



CHOOSE YOUR FUEL

Shift your focus away from calorie-counting & learn how to burn fat



Your body is a **complex system** that needs essential nutrients from food to thrive and survive. By shifting your focus away from Calories and toward **nutrient-density**, you can change the fuel your body burns & **regain control** of your health and wellbeing!

GLUCOSE

All carbohydrates break down into glucose. This is a **short-acting** fuel with little storage capacity, so most glucose is stored as fat. If you run your body on glucose, you need to top up your tank frequently otherwise you may feel tired, irritable and hungry often.







FAT

An energy source derived from dietary fat & stored body fat. Choosing to run on fat allows you to unlock access to your own energy stores (ie, body fat) and feel satiated for many hours. Burning fat extinguishes food cravings and lowers systemic inflammation.



INSULIN

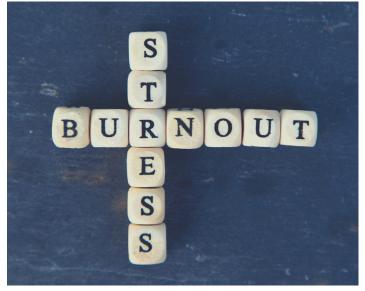
High insulin is like a big padlock on fat-burning. We must lower insulin levels to successfully burn fat for fuel. The metabolism of carbohydrates (starches sugars) requires a high amount of insulin. However, whole-food fat and protein sources of much less insulin. A require lower-carb, higher-fat adequate is therefore protein diet conducive to fat-burning.

NUTRIENTS

Nutrients play a role in burning fat - key nutrients include:

- carbohydrate magnesium
- fat
- protein
- alcohol
- omega-3 fats iodine
- omega-6 fats vitamin D
- sodium
- B-vitamins
- iron





STRESS

stress manifests Chronic as inflammation and can impact fat-burning. However, we can harness therapeutic nutritional medical strategies and minimise stress in the body and lower inflammation