METABOLISM first, Fat Loss second!

By Karen McCoy

me-tab-o-lism

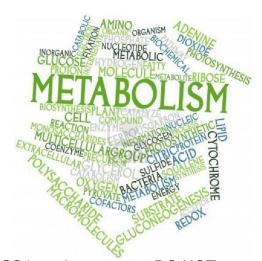
noun: metabolism; noun: constructive metabolism; noun: destructive metabolism

1. the chemical processes that occur within a living organism in order to maintain life.

Ok, sounds great, it sustains life, but what we really want to know about is FAT Metabolism, right? We ALL want to lose the FAT!

Problem is, weight loss remains the focus, making the scale the center of attention. WRONG!

For decades, women have been focusing on the wrong thing - the scale – instead of understanding metabolism, and the bio chemical, hormonal stuff going on inside. THIS is metabolism! And THIS is the KEY to it all!



And while we're at it, we really should be talking FAT LOSS loss, because we DO NOT want just *scale-dictated weight loss*, because this negates the importance of metabolism, AND it does not consider the negative effects of simple weight loss, mainly that in this process, we often lose muscle, bone and water weight! Yikes. And it gets worse with age. This is what most 'diet's do (and cardio based programs). AND this approach LOWERS our metabolism!

That is why we need to focus on *strengthening our metabolism*, and KEEPING it strong today, tomorrow, and through the years (we call this *metabolic resilience*), which will keep our bodyfat levels LOW and consistent, our hunger on cue, and help us to eat plentiful! No more calorie counting, diet plans, or food fears! Freedom!

The technical aspect: Metabolized fat is stored as a reserve source of energy for use when needed. Fat provides insulation to keep your body warm; the fat beneath your skin is a source of heat when skin temperature drops. Fat cushions and protects your organs, and, in addition to your liver, fat provides storage for fat-soluble vitamins. The myelin sheath covering in your brain is also made up of 70 percent fat, according to Franklin Institute. Exercise and gender can affect the speed of fat metabolism.

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.

METABOLISM LUL

WHAT IT IS, WHAT IT ISN'T.

WHY IT'S NOT BROKEN OR SLOW

AND WHY IT ISN'T THE PROBLEM

(AND CALORIE RESTRICTION IS).

OK, so now that the technical jargon is done, can we move on now, to te 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!

