

Fat Energy

Fat, or adipose tissue, is your body's largest energy reserve, containing about 100,000 calories. Without additional food, fat can support metabolic functions for 30 to 40 days. However, water intake must be maintained. Fat molecules, as compared with carbohydrate molecules, contain little water. Based on this fact, if glycogen, the storage form of carbohydrates, replaced fat stores in a 154-pound male, his body weight would increase by about 110 pounds because of the additional water weight.

The Power Switch

Dietary fat is broken down and stored in your fat cells as triglycerides, which are made up of three fatty acids and glycerol. Several chemicals help move stored fat out of adipose cells and into the blood stream for energy usage. Hormone sensitive lipase, found within the fat cell, and lipoprotein lipase are enzymes that help facilitate the release of fat with the help of the hormone epinephrine. This process is called lipolysis. When stimulated by epinephrine, HSL breaks down stored triglycerides and their components, three free fatty acids and glycerol, and releases them into the blood stream. Exercise enhances the response of HSL to epinephrine and increases fat burning. Obesity decreases HSLs response to epinephrine and slows fat metabolism. LPL, found on blood vessel walls, controls how fat is distributed to its storage sites on your body.

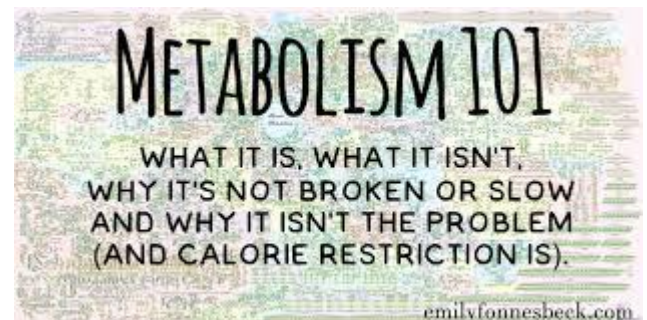
It's a Sex Thing

According to Kravitz, gender plays a role in fat metabolism. Alpha and beta epinephrine receptors control fat release. Alpha receptors slow the release of stored fat; beta receptors trigger its release. Women have more alpha receptors in the hips and thighs than men do, and higher levels of LPL, the enzyme that controls fat distribution, in the hips, thighs and stomach area.

OK, so now that the technical jargon is done, can we move on now, to the REAL goods?

So how do we build our metabolic fires? Can we reverse a damaged metabolism? And how do we keep it strong with age?

Patience grasshopper...building a strong metabolism takes TIME! It is NOT based on 'metabolic boosting foods' (diet mentality,



and those wanting to sell supplements), cardio will weaken your metabolism, and and you have to EAT, yes, eat, to lose weight (and this means carbs, ladies, and other metabolism-sustaining macro nutrients, in their proper amounts).

You have to learn to feel 'tolerable' hunger (don't squelch every hungry feeling or you squelch your metabolic fires, being hungry is NOT bad, being starving IS! And we trade in calorie counting, weighing, obsessive-compulsive behavior for consistent, disciplined eating. And we don't cut out whole food groups (fruits are bad, red meat is bad, gluten and dairy are bad...what next?) OR have to prescribe to a certain type of inflexible eating plan (I'm Paleo, I'm vegan...). Eat as you wish, according to your preferences.

Let's talk REAL ladies...

This remains our focus in the [10-Week Challenge](#), [12-Week Advanced Challenge](#), and our [Warrior Woman Lifestyle Program](#), PLUS our [Lean for Life](#) one on one program which goes DEEP into creating and sustaining metabolic POWER!

Stick with me ladies...I have much to teach you, and we will change how you think and live, which is the secret to learning and creating metabolic resilience!

Onward, Warrior Women!

