

KNOW YOUR FATBURN FACTOR

Your Fatburn Factor Measures Your Metabolic Flexibility

Being overweight can be an emotional rollercoaster. In my two plus decades of practice, I've learned that most people blame themselves for their weight problems. But there's more to the story than you've heard.

I want you to know that there is something important underlying weight gain: your metabolism is almost certainly damaged in ways that block your ability to use your body fat for fuel between meals. And if you can't use your body fat, you can't lose your body fat.

The term for a metabolism that promotes rapid weight gain and can not easily burn body fat for fuel between meals is *metabolic inflexibility*. Fortunately, the healthy state, metabolic *flexibility*, can be 100% restored with diet.

What kills metabolic flexibility? A certain kind of unstable fatty acid that doctors, dietitians and nutritionists don't learn much about. Everyone should learn about it, because **its something you probably eat every day**: Seed oils. If the unstable fatty acids in seed oils build up in your fat tissue they can actually render your body fat toxic. To compensate, your metabolism relies more on sugar.

The more your metabolism relies on sugar, the more, you become slave to your cravings and your hunger. No amount of willpower can possibly sustain you long enough to lose weight and keep it off until you change this metabolic reality.

Some people can burn enough fat to lose weight if they boost their cortisol levels and exercise like mad. But boosting cortisol and exercising does not restore metabolic flexibility. In order to start losing weight in a way that will enable you to keep it off once and for all, it's vitally important to test your metabolic health.

That's why I developed this quiz.

Your metabolism has four parts that work together to supply your entire body with energy between meals so you never experience overwhelming cravings. Each section of this test evaluates the health of one of the four components of your metabolism.

The higher your total score, the healthier your metabolism.

Part I: Mitochondrial Function

Your cells make energy in chambers called mitochondria. When your body fat is full of toxins from a lifetime of seed oil consumption, burning your body fat actually damages these miniature energy generators.

The four questions in this section assess the amount of mitochondrial damage in your heart, kidney, nerve and brain tissues. The higher your score in this section, the better your mitochondrial function.

If you score low, take heart. The FATBURN FIX plan will restore mitochondrial function and all the symptoms and signs discussed in this section can improve.

Q1: *What is your resting pulse.* Find your pulse in your neck or wrist and count beats for one minute (if on blood pressure medications circle zero):

≤60	+7
61-70	+5
71-80	+3
81-90	+1
91+	+0

Q2: *How often does this describe you?* “The lower number on my blood pressure reading (diastolic) is below 80.” (If on blood pressure medication circle 0)

Almost always	+6
Occasionally or never	+0

Q3: *Does this describe you?* “I have burning or uncomfortable sensations in my hands or feet and/or have been diagnosed with carpal tunnel or restless leg syndrome’ and/or my hands shake when I am hungry or stressed.”

Yes	+0
No	+6

Q4: *Does this describe you?* I get headaches twice monthly or more.

Yes	+0
No	+6

Part II: Hormone Sensitivity

One of the hormones that makes you metabolically inflexible if you lose sensitivity to it is called *insulin*. Insulin makes you build fat and blocks your ability to burn fat.

Insulin resistance cause weight gain because it keeps your insulin high all the time, which makes it very easy for you to build fat and very tough for you to burn it off.

The more insulin resistant you are, the more you need to eat only the special kinds of carbohydrates that digest slowly. This slow release means they elevate insulin the least.

The higher your score in this section, the more sensitive you are to insulin.

Q5: *How often does this describe you?* “I tend to get very tired in the afternoon between 3 and 5pm.”

Never: +6
Sometimes +3
Frequently +0

Q6: *How well does this describe you:* “I have a really hard time losing weight but I regain it rapidly”?

Not at all +6
Somewhat +3
Exactly +0

Q7: *Does this describe you?* “My fasting blood sugar is over 100 or my doctor told me I am prediabetic or diabetic.”

No +7
I am prediabetic +4
I am diabetic +0

Q8: *How often does this describe you?* “My ankles and feet swell after I’ve sat for a while.”

Never +6
Sometimes +3
Often +0

Part III: Body Fat Composition

The *amount* of body fat you have is less important to your metabolic flexibility than the *content* of your body fat. Not all body fat is created equal. If your diet has been full of seed oils, your body fat will be full of toxic and unstable fatty acids. It is these unstable fatty acids that can harm and even shut down your mitochondria (system I).

When your body fat contains too many of these unstable fats, it changes how you feel and how you look. These questions help to estimate how the content of your body fat is affecting you.

The higher your score in this section, the fewer toxins in your body fat.

Q9: *How well does this describe you?* “I am the warm person in the room wanting to turn the thermostat down, or activity can make me feel uncomfortably hot or sweaty, especially when I’m pressed for time.”

