



How to lose weight without going hungry: Focus on Diabetes & Fasting

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Just to be clear!

- I am not a physician, I am a clinical psychologist by training.
- This is education and social support, not medical advice.
- Be sure to consult with your doctor before making major dietary changes, especially if you are on medications for diabetes.

What we've been told

- To lose weight, dietary fat is to be kept as low as possible
- Increased fat and cholesterol levels lead to heart disease
- Weight loss only results from reducing calories, increasing exercise, or both
- Therefore, the only way to lose weight is to follow a low-fat diet and increase exercise



What people experience

- Reduced fat in foods is usually replaced by increased carbohydrates
- Cutting caloric intake and/or increasing exercise results in increased hunger
- Counting calories is difficult
- Meals are rarely satisfying; one always feels hungry
- Though weight loss is possible, in time, it is all gained back



18 grams added sugar / 22 total carbs

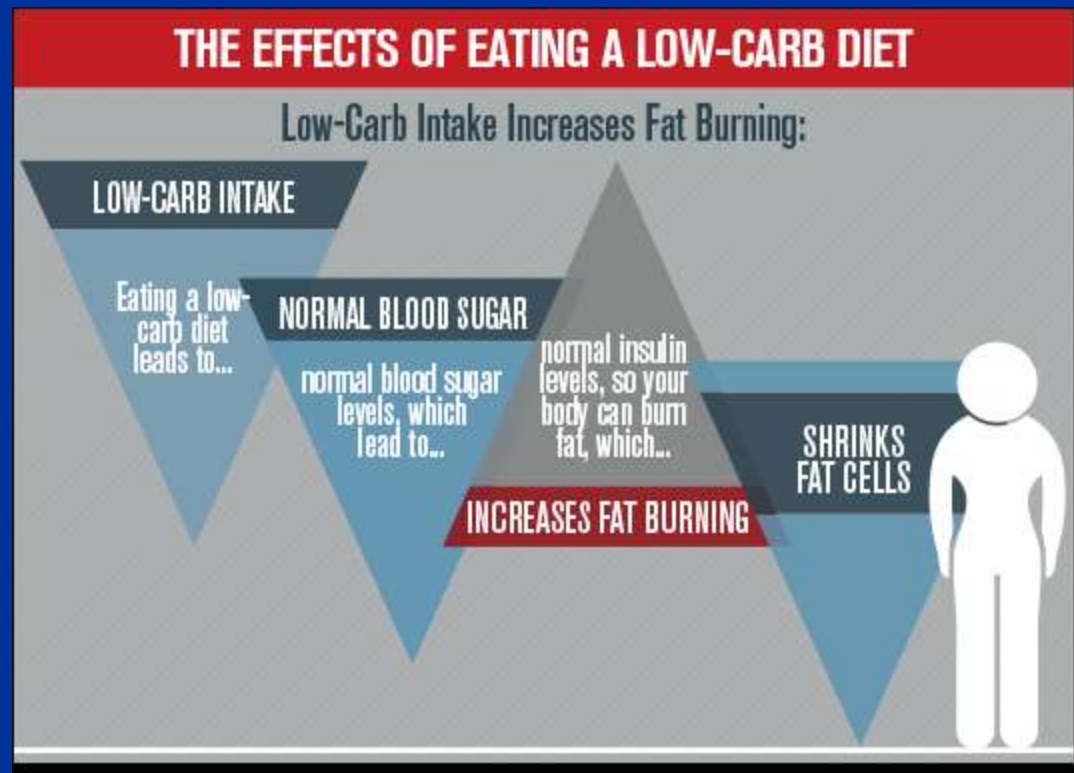
What we've recently learned

- Fats and cholesterol are not all bad
- People feel full longer when the foods they eat contain some fat
- Carbohydrates convert to body fat easily
- Cutting carbs forces your body to burn fat
- Fats & proteins do not convert to body fat easily
- It's easier to stay on a low-carb diet long-term because hunger is not a problem



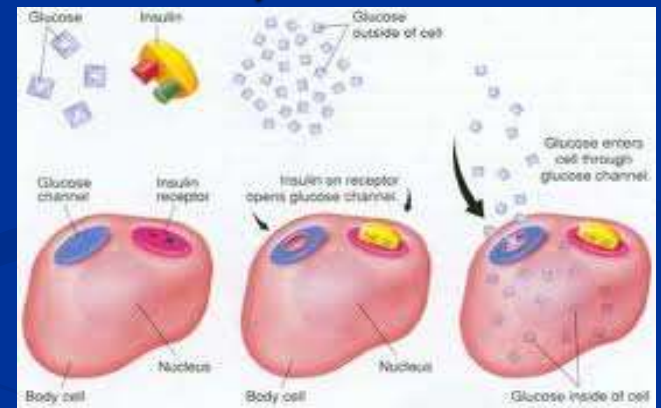
Why does eating fat help?

