

# 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 fat 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>

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# 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:**

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