



THE FASTING PODCAST **WOW**: EPISODE 110 – SEQUENCE OF BURNING CALORIES IN THE BODY

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The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



**Ep 110: Sequence of
Burning Calories in Body**

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The Body Starts with the Easiest & Most Available

- The food and drink that we eat – hopefully organic and all natural – this provides easily accessible calories for the body to burn for energy
- The food we consume needs to be readily digestible and assumable to be used for energy in the body – junk food may not produce any useable calories, instead adding to toxicity & wasted energy trying to break down the garbage
- After the healthy food has been broken down by the body, it can fuel the production of ATP energy
- When this is used up, where does the body turn to next...





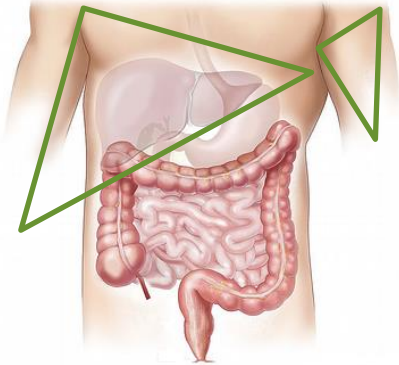
What is Glycogen?



- In biochemistry terms, glycogen is a substance deposited in bodily tissues as a store of carbohydrates. It is a polysaccharide which forms glucose on hydrolysis
- A core protein of glycogenin is surrounded by branches of glucose units
- Glycogen is a short term energy source as opposed to fat which is a long term energy source
- Glycogen is made and stored primarily in the cells of the liver and skeletal muscle
- In the liver, glycogen can comprise 5-6% of the liver's weight
- In skeletal muscle, glycogen is only 1-2% of the muscle mass
- Small amounts of glycogen are also stored in the kidneys, red blood cells, white blood cells, glial cells in the brain & uterus in pregnancy
- Total glycogen stores can approximate 1700 calories



What Happens?



Glycogen Stores in Liver
& Muscles

- About 4g of glucose is present in human blood at all times
- In fasted people, blood glucose is maintained constant at this level at the expense of glycogen stores in liver and skeletal muscle
- Glycogen in muscle serves the muscle itself
- Glycogen in the liver is used through the body e.g. nervous system
- The human brain consumes about 60% of blood glucose in fasted sedentary individuals
- Glycogen forms an energy reserve that can be mobilized quickly to meet a sudden need for glucose
- If needed, the body can make glucose from protein or fat
- Excess carbs that can't fit into glycogen stores can store as **FAT**

FAT



After the Glycogen



- Now the body is capable of simultaneously breaking down protein/muscle and stored toxin-laden fat
- Muscle can be converted to glucose with “gluconeogenesis”
- We need to secure muscle with high quality digestible protein and we can monitor that with an affordable body composition scale
- It isn't just muscle that's made of protein, many or most vital parts in the body are made of protein such as bones, organs, etc.
- Review episode 66 Preserve Muscle During Fasting
- If we preserve muscle, FINALLY focus is on burning stored fat – fueling the mitochondria with ketones instead of glucose



Burning Fat is Beneficial

- Toxins are released, so make sure channels of elimination are open
- Burning 1 gram of fat produces 9 calories of energy, compared to burning 1 gram of carb or protein produces less than half – only 4
- The process of burning fat can help with appetite and cravings
- Fat burning produces energy efficient ketones for brain & body
- Not only is subcutaneous fat burned but also visceral fat clinging to vital organs – review episode 92 Is Visceral Fat Your Problem?
- Burning fat takes some work, so help the body get to that point...





Helping Burn More Fat



- ✓ Choose organic & natural food/drink with plentiful pure water
- ✓ Avoid over-eating which slows down getting to fat burning – even if food is healthy fats – they will burn before stored fats
- ✓ Minimize “net” carbs (*total carbs–fiber–sugar alcohols*) to reduce glycogen stores – see episode 77 Glycogen Affects Fasting
- ✓ Preserve muscle with pure dietary protein and proper exercise
- ✓ Since it can take 10-12 hours to deplete food we ate/drank then glycogen, make fasting window as long as possible (16-20+)
- ✓ Maintain open bowels crucial for exit of toxins
- ✓ Monitor body fat, skeletal muscle and visceral fat with a scale



Possible Next Steps



Check out our website: www.JPWOWPrograms.com/wow-podcast with links to all the pertinent episodes mentioned and copies of the slides/notes used in each

Please refer others to the podcast / youtube & give us a good Itunes review

For questions and feedback or possible participation in the new exercise program, email Julie@JPWOWPrograms.com



Stay Positive, Focused, & Determined Because Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