- Fat does not stimulate insulin like carbs
- Your body will first use carbs and then turn to burning fats; if there are few carbs, then you will burn fats, including stored fats.



Excess carbs lead to weight gain

- Whatever glucose from digested carbs that is not immediately used for warmth, by our muscles for movement or our brain, it is directed by insulin to be stored as fat.
- Stored fat is only “burned” when too little glucose is available
- To burn fat, one has to reduce available glucose, primarily by reducing carb levels



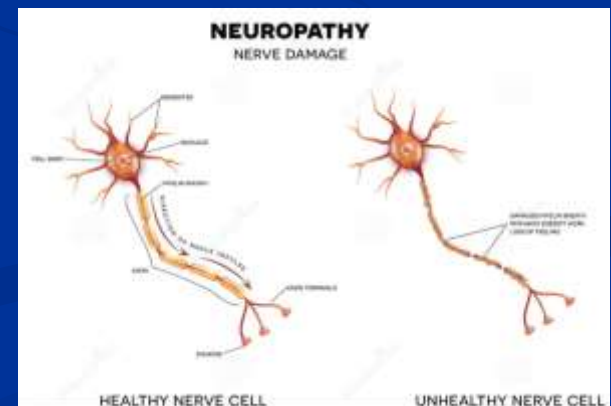
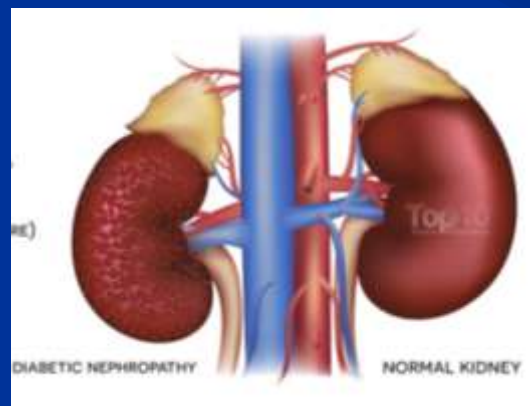
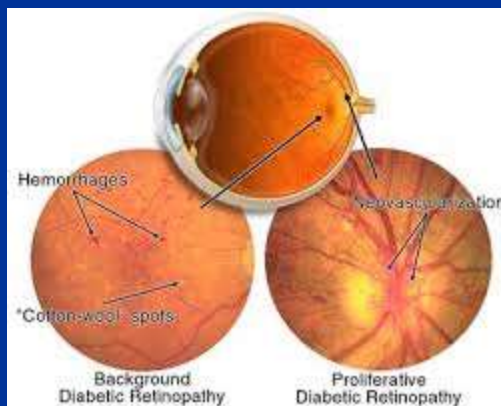
What is diabetes?

- Primarily, diabetes is the inability of the body to properly manage carbohydrates.
- In Type 1, the beta cells that produce insulin in the pancreas are destroyed in an autoimmune process.
- In Type 2, cells throughout the body become resistant to insulin allowing glucose to build up in the blood stream.



Type 2 Diabetes

- When glucose increases in the blood stream, it begins to damage the artery walls.
- Damage begins in the smallest capillaries at the back of the eye, in the kidneys and around nerve endings in the extremities, resulting in blindness, kidney failure and neuropathy.
- Half of all heart attacks occur among diabetics



Type 2 Diabetes

People who are most likely to develop diabetes:

- Older (above 45)
- ❖ Overweight (especially waist circumference)
- ❖ Physically inactive
- ❖ High blood pressure or abnormal cholesterol
- Have a family history, race or ethnicity prone to diabetes (African-American, Asian-American, Latino/Hispanic-American, Native American or Pacific Islander)
- Had gestational diabetes or polycystic ovary syndrome

In order to manage diabetes

- Lose weight or have gastric surgery
- Become more physically active
- Quit smoking
- Lower stress
- Take medications such as Metformin, Diabinese, Avandia, or Januvia
- Eat the right foods

