop when in fact to adapt your body into a fat-burning it could take up to a month, to possibly six weeks in very extreme cases.

I'm telling you that because it might happen in a week, or maybe a little longer than a week. But just hang in there and stick with it because it will happen. And your body will be burning fat. And a lot of problems will actually go away.

What You Should Eat to See Your Abs

So now let's talk about what foods that you have to eat to get into ketosis. OK, so here's here's what you need to eat. Number one you want to keep your carbohydrates within 5 to 10 percent of the

entire amount of calories that you eat in a given day. Now the type of carbohydrates we're going to recommend are vegetable in nature. So why vegetable even though they have a small amount of carbohydrate? They have a lot of vitamins and minerals that you're not going to get with protein or fat. So we do want the vegetable carbohydrates here in a good amount. Okay, but the net sugars from that is going to be very, very, very low. If anything, at all.

Okay. 25% of your diet should come in the form of protein. This thing that I'm telling you is not the Atkins diet. Atkins is a lot of protein. Our body is not made out of carbohydrate. Some of her body is protein, but a lot of our body is made out of fat.

And that's the third one right here. 65 to 80 percent of your calories should be in the form of fat. Now before you freak out, realize that I actually have been in ketosis for quite a while. And I have a lot of clients that also have been in ketosis. And it's a very healthy thing to do because you feel so good. But, fat is good. It's going to be in the form of healthy fats. And it's not going to be absolutely deep-fried, you know anything.

So we want the carbohydrates vegetable, we want

the protein so that would kind of come out to about, let's say, about four to five, maybe six ounces of protein with each meal. Okay. But see most protein comes with fat. So a lot of your protein source actually comes from fat as well. But you do not want to consume the lean proteins, and that is because you need that fat to get your body into ketosis. Eskimos consume blubber and they actually are in a state of ketosis. And they can actually, a lot of them, actually have zero heart problems at all.

And if you're concerned about increasing your cholesterol, realize this your body makes 2,000 milligrams of cholesterol every single day. Why would your body make that much cholesterol if it didn't need it? So when you consume more cholesterol or fat your body just makes less. That's how it works. You need this cholesterol to build the surrounding around on your cells. You need its raw material to build up your hormones, especially stress hormone. So you need it for the lens of the eye and even the brain. A lot of cholesterol is in our brain to help the nerve connectivity.

So your body adapts to that. So we need a lot of it, I mean like one egg would be 300 milligrams. So you have to have like 40 eggs to equal what your body makes every single day. But it adapts,

so you eat less your body makes more. You eat more, the body makes less.

So now, 65 to 80 percent of your body should be in the form of fat, so that is the formula To get someone in fat burning. One time in high school I was a wrestler and I tried to gain weight. And so when I did is I decided, well of course, if I wanna gain weight I have to eat fatty foods. I started losing weight the more fat that I ate. And that kind of confused me until later when I got into the physiology of it. I found out that consuming fat is neutral with insulin. Eating fat does not trigger insulin.

Eat to Keep Insulin Very Low

Insulin is the key thing that must be zero. Because once you get your body into fat-burning by doing this, all it's going to take is a little bit of sugar to totally throw you out of ketosis. Once your body is adapted to it. But you'll feel much better with your energy, with your cardiovascular, with your endurance. And if you add exercise on top of this, oh my gosh, it's going to be huge. A lot of professional athletes are going into this as well because they have a lot better performance. And a lot of credible medical doctors are even recommending this as well. So it's a it's a new thing. And you know it's true because it's

the exact opposite of what mainstream is telling you to do. They're saying have 60% of your diet carbohydrates and have only 5 to 10 percent fat and protein the same. So you know it's correct. So if you just did the opposite of what everyone tells you to do you'll come out on top.

If you want to know the specifics of what exact types of fats that you should have and what combinations and some ideas of maybe some snacks click the link below and you can download a page of what to eat and how to do this correctly all right so I hope you enjoy this and I will see you in the next video.

Get Your Copy (Dr. Berg's New Body Type Guide)

Now: <https://shop.drberg.com/drbergs-new-b...> or

Kindle: <http://amzn.to/2fANYvK>

Take Dr. Berg's Advanced Evaluation Quiz:

<http://bit.ly/EvalQuiz>

How To Get SIX PACK ABS

Fast For Summer | 2018

Chris Heria breaks down exactly how to get six pack abs FAST!

Burning fat and high intensity interval training are two main factor when it comes to getting a shredded aesthetic! but abs can't be perfect if your nutrition isn't! use this workout routine that incorporates the right components to getting six pack abs Fast for summer!

SUBSCRIBE TO MY VLOG CHANNEL:
<https://www.youtube.com/channel/UCaBqRxHEMongFU-AkSfodCw>

Join our Events: <http://thenx.com/blog/events/>
(currently updating)

Heria Shirts here: <https://chrisheria.com/>

BECOME A THENX MEMBER: <https://thenx.com/>

DOWNLOAD THENX Iphone App: <https://goo.gl/Qk235s>

DOWNLOAD ANDROID App: <https://goo.gl/kcRBpL>

SHOP THENX: <https://thenx.com/shop>

VIEW OUR EVENT CALENDAR:
<http://thenx.com/blog/events/>

THENX BLOG: <http://thenx.com/blog/>

Follow Us:

Instagram: @thenx @chrisheria

The BEST Calisthenics App, secret techniques, programs, and step by step guided tutorials tested

by thousands of people to reach their goals, with the most simplistic systematic approach to learning any calisthenics move such as the Handstand, Muscle Up, Planche, with ease.

And it's all IN HERE

<https://www.thenx.com>

How To Get SIX PACK ABS Fast For Summer | 2018

Chris Heria breaks down exactly how to get six pack abs FAST!

Burning fat and high intensity interval training are two main factor when it comes to getting a shredded aesthetic! but abs can't be perfect if your nutrition isn't! use this workout routine that incorporates the right components to getting six pack abs Fast for summer!

SUBSCRIBE TO MY VLOG CHANNEL:

<https://www.youtube.com/channel/UCaBqRxHEMongFU-AkSfodCw>

Join our Events: <http://thenx.com/blog/events/>
(currently updating)

Heria Shirts here: <https://chrisheria.com/>

BECOME A THENX MEMBER: <https://thenx.com/>

DOWNLOAD THENX Iphone App: <https://goo.gl/Qk235s>

DOWNLOAD ANDROID App: <https://goo.gl/kcRBpL>

SHOP THENX: <https://thenx.com/shop>

VIEW OUR EVENT CALENDAR:

<http://thenx.com/blog/events/>

THENX BLOG: <http://thenx.com/blog/>

Follow Us:

Instagram: @thenx @chrisheria

The BEST Calisthenics App, secret techniques, programs, and step by step guided tutorials tested by thousands of people to reach their goals, with the most simplistic systematic approach to learning any calisthenics move such as the Handstand, Muscle Up, Planche, with ease.

And it's all IN HERE

<https://WWW.THENX.COM>