

Leptin Resistance

For years Americans have been told that fat is not good for us and that we should eat low fat diets. Because of this erroneous advice, we have created a glucose-based burning metabolism in our bodies when optimal health requires having a fat-based burning metabolism. Glucose-based burning metabolisms are for sudden bursts of energy and fat-based burning metabolisms are for longer lasting energy. A Fat-based metabolism is therefore the more efficient and healthy way to metabolize glucose and is the preferred and optimal method for the body.

Leptin is a hormone, secreted from fat cells, that tells your brain when to eat and when to stop eating, and is also responsible for fat deposition. Leptin resistance can occur when a body has relied on a glucose-based burning metabolism for an extended period of time; the body becomes resistant to signals that leptin provides the brain, which causes physiologically unnecessary hunger and misguided fat deposition.

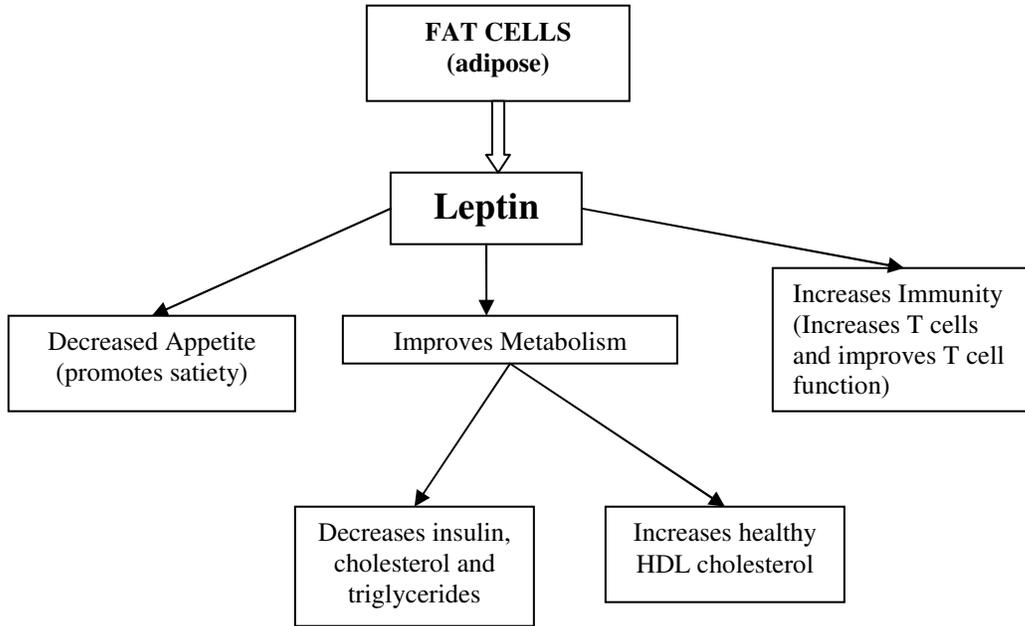
Research has shown that obese individuals may have high leptin levels because the hormonal function of leptin has been disrupted. When a person becomes leptin-resistant, it takes an increasing amount of leptin to tell the brain it is satisfied and there is no need for more food. Therefore, it takes more and more food to feel satisfied. Once the brain has stopped “hearing” leptin, it frantically signals for more fat to be stored “just in case” more food is needed later.

The foods that trigger leptin resistance are exactly the foods that the Federal government has told us should be the foundation of the food pyramid, such as breads, grains, cereal, pasta and starchy vegetables. These starchy foods lead to higher blood sugar levels and the inability of insulin to function properly, which is also known as insulin resistance or dysinsulinism. Sugar that isn't burned is turned into saturated fat which is resistant to burning. It is stored as fat and produces even more Leptin in response to sugar which worsens Leptin resistance. If you are eating sugar (or foods that turn into sugar) and fat together, the body will burn the sugar and store the fat. A great example of this is buttered toast.

