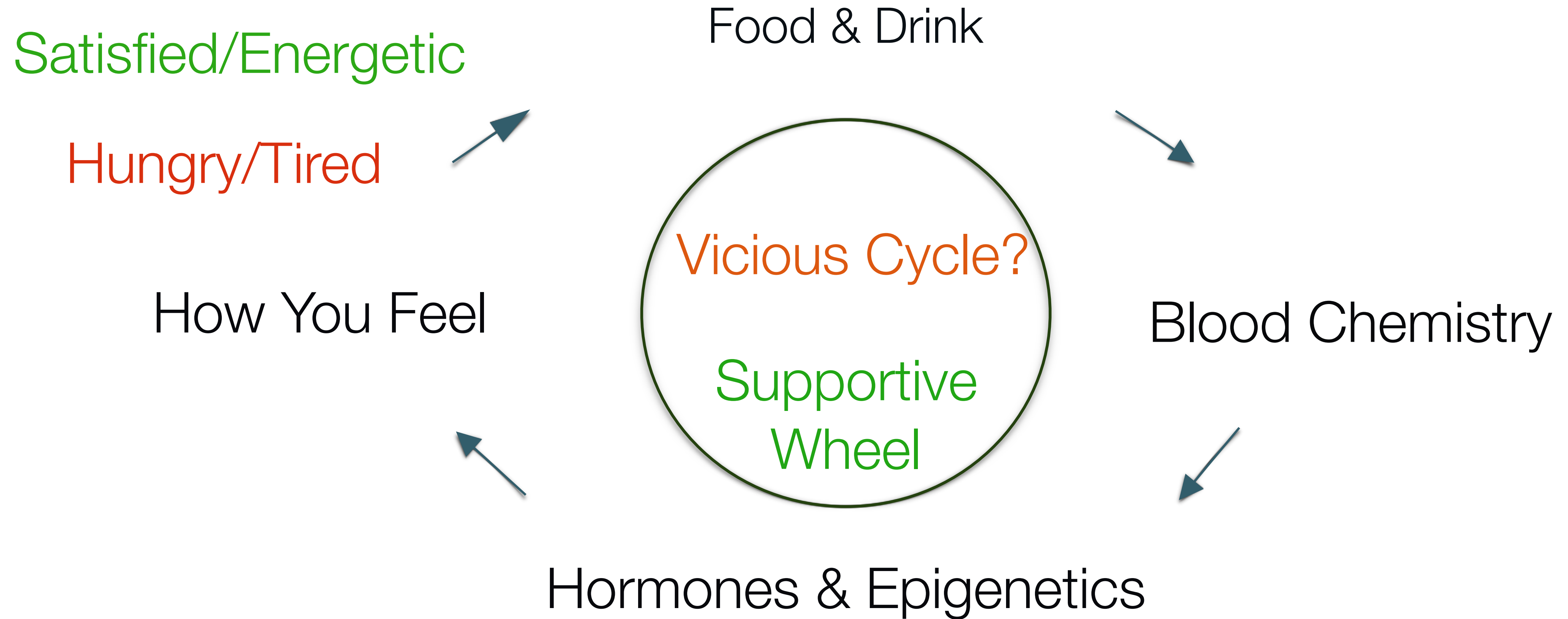


Food Fixes



Who's Your Best Friend?



Your Body's Love Language?



5 Love Languages Gary Chapman



The language of love for your body?

What foods does your body love?

Does it have a love hate relationship with anything?

How do you know when you've hit the right note?

Your body will respond with:

Improved energy - physical, emotional & mental.

Decreased hunger.

Easier weight management.

Watch Out For Mr Smiley!



Mr Smiley comes in various guises:

1. Complacency – She'll Be Right
2. Symptoms – Drugs – I'm Fine!
3. The thought - A little bit of this won't hurt.

Yeah, RIGHT!, to all of those

How good can you handle feeling:)?

How do you know...

... when you've eaten wrong?

- Bloating
- Still hungry for something
- Food cravings
- Tired
- Hyper – tired but wired

This is not normal



... when you've eaten right?

