

Beginners Guide

# ***LOW CARB***

& Fat Adaption

Recipe #



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Beginners Guide

# *LOW CARB*

healthy lifestyle changes

This eBook will introduce you to a low carb, fat adapted lifestyle.

It is a guide to understand why it is the healthiest option for our bodies.

The power to manage your health and weight under YOUR control.

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# What Makes us "Fat"?

For all of our lives we have repeatedly been told that fat alongside calories in vs calories out makes us...well, FAT!! That carbohydrates are needed for the brain and energy.

But this is all a big FAT lie.

Ansel Keys produced a paper in the 1950s claiming there is a relationship between fat intake and heart disease. This was accepted as the first modern change to our diet. The reviews of his research found it to be flawed but were ignored. It was not long before food advice started to recommend a low fat and high carb diet.!

History now tells us that this advice became detrimental to our health. Fat does NOT make us FAT! And when we talk about calories ultimately it is the type of calorie we need to be aware of! Interestingly there is no specific research that supports 'fat makes you fat' .

So what does make you fat?

One word INSULIN. Insulin is one of our hormones and it plays a vital and important role in our health and control of weight. Eating high carbohydrates foods such as sugar or wheat releases insulin into the blood stream to use as either glycogen (energy) or store as fat. Small amounts are needed for energy, however when you have a constant elevated blood sugar our insulin receptors become desensitised resulting in resistance.

So what does our body do? It makes more and more insulin to soak up the excess glucose and ultimately produce more fat! The harm does not end there as this also has detrimental effects on our hormones and other functions

# Sugar Adapted

The body has two fuel sources, glycogen and fat.

Sugar Adaption is when the bodies prime fuel source is from glycogen. When its prime fuel source is glycogen it cannot use fat as a fuel source. The body will use glycogen first as its readily available. Let me explain using Dr Jason Fung's analogy.

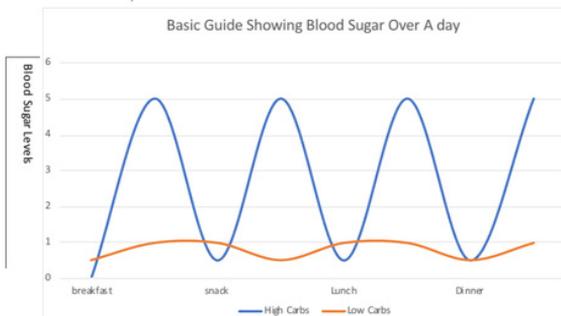
When you have food in the fridge you are always going to get it from there instead of the food you have stored in the freezer. Once the fridge is completely empty you will go to the freezer but if you continue to fill the fridge you will never actually use the freezer.

"Sugar adapted" means you will use your glycogen (fridge) for fuel and continue to give the body more so never using the fat (freezer) as energy. As your blood sugars levels drop the body craves more and you continue to feed it, constantly keeping your sugar and insulin levels high.

What this also means however is that you simply cannot cut calories to lose weight because you will not burn the fat for efficient weight loss. It is not the calories but the insulin imbalance that actually needs addressing. Reducing calories will not resolve this and can actually have a detrimental effect on your health and your weight. Long term excessive calorie reduction will disrupt your hormones and cause your body to go into its starvation mode. Your weight may still continue to go down but your body will be using energy from sources that require a lot of calories such as muscle rather than burn fat which uses very little energy. Our bodies are historically programmed to conserve energy at any cost. There are risks associated with cutting calories such as thyroid issues and a slow down of the metabolism.

This table is to give you a guide of the average persons blood sugar levels over the day. The highs and then the crashes resulting in cravings. Values etc are not precise.

You can see a low carb diet levels blood glucose.



# Fat Adapted

Low Carb is a path to becoming fat adapted and insulin sensitive. Fat adaptation refers to the body's ability to convert fat to energy and no longer requiring carbs to do so.

This is how our ancestors survived. When calories became scarce they had fat sources to tap into.

Becoming fat adapted limits carbohydrates such as sugar, grains, starchy vegetables and some fruits. The emphasis instead is on the protein and fat macronutrients, both of which are crucial to the body. Our bodies are amazing, we can produce enough Glycogen for our brains function efficiently just by using fat and protein.

Carbohydrates are not essential.

Lowering our carbohydrate intake stabilises blood sugars and insulin levels are kept low. Fat burning is promoted and the body is now tapping into its other fuel source.

One other amazing benefit of fat adaptation is feeling less hungry. Our body does not enter starvation mode, as it gets a constant supply of fat energy. This is the difference between calories becoming fat adapted and not sugar adapted.

