



THE FASTING PODCAST **WOW**: EPISODE 134 Why Low Carbs for Weight Loss?

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



Host: Julie Phillips, CNHP



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Too Many Carbs May Thwart Weight Loss

- Excess carbs can be stored as glycogen in muscles & liver and MUST be burned before body will work to break down stored fat (food is first)
- Carbs are the food group that causes the body to secrete the most insulin and insulin is the fat-storing hormone
- Many people are insulin resistant unknowingly and excess insulin in these people can cause a major inflammation load (and excess weight)
- Excess carbs is a key contributor to insulin resistance, hypoglycemia and diabetes – causing issues such as cravings and weight issues
- In those that are insulin resistant, carbs/sugar can back up in the blood getting sticky, sticking to fats/proteins in the body (glycation) ages us and cause the body to have weight/health challenges
- With the 2 key issues being related to glycogen stores slowing down or preventing weight loss and the link to insulin, it is important not to go to extremes and eliminate all or nearly all carbs – see episode 70 Alarming Insights on Keto Diets





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Possible Next Steps



For questions and feedback with me at Julie@JPWOWPrograms.com

Check out our website: www.JPWOWPrograms.com

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