Goals for Diabetes Management

- Glycemia - A1C < 7% ADA; < 6.5% AACE
- Hypertension – < 130/80 mm Hg
- Dyslipidemia
 - LDL: < 100 mg/dL (< 70 mg/dL in very high risk)
 - HDL: men > 45 mg/dL; women > 55 mg/dL
 - Triglycerides: < 150 mg/dL
- Cigarette smoking – Cessation

What the NIH recommends



Choose healthy foods

- Eat more fruits and vegetables and fewer high-fat foods to help with weight loss.
- Choose whole grain foods such as whole wheat bread, crackers, cereals, brown rice, oatmeal, and barley.
- Eat a mix of colorful fruits and vegetables.
- Choose fish, lean meat, and chicken and turkey without the skin.
- Eat foods that have been baked, broiled, or grilled instead of fried.
- Drink water instead of juice and regular soda.
- Choose low-fat or skim milk, yogurt, and cheese.

This only makes sense if:

- Low fat diets resulted in more effective weight loss than low carb diets

WRONG!

- Eating whole grain foods such as whole wheat bread, crackers, cereals, brown rice, oatmeal, & barley didn't raise blood sugar.

WRONG!

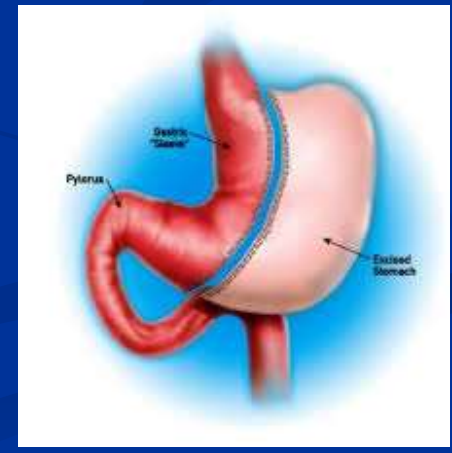
- Consuming low-fat or skim milk, yogurt, and cheese were related with less diabetes, which they are not!

WRONG!

To prevent or control diabetes

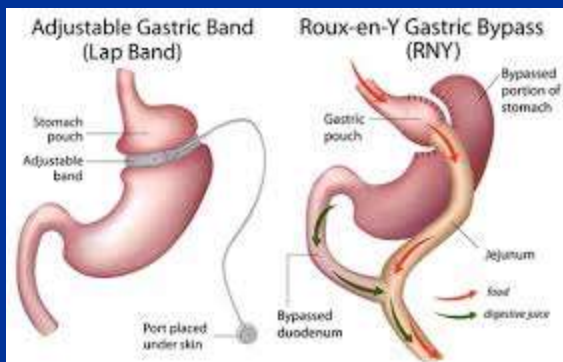
Reduce the demand for insulin release by lowering your intake of dietary carbohydrates through:

- Eating a low carbohydrate diet
- Engaging in regular fasting
- Having your stomach reduced in size through banding or bypass (bariatric) surgery



How gastric surgery works

- Bariatric surgical procedures cause weight loss by restricting the amount of food the stomach can hold.
- Although the precise mechanisms are not yet clear, rearrangements of GI-tract can exert antidiabetic effects beyond those related to reduced food intake.
- Up to 92% reduction in diabetes-related mortality
- However, over 40 percent may develop diabetes again within five years. Also, 25 percent of diabetic gastric bypass patients still require diabetes medication.



What's the alternative to surgery?

