

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!

down

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 sources of fat and protein require much less insulin. A lower-carb, higher-fat adequate protein diet is therefore conducive to fat-burning.

NUTRIENTS

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

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



STRESS

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