

STOP FEARING YOUR CARBS

THE
GLUT
EFFECT

HOW TO EAT CARBS
AND STILL LOSE WEIGHT

RAY HINISH, PHARM.D., CPT

CutTheFatPodcast.com

Introduction

If you're reading this report, then you likely LOVE Carbs but hate their effects on your waistline, why else would you download a book about how to eat carbs and still burn fat?

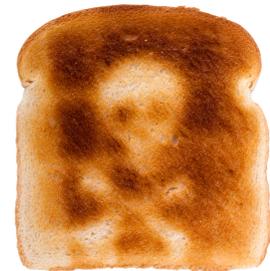
There in lies the problem, carbohydrates trigger all kinds of emotions from warm fuzzies to a shiver of fear down the spine. Why? Because we love and we fear the carb...

So, first, let's talk about why we love the carb, then we'll talk about why we fear the carb, and we'll finish with an AMAZING concept called The GLUT Effect that will teach you one tactic for enjoying your carbs while still burning fat.

So, here's why you love carbs...

Carbs are essential to our mental sanity...

Whenever I make a statement like this one, I can feel the deep and condemning evil-eye stare of the low-carb zealots in the world who claim that carbs are not an essential component of our diet. In fact, they'll tell you that carbs are the devil! Like many things in the world of fitness and fat loss, the reality is somewhere closer to the center.



Carbs are “essential” but they’re not “ESSENTIAL”.

Let's run a hypothetical experiment...Let's say that I were to send you and ninety-nine of your closest friends to a deserted island and left you with plenty of protein and fat rations, a years worth of multi-vitamins, but no carbs.

At the same time, I sent your worst enemy, along with ninety-nine of her friends to another island with plenty of carb rations, a years worth of multi-vitamins, and no protein or fat rations.

One year later I return to the islands, who do you think is doing better?

You and your ninety-nine friends would likely be fit and healthy, while your worst enemy and her friends would be mostly dead or dying.

So, carbs are not essential to your survival because the body has the capacity to manufacture carbs (glucose) from protein and fat. Your unlucky foe, and her posse, who were given carbs but no protein or fat, would likely die from malnourishment due to a deficiency of essential amino acids and essential fatty acids. This all leads us to the fact so loudly proclaimed by the low-carb zealots...

Carbs are not “ESSENTIAL” because you CAN live without them.

So why are carbs important if you don't need them to survive? For two main reasons: first, many vitamins and phytochemicals come along with natural carbs. So, if we didn't give a multi-vitamin to both groups, then you and your friends would likely run into health problems such as scurvy because you'd have no food source of certain essential vitamins.

The second reason has to do with the fact that without carbs, many people, not all (but many), become quite irritable and unhappy. On a deserted island, eventually you'd adapt because you'd have no choice, but a big problem arises when you have the ability to eat carbs and decide not to in an attempt to burn fat. You enter a perpetual state of irritability because nature wants you to eat carb, they're available, and you refuse to do what nature wants.

Imagine that you were dead broke and barely able to pay the bills. Now, imagine that I put a million dollars cash in a shoebox on top of the refrigerator and told you that you're not to touch it because I'm saving up for a new vacation home. The truth is that many of you would be able to stop yourselves from dipping into the shoebox, but think about how difficult it would be to pass that shoebox every day on your way to cook up some ramen noodles for breakfast, lunch, and dinner. Even if you did manage to avoid dipping into the shoebox, just the fact that the shoebox is there within

reach 24-7 would make you irritable and sad. That's what happens when carbs are always around you!

You're hard-wired to crave carbs and sugars.

Most people are simply not capable of avoiding carbs indefinitely. That's why the Atkins diet has not proven itself to be a sustainable practice for most of the population despite being arguably the most effective "canned" diet for losing weight.

In the podcast, we'd say that the Atkins diet would be a biochemical match, but a cultural mismatch. In other words, it results in weight loss but is not sustainable in real life circumstances; at least not for most of the populace.

Your brain knows that sugar is the best fuel to burn when you need to run away from a lion, it also knows that sweet things bring vitamins; at least they did when you were a caveman or woman doing the happy dance every time you wander upon a ripe apple.

The good news is that carbs are not the enemy; excess carbs are the enemy.

You don't need to avoid carbs altogether to lose weight.

This is where the low-carbers get it wrong. They assume that because they personally lose fantastic amounts of weight by eating a ketogenic diet, and they're able to stick to the program, that everyone will do better eating a ketogenic, low-carb diet.

I'm going to go out on a limb and guess that you've already tried an Atkins style ketogenic diet. I'll even guess that you lost some weight on the low-carb diet. I'd also say that your weight loss probably stalled at some point, and you probably became irritable and, in some situations, sad. Eventually you tapped out and scarfed down a chocolate cake in one sitting.

