

TOFI

Thin Outside Fat Inside

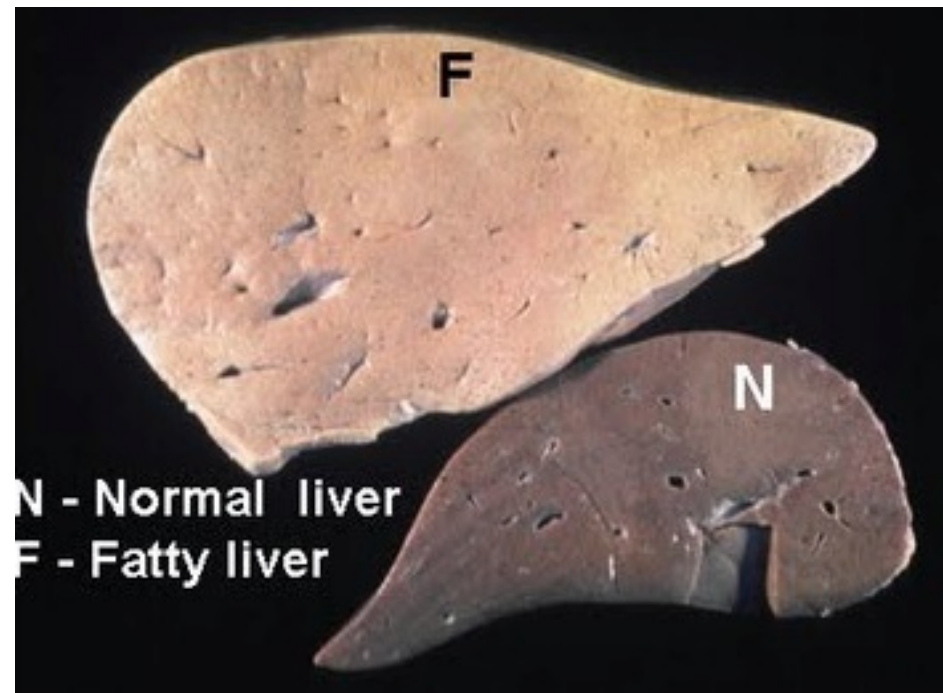
Normal weight - 4-5L of
visceral fat

*...translates into the difference
of about 15 years of life.*

Prof Robert Lustig



Who's Your Worst Enemy?



Liver Fat

We overload the liver mitochondria with all the CHO's we ask it to process, particularly fructose. Table sugar is 50% fructose.

Visceral Fat

Is very active and toxic. Among other things it secretes chemicals that increases inflammation throughout your body and it governs your metabolism by decreasing adiponectin (fat burning hormone), leading to MORE storage of visceral fat. Ultimately leading to heart disease, cancer, stroke, arthritis, type 2 diabetes. (Alzheimer's Dementia – type 3 diabetes) Dr Travis Stork M.D.



Visceral fat is the fulcrum on which your health teeters. Dr Robert H. Lustig, M.D.

Sugar, The Bitter Truth



Robert H. Lustig,
MD.

Professor of
Clinical Paediatrics

Hepatic fructose metabolism leads to all the manifestations of metabolic syndrome

- Hypertension
- De novo lipogenesis, dyslipidaemia & hepatic stenosis
- Inflammation
- Hepatic insulin resistance
- Obesity
- CNS leptin resistance which promotes continuous consumption

