

PREVIEW_ Ted Naiman - Presentation (Breckenridge 2017) 2

Dr. Naiman: You can have 5 g of glucose in your blood stream, maybe a couple of hundred grams in your liver and your muscle and that's it. So when you dump in a bunch of carbs and glucose you literally have to switch your metabolism over and burn more glucose. I've made a fancier little hydraulic model metabolism here.

And again you've got a fat reservoir on the right so when you dump more fat in nothing has to change. But as you add carbohydrates and raise glucose, you literally have to switch your metabolism over and burn more glucose just to get rid of it. You just have no other choice, that's how it has to work.

In fact if you eat enough carbohydrates and glucose, you literally have to convert it to fat via De Novo Lipogenesis to store it and get rid of it. Only when carbohydrates and glucose are absent can you switch your fuel mixture over and burn fat again.