Fat adaptation improves our metabolism and the balance of our hormones. Our sleep, weight loss and energy levels will all improve, with no more snacking, reduced inflammation and much more. Chronic inflammation rooted in diet is a significant cause of many diseases and lowering inflammation is a powerful benefit.

# The Difference Between

Sugar Adapted

Fat adapted

Insulin Resistance

Insulin sensitive

Fat Storage

Energy from fat

Hormonal  
imbalance

Fat loss

Cravings

Reduced  
Appetite

Snacking

Good sleep

Poor Sleep

Steady energy  
over the day

Fatigue

Better Moods

Hangry

Type 2 Diabetes

Type 2 Diabetes  
Reversal

Fatty Liver Disease

Hormone  
Balance

Thyroid Issues

Maintained  
weight loss

Constant dieting

Brain Fog

Overall better  
health

Other chronic  
issues



# HUMAN OBESITY

A basic guideline of our journey



# How To Become Fat Adapted

Ketosis is not the aim here, although this works in parallel with fat adaptation. We can structure your diet and lifestyle to promote fat burning without being as restrictive. You include foods that help promote healthy gut bacteria. You will still gain the health benefits as well as fat loss.

1. **Restrict carbohydrates and processed foods.** This is to keep blood sugar and insulin levels low. Removing added sugars is essential.
2. **Check ingredients lists.** This is essential to contain no grains, sugars or refined vegetable oils and soy.
3. **Eat fat.** This helps train your cells to run on fat. (but this does not mean its unlimited.)
4. **Get plenty of electrolytes,** (salt and magnesium) This aids keto flu and is essential to the healthy function of your body.
5. **Do some fasting.** Try 12 hours and build up slowly to 16. Glycogen stores deplete very quickly. You can even fast between meals, eat breakfast and then nothing else until tea time.
6. **Exercise.** This assists the process and increases insulin sensitivity. HIIT session once a week can be enough for improvement.

How long fat adaptation will take can vary dependent on each individual. For some it can be weeks and for others months. If you don't get immediate results, don't be disheartened, stick to the program and trust the process, it works!

# Food To Enjoy

This is not a comprehensive list but to get you started and the idea of real foods.

Always check ingredients even if you don't think it will have hidden extras!

- Proteins - Chicken, turkey, duck, all beef cuts, pork, fish, pork scratchings, beef jerkey
- Vegetables- celery, broccoli, spinach, cabbage, cauliflower, garlic, mushrooms, onions, kale, chives, olives, cucumber, leek, asparagus, radish, salad greens, swede, sauerkraut, pumpkin, squash, tomatoes, seaweed, peppers, kimchi
- Dairy Products - butter, cheese, greek yoghurt, double cream, mascarpone
- Fats & Oils- coconut oil, olive oil, ghee, lard, animal fats
- Nuts & Seeds - pecans, almonds, walnuts, hazelnuts, brazil nuts, hemp seeds, pumpkin seeds, sunflower seed, desiccated coconut (this includes ground versions)
- Fruit- berries, avocado
- All herbs & spices, pink himalayan salt and pepper
- Tea, coffee, water, green tea, broth
- Sweeteners- stevia, erythritol, monk fruit
- Eggs



# Foods To Avoid

- Avoid all grains- whole meal, rye, wheat, oats, corn, barley, buckwheat (breads, pasta, cereal )
- Added sugar
- Refined Fats & Oils- sunflower, canola, rapeseed, vegetable, soy
- Milk
- Fruits - ripe bananas, mango, pineapples, grapes etc.
- Fruit Juice
- Dried fruit
- Soya products
- Artificial sweeteners - sucralose, aspartame, saccharine etc.
- Above ground Vegetables - white potatoes, parsnips etc.
- Legumes - chickpeas, beans

On occasion there are exceptions. Resistant starch from sweet potatoes, rice and green bananas are exceptionally good for your gut health. Correctly cooked, they can be added to you and your families diet each week.

Boil potatoes and rice. Immediately refrigerate for 24 hours before re-heating to eat.