Not at all +8

Somewhat +4

Exactly +0

Q 10: *How well does this describe you?* “I take every shortcut I can—using the elevator and driving around the parking lot looking for the slot closest to the entrance.”

Not at all +8

Somewhat +4

Exactly +0

Q11: *How well does this describe you?* “When I put on weight it tends to accumulate around my belly and neck or under my chin.”

Not at all +9

Somewhat +5

Exactly +0

Part IV: Your Brain's Appetite Control System

When your metabolism functions the way nature intended, the appetite regulation centers in your brain manage your hunger and your desire to move (and burn calories) with miraculous precision, maintaining your body composition in the ideal zone. Seed oils can disrupt this complex communication network, to the point that your body fat becomes invisible to your brain. When that happens, even though you have energy in storage, your appetite is revved up as if you were starving.

This section assesses the functionality of your appetite control systems.

The higher your score in this section, the healthier your brain's appetite control systems.

Q12: *How often does this describe you? "I get heartburn or take medications to control heartburn (also known as GERD, gastritis, esophageal reflux)."*

I never or very rarely experience heartburn issues	+6
I experience heartburn once a week	+3
I experience heartburn twice a week or more	+0

Q13: *How well does this describe you? "I have a sweet tooth or crave starchy foods and when they are around I tend to eat more of them than I want to."*

Not at all	+7
Somewhat	+3
Exactly	+0

Q14: *How well does this describe you? I tend to have something sweet or starchy at most meals, or I obsess about starchy and sweet foods when I can't have them.*

Not at all	+6
Somewhat	+3
Exactly	+0

Q15: *How well does this describe you: "I can lose a certain amount of weight, but then my energy crashes and I stop dieting"?*

Not at all	+6
Somewhat	+3
Exactly	+0

UNDERSTANDING YOUR FATBURN FACTOR

Add up the numbers you got from each of the 15 questions. The total should be somewhere between 0 and 100.

UNDERSTANDING YOUR FATBURN FACTOR

SUGAR BURNER

High Risk

0-25

Needs Work

26-50

FAT BURNER

Above Average

51-75

Elite

76-100

The lower your score, the less healthy and flexible your metabolism and the more time you'll need to spend in the **BABY STEPS** part of Phase 1.

The higher your score, the healthier you are and the more able to burn your body fat.

The FATBURN Recovery Plan



Low Score=Metabolic Inflexibility - Average Score - High Score=Metabolic Flexibility

Phase 1: Metabolic Rehabilitation

In phase 1 your focus will be on gaining energy and reducing hunger.

Phase 2: Weight Loss

In phase 2 your focus will be on cutting calories by occasionally skipping a meal or two.

Once you can burn your body fat, you can finally focus on cutting calories to lose weight.

UNDERSTANDING YOUR FATBURN FACTOR

Not only does your FatBurn Factor correlate with how well you burn body fat, it also correlates with where you currently sit on **the Diabetes Spectrum**. If you're on the diabetes spectrum you're at risk for all the complications of diabetes, even before you become a diabetic. Once you're off the spectrum you'll be as free and clear of these risks as you can possibly become.

76-100: "Elite"

If your score is between 76 and 100, congratulations! You are in an elite group and your weight loss will be much easier because of it. Some of your FatBurning advantage may come from just being young—less than 40. If you're over 40, then my guess is you already have a lot of healthy habits that promote fatburn, like exercise and avoidance of junk foods or snacking. Whatever your age or activity level, your current habits have helped you to stay far more in control of what you eat than the average person.

Within this elite group there are some important differences. If your score is 85 or less, you may already be at the very beginning of the diabetes spectrum and dealing with a condition called hypoglycemia. The word means low blood sugar in latin but you may have symptoms even when your blood sugar is normal. Hypoglycemia symptoms include things like brain fog and irritability and are warning signal that even if your weight is still normal you are at risk for diabetic complications.

This is actually where I was at before I learned more about nutrition, and I was ignoring the symptoms I had because I had no idea how serious they were. My condition worsened to the point where my immune system was so weak I had a chronic viral joint infection that nearly crippled me. When I learned what I really should have been eating and changed my diet, I got better to the point I could mountain bike and hike and do most of the things I really loved again.

What Can You Gain by Fixing Your Fatburn?

If you're already an elite FatBurner, the FatBurn Fix can help you to identify those habits that have sustained your health, so you can build on this foundation to stay healthy the rest of your life. And of course, if you want to optimize your health—whether that means you want to be a better athlete, get ahead in business or enjoy a more active

retirement—you'll get the straight scoop about how to do that in the most effortless and natural way possible. You'll learn about tapping into your body's natural appetites and ability for growth and recovery, without spending hundreds of dollars on supplements or turning your life upside down.

