



# THE FAT SUMMIT

*Separating Fat From Fiction*







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## JJ Virgin

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# Study of Women Who Run

- If they missed a day, they would gain weight
- They have found that the muscle mass of a marathon runner is similar to a couch potato
- Muscle mass controls your metabolism in two ways:
  1. Requires more energy to remain on your body
  2. It is where you first start to become more insulin sensitive.



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# Study of Women Who Run

- Running = burning up muscle mass and burning out adrenals
- Teaching the body to store fat and not burn it



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# Increasing Good Fat In Your Diet

- People looked a lot better
- Their hair, skin & nails looked a lot better
- They were nicer
- They weren't hungry all the time
- They could go 4 - 6 hours without eating



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# The Importance of Good Fat

- Internal moisturizer
- Helps with bone remodeling
- Healthy hair
- Brain health
- Curbs hunger





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# The Importance of Good Fat

- Low fat/high carb diet
- Eat juice, cereal, banana, & skim milk for breakfast
- Raises insulin
- Raises blood sugar
- Hungry every 2 - 3 hours





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# The 7 Foods Holding Your Health Hostage

1. Gluten

2. Sugar

3. Dairy

4. Eggs

5. Corn

6. Soy

7. Peanuts





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# Feel Like Crap Syndrome







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# Bulletproof Coffee





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# Oil Change

Eating healthy fats changes your metabolism

- Eat more of those healthy fats
- Less likely to over-eat because when you eat the right fats you feel full
- Eat fat, protein & fiber



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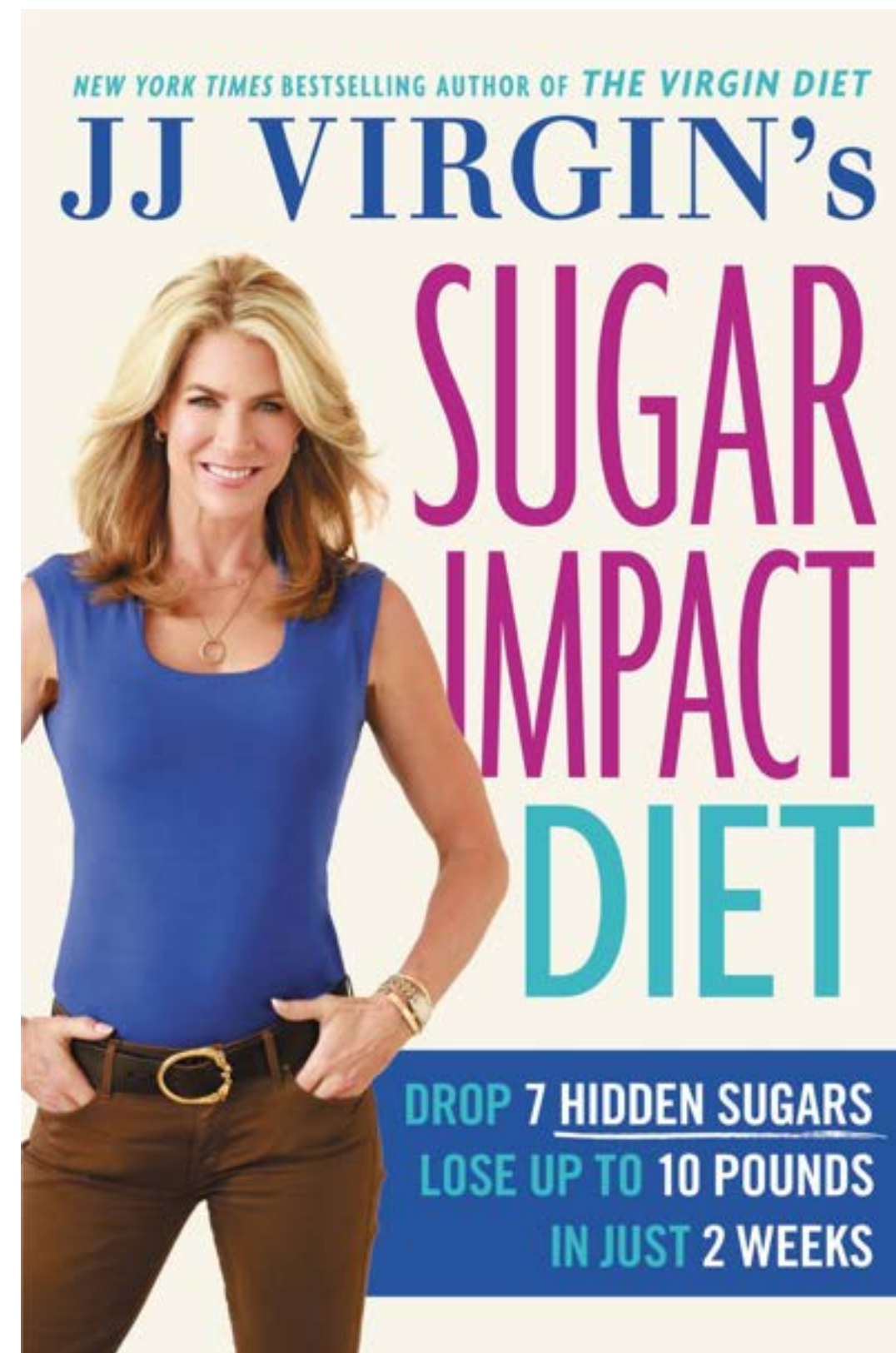
# 3 Healthy Fats You Should Eat Everyday

- Coconut oil/MCT oil
- Fish/fish oil
- Extra Virgin Olive Oil
- Avocado



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