

What Makes Us Fat?

Carbohydrates and Carbohydrates alone, not fat, increase body weight. It doesn't matter whether the Carbohydrates are from sugar, bread, fruit, or vegetables: They're all rapidly digested and quickly converted to [blood glucose](#) (or blood sugar). A short time after a Carbohydrates-rich meal, the glucose in your bloodstream rises rapidly, and your pancreas produces a large amount of [insulin](#) to take the excess glucose out.

Just as eating fat doesn't raise blood glucose; it doesn't raise insulin levels either. This is important because insulin is the hormone responsible for body fat storage. Because fats do not elicit an insulin response, they cannot be stored as body fat.

Insulin takes glucose out of the bloodstream. It is converted first into a starch called [glycogen](#), which is stored in the liver and in muscles. But the body can store only a limited amount of glycogen, so the excess glucose is stored as body fat. This is the process of putting on weight.

When your blood glucose level returns to normal, after about 90 minutes, the insulin level in your bloodstream is still near maximum. As a result, the insulin continues to stack glucose away in the form of fat. Ultimately, the level of glucose in your blood falls below normal, and you feel hungry again. So you have a snack of more carbohydrates, and the whole process starts over again. You're getting fatter, but feeling hungry at the same time.

Insulin inhibits the production of fat-burning enzymes, thereby preventing your body's fat cells from releasing their fat. This stops your body from burning your stored fat and makes it impossible for you to lose the weight you have put on.

Losing weight

To lose fat, your body must use that fat as fuel. It will only use its stored fat as fuel if you deprive it of its present supply of fuel - blood glucose.

There are two ways to cut your body's glucose supply. You can starve, which is what low-calorie, low-fat dieting is. Alternatively, you can reduce the starches and sugars from which glucose is made, and make up the difference with another fuel - fat.

The latter approach has two advantages over the traditional calorie-controlled diet. First, you don't have to go hungry. Second, by feeding your body on fats, your body will stop trying to find glucose and will naturally begin using its own stored fat.

When you eat Carbohydrates your capacity to use fat is limited. Increasing blood glucose during dieting stimulates insulin release. Even at very low concentrations of insulin, fat synthesis is activated and break-up of fat is inhibited. This means that if you eat a carbohydrate-based low-fat diet, you force your body into a fat-making mode, not a fat-using mode.

Grains

Grains contain [anti-nutrients](#) which interact with our bodies function, producing adverse toxic effects inhibiting nutrient absorption and attacking enzymes needed for digestion. Grains also contain lectin and gluten; both linked to inflammatory problems and digestive diseases such as leaky gut syndrome.

Types of grains to avoid on the Paleo diet include -

Wheat i.e Pasta, bread

Rye

Barley

Rice

Oats

Corn

Sugar

The list of negative health effects that sugar plays on the body is endless, not only is sugar nutrient deficient, but it also acts as an anti-nutrient, inhibiting and draining nutrients from the body. Sugar is the leading cause of diabetes, weight gain, tooth decay, cardiovascular disease, osteoporosis and immune dysfunction.

Dairy

[Fresh dairy products](#) from healthy animals (cow, goat or sheep) may or may not be a beneficial addition to ones diet. It's a fair debate amongst those who prescribe to Paleo eating. For the sake of this challenge though, try and live without it and see if you notice any positive changes.

Milk this is purchased in supermarkets has probably been through a rigorous processing called [pasteurisation and homogenization](#), which in short, takes out all the goodness and changes the structure of the milk, leaving you with a watery, nutrient lacking tasteless liquid.

This same process is associated with yogurt; but to make things worse, yogurt will also contain high traces of added sugar.

Legumes

Legumes also have comparable traits to grains in their make-up; they contain [phytates](#) which inhibit nutrient absorption and cause inflammation. They also contain [lectins](#) and play with healthy hormonal functions.

Types of legumes to avoid on the challenge include -

Lentils

Beans (kidney beans, soy beans, chick peas etc)

Peanuts (peanuts are a legume not a nut)

Peas

Fat

As you have read, [saturated fat](#) is good for you. It's necessary in order to achieve to a well rounded diet. Fat is a great source of energy and also triggers our sense of being full. It's an essential part of many of your cellular and hormonal processes. We sicken and die fairly quickly without adequate intake of essential fats.

Fat from healthy animals is good for you! Chicken, duck, goose, lamb, beef and pork fat can all be eaten and is an excellent choice for cooking because of heat stability. Lard is internal fat from around the kidneys. Lard from naturally fed pork and beef is a very good choice.

Coconut oil is also good for you and a good choice for cooking. Choose organic, cold processed coconut oil.