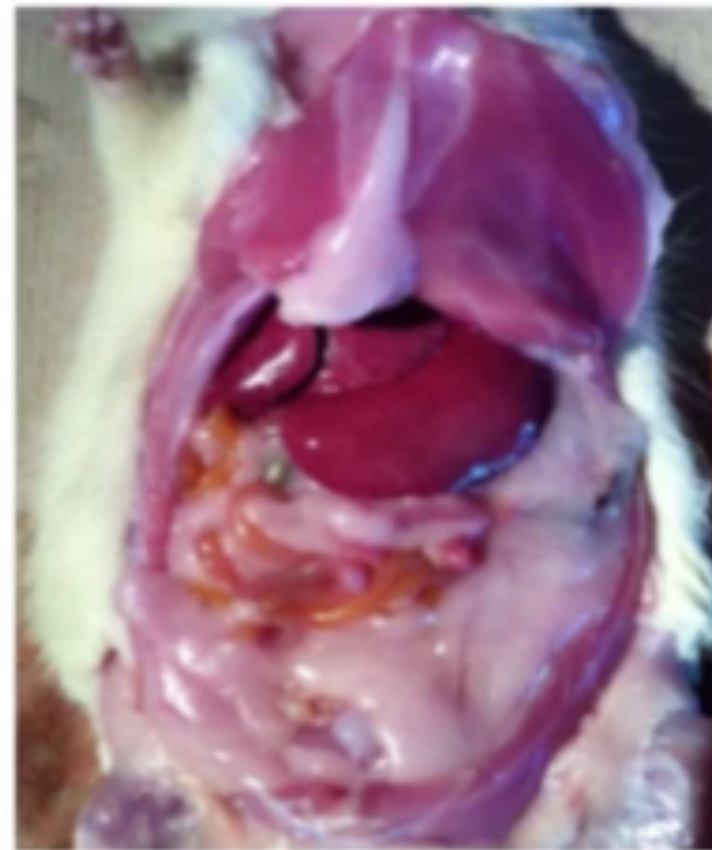
Fructose is a chronic hepatotoxin so there is no regulation.
Alcohol is an acute hepatotoxin so it gets regulated

Sugar – glucose + fructose, is CHO & Fat together

ROBERTS, LOWERY WILSON ET AL (2016 JAP)

