

# Welcome

To Your METABOLIC RECOVERY.

And congratulations! You've already taken the most difficult step: committing to something new. If you're like most people, this is not the first program you've tried to get healthier. But

my intention is that it will be the last. It takes courage to try again, and I can guarantee you that you are now on the right path. I am so excited for you to get started.



I've number all seven of these free downloads in order of when its best to use them. We're starting with tracking your energy because metabolism is all about energy. It's so important that I've created a course that will help boost your energy. It's a new approach to health, called The Energy First Approach. See page 3 for more information, and if you'd like additional details, please visit [DrCate.com](http://DrCate.com)

**Cheers!**

*DrCate*

# RECORD YOUR SYMPTOMS

Use this worksheet to record your hunger episodes for each week. (See Fig 4.1 on page 91 of *Dark Calories* to help distinguish Pathologic from Normal Hunger.)

- Print and carry this sheet with you. Be sure to record start date.
- Record any symptoms using the following abbreviations:

**[A] ANXIETY**

**[D] DIZZINESS**

**[S] SWEATS**

**[B] BRAIN FOG**

**[H] HEADACHE**

**[T] TREMOR**

**[F] FATIGUE**

**[N] NAUSEA**

**[W] WEAKNESS**

**[I] IRRITABILITY**

**[P] PALPITATIONS  
(HEART)**

- At the end of each DAY, record the daily total episodes of low brain energy
- At the end of each WEEK, record the daily total episodes of low brain energy
- The number of episodes will fluctuate depending on how busy you are, what you eat, your sleep level, your hormones, and more. But as you recover it will approach ZERO.
- You will also use this tool to evaluate how well the meals you will learn to make are working to **energize your brain while healing your metabolism.**

	MON	TUES	WED	THU	FRI	SAT	SUN
Morning							
Afternoon							
Evening							
Overnight							
Daily TOTAL							
DATE STARTED	<input type="text"/>			<b>Weekly Total Episodes of LOW BRAIN ENERGY</b>			<input type="text"/>

# HOW THE ENERGY FIRST APPROACH IS DISTINCT

## TYPICAL APPROACH

VS

## ENERGY FIRST

### WEIGHT BASED

Excessive body fat makes you unhealthy



### THE METABOLIC ISSUE

Your metabolism is "slow"



### ROOT CAUSE

Age or genetics or thyroid or menopause or low T or microbiome or ...



### DIETARY 'VILLAN'

Junk food (not well defined)



### DIETARY PHILOSOPHY

Everything in moderation (Not helpful when 95% of food in stores is processed)



### MEASURE OF SUCCESS

Weight loss



### ENERGY BASED

Lack of cellular energy makes you unhealthy



### THE METABOLIC ISSUE

Your cells can't get enough energy from your body fat and you feel hypoglycemic



### ROOT CAUSE

Excessive PUFA in your body fat depletes antioxidants



### DIETARY 'VILLAN'

Avoid high-PUFA, industrially processed seed oils



### DIETARY PHILOSOPHY

Deep Nutrition: We need to emulate traditional diets for healthy gene expression



### MEASURE OF SUCCESS

Improved energy and reduced pathologic hunger

