



THE FASTING PODCAST **WOW**: EPISODE 103 – WHEN TO EAT YOUR CARBS

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



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What About Carbs?

- “Net carbs” are total carbs minus fiber minus sugar alcohols like erythritol
- “Net carbs” can trigger insulin production and excess insulin can lead to insulin resistance and also insulin is the hormone of lipogenesis – fat storing – so **MINIMIZE** net carbs
- “Net carbs” can store as glycogen in the muscles and liver and can delay fat loss, so if you are anxious to lose fat then **MINIMIZE** net carbs
- One should try to only eat natural and organic which would bring **COMPLEX** carbs from natural fruits and vegetables – the most damaging carbs are the **SIMPLE REFINED** carbs created by things like white bread, pasta, pastries, most cereals, etc. – so **CHOOSE** natural and organic whenever possible
- The extreme ketogenic diets (both dirty and clean keto) have been proven to be risky – see episode 70 Alarming Insights on Keto Diets & 16 Keto Kraze – so include some keto complex carbs into your diet rather than going extreme





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What About Timing?

- Eating carbs less times per day may help with longevity, so consider omitting carbs from your last meal of the day
- Exercising done after eating carbs may deplete or lessen glycogen stores
- Consider eating only 2 meals per day with little or no snacking and having the complex carbs you choose at the first meal
 - Multiple studies indicate 2-3 meals are better than grazing or snacking, with PubMed study recommending meals eaten earlier in the day
 - PubMed study indicates 1 or 2 meals/day better decrease in BMI than 3/day, while > 3/day showed increase in BMI
 - Study at Institute for Clinical & Experimental Medicine showed type 2 diabetics eating 2 meals/day lost more pounds/inches than 5 meals/day
 - The lead scientist, Dr. Kahleova, believes cutting down to 2 meals per day could also help people without diabetes who are trying to lose weight
 - Hepatology study concluded high meal frequency (not total amount eaten) increased intrahepatic triglyceride content (IHTG) & abdominal fat
 - That study suggests that snacking, a common feature in the Western diet, independently contributes to hepatic steatosis (fatty liver) and obesity





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Possible Next Steps



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For questions and feedback, email Julie@JPWOWPrograms.com



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