- 1) Fat loss was greatest in the keto group even though their calories were significantly greater in the keto than the standard chow. Suggesting a shift in metabolism

WD rat (SED)



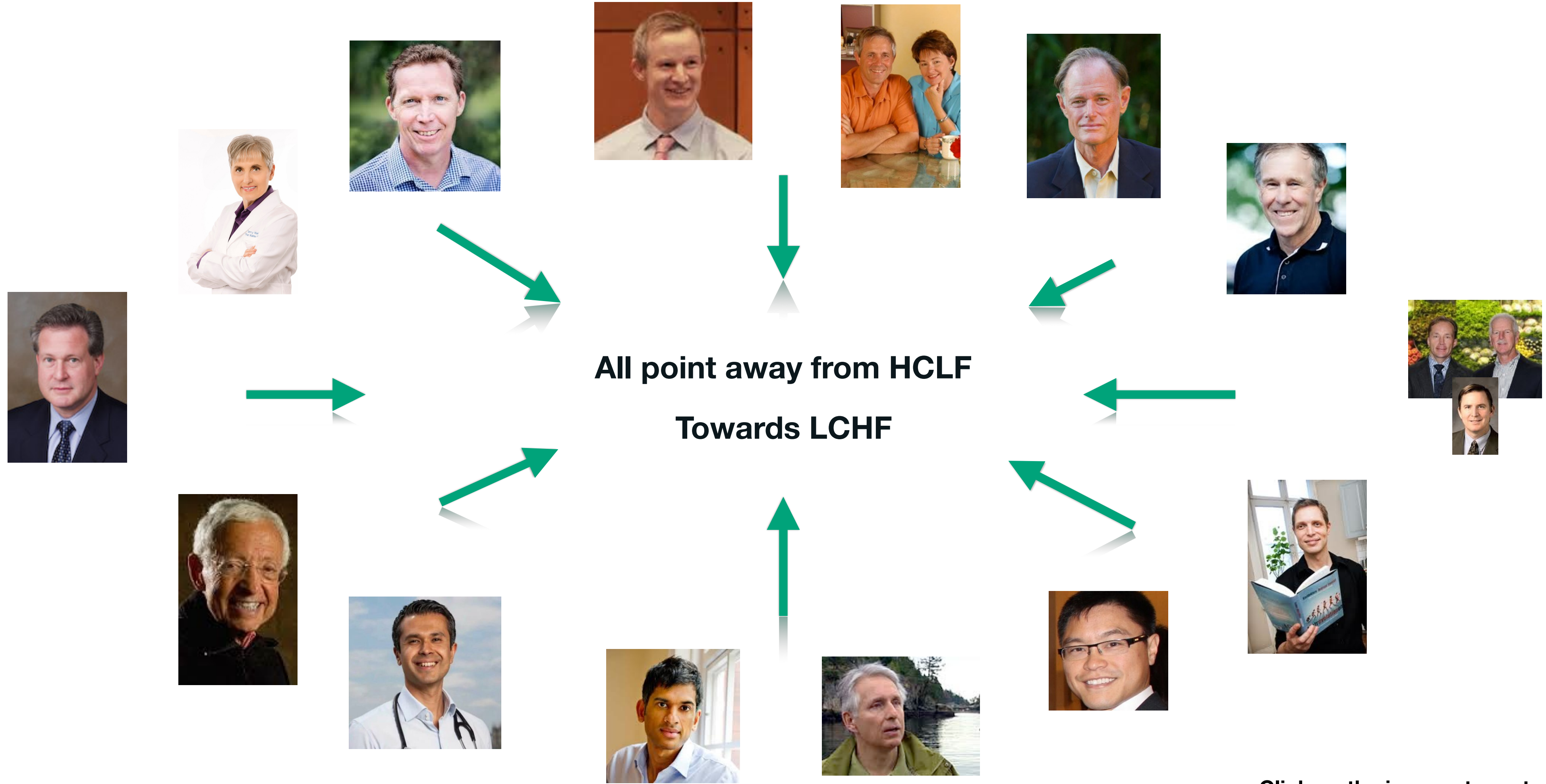
KD rat (SED)