LISTS OF  
**SUGARS**  
TO AVOID

**ALWAYS CHECK**

Dextrose  
Fructose  
Galactose  
Glucose  
Lactose  
Maltose  
Sucrose  
Beet Sugar  
Brown Sugar  
Cane Juice Crystals  
Cane Sugar  
Castor Sugar  
Coconut sugar  
Corn Syrup  
Date Sugar  
Demerara Sugar  
Dextrin  
Golden Sugar  
Glucose Syrup  
Grape Sugar  
Icing Sugar  
Maltodextrin  
Muscavoado Sugar  
Sugar

**INGREDIENTS**

Agave  
Barley Malt  
Blackstrap Molasses  
Brown Rice Syrup  
Grape Sugar  
Icing Sugar  
Maltodextrin  
Muscavoado Sugar  
Sugar  
Agave  
Barley Malt  
Blackstrap Molasses  
Brown Rice Syrup  
Carob  
Caramel  
Evaporated Cane Juice  
Fruit Juice  
Fruit Juice Concentrate  
Honey  
Invert Sugar  
Malt Syrup  
Maple Syrup  
Molasses  
Treacle

This is not a comprehensive list!

# Prepping Tips

Plan a start date and then become familiar with the food and ingredients you will keep in your kitchen. Finish up any foods that are not suitable or pass them on. You need to remove all foods that contain sugar, wheat or grains. It is IMPORTANT to remove all temptation. Stock up with plenty of low carb foods and snacks you can grab. You may get withdrawal cravings, so make sure your foods are healthy ones.

Spend more time checking ingredients when you go shopping. Plan meals and snacks for a week and put it all on your shopping list. You may want to avoid mid-week shopping as you may pick up foods that you should not. Avoid early temptation. Avoid any distraction and shop alone, take water with you.

Prep your food for the week. Get into a routine and this will speed things up. Roast a chicken, boil eggs etc. Ready to eat if you feel hungry. If you are short on time, freeze foods for later. The first few weeks can feel like you are cooking constantly, prepping well will make this easier.

Don't complicate meals, an evening meal can be as easy as fish cooked in butter and asparagus with greek yoghurt and berries.

# Electrolyte Drink

Include this drink along with a magnesium supplement like Citrate or Glycinate daily.

Electrolytes are important for regulating fluid balance, energy, strengthening bones, blood pressure and more. They can make all the difference to how you feel.

2tbsp lemon or lime juice

1tbsp Apple Cider Vinegar (from the mother)

1/4tsp lo salt

1/4tsp sea salt

2 cups of water

Combine in a glass or jar and stir/shake well.



# Alcohol

"Can I drink alcohol?"

A good question many ask when starting out on Low Carb. Alcohol is a big subject and has both positive and negatives. Like everything the choice is yours and what you wish to accomplish.

Most cultures enjoy an occasional alcoholic drink. Wine making began more than 8000 years ago! It is part of our diet however excessive alcohol consumption can be a problem.

Drinking affects your hormones, ADH which balances water in your blood, it elevates your blood pressure, it heightens your cortisol, it is responsible for the inhibition of melatonin which aids sleep and can lead to increased inflammation.

In addition to all of this it can also stress the liver and affect the brain. Alcohol can slow down weight loss, undermine your health gains and stimulate your appetite.

Excessive drinking is detrimental to your health and most alcoholic drinks have a high sugar content.

However it is not all bad news! Research studies have demonstrated that red wine can increase glymphatic function and aid with the clearance of waste that can cause Alzheimer's Disease. The resveratrol and polyphenols in red wine can help protect against oxidative stress and decrease brain inflammation. A small glass of wine with a meal can help lower cardiovascular disease.

If you choose to enjoy a social drink, pick a good red wine or clear spirit like Gin or Vodka. Mix with soda (avoid the sugary mixers, lemonade or cola!) Don't drink excessively or mix your drinks, it will be far less punishing to your liver!

# There is more to weight loss...

Under laboratory conditions The First Law of Thermodynamics, (calories in vs calories) is true. However when it is applied to our bodies it is not that simple.

We have discussed insulin but the complexities of weight loss and health don't stop there.

Let's look at this calories example: Two slices of bread vs scrambled eggs in butter?

Bread causes a rise in insulin which in turn blocks leptin and this controls your appetite. The sugar in bread depletes the vitamin absorption and though bread is fortified with extra vitamins and has little sugar content, its effect disrupts your hormones and it provides almost nothing in the way of nutrition.

Eggs in butter do not raise insulin to high levels. As a protein it reduces ghrelin, the hunger hormone. Eggs and butter have many vitamins and minerals that help your body. Eggs in butter will be used by your body in a far more efficient manner.

We will touch upon a few additional factors:

1. Hormones. Insulin is a main player and when insulin is raised it has a domino effect on your hormones, ghrelin, leptin, thyroid and etc. For example, when insulin levels remain high, leptin is blocked and this results in leptin resistance, so you will never get that real feeling of being full. The female body changes and we have to account for that occurrence as our food can be an effective 'medication'
2. Sleep. We all underestimate the importance of sleep! When we fall asleep our bodies awaken. It goes through a process which is known as 'taking out the garbage', a term used for the Glymphatic system. If you have a lack of sleep, this process does not happen and once again there is a domino effect on your hormones. Eating within a two hour window of going to bed also stops this process as the body has to use its energy for digestion. An example is 'ghrelin' (the hunger hormone) which surges with lack of sleep, thus increasing your appetite the following day.

