

Leyla weighs in: The case for ketosis

At this point in time, and in science, we know that low-fat diets aren't helpful. Indeed, they're harmful. The Dietary Guidelines, which encourage the substitution of fats with carbohydrates, have caused our rampant epidemics of obesity and type 2 diabetes.

And now, emerging as a third epidemic is Alzheimer's disease. Did you know that Alzheimer's is characterized as diabetes of the brain, or type 3 diabetes?



Truth is, we're simply not genetically hardwired to be consuming all these carbohydrates. In fact, we are not meant to have a chronic glucose-burning metabolism either. We're meant to be in lipolysis/ketosis, also known as fat-burning metabolism.

Fat is our primary fuel, not carbohydrates.

And let me be clear: There is no such thing as an essential carbohydrate. But we would not survive without fats and protein.

It's not a coincidence that my *Advanced Nutrition and Human Metabolism* textbook from grad school lists organ meats such as liver and animal protein as the *most potent sources of nutrition anywhere*. They are also the best sources of the critical micronutrients L-carnitine and CoQ10.

USDA Dietary Guidelines are *very* different from what we've learned as part of our nutritional training. Politics, anyone?

By the way, as you're reading this, you're burning primarily fat. Unless you just had a *low-fat, carb-rich* meal, then you've just put yourself into fat-storage mode for at least the rest of the day.

You have your work cut out for you at the gym later.

To your health!