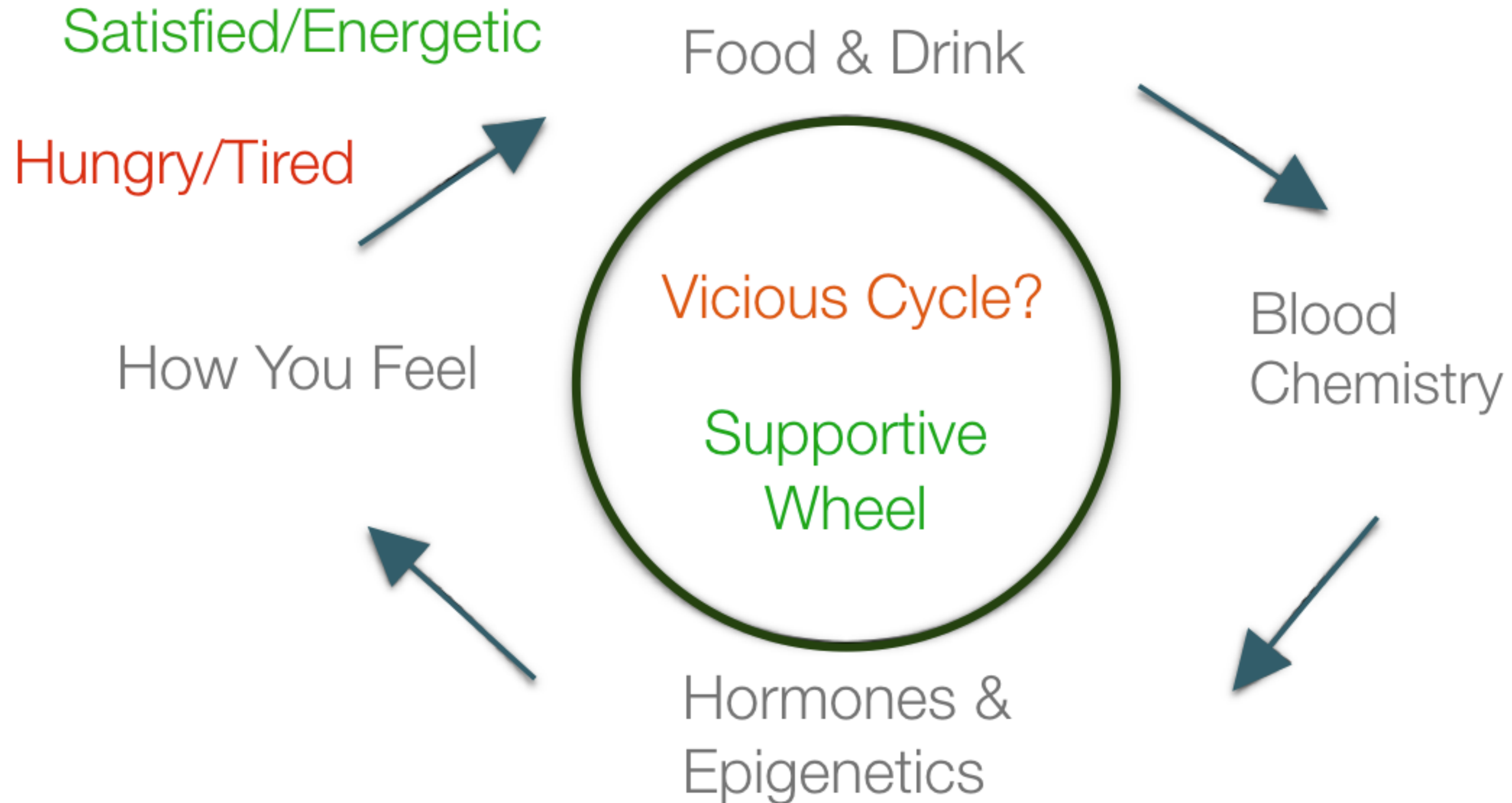
- Feel replete
- Good energy
- Mental clarity
- Which lasts for 3-4 hours and more till you get hungry again

This is normal

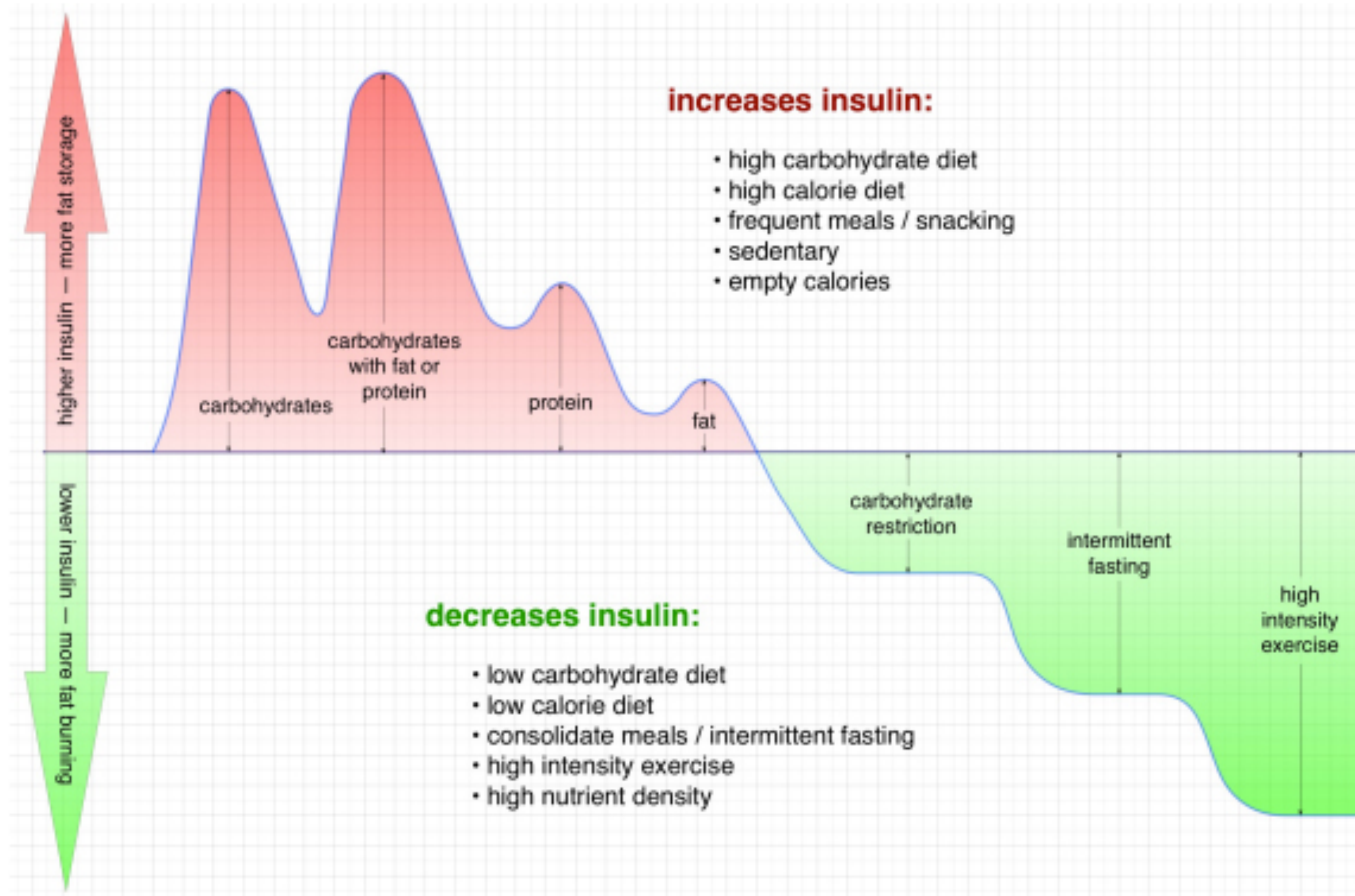
The Goldilocks Principle

Learn to **explore** and **listen** to your body rather than what someone says is healthy.