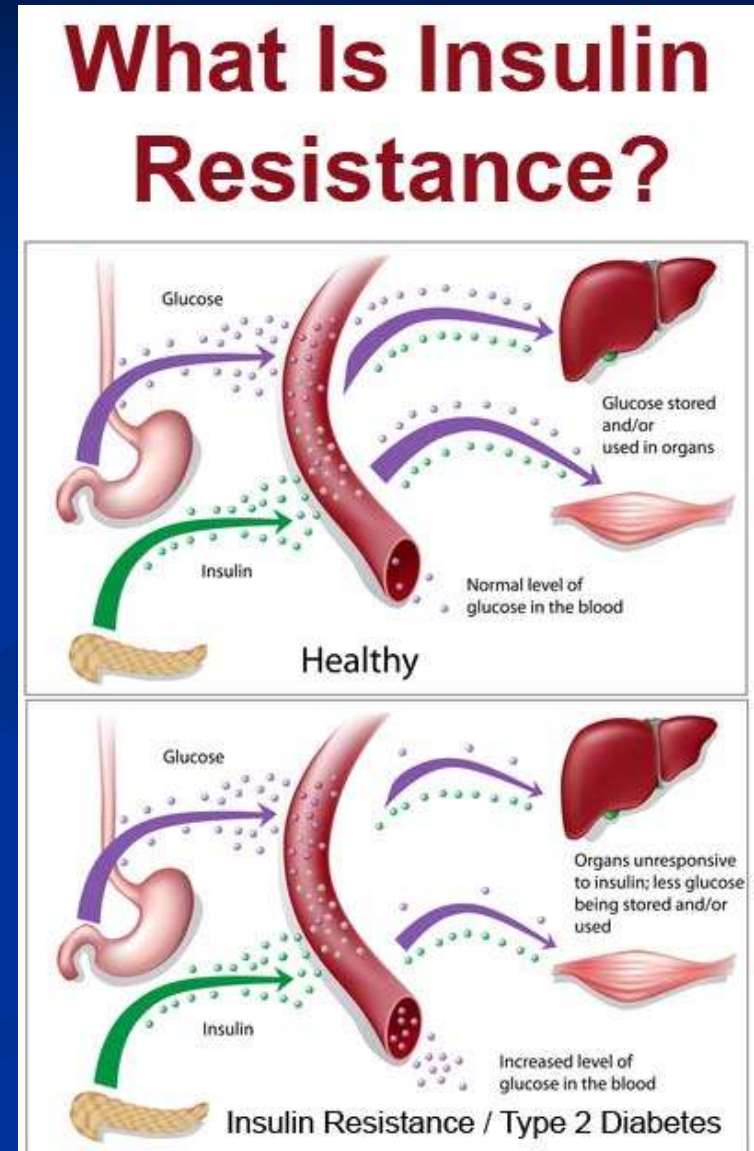


- Mark Hyman: “you can get the benefits of a gastric bypass without the pain of surgery, vomiting, and malnutrition.”
- “Lifestyle change and changes in diet work faster, better, and cheaper than any medication and are as effective or more effective than gastric bypass without any side effects or long term complications.”
- A dramatic diet change (protein shake, low-glycemic load, plant-based low-calorie diet but no exercise) in diabetics reversed most features of diabetes within one week and all features by eight weeks.