The good news is, you can taste the magic of low-carb eating without having to avoid carbs altogether...

Although there's much to learn about how to incorporate carbs into your lifelong diet (beyond this report), in this report you're going to learn one BIG fat loss switch that can allow you to burn fat even while incorporating carbs into your diet! If you want to dive deeper, I encourage you to enroll in the Six Steps To Skinny program (6stepstoskinny.com) where we have a much more in-depth discussion on how to eat for fat loss.

Introducing the GLUT Effect.

The GLUT Effect has to do with a loophole in the insulin-glucose connection that Atkins, and many experts missed altogether!

It has to do with these special little receptors called "GLUT Receptors" (pronounced gloot), which can dramatically change how your body processes carbs. To understand the GLUT Receptors, however, you must first understand a bit about insulin.

Insulin makes fat grow.

I'm certain that you knew this already, but did you know that insulin also makes the muscles grow? In fact, it would be more accurate to say that insulin makes "stuff grow" within the body. When you're metabolically healthy, insulin makes muscles and sugar stores grow (a good thing). When you're metabolically unhealthy, insulin makes fat grow, but it also makes cancer and cholesterol plaques in the arteries grow. Yikes!

Insulin is a hormone and hormones send messages to the tissues of the body. As you can see, the message being sent to the tissues is one word, "grow".

When insulin levels rise above healthy levels and remain elevated for extended periods of time, ALL tissues grow...especially fat!

So, the problem isn't insulin; the problem is insulin being elevated too much and being elevated for too long. When we understand how insulin works, then we understand how to selectively choose which tissues grow.

In this report we won't get into a detailed discussion on all facets of insulin, instead, we'll focus on one mechanism to regulating insulin and fat storage so that we can move closer to our fat loss goals while building a lifestyle that is sustainable.

Would you like to know how to selectively make muscle grow without triggering fat to grow?

The secret lies within these GLUT receptors that i mentioned earlier. Within the cells of the body, GLUT receptors act like straws that suck glucose out of the blood and carry it into the cell. Once in the cell, the glucose will either be burned for fuel or stored as fat or glycogen.

GLUT receptors, however, are hidden beneath the surface of the membrane until something triggers them to pop through the membrane and suck glucose into the cell.

Within the membrane of the cell there are different types of GLUT receptors. For our purposes we'll focus on two broad types, insulin-dependent GLUT receptors (ID-GLUT) and non-insulin dependent GLUT receptors (ND-GLUT).

As you can imagine, ID-GLUT receptors are triggered by insulin and are capable of sucking large quantities of glucose out of the blood and into the cells (whether it be fat cells or muscle cells). These receptors remain hidden until insulin triggers them to pop through the membrane.

ND-GLUT receptors reside within the cell membrane and are active all day long regardless of insulin. At any given moment, however, some of the ND-GLUT receptors are hidden while others remain active.

While both ID and ND-GLUT receptors are found abundantly throughout the body, certain tissues will contain higher concentrations of each. Fat and muscle both have ID and ND receptors, and the activity of these receptors can fluctuate depending on the lifestyle and other factors.

ID-GLUT receptors become resistant.

When you hear the term “insulin resistance” we’re usually referring to a loss of sensitivity of the ID-GLUT receptors to insulin. In a healthy body, when insulin lands on your cell membrane, the GLUT straws punch through the membrane and start sucking the glucose out of the blood. When you become insulin resistant from consuming too many carbs, age, and/or genetics, the insulin lands on the membrane but doesn’t trigger the straws to punch through the membrane. So, your body requires more and more insulin to compel the straws to punch through the membrane. The result is insulin resistance. That being said, lifestyle isn’t the only cause of insulin resistance...

Cells become insulin resistant as the day becomes night.

Your insulin sensitivity naturally decreases from morning to night. So, you’ll have a tendency to awaken in a state of insulin sensitivity and go to bed in a state of insulin resistance. This means that carbs consumed in the evening will require more insulin to trigger the ID-GLUT receptors than if those same carbs are consumed in the morning! Unfortunately, fat cells become less insulin resistant than muscle and liver cells. This means that even though fat cells may develop insulin resistance, they will be more sensitive to insulin than muscle and liver cells (even in a resistant state).

There is good news, however; we can take advantage of this natural fluctuation in insulin sensitivity!

ND-GLUT receptors are always ready to work.

We’ve spent a lot of time discussing the ID-GLUT receptors, but the “GLUT Effect” exploits the ND-GLUT receptor sensitivity while taking advantage of the natural fluctuation in total GLUT receptor activity.