Food Fixes



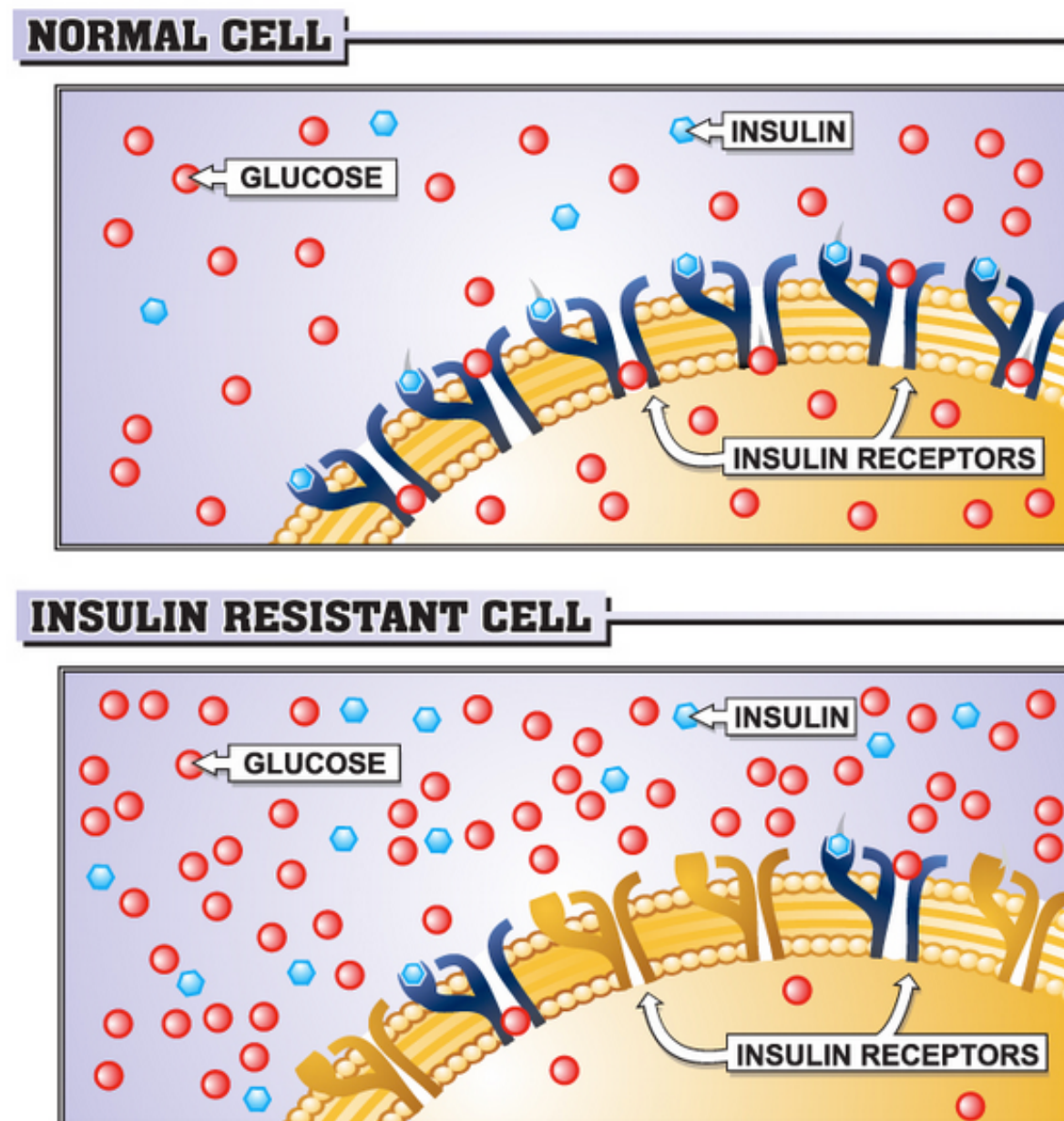
Insulin



Insulin

Old Model

CHO Induced Insulin Resistance



New Model

Hyperinsulinaemia



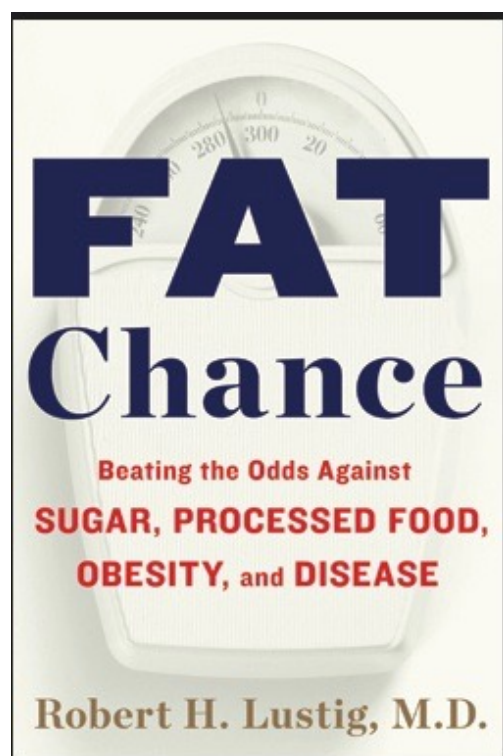
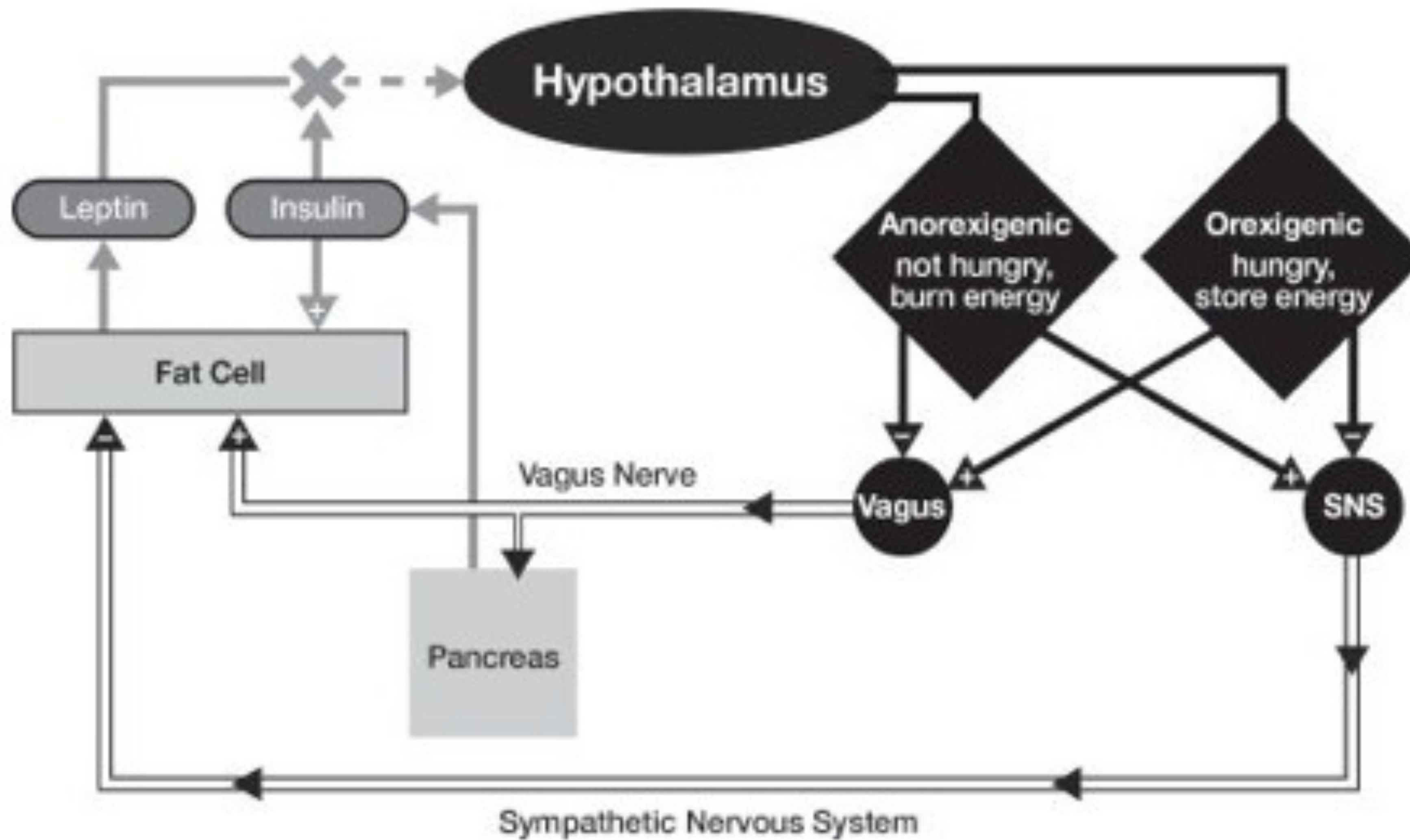
