

# Starch – the Fat Maker

A critical part of your weight management program is to eliminate starch from your diet while you are re-establishing your insulin response and sculpting your body.

Starches and sugars are carbohydrates. Starch is just highly concentrated sugar. You already know excess sugar is bad for you, but starch is often underestimated.

Your body burns carbohydrates (carbs) for energy. They are an important part of your diet but your body will only “burn” so many carbs as an energy source. What it will not burn up, it converts to triglycerides (fat) and stores on you body.

Carbs also stimulate a heavy insulin release from your body. The insulin is what causes the excess carb (now converted to triglyceride) to be stored as fat. Heavy insulin responses also result in cortisol secretion from the adrenal glands so as to balance your blood sugar. Excessive cortisol tears down tissue, including muscle, bone, intestinal lining, etc. This alone can cause all kinds of problems, but the repeated stimulation of the adrenals to make cortisol results in adrenal burn out. This leads to fatigue, allergy, immune problems and inflammatory conditions anywhere in the body including the gut, skin, organs, muscles, connective tissues (ligaments, tendons), etc.

The following are common starches that you need to eliminate from your diet for now. When you get to your desired weight you can have some grains again in your diet.

Breads (any type)

Pasta

Crackers

Noodles

Cereals (hot or cold)

White potatoes

Grains of any type (wheat, rice, millet, quino, oats, corn, amrath, etc.)

Instead of carbs, you want to eat protein and fat (animal fat, coconut oil, olive oil and butter). Eat all the fat you want (the body burns all the fat you eat for energy). You can eat too much protein. Limit your daily intake to two to three servings the size of the palm of your hand.

If you do this, and follow the appropriate glycemic management stage requirements the doctor gives you, you can expect to loose 4 to 10 pounds a month and build more muscle mass. You'll never be the same again.