

Invite Friends

Start Building Your Community



This document contains an important graphic that summarizes what I call The Energy First Approach to metabolic health that I teach you how to adapt in my book *Dark Calories*. It centers on a revolutionary but simple method of curing insulin resistance by addressing the root cause: low cellular energy. Low cellular energy traps us in a vicious cycle of hunger, weight gain, and reliance on processed foods. With the Energy First Approach, in addition to avoiding vegetable oils and eating healthy fats, you will learn to sustain your energy between meals by also including energizing carbohydrates that I call “slow digesting” carbs.

When you make these changes, and you start feeling better, I ask that you spread the word. If after cutting vegetable oil you’ve ditched medications, have more energy, and start to feel younger, try not to keep it a secret. Seed oils may be the missing piece in the puzzle for your friend, your neighbor, your office mate, your in-laws—and they might need to hear it from you, because they might not otherwise.

Cheers!

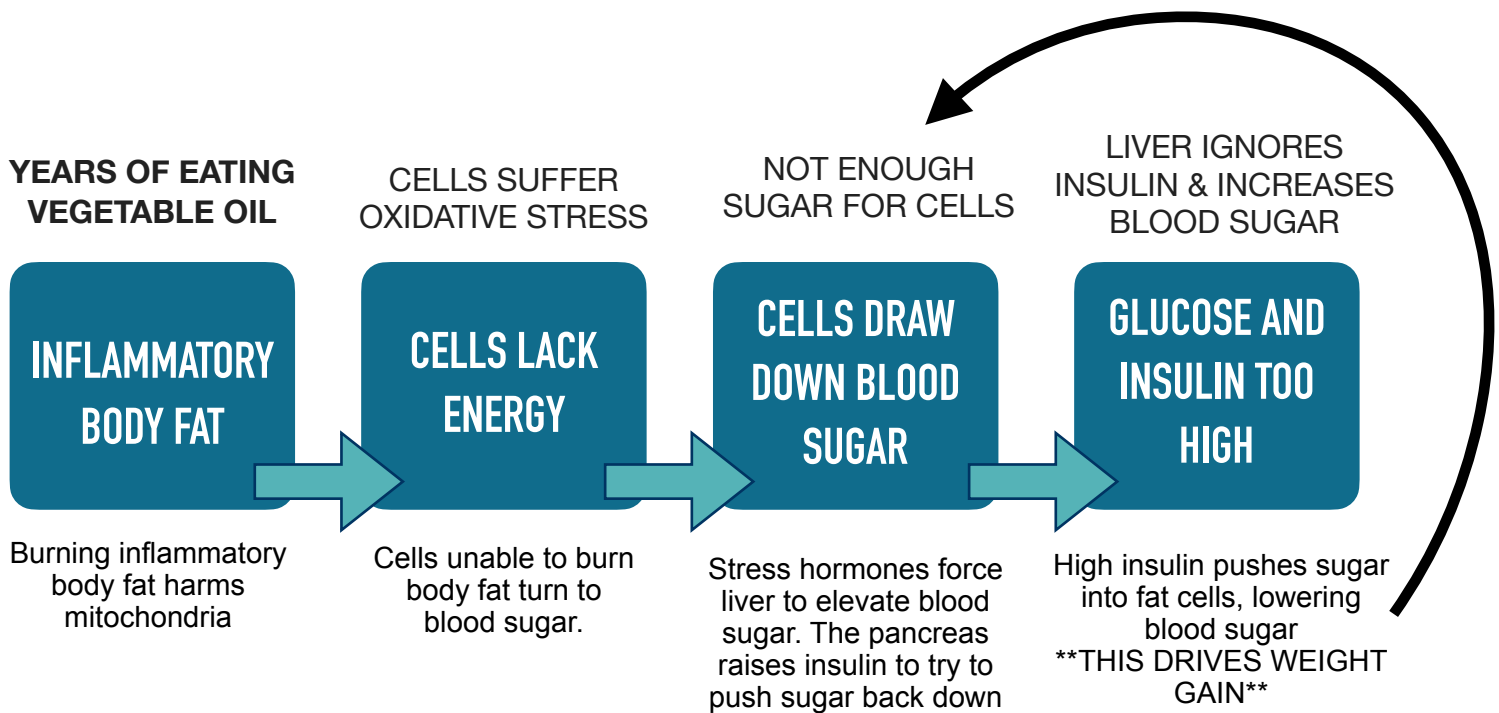
Dr. Ate

THE METABOLIC VICIOUS CYCLE

THIS CYCLE DRIVES WEIGHT GAIN AND TYPE 2 DIABETES



Repeating This Loop
Statement Eventually
Turns Insulin Resistance
Into Diabetes

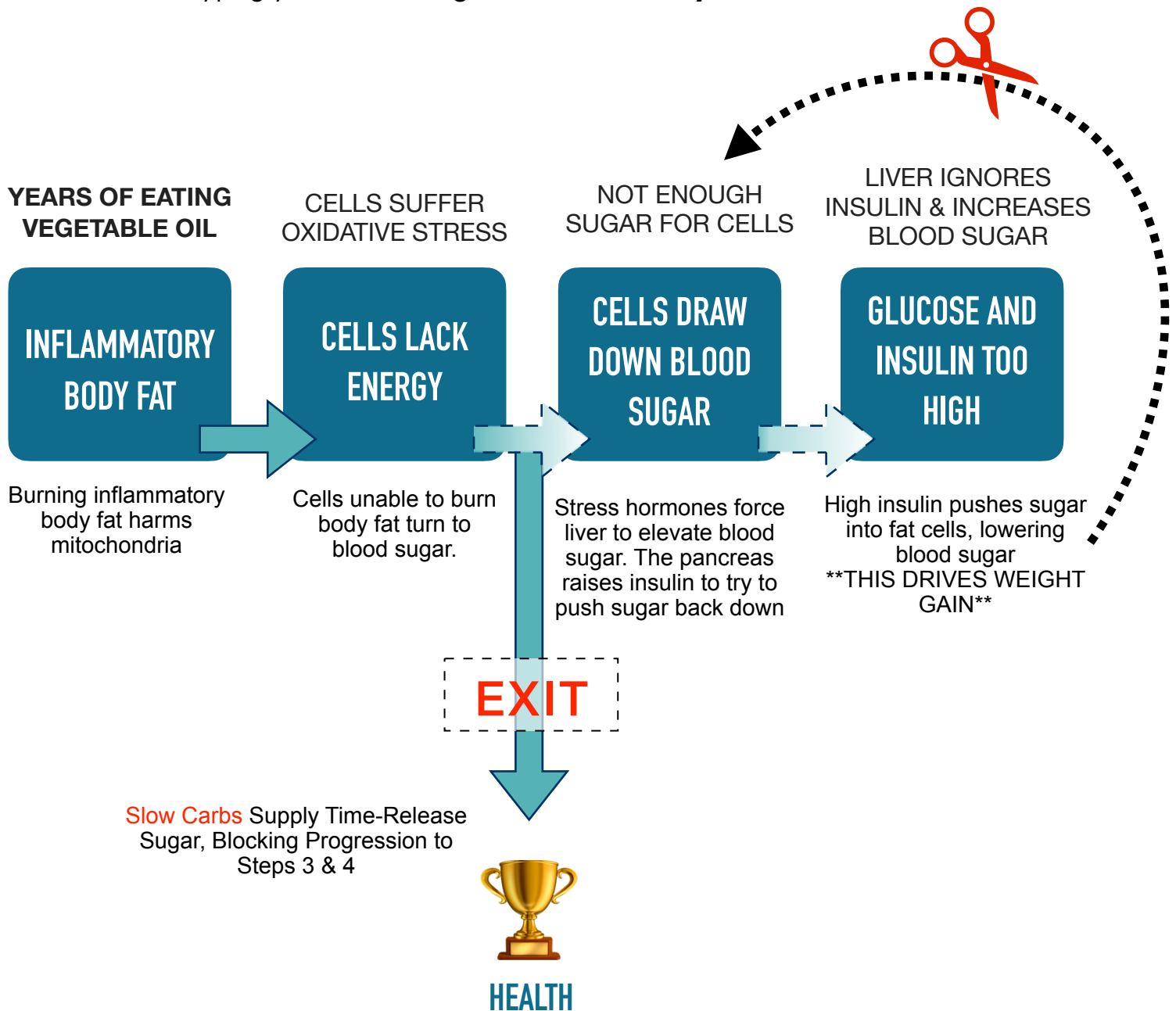


Vegetable oils are the root cause of insulin resistance and diabetes, but medical science can't piece the puzzle together like this. Because **doctors do not learn about the link between vegetable oil and oxidative stress (or how it drives insulin resistance)**, they are unable to help their patients escape the vicious cycle. They can't even recognize the problem until it has progressed to prediabetes.