It's an overflow problem. Reduce CHO, reduce glucose, reduce insulin & cure T2D. [Dr Jason Fung](#)

Carbohydrate Intolerance



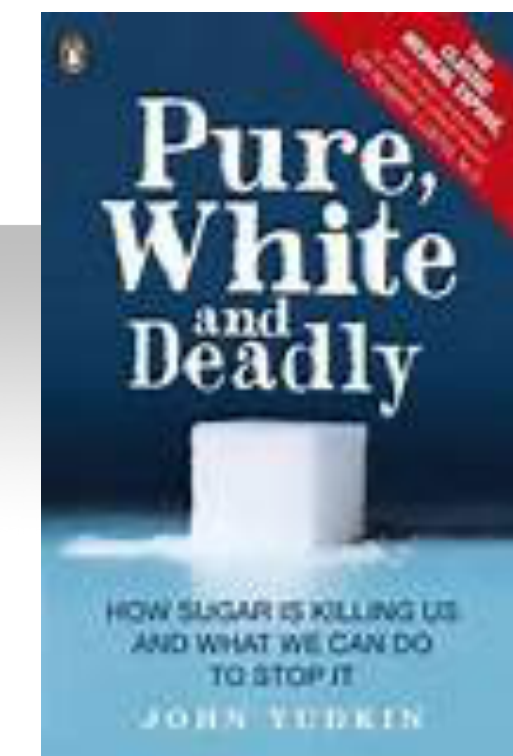
Insulin Is The Mr Scrooge Of Energy.

