



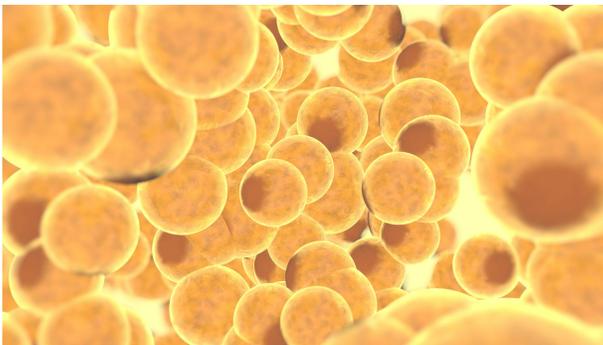
# Diabetes Reversal Strategy



## Restore Fat Burning

**Diabetes is a disease of energy overload.** Energy from food, stored as fat overwhelms the body's ability to buffer the overload. Fat initially stored in healthy depots begins to be stored in ectopically (in places it shouldn't be) the abdominal area (visceral fat) as well as being stored in the cells of muscle, liver and pancreas. This ectopic fat, especially in the liver, impairs insulin action, resulting in the pancreas releasing more insulin to maintain blood sugars. Higher levels of insulin inhibit fat burning, resulting in more fat storage, further compounding the vicious cycle

### How to break the cycle?



The first three steps of the 4+2 Diabetes Reversal Strategy set the stage for fat burning:

1. **Eat to Lower Insulin** - lowers insulin levels to allow fat burning
2. **Use Your Muscles** - improves insulin sensitivity in the muscles further lowering insulin requirements
3. **Be Kind to the Liver** - stops the addition of more fat to the liver

To really reverse insulin resistance and diabetes we have to get rid of the fat in the liver and pancreas - and to do this, we need to lose weight.

Weight loss requires that more fat is burned for fuel than is stored over time - and this requires restricting calories in some way.

### Our preferred method for weight loss is time restricted eating:

- \* limiting the number of hours we eat and
- \* extending the fasting period.

The biggest advantage to this is that insulin levels drop to very low levels after 6-8 hours of fasting allowing the body to burn fat. Extending the fast, expands the fat burning window.

When burning fat, hunger hormones are low, decreasing hunger and craving, making the process relatively easy. Studies show that people on a 16:8 program (16 hr fast) consume fewer calories and rely on stored fat for fuel to a greater extent. Time restricted eating also cuts out nighttime snacking which is a major contributor to excess energy intake.



**When we restore fat burning, our hunger often decreases and our satiation improves after meals. When doing time restricted eating, avoid the temptation to go so long that you trigger extreme appetite - as you will overeat. It really should not feel hard, progress gradually once 12 hours feels easy.**

101 BEHAVIOURS

12 hours fasting

NEXT STEPS

Extend to 14-16 hours  
Aerobic Exercise in Fasted State

Take Control of Your Health

For more information about our 1:1 support

