The Sugar Burner

Sugar burners tend to be overweight, often obese from a young age, and easily develop metabolic resistance. It is very difficult for them to lose fat; the traditional low-calorie diet and aerobic-exercise regimen actually worsens the problem. Sugar burners have a primary defect in insulin metabolism and tend to either overproduce and/or be resistant to the action of this powerful fat-storing hormone.

Sugar burners store fat all over their bodies, not just in one spot. They often look puffy and somewhat waterlogged. Their diets are high in carbohydrates - often up to 70 percent - from pasta, bread and potatoes. Sugar burners crave sweets, coffee and chocolate, which may make them feel good for a short 10 to 30 minutes spurt, but quickly leave them feeling lethargic and tired. Sugar burners tend to eat constantly. Headaches often occur during exercise. They can have difficulty falling asleep at night and find it just as hard to get out of bed in the morning. Finally, sugar burners tend to be procrastinators, frequently suffer from fatigue and depression and are at increased risk for diabetes, heart disease and other illnesses.

If you're a sugar burner, your body has become very inefficient at burning fat for energy and relies almost exclusively on sugar. Your predominant hormone balance turns off fat-burning enzymes while enhancing sugar-burning and fat-storing enzymes. Hormonally, you likely have elevated cortisol and insulin hormones to the point of hormone resistance (making you a very inefficient use of fat and forcing your body to burn sugar instead). Also, your body is probably not getting the signal the hunger hormone leptin is sending. You feel hungry all the time and have frequent food cravings (foods rich in sugar and fat). You may have diabetes or hypothyroidism in your family.

The good news: you probably have plenty of muscle on your body. Good because muscle tissue is a prime mover of hormonal metabolism. Exercising and eating appropriately will trigger your hormonal fat-burning machinery. The body burns what you feed it. Switch your nutritional choices to PROTEIN, FIBER and the right FATS and the body will shift from using sugar to burning fat.

Every single time you eat according to your 'proper plate', you'll set into motion a hormonal software program that will elevate fat burning in the body.

Sugar Burners, here's your eating tips:
• Eat 3 meals and 3 snacks every day. Eat small meals every 2-3 hours.
• Eat as many veggies as you like – no limit.
• Eat as much of the following fruits as you like:
  • All berries (blueberries, raspberries, blackberries, strawberries, cherries)
  • Apples, pears, grapefruit, lemons, limes
• Avoid sweet fruits such as: pineapples, oranges, bananas, mangoes, grapes and watermelon
• Eat MORE veggies than fruit
• Eat as much lean animal protein as you like: chicken, egg whites, fish, turkey, beef, peameal bacon.
• Buy wild, cold water fish (not farm raised) such as salmon, halibut, cod, mackerel and tuna.
• Eat organic poultry and beef whenever possible.
• Eat no more than 3-5 bites of starchy carbs per meal. The whiter the starch, the fewer & smaller the bites should be.
• Eat no more than 1/2 cup of nuts or 1-2 tablespoons of nut butter per day. Choose from almonds, walnuts, unsalted peanuts and Brazil nuts
• Snack on beef or venison jerky, non-crappy protein bars, protein shakes and veggies.
• Consume limited quantities of cheese – 2 tbsp of crumbled feta on a salad or 2 tbsp Parmesan on grilled chicken
• Consume limited quantities of milk, yogurt and other dairy products (think of them as condiments)
• Enjoy a Reward/Cheat Meal once a week, choosing whatever and as much food as you want.
• Avoid alcohol, beer and wine except at your cheat meal.
• If you choose to drink alcohol, then skip the starch and limit your consumption to 3-5 sips.
• Between meals & snacks, pay attention to hunger, cravings & energy levels. Adjust meals and snacks accordingly to balance these hormonal indicators.

YOUR PLATE SETUP
• 1/2 of your plate should be 2-3 Different Vegetables and/or Fruit
• Almost 1/2 of your plate: Lean Protein
• Only 1-5 bites of Starchy Carbs & Sweet Fruits

(source: The Metabolic Effect Diet)
The Mixed Burner

Mixed burners use sugar and fat as their sources of fuel, and their lifestyle choices largely determine whether they burn sugar or fat. If they stay up too late, they are tired. If they work too hard, they get sick. If they overindulge in food and drink, they gain weight. Most of the people who come to us are mixed burners and their metabolic tendencies are influenced by their chosen lifestyles. High-carbohydrate diets, sedentary lifestyles, and especially stress push these individuals into a sugar-burning state that causes them to gain fat. Menopause and andropause (a loss of male hormones such as testosterone as men age) can also trigger the fat-storing, muscle-burning state. When it comes to food, they can skip meals without feeling hungry, yet often have cravings. The low-calorie diets that worked for them at a younger age lose their effectiveness over time. Calorie-counting diets and aerobic-based exercises programs are effective for a few weeks, but once they stop, they weight they lost returns as quickly as it came off and they regain more fat and lose muscle each time.

As a mixed sugar and fat burner, you have an advantage over sugar and muscle burners. By changing what you eat, your hormonal signals trigger a fat-burning mode. You naturally have a well regulated metabolism, are probably not too thin nor overweight and have a good amount of muscle on your body.

To push your metabolism into a higher state of fat burning, you’ll need to regulate your metabolic fire with sugar/starch foods that are burned slowly (low-GI) while providing plenty of protein to maintain your muscle mass. Enjoy steel cut oats, brown rice and baked potatoes with their skins. AVOID bread, pasta and sweets.