Dr Darag Rennie

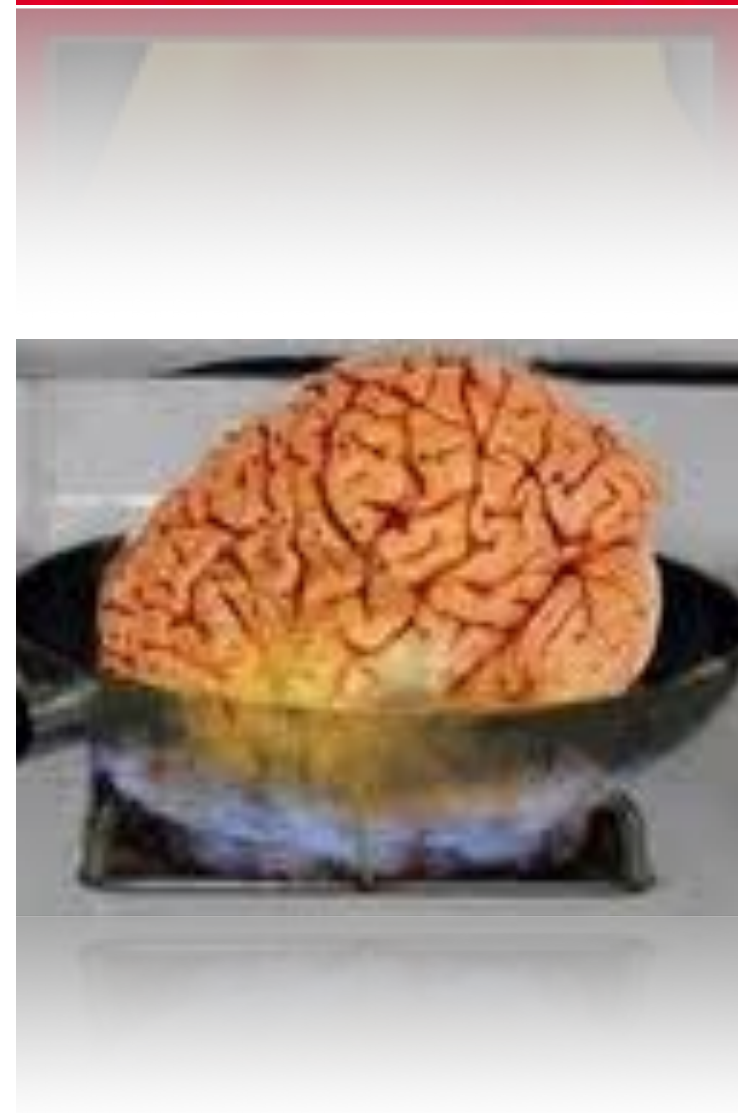


Insulin blocks leptin.

Prof Robert Lustig



Inflammation - The Fire Inside



Carbohydrates cause Inflammation

I began to think there was more to inflammation than suspected—that it wasn't just a side effect but in fact, it was the culprit, the cause of cardiac arrest.

Dwight Lundell MD

***Sugar acts like shards of glass in our body.
The brain has no pain receptors for inflammation.***

David Perlmutter MD [Grain Brain](#) *The Surprising Truth About Wheat, Carbs and Sugar - Your Brain's Silent Killers*

Playing with FIRE!

What You Gonna Burn?



Carbs?



Fat?

