

Finding a healthful role for Carbohydrates

Carbohydrates are the latest macronutrient to be handed a bad rep by the popular press and health guru's, is this justified??

Partly yes, from the point of view of hitting the nail on the head in terms of one of the greatest nutritional con's that has ever been dealt, the prevalence of processed and refined carbohydrates and whole grains in replacement of healthy fat in the modern western diet is indeed one of the major contributing factors to our health epidemic.

On the other hand, healthful carbohydrates play an essential role in providing nutrient rich foods and maintaining a well functioning and efficient metabolism. So, as always, it's never, this nutrient is evil and damaging and I should eat none, a comment regularly witnessed. Rather, it's about refining your choices. No single nutrient is bad, all foods can become problematic when consumed either from the wrong sources, in the wrong quantity or at the wrong time and this is where your diet needs to become individualised.

Whats the problem with Carbohydrates?

Carbohydrates increase insulin levels, insulin is our energy storage hormone and is our only process for storing energy as fat reserves on and within our body rather than choosing to use fat as fuel, when your blood sugar and insulin levels are elevated you are not going to be using fat as your primary fuel and hence, there is an increased chance of you storing fat beyond a healthful level.

The great problem with the 21st century lifestyle of rush, rush, rush and the modern western diet of refined carbohydrates and convenience is that it elevates our blood sugar levels to such a chronically high levels that we never choose to use fats as our primary fuel, instead, we have become a society of inflamed, stressed out sugar burners, storing fat around our midlines and increasing our propensity to obesity, diabetes, stroke, CHD, cancer and brain health issues such as dementia and alzheimer's.

### **The Tribal Plan- Carbohydrate Intervention**

This is a 70 day intervention, here is how we manipulate your carbohydrate intake through the plan.

### **Regain Control in Triple Switch**

**Nb. This is important to understand.** When an individual is storing a lot of fat (the fatter we are the more grave the issue) they have become resistant to insulin, this means that when they consume carbohydrates their body is unable to recognise it's ingestion because the insulin receptors have become furry and blocked and are unable to recognise the elevated insulin within the blood. What does this mean?? It means that our body continues to ask for more carbohydrate based foods and this only accentuates and deepens the problem.

The only way to regain this sensitivity to insulin is to heavily limit carbohydrate ingestion for a 3 week period, the effects can be remarkable, suddenly you will lose the need to have to eat every 2 hours, you'll

be able to go longer between each meal without becoming hangry and you will regain energy that you thought was gone a long time ago, never to return.

### **Focus on Calming the Nervous System**

During this period it is essential that you focus upon calming your nervous system. This is the opposite to what we normally do when we make a health intervention, quite often, a radical change in our nutritional intake is paired with a massive increase in our activity profile – the result?? Short term benefits at best, at worst, it's a yo-yo effect of immediate false benefit followed by huge frustration and detrimental effects to our health markers when cravings and low energy get the better of us.

For movement, it is very much about judging each case individually, if you are already training regularly, then continuing is fine, however, you might want to choose lighter activities. For the sedentary amongst us, starting a slow walking program is going to be way more beneficial than high intensity interval training (HIIT) that many health gurus would have us believe is the panacea to our health issues.

Everybody benefits from adding some stress management techniques and beneficial calming activities like breathing ;-), meditation, quality sleep and spending time outside in nature. We'll talk about the benefits of these interventions later in the program.

### **Boost Performance in 30 Days of Power**

After the initial 3 week reset, everybody benefits from increasing their activity level and selectively adding in the right carbohydrates to their diet.

Rather than just adding dense carbohydrates back into your diet without an aim, it is hugely beneficial to find a foundational intake of carbohydrates that works for both your ongoing goal and health status, we can then cycle additional carbohydrate intake to match your activity and exercise output.

The benefits will impact your performance in the gym but also your body composition, you'll get the muscle building benefits, optimal fuelling and healthy revved up metabolism of a higher carbohydrate intake around training. Conversely, the lower carbohydrate days help to maintain your insulin sensitivity, reduce inflammation and ensure that your body is remaining the effortless, fat burning machine that we all crave.

### **Learn Lifelong Health in 21 Days to Lifelong Habit**

The journey continues during our last 21-days on The Tribal Plan. Goals change as time goes on, we provide you with the guide to be able to manipulate your lifestyle to achieve whatever your current goal is. Understand what should remain constant for long term health and what can change and be manipulated so you get great energy, the body you want and increased day to day performance.