If everyone understood the information on this page, **millions would be alive today who are not**. This figure sends a powerful message that invites people to think about their health in a new way. The next page shows how a simple diet change breaks the loop and enables us to escape the cycle that turns insulin resistance into diabetes.

ESCAPE THE METABOLIC VICIOUS CYCLE WITH “SLOW” CARBS

Slow-Digesting Carb Can Help End the Loop Statement By Preventing Hypoglycemia, **Pulling You Out of the Cycle** before STEP 3.



Insulin resistance hijacks our willpower and drives us to want foods that we know not to be healthy, trapping us in a vicious cycle of worsening health. **Cutting carbs reduces insulin levels after a meal**, which helps us to burn our body fat between meals. However, it may not reduce **fasting** insulin levels enough to allow the liver to generate ketones from body fat, thus leaving the brain without ketones or sugar. This would **cause some people to experience pathologic hunger, which is often called “the keto flu.”**

Worse, stress hormones enable our bodies to make both sugar and ketones from our muscle tissue. This means as we lose weight we’re not only losing body fat, we’re also losing **muscle tissue**. This is not desirable, either.

Fortunately, slow-digesting carbs can give us the energy without the after-meal insulin spikes.

Excerpt from *Dark Calories: How Vegetable Oil Stole Our Health and How We Can Get It Back*