How to follow the Plan

With better health comes greater choice. Start right away by tracking your hypoglycemia symptoms using the hypoglycemia frequency assessment worksheet in Chapter 9. I recommend you do this even before you start with the plan. This will make sure you truly don't have any hypoglycemia symptoms. If you don't, you can either start with baby steps or dive in to either keto style eating using the accelerated Phase I.

If you do have hypoglycemia symptoms, continue to use the same worksheet to assess your hypoglycemia symptoms as you get started with your new way of eating. If you find yourself unable to make it between meals without snacking, use the snacking assessment worksheet to tally how much snacking you've been doing. Once you don't have any more hypoglycemia and you have stopped snacking, start using the Mealtime Hunger Frequency Worksheet. Once your mealtime hunger is gone, you're ready for Phase II.

If at any point you find yourself snacking to control hypoglycemia symptoms between meals or for any other reason, use the Snacking Frequency Worksheet in Chapter 9 to tally up how often you are snacking. This is necessary because most people way underestimate the amount of snacking they do.

I recommend reading through all three of the chapters covering the plan to decide if you have a significant sweet tooth and therefore may benefit from taking baby steps to tame it. All three chapters have a ton of ideas on making fast, healthy meals that you can also use once you reach Phase II, the weight loss phase of the plan.

By the way, you may have heard that you need to fast for days to achieve certain physiologic goals, like a kind of cellular housekeeping thought to prevent cancer, called autophagy, or production of a muscle and lean tissue building hormone called growth hormone. But we really don't have any evidence that extended fasts are necessary if your fat burning systems are all healthy. In fact, optimizing your fat burning ability may be the only thing you need to do to get benefits of extended fasts.

51-76: “Above Average”

Insulin Resistance Likely

If your score is 51-75, you can take comfort in the fact that you are beating the odds. Your metabolism is already healthier than the average person—and this includes a lot of people of normal weight, especially those who have what’s called normal weight obesity, also known as ‘skinny fat.’ Even so, chances are you have developed something called insulin resistance. Insulin resistance is part of what I call the diabetes spectrum.

If you have insulin resistance you may already have been feeling some painful consequences of this condition because once you have insulin resistance, you are a set up for the same metabolic problems as people with type 2 diabetes, including neuropathy, joint problems, memory problems, and even cancer. Few doctors are trained to recognize insulin resistance or understand its complications, so chances are slim that your doctor can help you turn your health around before its too late.

If you have insulin resistance, you are already at the second stage of the diabetes spectrum. If the your metabolic health continues to worsen, you are very likely to develop type 2 diabetes and all the complications of type 2 diabetes, which include most of the common and frightening chronic diseases that land people in a hospital.

What Can You Gain by Fixing Your Fatburn?

You can reverse your insulin resistance and drop your risk of developing all complications of diabetes close to zero. Whatever aches and pains you may be dealing with now will dramatically improve and probably melt entirely away. This is going to happen even before you start losing weight.

Above average fat burners tend to have just a few habits that could be addressed to optimize FatBurning and health. Chapters 2 and 8 of The FatBurn Fix help you identify unhealthy habits that you need to change in order to heal your body. These chapters also introduce you to some tricks that will help you gain more control over your daily eating routines.

How to Follow the Plan

Start right away by tracking your hypoglycemia symptoms using the hypoglycemia frequency assessment worksheet in Chapter 9. I recommend you do this even before you start with the plan. This will determine if you any hypoglycemia symptoms. If you do, or if you find yourself snacking for any reason, then use the snacking assessment worksheet to get a handle on how often hypoglycemia symptoms make you grab just a

little something to boost your energy and how often you snack because snack calories can really add up fast.

If you don't have any hypoglycemia symptoms and you're not snacking between meals, you can either start with baby steps or dive in to either keto style eating using the accelerated Phase I. Continue to use the worksheet to assess your hypoglycemia symptoms as you get started with your new way of eating. Once you don't have any more hypoglycemia and you are still not snacking, start using the Mealtime Hunger Frequency Worksheet. Once your mealtime hunger is gone, you're ready for Phase II.

I recommend reading through all three of the chapters covering the plan to decide if you have a significant sweet tooth and therefore may benefit from taking baby steps to tame it. All three chapters have a ton of ideas on making fast, healthy meals that you can also use once you reach Phase II, the weight loss phase of the plan.

26-50 "Needs Work"

Prediabetes Likely

If your Fatburn quiz score is between 26 and 50, you have a lot of company; you're in the most common metabolic group. Most folks in this category have been unknowingly progressing along the diabetic spectrum for years, and many have already developed prediabetes. Chances are you're experiencing a lot of inflammation as well, and have already had some kind of complication of metabolic distress, which includes things like hypertension, gallstones, gout, kidney stones and even many kinds of cancer. Chances are also good that you (and your doctor) didn't link your diagnosis to metabolic problems.