3. Stress. Exercise, lack of sleep, daily tasks etc. can cause stress. Stress disturbs your body's ability to regulate its inner environment. Blood sugar fluctuation, gut dysfunction and food intolerance, are some of the conditions that can cause stress and increase of the hormone cortisol. This is one of the main causes of fat storage around the middle.

4. Gut Health. Over the last 20 years there has been incredible advances in understanding our gut microbiome, made up from bacteria, fungi, and other microbes. It recognises the tremendous impact our gut health has on our overall health. It has become known as our 2nd brain! What we eat impacts our gut bacteria. Gluten has a detrimental effect on our good gut bacteria.

And then there are topics we haven't touched on like thermogenesis, basic metabolic rate, body fat set point, sugar addiction, the food industry, exercise, habit changes etc. This will advance your own unique lifestyle and diet. Low carb is a beginning and as you go forward you will feel the benefits of the changes. Everyone's gut and hormonal health is individual and you must treat as such.

No one diet fits all but understanding your own body makes it much easier.

# Final Thoughts

By lowering inflammation and regulating your hormones you can control your weight loss. Lifestyle and healthy habits with good food choices will help to achieve this.

The human body has remained the same but our lifestyles and food industry has changed dramatically. This has resulted in obesity and ill health.

The discovery of antibiotics has been amazing for medical advancement but they are now used far too much and can have a detrimental effect on your gut microbiome and immune systems. The root causes are not addressed and the medication handed out to freely.

Animals are fed to grow fatter faster injecting a diet of high carbs. Antibiotics are administered to deal with diseases caused by inflammation. We eat these foods!

Sugar content is added to increase sweetness and addiction. Low fat foods are full of sugar and cereals are fortified with vitamins, all of this to make them edible and because they don't have any nutritional content.

One third of our children are overweight. They are being diagnosed with fatty liver disease once almost only the preserve of alcoholics. Sugar consumption produces an effect similar to COCAINE! It will alter mood through its ability to induce pleasure and reward, promoting a need to eat more sugar.

The list of conditions is long and includes cancer, dementia, fibromyalgia, arthritis, thyroid disease, ADHD and more! The last 50 years has seen an increase in these conditions like never before. Being skinny does not mean healthy! Within your circle of family and friends how many do you know with a chronic illness or is over weight?

Now is the time to start to understand and educate yourself. Health and lifestyle isn't just about weight loss. Change you and your families habits now.

Enjoy your food but make it your choice.

# Glossary

- Calories - A calorie is a unit of energy
- Carbohydrate - One of three classes of nutrients for the body, mainly sugar and starches the body breaks down and turns into glucose
- Cortisol - A steroid hormone that regulates a wide range of processes throughout the body. The primary stress hormone that increases sugar in the blood stream.
- Electrolytes - Minerals dissolved in the bodies fluids. Sodium, potassium, magnesium
- Fat - One of the three classes of nutrients needed for the body and used as an energy source.
- Ghrelin - a circulating hormone that is produced and released mainly by the stomach. Termed the hunger hormone because it stimulates appetite, increases food intake and promotes fat storage.
- Glycogen - A substances deposited in bodily tissues as a store of carbohydrates.
- Glymphatic System - a unique system to promote efficient elimination of soluble proteins and metabolites from the central nervous system. Also helps distribute non-waste compounds such as amino acids, glucose in the brain.
- immune System - A complex network of cells, tissues, organs and the substances they make to help the body fight infections and other diseases
- Insulin - A hormone produced in the pancreas which regulates the amount of glucose in the blood.
- Insulin Resistance - When the cells of the body no longer respond properly to the hormone insulin
- Insulin Sensitive - The degree to which the body cells respond to insulin and take up glucose from the blood
- Leptin - A protein produced by fat cells that is a hormone acting mainly in the regulation of appetite and fat
- Metabolism- The chemical reaction in the bodies cells that change food into energy.
- Microbiome - The genetic material of all microbes - bacteria, fungi, protozoa and viruses.
- Protein - One of the three main nutrients and essential to the body. Protein is required for the structure, function and regulation of the bodies cells, tissues and organs
- Serotonin - An important chemical in the human body to regulate mood, social behavior, appetite, digestion, sleep, memory and sexual desire. 80% produced in the gut.

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