



THE FAT SUMMIT

Separating Fat From Fiction





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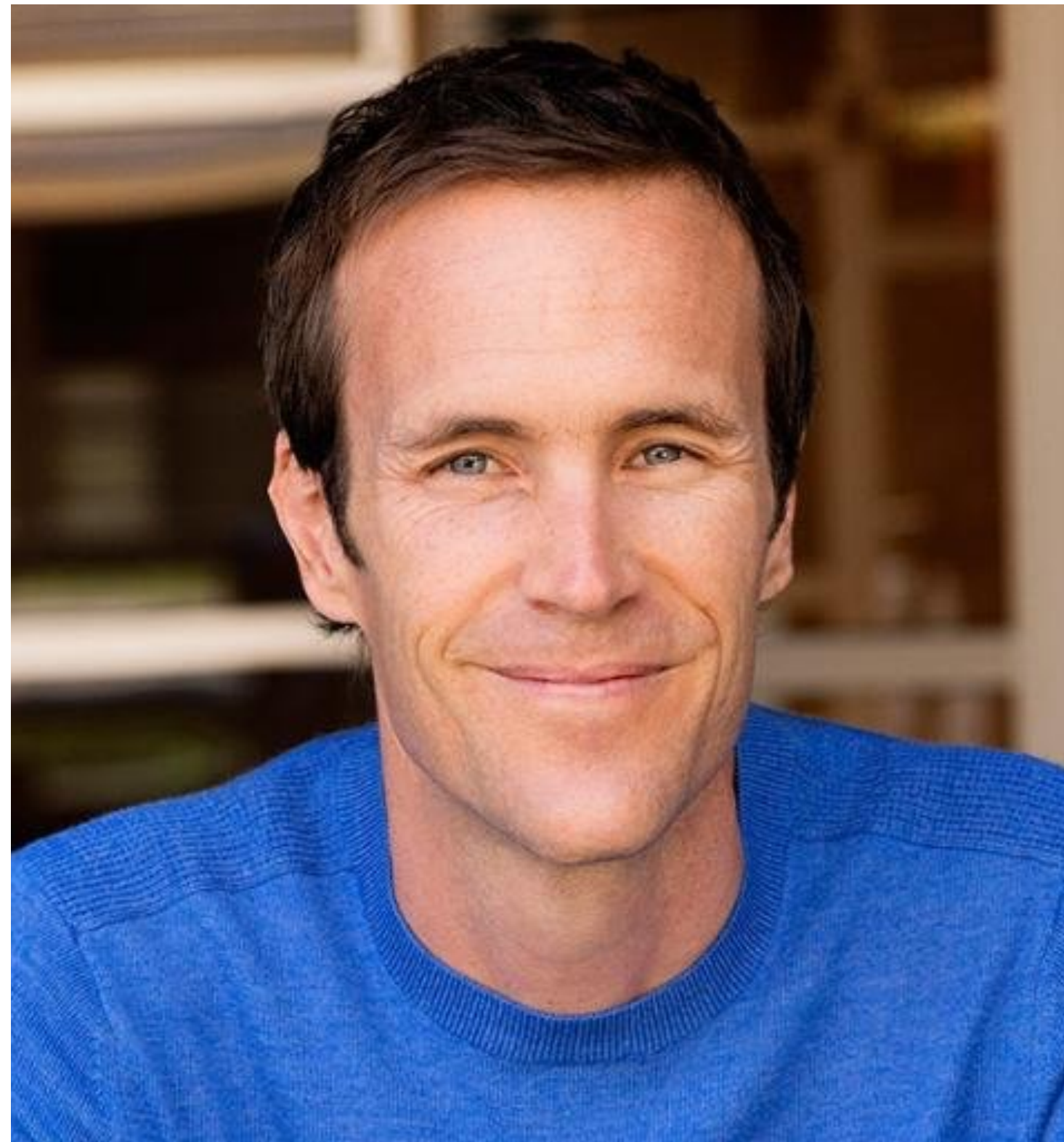
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Chris Kresser

- A practitioner of integrative and functional medicine
- Author of the New York Times best seller, *Your Personal Paleo Code* (published as *The Paleo Cure* in paperback).
- The creator of one of the world's most respected natural health sites, ChrisKresser.com
- Founder of the Kresser Institute, www.kresserinstitute.com



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What's on the Paleo Plate?

- Vegetables
- Plant foods
- Small amounts of meat, fish & poultry



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Cholesterol is no longer a nutrient of concern





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Low Carb Diet / Higher Saturated Fat

- Improved heart disease risk factors
- Increased HDL
- Decreased Triglycerides
- Decreased abdominal circumference
- Decreased visceral obesity
- Decreased blood pressure
- Decreased C-reactive proteins



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The Three Pillars

- Modern research and observational epidemiological research and clinical research
- Ancestral perspective
- Clinical experience



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2010 Statin Study

By Dr. David Newman

- Participants with pre-existing heart disease and no evidence of heart disease were put on statins for 5 years
- 96% of people who had already had a heart attack saw no benefits
- 1.2% (1 in 83) had their lifespan extended
- 2.6% (1 in 39) helped by preventing a repeat heart attack
- 10% harmed by muscle damage



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High Cholesterol

Is a Symptom Not a Disease

- Thyroid issues
- Chronic infections
- Leaky gut
- Genetics
- Insulin resistance/Metabolic syndrome



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NMR Test



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Healthy Gut Micro-biome

- Pasture raised meat
- Wild caught fish
- Plant foods
- Non-starchy vegetables
- Starchy plants
- Nuts/seeds
- Legumes rich in resistant starch



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Microbiota Accessible Carbohydrates

Soluble fibers

- Fruits and vegetables (apples, pears, berries, carrots, squash, zucchini)

Non-starch polysaccharides

- Long chain carbohydrates that are not starch (onions, garlic, Jerusalem artichoke, leeks & fodmaps)

Resistant starch

- Non-soluble fiber (legumes, lentils, potatoes, green plantains)



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The Kresser Institute

Established to train the next generation of Functional Medicine Practitioners

- Starting in 2016
- 180 registered professionals
- <http://kresserinstitute.com/>



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