Std Chow rat (SED)

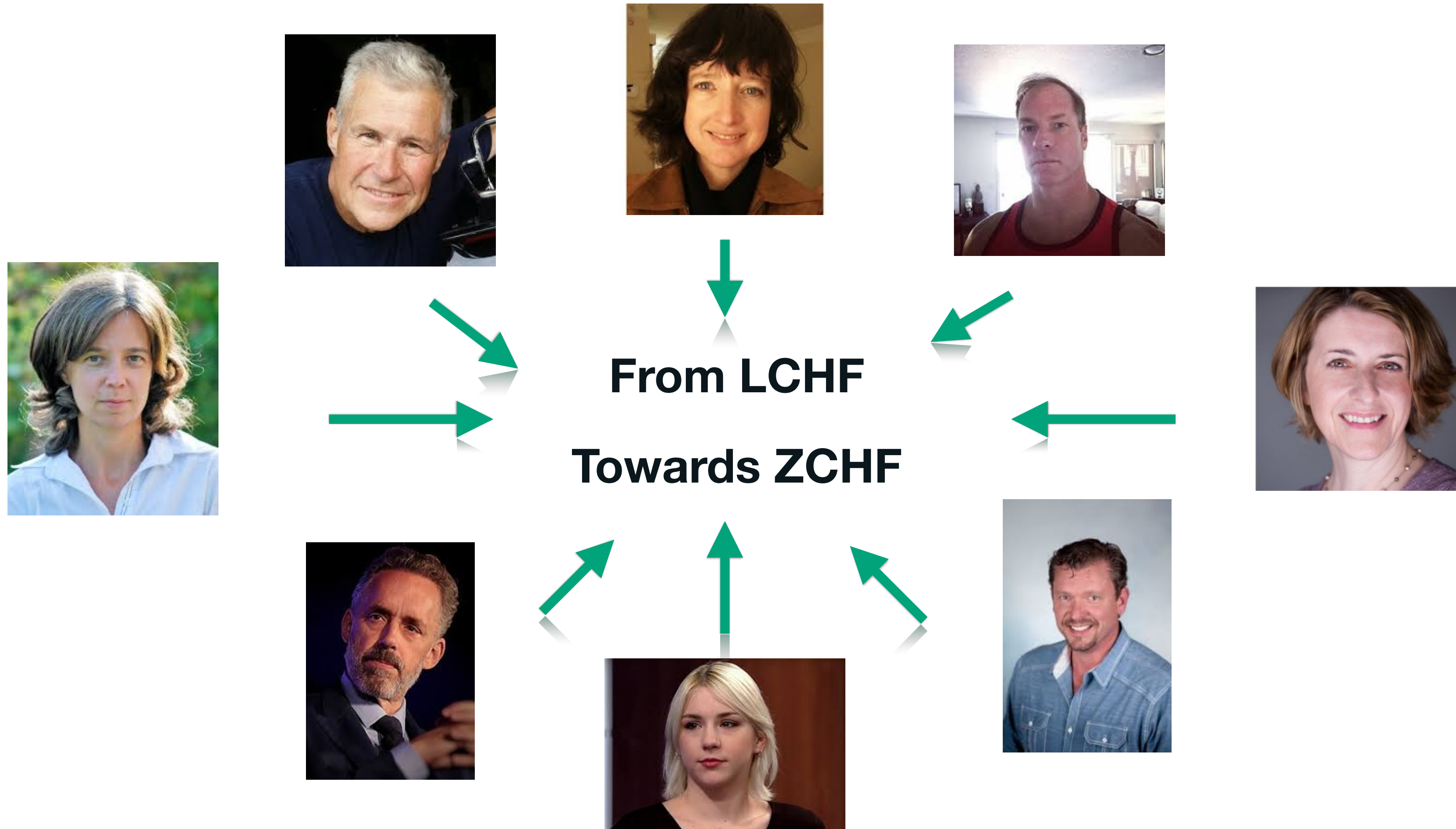


How Many Doctor's Will It Take?



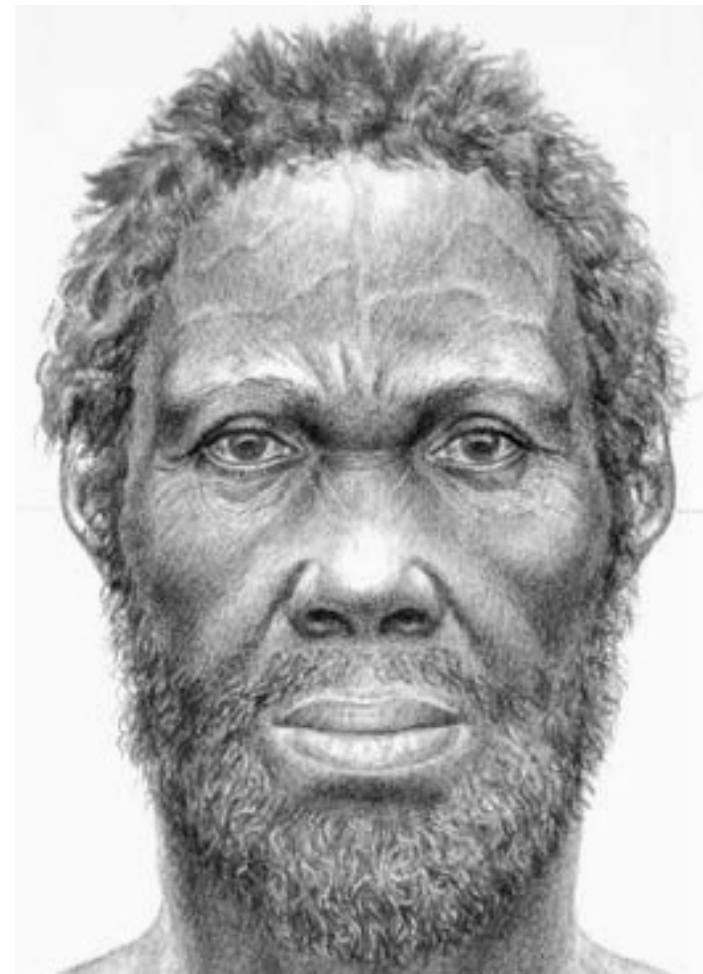
Click on the images to go to their websites

The Next Logical Step?