Fat is our preferred fuel source > Ketones > Ketogenic

More efficient

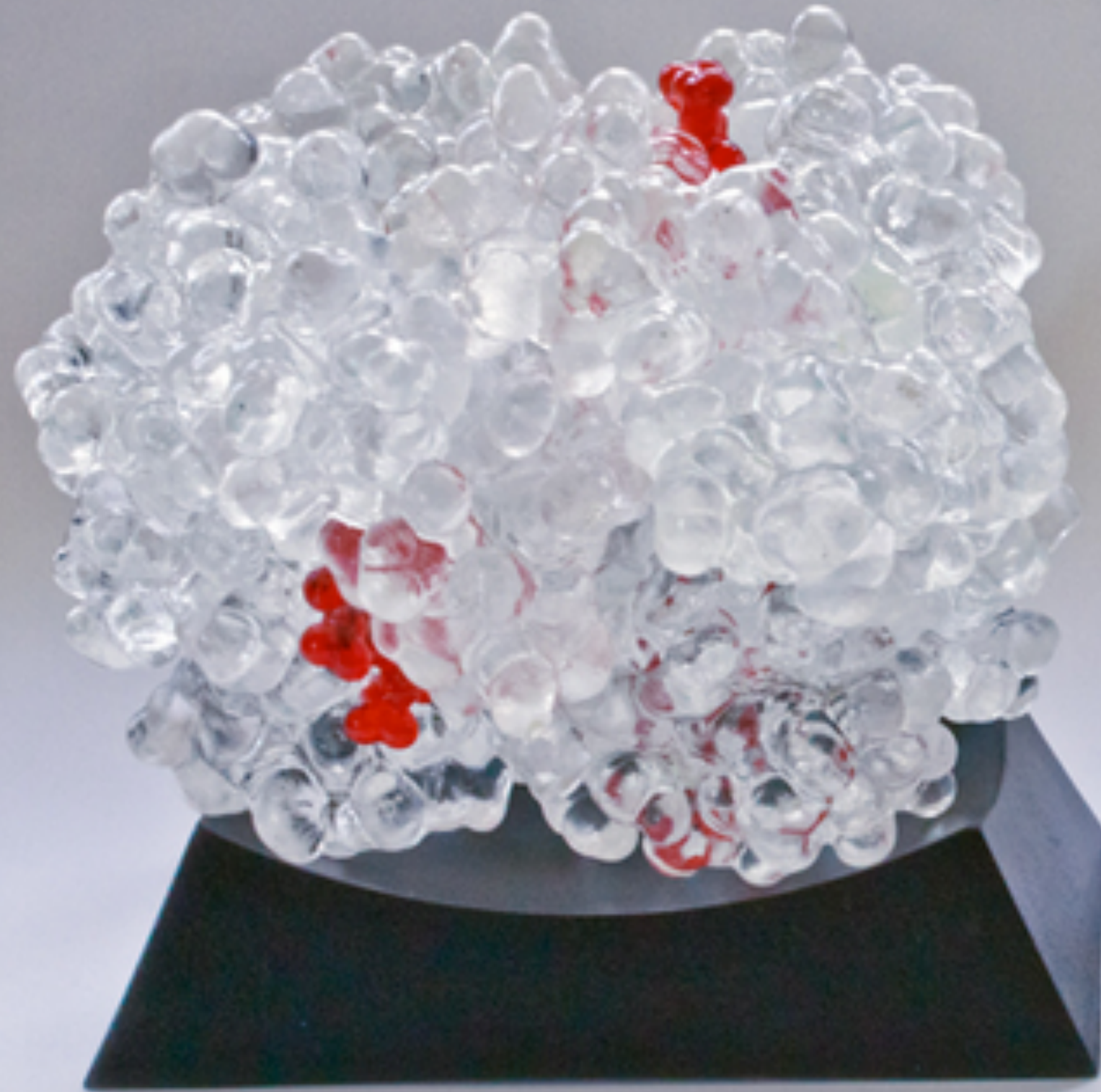
Cleaner burning

Less waste

Less waist

Personal carbon footprint is reduced 30%

Normal Hemoglobin (Hb)



Hemoglobin contains four **HEME Groups** that bind Oxygen molecules to an Iron atom core.

Glycated Hemoglobin (HbA1C)



Glucose permanently binds to proteins like Hemoglobin after prolonged exposure to elevated blood sugar.

Advanced Glycation End products

AGE's

The Fate Of AGED LDL?

Dr. Paul Mason - 'Saturated fat is not dangerous'

Glycation of LDL

LDL → Glycated LDL → AGEs + oxidation

Oxidation of Apolipoprotein B-100 in Circulating LDL Is Related to LDL Residence Time : In Vivo Insights From Stable-Isotope Studies. *Arteriosclerosis, thrombosis, and vascular biology*. 2000.

Alique, M., Luna, C., & Ramirez, R. (2015). LDL biochemical modifications: a link between atherosclerosis and aging. *Food & Nutrition Research*, 59. doi:10.3402/fnr.v59.29240

Low-density lipoprotein particles size as an independent predictor of glycated low-density lipoprotein level. *Diabetes Care* 1999 Jul; 22(7):1220-1221.

14:49 / 28:34

Fate Of AGED LDL?

Dr. Paul Mason - 'Saturated fat is not dangerous'

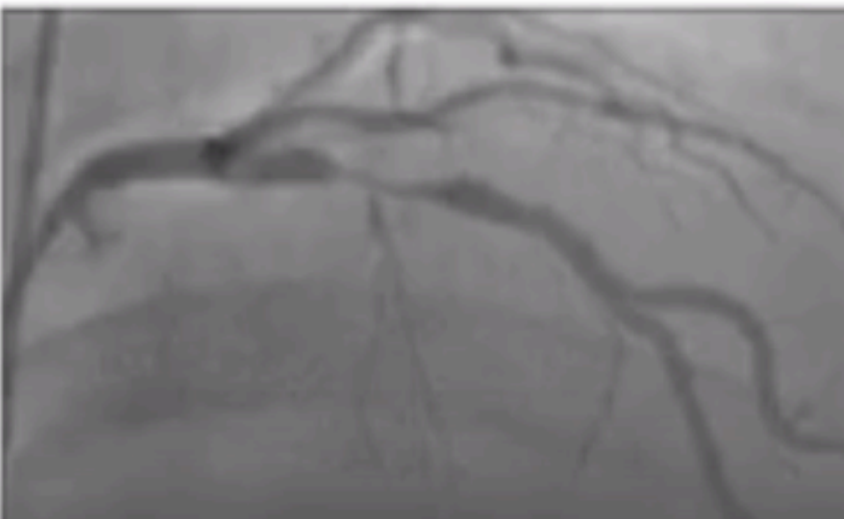
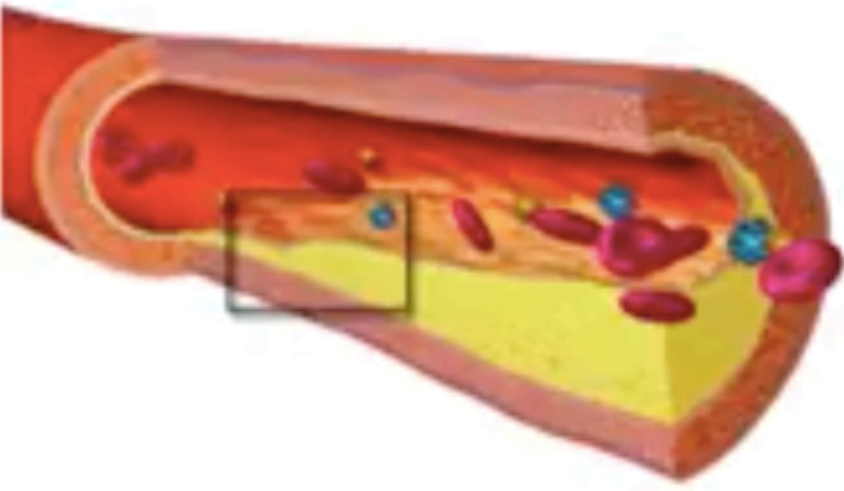
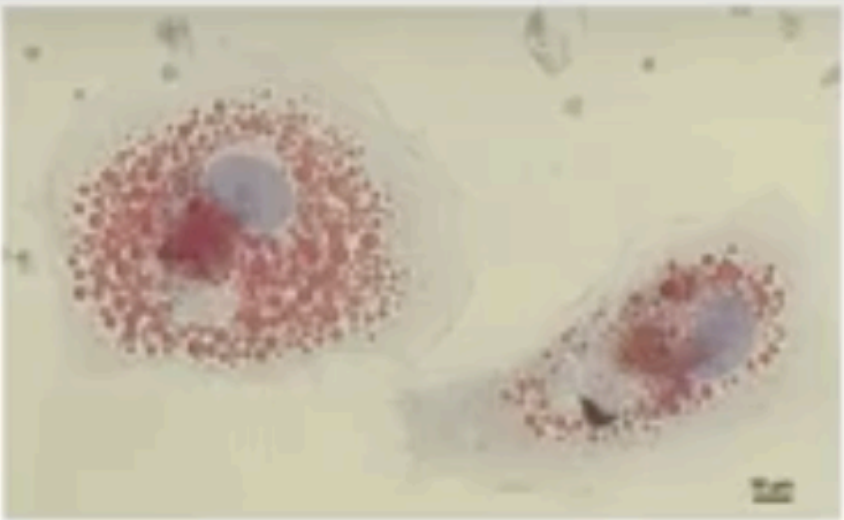
Atherosclerosis

