

PREVIEW_ Dr. Jason Fung - What To Do Instead of Counting Calories (Vail 2016)

Once you understand it's all about insulin,
that's the ultimate cause of what is driving the obesity,
then you can say, "Well, how do I lower insulin?"
And that's the real question you want to ask,
when you're trying to lose weight and lower that set point.
So, obviously, things that raise insulin, you want to cut them down.
So things like sugars, refined grains,
a lot of these refined carbohydrates for example,
those are all foods that we know stimulate insulin to a much larger degree
than other foods such as butter, olive oil, that sort of thing.
Therefore if they are having more of an effect on insulin
and insulin is what drives weight gain, those foods are fattening.
More so, per calorie than say butter or olive oil,
which really, doesn't drive insulin to a very large degree
compared... you know, comparatively.
So, but now you have a rational strategy
because you understand what has caused the weight gain, is insulin,
now you have strategies.
So, you could go on a low-carb diet and you get the insulin--

Exactly, and on the flipside--

Is that all there is to it?

Well, there's other things on the flipside, there's the low carbohydrate diets, but also, there's a lot of other factors which are at play.

So if you talk about the other macronutrients for example, fat is the macronutrient of the carbohydrates, proteins and fats.

That is the least likely to stimulate insulin, for the same degree of calories for example.

So therefore, it would be advantageous if your goal is to lower insulin, to take a low carbohydrate diet, which is high in natural fats, so LCHF.

And therefore, understanding the etiology of the obesity, leads you to a rational strategy to treat it.

Now, there are another other things that lower insulin as well.

-And you can look at—

-A few short examples?

Things... and they are not all that powerful, but there are things like fiber, which can help reduce insulin spikes, there are things like vinegars and fermented foods for example, that help lower insulin spikes, you can moderate your protein, so, certain proteins can also stimulate insulin.

So, you don't want to go crazy on the protein. Right?

You can eat zero protein, because there are essential amino acids, but on the other hand, you don't want to just eat protein, because that can have the same effect.

And that's what a lot of people have noticed,
that when they eat a lot of protein, their weight loss tends to slow.
So therefore, it's not LCHP, it's not low-carb high-protein,
you're talking LCHF, which is a high-fat diet.
So those are some strategies,
and then, there are other strategies
that you can add on top of that, to lower insulin,
one of the most effective and most efficient being the intermittent fasting.
Meaning don't eat?
Don't eat, yeah.
So, I would have never guessed that not eating would help with weight loss.