

# becoming fat-adapted

What does it mean to be fat-adapted?? Well before we get there, lets touch on what it means to be a sugar burner.....

So what does the standard American diet looks like....very high in process foods and refined carbohydrates. Our bodies will select what is present for fuel and if we adhere to a high carbohydrate diet full of sugar then that is what we will utilize for fuel.

On a standard high-carbohydrate diet, the brain is critically dependent on glucose. So if you restrict carbohydrate in your diet (or you fast for more than a day), your body must initially break down protein from muscle for conversion into glucose. However, this response is only temporary because over time, the body converts to a special fuel, called ketones....we will touch on ketones a little later

A sugar burner or someone who consumes a high carbohydrate diet can't access stored fat for energy as they will self-select glucose for fuel. I had a personal trainer make the following statement the other day, well isn't it good to burn sugar for energy? My response was YES as long as you want to eat a shit-ton of sugar all day, every day. Maybe even get an IV drip of glucose because if you go 2-3hrs without food then you will be ravenous and HANGRY. Our bodies want to use fat for fuel, but when you are giving it only sugar (and sugar is such a quick burning fuel) then once that blood sugar is all used up you are insanely hungry and go looking for the chips or something high in carbohydrates. You need that FIX. Sugar is a DRUG...a very addictive drug. The dreadful side-effect of being a sugar burner is that more fat is stored than burned so you gain body fat.

Our bodies cannot store much glycogen. Actually we only store around 1200-1500kcal of glycogen in the liver and muscles so once you burn through those stores you better have more sugar on hand or you are going to be in a world of hurt and if you happen to be exercising during this time you will see power and speed drop substantially once you have used up your glycogen stores.

So being fat-adapted is pretty much the opposite of all that:

You can become fat-adapted in several weeks, but being fat adapted is actually the normal preferred metabolic state of humans and that is why we have infinite fat stores in our bodies (50,000-80,000kcal of fat stored in our cells). We were meant to select fat for fuel.

A fat burner will be able to handle missing meals and will have sustainable energy all throughout the day because they are able to tap into their fat stores for fuel. A fat burner will also store less dietary fat in adipose tissue and be able to access fat

for fuel during exercise. This greatly reduces an athlete's reliance on glycogen so you can save the glycogen for when the exercise intensities are turned up.

A fat burner has what we call, metabolic flexibility, which means they are able to utilize both fat and carbohydrates. They can switch between the two fuel sources. When you have metabolic flexibility you can: (insert story about racing and metabolic flexibility).

Since there isn't a home test kit for knowing if you are fat adapted, you can come in and partake in advanced metabolic testing and we will be able to tell you exactly what you are selecting for fuel at various intensities. If we discover you are a sugar burner and you could have SWORN you ate "clean" and definitely were fat adapted then we can provide you with a plan to move you towards actually becoming FAT ADAPTED.

Here are a couple questions you can ask yourself to see if you are fat adapted or at least moving in the right directions.....

Are you able to go at least 3 hours without eating?

Are you able to skip a meal without being absolutely miserable?

Are you able to exercise without loading up on carbs before heading out?

Are all of the headaches and brain fog gone?

If you can answer YES to these questions then you are probably fat-adapted.

Also, I have recently been asked numerous times, what is the difference between being fat-adapted and Ketosis?

Being fat adapted doesn't always mean you are in ketosis. Fat adapted means you burn fat through beta-oxidation and glucose through glycolysis. In ketosis your tissues including your brain operate off of ketones instead of glucose. In ketosis you have very little to no glucose available (Ketones also have anti-inflammatory, anti-aging, and anti-cancer actions, which is pretty cool). A fat adapted way of eating would consist of lower carbohydrate and higher fat. Allowing your body to self-select fat for fuel and spare carbohydrates, which ultimately helps keep insulin low.