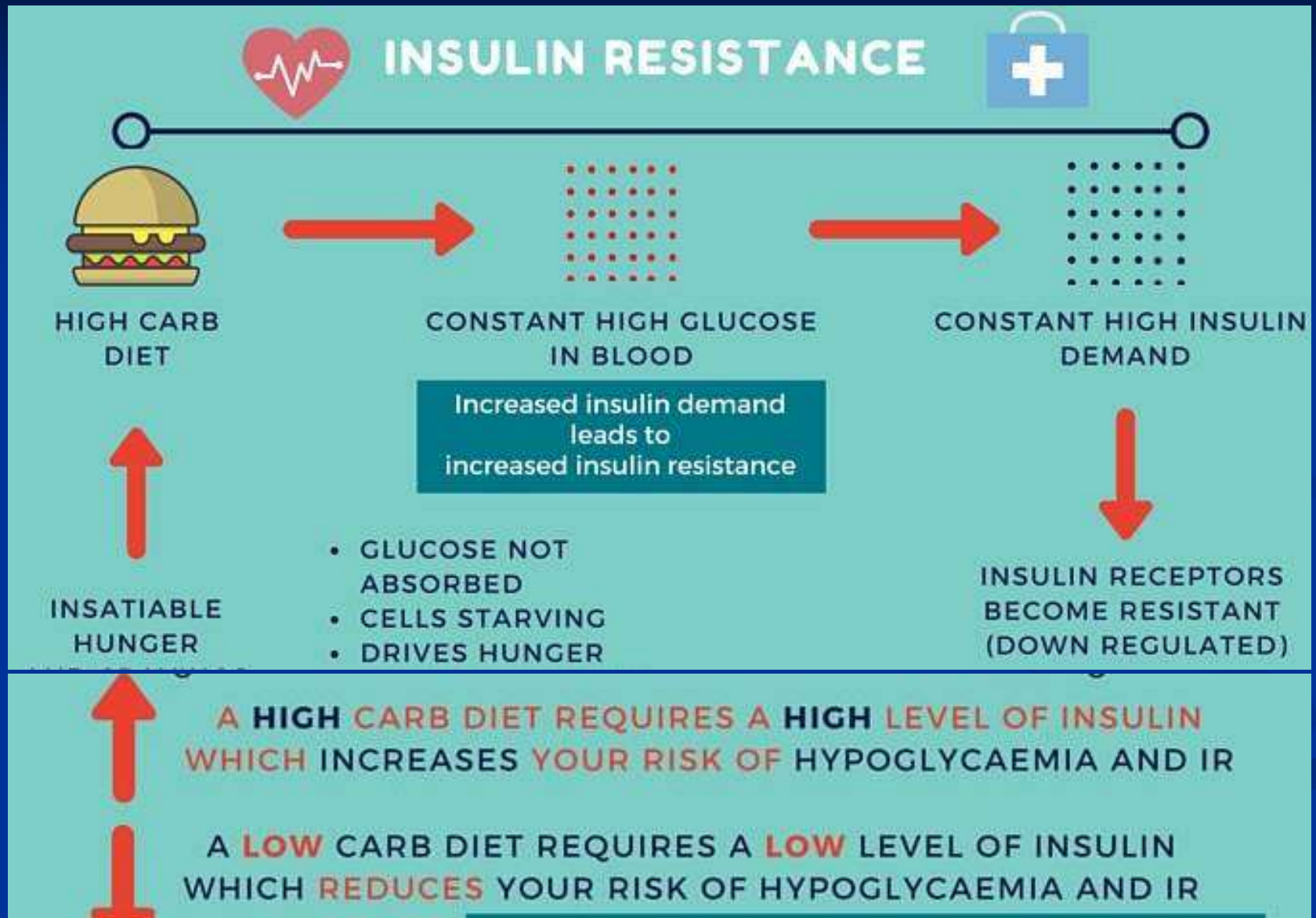
**EAT FAT,
GET THIN**

What is insulin resistance?

- Insulin resistance develops when cells become resistant through over stimulation
- Similar to increased tolerance of alcohol or other drugs where it takes more to get the same effect
- Eventually, the pancreas stops producing insulin
- Fasting reverses this process by giving cells a chance to recover from resistance

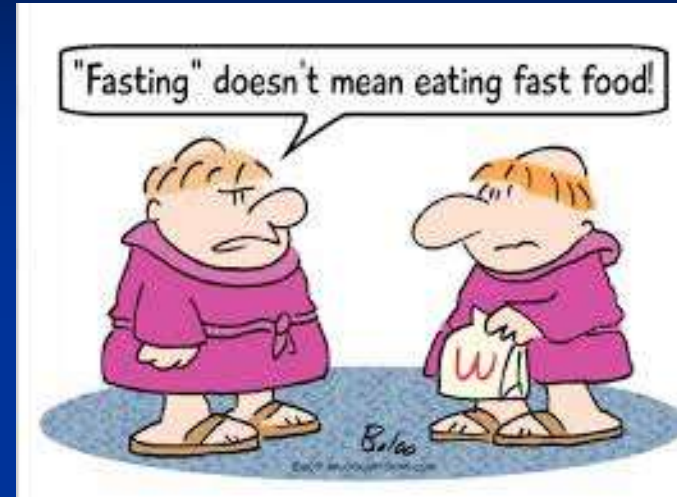


What is insulin resistance?



What do we mean by fasting?

- Unless we're up all night eating, all of us fast every day!
- We all break our fast by eating a meal we call "break-fast"
- When that period is no longer sufficient to reduce insulin resistance, we may need to extend the period of fasting to 12, 16, 24 or more hours
- The longer and more frequently we fast, the faster our insulin resistance can reverse



Who recommends this?