- Increased circulating LDL particles (not taken up by liver)
- Taken up by macrophages in wall of blood vessels

Small dense LDL is more susceptible to glycation than more buoyant LDL in Type 2 diabetes. Clinical Science Mar 01, 2013.

Rinsho byori. The Japanese journal of clinical pathology 43(8): 753-62 · September 1995

Lipid advanced glycosylation: pathway for lipid oxidation in vivo. Proc Natl Acad Sci USA 1993; 90(14): 64348.)



15:38 / 28:34

WHO SHOULD BE ON A KETOGENIC DIET

YES

Diabetes
Hypertension
Overweight
High Triglycerides
Metabolic Syndrome
Epilepsy
Disorders of carbohydrate metabolism eg Pyruvate dehydrogenase deficiency, GLUT1 deficiency syndrome

PROBABLY

Neuroprotection- Dementia, Parkinson's, ALS, Brain trauma, Stroke, Migraine, ADHD, Autism, MS
PCOS
Acne
Cancer
Irritable Bowel/ IBD
Autoimmune Disorders
Osteoarthritis
Psych- Bipolar, Schizophrenia etc

NO

Porphyria
Pyruvate carboxylase deficiency
Genetic disorders of fat metabolism



Dr Zeeshan Arain

Our Natural State - Operate Best

Nutritional Ketosis

Ketosis - A Key For Longevity?