Click on the images to go to their websites

Time To Adapt?



200,000 years = 2m = 1000 pts

10,000 years = 10cm = 50 pts

150 years = 3mm = 1.5 pts (2)

50 years = 1mm = 0.5 pts (1)



200,000 years = 24:00 hrs

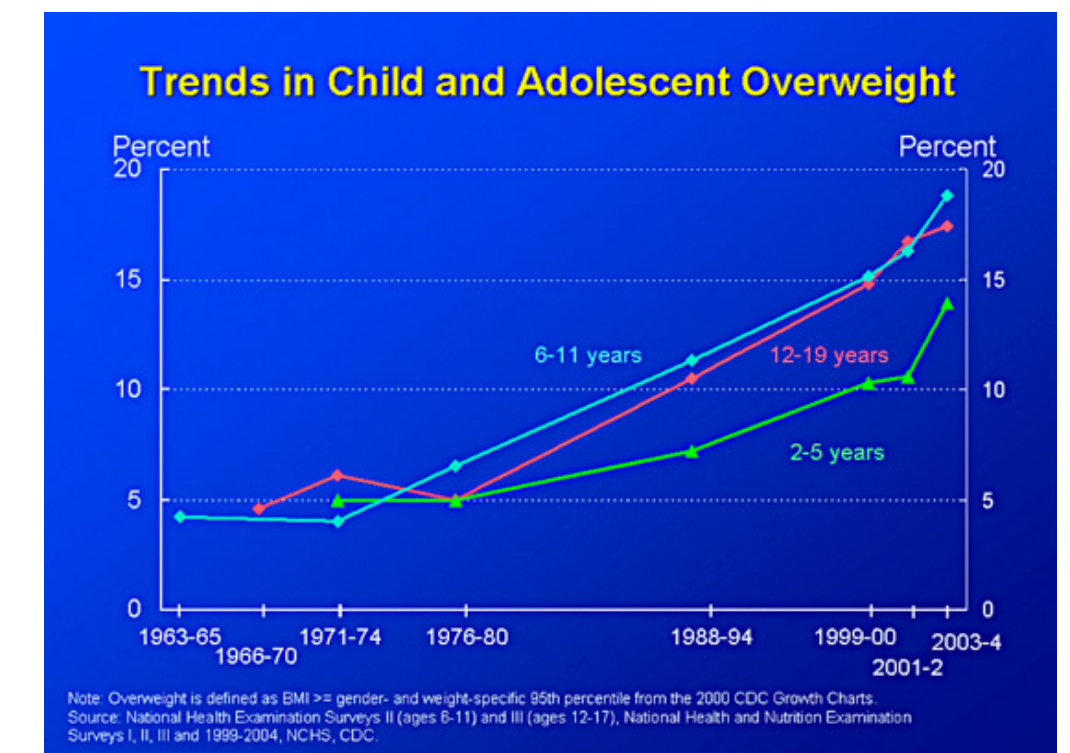
10,000 years = 01:12 hrs:mins

150 years = 00:01:05 mins:secs

50 years = 00:00:21 secs



20 years →



Hunter Gatherer vs Agriculturalist

Paleopathologists can identify which culture, remains are from.

For 700,000 years we
got 75% of calories
from meat
(meat, fat, nuts &
berries)

Tall, strong, well
formed bones,
sound teeth



8-10,000 years
ago we get 25% of
calories from meat
(predominantly
grain based)

Skeletal signs of
malnutrition,
stunted growth
and tooth decay