

# **GUARDIAN DEFENCE WEIGHT (FAT) LOSS PROGRAMME**

The science behind the programme

## SET POINT

Our bodies have a weight SET POINT (like a thermostat) The set point continually tries to maintain a persons current weight

If you use diet “fads” or food replacement products to get your weight below the SET POINT you will find your weight stalling or you could even put on more weight.

WHAT DETERMINES THE SET POINT? Hormones  
E.g. Growth Hormone causes a child to grow

If you want to loose weight long term you need to re-set the SET POINT

In order to re-set the set point we need to look at CALORIES in context of how they impact on our bodies. (A calorie is a unit of heat energy)

**There are three types of calories.**

You need to eat a lot of *Macro nutrients* (Calories)  
You don't need to eat a lot *Micro nutrients* (vitamins)

Calories have difference impacts on your body chemistry

## FATS

More calorie dense, has very little impact on your blood sugar (doesn't spike your blood sugar)

Important note: Modified fats are really bad for you e.g. margarine (artificially manipulated fats)

## PROTEIN

Causes a spike in blood sugar

## CARBOHYDRATES

Cause a greater spike in blood sugar in comparison to protein

## **HORMONES IN FAT REGULATION**

The two hormones that affect weight gain are insulin and cortisol (stress hormone)

Insulin is more important

Insulin's function is to take sugar out of the blood and store it in your cells (specifically, your fat cells)

When insulin is released it pulls down blood sugar into the acceptable "range" and stores the sugar in either the liver or fat cells

**THAT MEANS WHEN INSULIN IS RELEASED YOU ARE NO LONGER BURNING FAT. YOU ARE STORING FAT!**

If you are eating even small amounts, E.g. 6 to 8 times a day you are releasing insulin 6 to 8 times a day.

**THAT MEANS YOU ARE SHUTTING OFF THE FAT BURNING PROCESS 8 TIMES A DAY**

You are never letting yourself get into the fat burning mode.

The following programme facilitates the adjustment of your hormones so that they are not demanding that your optimum weight is ??kg (your current body weight)

## **THE PROGRAMME**

OBJECTIVE: TO LOOSE WEIGHT (FAT) LONG TERM AND KEEP THE WEIGHT OFF

We 'feel' hunger not because we need more energy

Hunger is a matter of habit.

We are hungry because our bodies are used to getting food at a certain time e.g. 8am.

If you train your body to not have food for a period of time it will pick up on this message (you have missed a meal) and won't turn on the hunger signal.

This only takes 2 or 3 days. *The first 2/3 days will be hard*

### **Intermittent fasting**

You lengthen the amount of time between each meal so you don't release the insulin as frequently and your body has the chance to burn the calories you have eaten.

This will breakthrough any plateau you have reached

This also taps into your fat reserves and you have a period of fat burning before you eat again (have a blood sugar spike and in turn release insulin)

RECOMMENDATION: Start by missing one meal a day. You can adapt as required E.g. Miss two meals a day...

The good news is you can eat large meals.

Avoid sugar ( Beware of disguised sugar) E.g. Sucralose, dextrose...

## **WHEY PROTEIN ISOLATE unflavoured (No sugar)**

If you are exercising for prolonged periods of time or lifting heavy weights take whey protein isolate with water. Isolate is better absorbed than inferior whey protein. This can be taken with a form of carbohydrate E.g. Banana eaten whole (Not blended)

### **Alleviating concerns**

Will fasting mean I loose muscle mass?

No, because there is a way of testing this

When we burn protein we have a by product called urea (That appears in our blood) So if someone is burning protein they are going to have elevated levels of urea in their blood.

So when someone is fasting they are not having protein in their diet so the only place urea could come from is the muscles.

Tests have been done that show you don't have notably elevated levels of urea when you are fasting.

## REGIMES THAT DON'T HAVE A LONG TERM EFFECT ON WEIGHT LOSS

### LOW FAT DIET

Isn't based on science

Initially addressed heart disease not weight loss

Theory: Eat lots of carbs, little fat and perform exercise

Because fat = 9 calories per gram it is perceived as bad.

Recent research has proved that heart problems are caused by inflammation in arteries, not dietary fat.

### EXERCISE

Exercise gets you fit and healthy, but only contributes less than 10% to weight loss. To increase the percentage of weight loss you would have to exercise for hours and hours and then not eat after exercising

### COUNTING CALORIES

Temporary weight loss. The weight will come back

Not all calories are equal in their metabolic impact

E.g. Diabetics have to be very careful with carbohydrate intake

Because have a problem either making or using insulin (hormone that regulates blood sugar)

Our blood sugar is designed to stay in a certain "range" if it goes above or below this "range" the consequences could be really bad e.g. coma

*Examples: Low carb diets*

Can work, but only for a short period of time.

After time your body adapts and you will reach a plateau