All GLUT receptors go to sleep at night, BUT we can wake up the ND-GLUT receptors!

We discussed the natural tendency of the cell to become resistant to insulin as day becomes night, but the reality is that ALL GLUT receptors sleep in the evening, including the ND-GLUT receptors...This loss in GLUT activity is an amazing opportunity to selectively starve fat cells of glucose while feeding and growing the muscles! Here's how this works...

Intense Exercise Triggers Muscle ND-GLUT Receptors!

Using intense exercise, we can selectively compel the muscles to absorb carbs at a time when fat cells are most resistant to glucose absorption. This happens because ND-GLUT receptors come to the surface of muscle each time the muscle is forced to contract intensely for an extended period of time. So, here's the trick...

Keep carb intake relatively low during the daylight hours because the fat cells are most sensitive to insulin at this point. As day becomes evening, the fat cells become more insulin resistant (as do all cells).

Then, using the GLUT Effect, we selectively activate the ND-GLUT receptors of the muscle by performing an aggressive exercise session prior to eating dinner at which time we'll incorporate the majority of the carbs.

The GLUT Effect will cause the majority of the carbs to be sopped up by the hungry muscle before the adipose tissue will have an opportunity to manufacture fat.

Simultaneously, the ND-GLUT receptors will prevent large spikes in blood sugar, which will decrease the amount of insulin produced from the carbs within the meal. This means even lower fat production.

The result will be the muscle and brain will get the carbs that they need to stay active and healthy, while the fat-storing machinery will remain dormant.

How many carbs should I eat?

As we discuss in the podcast, each person has a “carb-tipping point”, which is dependent on your genetics, lifestyle, and current state of health. That being said, most people will do quite well keeping their daily carb intake to between 60 and 110 grams per day with most of those carbs being consumed at a single meal. Some will be able to use more than 110 grams per day and still lose, while some will need to drop below the 60-gram range. Only trial and error will tell. Use cravings, hunger, and energy as your guide. If you’re losing weight but suffering cravings and hunger that may challenge the sustainability of your program, then tweak the carb content a bit.

What if I exercise in the morning?

You can use the GLUT Effect at any point within the day because the ND-GLUT receptors will be activated anytime you perform intense exercise. So, even though you get extra-credit for using the GLUT Effect at night, you can significantly decrease the glucose and insulin available to the fat cells by exercising intensely prior to consuming the majority of your carbs for the day. This can be done in the morning, however, if you do take advantage of the GLUT Effect in the evening, you get the added benefit of fat cell resistance caused by the natural daily rhythms to insulin sensitivity.

What type of exercise should I perform?

The GLUT Effect will not be activated to a significant degree by walking or steady state cardio. To get the full benefit, you should perform either full-body metabolic resistance training (such as the type promoted by The Metabolic Effect – metaboliceffect.com) or high intensity interval training (HIIT). We want to activate as much muscle as possible to the greatest intensity possible to get the full benefit from the GLUT Effect.

Much of the GLUT Effect is likely localized to the muscle being called into action, so if you exercise the big muscles of the body, such as the legs, chest, back, and core muscles, then you’ll activate the GLUT Effect to a much higher degree than if you did arm curls.

How long does the GLUT Effect remain active?

We're still awaiting more research to answer this question. Some research suggests that the metabolism will remain elevated for up to 36 hours after intense exercise. That being said, my experience is that the GLUT Effect seems to continue for approximately 3 hours post workout and likely peaks 45-60 minutes after the workout.

How to apply this knowledge.

Now that you understand how the GLUT Effect works, how do you apply it?

The simple answer is to exercise hard prior to your highest carb meal of the day. To be more specific, I recommend whole body resistance training in such a way that fatigues the big muscles of the body.

If you work hard during your exercise session, you could achieve this goal in 20-30 minutes. The more muscle you involve in the workout, the more fatigued the muscle is by the end of the workout, the more potent the GLUT Effect will become.

If you aren't able to perform a whole body resistance training session, then the second best option would be some sort of interval training. Once again, try to incorporate as many muscle groups as possible and work out hard!

Once the workout is complete, the GLUT EFFECT will peak within the next 30-60 minutes and remain in a peaked state for as much as three hours. We call this your "metabolic window".

All you have to do now is apply this principle!

Remember, this is one component of a fat loss lifestyle.

It's not the only component! Always be educating yourself, if you're just getting started, I recommend listening to the podcast for the fundamentals of fat loss. When you're ready, you can sign up for our premium online training [The Six Steps To Skinny \(6StepsToSkinny.com\)](http://TheSixStepsToSkinny.com) and ultimately to our

master-class on weight loss, The World's Greatest Weight Loss System
(WorldsGreatestWeightLossSystem.com).

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