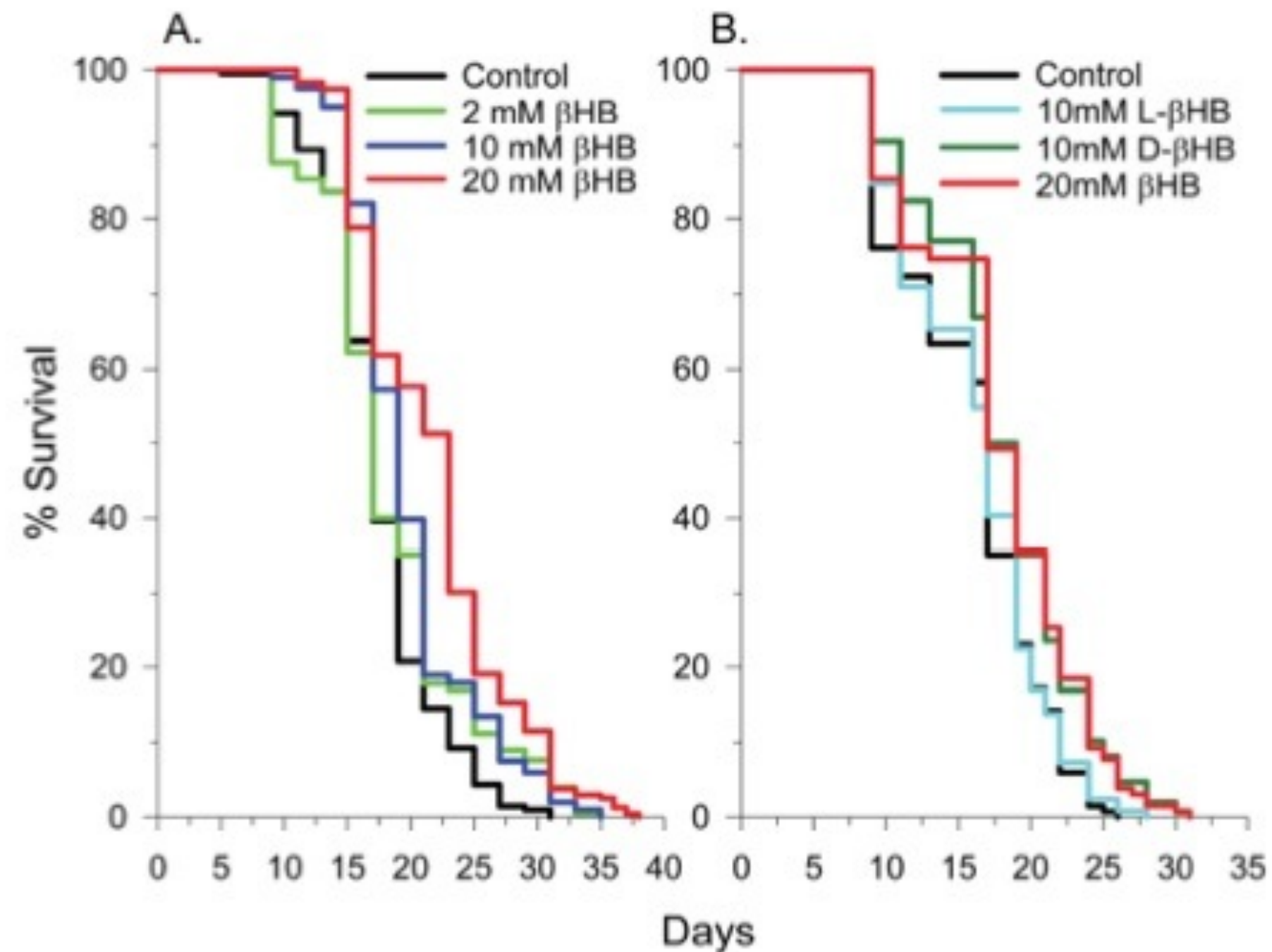


Figure 1. D- β HB extends the lifespan of N2 *C. elegans* worms. **(A)** Concentration dependency of β HB-mediated extension of lifespan. **(B)** D- β HB, but not L- β HB addition led to lifespan extension. When no D or L prefix is present, β HB refers to DL- β HB.

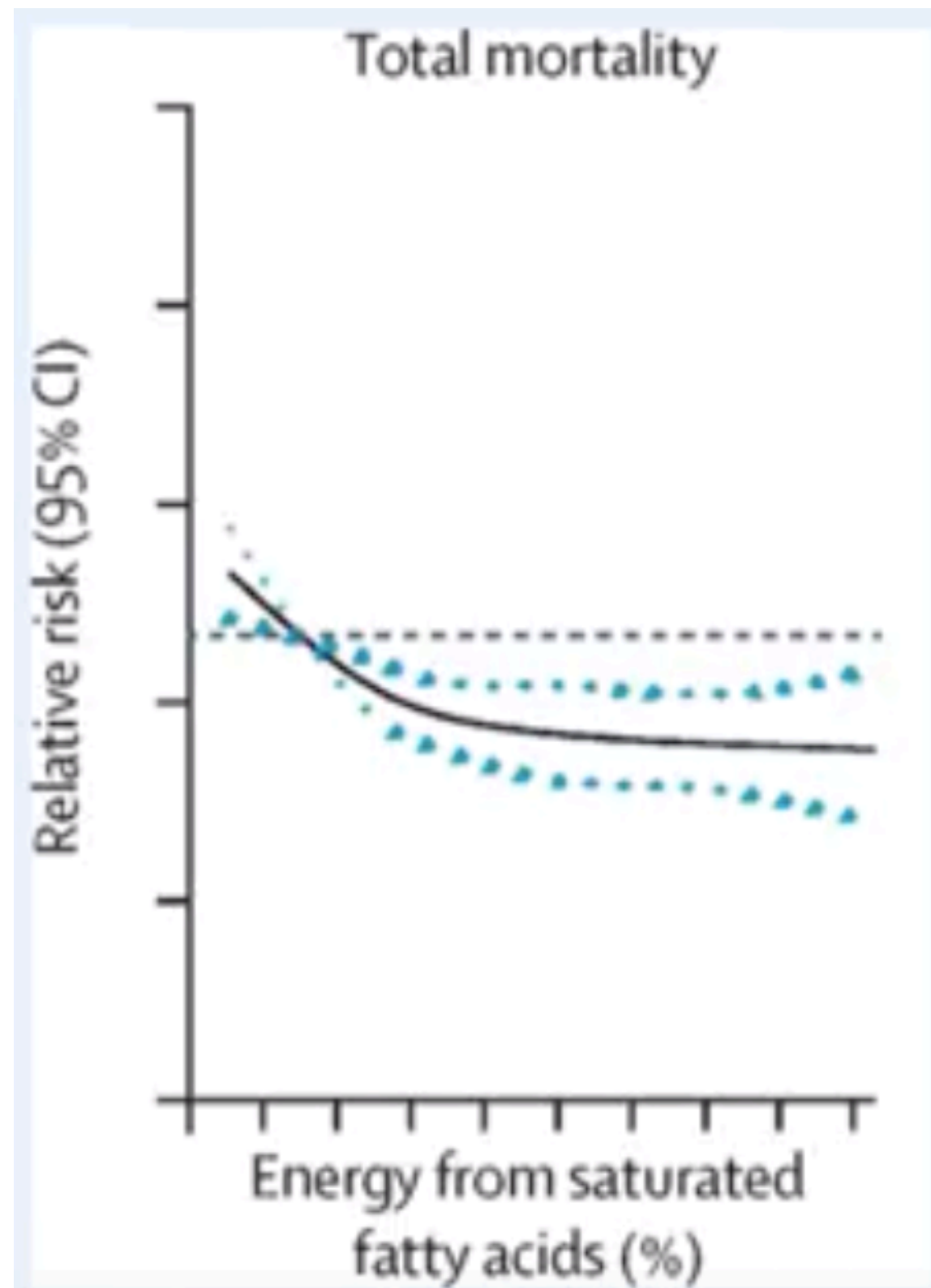
<https://www.ncbi.nlm.nih.gov/pubmed/25127866>

D beta hydroxybutyrate increased mean lifespan by 26% *C.eleganz*.

Our data support the hypothesis that BetaHB treatment will likely be useful in the treatment of many human ageing associated disorders. Dr Steven Phinney

1. Ketones 3x ATP as glucose
2. Turn on body's own anti-oxidant production. e.g. glutathione.
3. Reduce inflammation.

Ketosis - A Key For Longevity?



Dr Paul Mason