Only 1 out of 10 people with prediabetes have been told by their doctor they have the condition. This is because most doctors think reversing prediabetes requires strict adherence to low carb, low fat and exercise routines, which are hard to stick to and doctors who haven't told you about prediabetes probably just haven't seen the only advice they know to give actually help anyone. Another thing missing from most doctors' education programs is that having prediabetes puts you at risk for all the complications of diabetes, as does insulin resistance and hypoglycemia.

What Can You Gain by Fixing Your Fatburn?

You can improve whatever complications you already have and drop your risk of developing new complications of diabetes close to zero while reversing your prediabetes. Whatever aches and pains or other complications you may be dealing with now will dramatically improve and probably melt entirely away. These improvements in how you feel begin even before you start losing weight.

Most people in this at risk category have several habits that could stand in the way of progress. Chapters 2 and 8 of The FatBurn Fix help you recognize the most common unhealthy habits that you need to change in order to heal your body. These chapters also introduce you to tricks that will help you gain more control over your daily eating routines.

How to Follow the Plan

Your metabolic recovery will take time, so be patient. Start right away by tracking your hypoglycemia symptoms using the hypoglycemia frequency assessment worksheet in Chapter 9. I recommend you do this even before you start with the plan. This will determine if you any hypoglycemia symptoms. If you do, then use the snacking assessment worksheet to get a handle on how often hypoglycemia symptoms make you grab just a little something to boost your energy. If you find yourself snacking for any reason, you can use the snacking assessment worksheet to log how often you're snacking because snack calories can add up quickly.

If you don't have any hypoglycemia symptoms, you can either start with baby steps or dive in to either keto style eating using the accelerated Phase I. Continue to use the worksheet to assess your hypoglycemia symptoms as you get started with your new way of eating. Once you don't have any more hypoglycemia and you're not snacking, start using the Mealtime Hunger Frequency Worksheet.

0-25: High Risk

Diabetes Likely

If your score is 0-25, your metabolism is deeply dependent on sugar, your body is riddled with inflammation and you haven't felt like yourself in years. You may already have developed diabetes. Chances are you've already have at least one other metabolic illness be it hypertension, gallstones, gout, fatty liver, had a heart stent or heart attack, or even possibly cancer. You may be on medications for your diabetes. You don't have to be. Following this plan will enable you to get off medications and reverse most or all of your other medical conditions.

It's important to know that starting this plan lowers your blood sugar naturally, so if you are on medications for diabetes that lower blood sugar, your sugar level could go dangerously low. Check with your doctor to find out.

What Can You Gain By Fixing Your FatBurn?

It bears repeating that you'll be able to improve or even totally recover from most of the conditions that typically run with diabetes. These improvements in your health often

begin even before you start losing weight. No matter how long you've been a type 2 diabetic, you can improve it, and usually reverse it entirely to the point your blood sugars are within the normal range all the time.

Most people in this category have a number of habits that could stand in the way of progress. Chapters 2 and 8 of *The FatBurn Fix* help you recognize the most common unhealthy habits that you need to change in order to heal your body. These chapters also introduce you to tricks that will help you gain more control over your daily eating routines.

How to Follow the Plan

Your metabolic recovery will take time, so be patient. Start right away by tracking your hypoglycemia symptoms using the hypoglycemia frequency assessment worksheet in Chapter 9. I recommend you do this even before you start with the plan. This will determine if you any hypoglycemia symptoms. If you do, then use the snacking assessment worksheet to get a handle on how often hypoglycemia symptoms make you grab just a little something to boost your energy. If you find yourself snacking for any reason, you can use the snacking assessment worksheet to log how often you're snacking because snack calories can add up quickly.

If you don't have any hypoglycemia symptoms, you can either start with baby steps or dive in to either keto style eating using the accelerated Phase I. Continue to use the worksheet to assess your hypoglycemia symptoms as you get started with your new way of eating. Once you don't have any more hypoglycemia and you're not snacking, start using the Mealtime Hunger Frequency Worksheet.

HYPOGLYCEMIA FREQUENCY

Place a mark in the box for every time frame on the days you experience any of the 11 hypoglycemia symptoms

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING							
AFTER-NOON							
EVENING							

MEALTIME HUNGER FREQUENCY

Place a mark in the box for every time frame on the days you experience hunger at the indicated mealtime

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
Subtotal							
Weekly Total							

Tally up the marks for each day in the Subtotal Row
Tally up the marks for the entire week in the Weekly total row

SNACKING FREQUENCY

Place a mark in the box for every time frame you snack on a given day.
If you snack once in the AM, place one mark. If two, place two

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING							
AFTER-NOON							
EVENING							
Subtotal							
Weekly Total		Tally up the marks for each day in the Subtotal Row Tally up the marks for the entire week in the Weekly total row					