



Why Eating Less & Exercising More Can Make You Fat!

Breakout Discussion Forum

Presenter:

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Current weight loss advice given by GPs, consultants, fitness experts and asserted by the media is failing on a catastrophic scale. Despite eating fewer calories and less dietary fat than ever before, we are fatter than ever. To suggest to someone who is struggling to lose weight (or more accurately fat), that they need to eat and bit less and do a bit more, is woefully inadequate and although may work in the short-term, will fail, almost always in the long-term. This then leads to a sense of failure, frustration and even lower self-esteem for the individual and more often than not, out of desperation and despair, they turn to food for comfort!

Health clinics, spas, fitness centers have to offer better more permanent solutions. This means educating and supporting them through the process of learning how to eat to support a healthy metabolism, to focus on quality not quantity (calories) of food and re-learn what true hunger is. When people eat according to true hunger, they then find they also begin to understand true satiation, making overeating far less likely.

Over 30 years of working out why the 'eat less, do more' mantra is fundamentally flawed on a biological level, has led to understanding the true answers of creating metabolic harmony. Considering we have hormonal mechanisms in place to ensure we never get too fat or too thin, it should be really hard to be either under or overweight. Clearly this is not the case. The focus, therefore, has to be on what is causing the hormonal deregulation and miscommunication and what can be done to correct this.

Being too fat is a symptom of endocrine imbalance. This leads to a drive for fuel (an incessant appetite and never feeling truly satisfied); constantly thinking about food; low energy; poor response to exercise; muscle wasting; fatigue and incredibly easy fat gain. This is not about gluttony or lethargy, it's a bio-chemical imbalance that makes the brain think the body is undernourished. This then triggers a whole cascade of metabolic shifts to endure the individual is extremely efficient converting food to fat while finding it very hard to build muscle, rev up the body and regulate appetite.

Using the principle of counting calories to manage this problem, based on energy in = energy out, greatly exacerbates this imbalance, especially if it leads to a low fat diet, as is usual. Healthy dietary fat is a great regulator of these issues. The more over-fat and imbalanced, the more fat should be consumed.

There are 4 fundamental dietary and lifestyle principles that enable a re-sensitizing of the metabolic hormones, resulting in the body becoming primed for fat burning, for improved response to exercise and incredible regulation of hunger and fullness signals.

These 4 principles are all effective in their own right and when put together offer incredible health benefits that include permanent fat loss along with many others health gains.

They are:

- **Blood sugar management for improved insulin and leptin sensitivity:** fundamental to long-term health and fat loss. Overcoming leptin resistance (our main fat-burning hormone), a major cause of over-eating and excessive fat gain, requires an individual first addresses insulin resistance. This requires avoidance of all foods and drinks that rapidly elevate blood glucose levels and a balance healthy, natural fats, protein and fibrous foods at every meal.
- **High Intensity Interval Training:** Correcting the myth of exercising for fat loss. Overdoing cardio / aerobic exercise can actually encourage fat storage due to the elevation of cortisol. Endurance-type exercise (now considered more than 30 minutes) is not an effective way to burn fat and often results in overeating carb-rich foods afterwards. The answer is short and hard bursts of resistance training where the body is not only revving up for cardio-vascular benefit, but the large muscle groups are pushed to failure in short bursts. This results in many hours of post-exercise 'afterburn' as the muscles heal. This triggers a growth hormone response that elevates fat burning and muscle building long after the activity has finished. As this form of exercise should not be done daily, to allow for the healing and building to take place, and as it takes only 12 - 15 minutes per session, this becomes less ominous for those who do not like to exercise or who have little time.
- **Feed the Microbiome ferments & Fibre:** Increasingly research is finding a direct correlation between the quality and quantity of gut bacteria and metabolic function. There is also the effect the microbiome has on mental wellbeing. As a poorly functioning gut microbiome can trigger depression, anxiety, reduced ability to cope with stress, the individual is more likely to make bad food choices and have lower compliance when it comes to good health practices. Feeding the gut microbes fibre and fermented foods while avoiding the foods that preferentially feed the undesirable bacteria, are key to improving function of this highly influential element to good health and fat loss.
- **Intermittent fasting:** one of the quickest ways to restore the body's insulin and leptin sensitivity and fat-burning capacity. There are very many health benefits associated with a 5:2 or 16:8 protocol if it is practiced regularly. From improved neurological function, reduced inflammation, improved detoxification processes and many more, these all assist in weight loss while also improving insulin response and enforcing better fat burning as the body's fuel sources get drained.

Obviously caution needs to be applied with some of these guidelines, but none are dangerous if applied correctly. This is not something that is extreme or unnatural, quite the opposite - these recommendations somewhat reflect the eating and activity practices of our primal fore bearers.

These 4 fundamentals have been fully extrapolated in a new book by Stephanie, out on Novemeber 10th 2016 called 'Why Eating Less & Exercising More Makes You Fat'.

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