

REBOOT#5

WHY OUR 'KETO-STYLE' REBOOT CHOICES?

What is Ketosis?

We draw energy from two primary fuel sources.

<h1>Sugar</h1> <p>Blood & Stored Glucose (Glycogen).</p>	<h1>Fat</h1> <p>Adipose tissue (Triglycerides)</p>
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We need the energy to breathe, digest and move.

We all draw from both sources with the ratio of sugar:fat energy changing from person to person.

Genetics and lifestyle choices dictate the sugar:fat ratio.

So what is Ketosis?

The stored body fat (triglycerides) is metabolised into blood ketones without available blood glucose. The ketones are transported and processed, providing enduring mental and physical energy for breathing, digesting and moving.

In simple terms, Ketosis is the breakdown and processing of stored fat as energy.

Why is healthy Ketosis a good thing?

- ✓ It leads towards and maintains one's ideal weight, as nature intended.
- ✓ Maintains optimum pH – controls inflammation.
- ✓ It carries a healthy appetite – natural food choices and volume.
- ✓ Allows for enduring mental and physical energy.
- ✓ It optimises Sleep.

How do we prompt Ketosis?

Lowering Dietary Carbohydrates – namely; simple and refined sugars and, to a lesser extent, complex and starchy carbohydrates.

DTI Exercise – rhythmic & continuous conversational paced movement. The more prolonged, more enduring exercise, free from breaking, is a sure-fire way to boost healthy Ketosis.

Intermittent Fasting – controlled and periodic Fasting will prompt Ketosis. Again, in the absence of dietary-induced blood glucose, the brain has no other option but to break down stored fat for fuel.

Stress Management – a more relaxed mind will typically favour healthy Ketosis. However, the mental & emotional (sympathetic stress response) drives sugar burning. Commonly, sustained mental stress will lure the appetite towards 'quick-fix' choices – carbohydrates.

Prioritising Dietary 'Good' Fat – healthy fats do not provoke an insulin response. This is typically good. Also, good fats suppress and fulfil the appetite on a lower caloric volume.

If you want to burn sugar, eat sugar; if you want to burn fat, eat (good) fat.

Prioritising Sleep – nutritionally sound Sleep drives Ketosis.

And,

Choosing Your Parents - genetically-driven carbohydrate tolerance. Experts calculate 8% of the Australian population are carbohydrate tolerant. This means, regardless of the dietary carbohydrate consumption, simple or complex, the near-immediate burning of dietary-induced blood glucose limits the insulin response.

What has carbohydrate tolerance and the insulin response got to do with weight management?

E.g. for simpler terms.

- Consumption of dietary carbohydrates.
- A boost in blood glucose (sugar).
- In the absence of committed movement, a boost in insulin (via the pancreas) to counter the toxic and potentially dangerous higher blood glucose.
- Insulin transports the potential energy (glucose) to the liver.
- The liver converts the 'sugar' to stored fat as potential energy (triglycerides).
- Therefore, less 'excessive' blood glucose, less insulin, less insulin, less fat storage.

Carbohydrate tolerant – typically thrive from more dietary carbohydrates, including some simple sugars.

Carbohydrate Intolerant – undoubtedly benefit from less dietary carbohydrates and very few simple sugars.

The Reboot Phase 4 will benefit CI the most.

What you can expect from the reboot phase 4 (11 days).

- ✓ Appetite fulfilled on far less food volume.
- ✓ Thirsty.
- ✓ Extraordinary mental energy.
- ✓ Waking up before your alarm.
- ✓ Weight loss.

Note – if you exercise over your DTI, I can promise the following;

- ✓ Off the charts appetite – and drawn towards sweeter choices,
- ✓ You'll bomb in the second half of the workout,
- ✓ You'll flake out for the rest of the day,
- ✓ You'll be a cranky bugger.

Do you need long-term committed keto-style choices?

For most, no.

I strongly believe in a variety of appropriate and fitting dietary carbs.

For those living at their ideal weight and exercising regularly, a variety of dietary carbs are NEEDED.

For those CI, I strongly recommend employing more committed keto-style dietary principles as data proves this practice will lead to ideal weight due to a change in food behaviour.

FYI, Why would I (Brad Pamp) commit to reboot phase 4?

Prime up my ability to favour fat for enduring exercise.

Basically, to move for longer and faster, free from fatigue.

And to lower the (on-the-go) dietary simple sugars to make this more prolonged exercise possible.

The primary Reboot goals

Ketosis

*Re-define
Caloric
Volume*