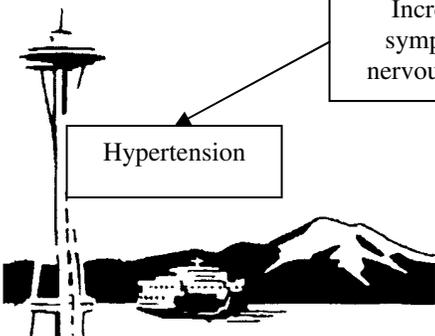
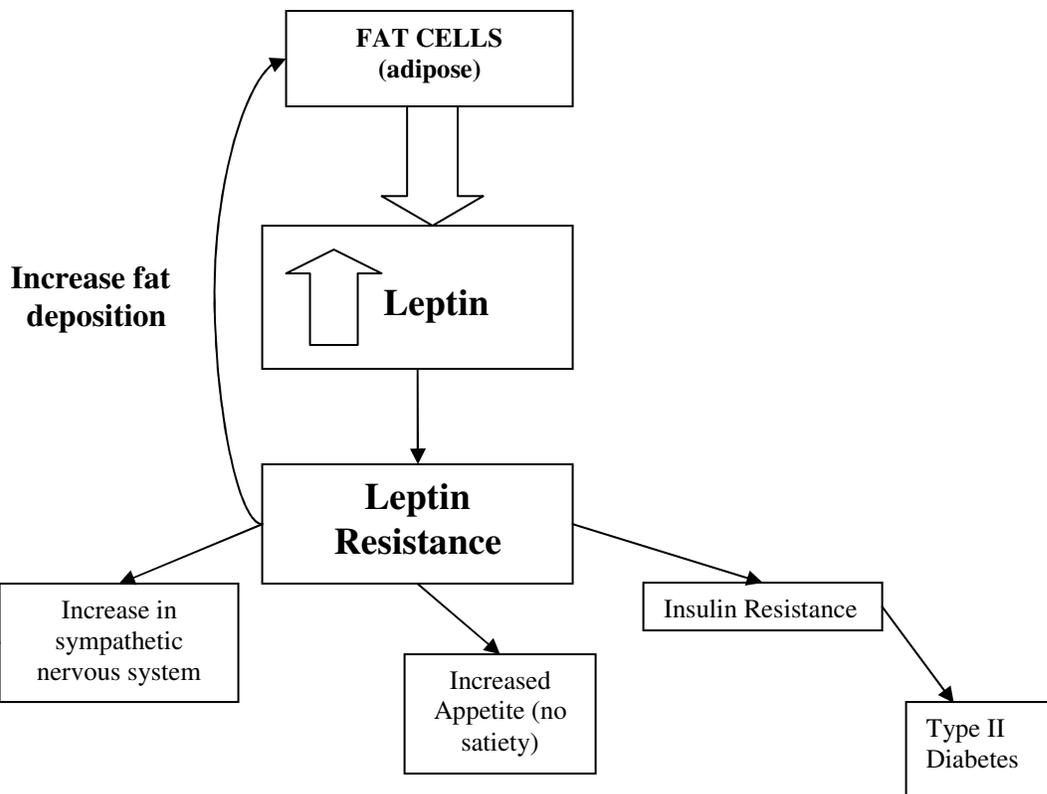
See the flow charts on the following page for a visual representation of normal leptin metabolism and leptin resistance. There is a solution to leptin resistance—the ABC diet will help restore normal leptin metabolism (see page 3.)



Healthy Leptin Production



Leptin Resistance and Obesity



The ABC Diet

The objective of the ABC diet is to restore Leptin sensitivity. Once restored, all cells will become more sensitized to other hormones, such as insulin, IGF1 (which is instrumental in muscle development).

The ABC diet will be divided into essentially two different levels: Level 1 will last 3 weeks and will teach your metabolism to burn fat instead of sugar. During this time you will have no starchy or sugary carbohydrates and will eat foods high in good fat and vegetables that are high in fiber. Individual supplement programs will be based upon biochemical individuality. In level 2, you will be allowed to have some of the starchy and sugary foods introduced into your diet but will be limited based upon your sensitivity to Leptin levels.

We will emphasize the need to stick to the diet because sugar causes damaging reactions with protein in your body. Sugar damaged proteins are called advanced glycation end products, a.k.a. AGES for short. These end products promote inflammation and glycation, and this is the major reason that diabetics tend to look older than non-diabetics. Glycation has been linked to abnormal structure of nerve cells and can eventually lead to Alzheimer's.

A few general points about the ABC diet:

- 1) Eat healthy fats such as almond butter, cashew butter, nuts, avocado, olive oil. Fats make food taste great and fats make you feel satiated.
- 2) Eat protein with breakfast, such as protein shake, eggs, turkey sausage.
- 3) On this diet you are allowed to have up to 4oz of red wine daily.
- 4) Avoid or drastically reduce beef, lamb and pork for the first 3 weeks unless it is not grain fed meat. Feedlots fatten up cattle before slaughter with simple carbohydrates.
- 5) Choose complex carbohydrates, as they are high in fiber.

To implement the ABC diet you will have 3 food lists. For the first 3 weeks, only eat foods on the "A" list. The "B" list contains foods to add occasionally to your "A" list when you begin level 2 of the diet. Avoid all foods on the "C" list.