Mixed burners, here are your eating tips:
• Eat as many veggies as you like – no limit.
• Eat as many fruits as you like except the very sweet fruits (banana, pineapple, watermelon, mango, grapes).
• These fruits are open to you as well: apricots, avocados, kiwi, all melon except watermelon, nectarines, oranges, passion fruit, peaches, plums, pomegranates, prunes, tangerines
• Eat as much lean animal protein as you like: chicken, egg whites, fish, turkey, beef, peameal bacon.
• Buy wild fish and organic poultry and beef whenever possible.
• Eat starch and sugar according to bites. Eat no more than 5-10 bites of starchy carbs per meal. The whiter the starch, the fewer and smaller the bites.
• Eat up to 1 cup of nuts or 2 tbsp of nut butter per day. Choose from almonds, walnuts, peanuts and Brazil nuts.
• Eat 3 meals and 2-4 snacks every day.
• Snack on beef or venison jerky, non-canny protein bars, protein shakes and veggies.
• Enjoy a Reward/Cheat meals once a week, choosing whatever and as much as you want.
• Use dairy products as a condiment – 2 tbsp yogurt w/ fruit salad, nonfat milk in your coffee, etc.
• Avoid alcohol, beer and wine except with your Cheat. If you choose to have alcohol, skip the starch and limit consumption to 5-10 sips.
• Between means & snacks, pay attention to hunger, cravings & energy levels. Adjust meals and snacks accordingly to balance these hormonal indicators.

YOUR PLATE SETUP
• 1/2 Plate: 2-3 Different Vegetables
• Just over 1/4 Plate: Lean Protein
• 5-10 Bites of Starchy Carbs & Sweet Fruits

(source: The Metabolic Effect Diet)
The Muscle Burner

Muscle burners are the envy of their friends. They tend to be thin, even though it seems as if they can eat anything they want. Despite their thin appearance, they have little, if any, muscle tone and loose, sagging skin. We call these people ‘skinny-fat’ because they have a low muscle-to-fat ratio. They burn sugar from muscle tissue due to an over-secretion of the stress hormones cortisol, adrenaline, and noradrenaline. This gives them energy and can often make them high-strung and anxious.

Muscle burners are generally driven, type-A people who are always on the go. They prefer repetitive exercise like running or riding the elliptical trainer, which helps rid them of some nervous energy. They have difficult staying asleep at night and will sometimes wake repeatedly or sleep very lightly. Muscle burners crave sweets. They may have a few cocktails or wine at end of the day to calm themselves down. These lifestyle choices can wreak havoc on their bodies. They tend to have weak digestive systems and frequently suffer from irritable bowel syndrome (IBS), ulcers and gaster-esophageal reflux disease. Muscle burners often suffer from anxiety, attention disorders, mood swings, colds and flus, and wild high and low swings in blood sugar.

Muscle burners are often high-string, type-A people who seem to run on ‘nervous energy’. They release a larger amount of stress hormones (cortisol and adrenaline). They tend to be think in their youth but often develop that ‘skinny-fat’ look that appears to be thin though their bodies are flabby, with an unfavourable muscle-to-fat ratio. Any pronounced fat storage is concentrated around their belly. They often skip breakfast.

Muscle burners can often go for long periods (3-6 hours) without eating and may suffer from anxiety. Diabetes, loose connective tissue, osteoporosis, arthritis, sarcopenia and fibromyalgia are often consequences for muscle burners who yo-yo diet and don’t eat properly.

Muscle burners need to balance out the biochemical overdrive created by the adrenal hormones adrenaline, nor-adrenalin and cortisol. High amounts of these hormones break down muscle tissue to supply the body with sugar. It’s crucial to eat a balanced diet of protein and fat for a steady supply of energy (hence, why breakfast is so important). Once the nutritional hormonal inputs are corrected, the body will begin to spare its muscle stores and burn fat more readily, leading to an overall toned body and more consistent energy.

Muscle Burners, here’s your eating tips:
• Eat as much lean animal protein as you like: chicken, egg whites, fish, turkey, beef, peameal bacon.
• Buy wild fish and organic poultry and beef whenever possible.
• Eat no more than 7-15 bites of starchy carbs per meal. If eating sweet white starches, limit consumption to 7 bites.
• Eat as much fruit as you want from the sugar & mixed burner list plus bananas, grapes, mangoes, papaya, pineapples, watermelon
• Eat up to 1.5 cups of nuts and 3 tbsp of nut butter per day.
• Snack on beef or venison jerky, non-crapy protein bars, protein shakes and veggies.
• Enjoy a Reward/Cheat meals once a week, choosing whatever and as much as you want.
• Enjoy low-fat dairy products such as cheese, yogurt and skim milk.
• Avoid alcohol, beer and wine except at your cheat meal. If you choose to have alcohol, skip the starch altogether and limited consumption to 7-15 sips.
• Between means & snacks, pay attention to hunger, cravings & energy levels. Adjust meals and snacks accordingly to balance these hormonal indicators.

YOUR PLATE SETUP:
• 1/2 Plate: 2-3 Different Vegetables/Fruit
• 1/4 Plate: Lean Protein
• 1/4 Plate: 7-15 Bites of Starchy Carbs

(source: The Metabolic Effect Diet)