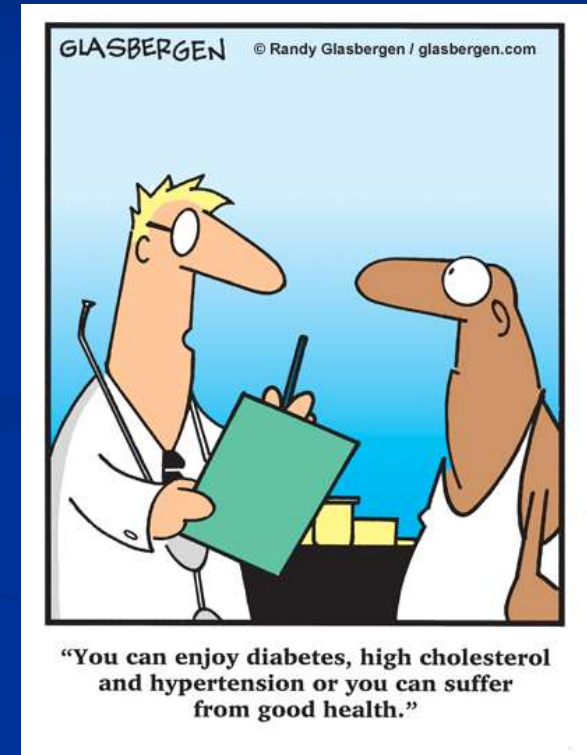
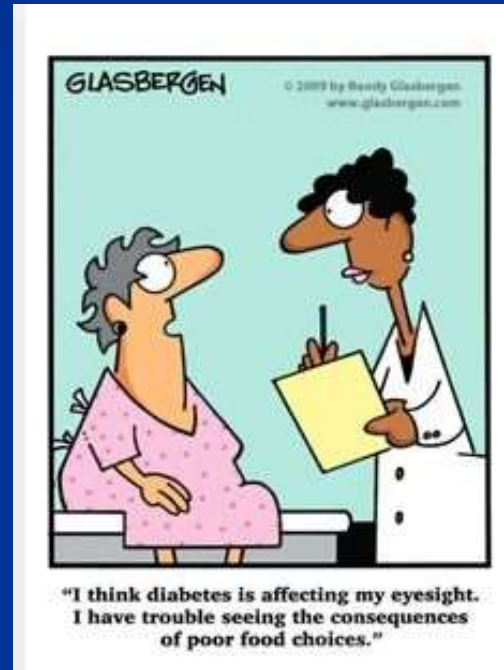


- Jason Fung, MD
- Toronto endocrinologist
- Find him on DietDoctor.com

- Pick a time that works best for you
- It often helps to be busy and distracted from hunger
- Have liquids available such as tea, bone broth or water
- The first 24-48 hours are the most difficult; after that hunger goes away
- As long as you're in good health and well nourished there is no harm from fasting unless you are diabetic and on insulin (check with your doctor). Fasting is NOT STARVATION!
- When you resume normal eating, you will not consume the calories you missed, so you may experience weight loss over time!

To prevent or manage diabetes

- If you don't have diabetes, eat like you did to prevent it from happening!



- If you do have diabetes, stop eating the foods that made you sick!

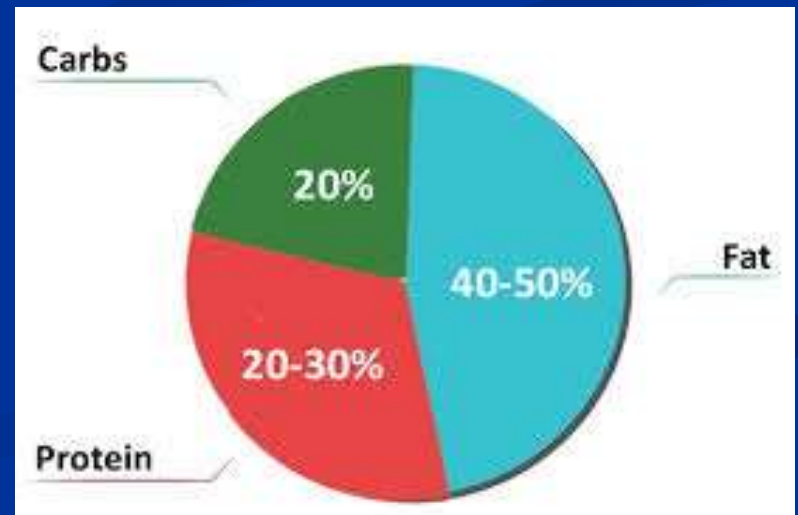
For more information on diabetes

- www.dietdoctor.com/diabetes
- thelowcarbdiabetic.blogspot.com
- intensivedietarymanagement.com
- authoritynutrition.com/low-carb-diet-for-diabetes
- www.ditchthecarbs.com/2015/11/13/low-carb-for-diabetes



What's in a typical LCHF diet?

- Moderate-carb diet: 130-225g carbs daily and between 26-45% of calories
- Low-carb diet: 50-130g carbs daily and between 10-26% of calories
- Very low-carb diet: less than 50g carbs and 10% calories daily
- Any choice of foods
- Balance lower carbs with higher fats



Low carb diet

- Atkins and other recommend starting under 20 carbs for a two-week induction
- Gradually add carbs until you observe weight and/or high blood sugar levels returning
- Maintain within your range, testing increases from time to time
- It is possible to gradually lower the percent of carbs over a number of weeks, but weight loss will be slower

