Metabolic Musings, 
Part 2

BY DR. BAYNE FRENCH, MD DC

In the last edition, I talked about a nutritional shift that I feel needs to take place to propagate our species. I’m not talking about the latest misguided governmental nutritional policy, a pyramid or a plate, or the latest diet some expert is pontificating about. I mean habitual food procurement, prep, and consumption that humans were designed by and for.

Anyone can lose weight by a host of means. As the Biggest Loser study [1] showed, the vast majority will regain and even surpass their baseline weight, and possibly with a damaged resting metabolic rate. Yep, if it’s not done right, you run the risk of being damaged goods. Mitigating the weight regain is brutal. “Set point” is loosely defined as the last highest weight an individual spent any time at. The brain, specifically the hypothalamus, has an uncanny ability to protect that weight. There are deep neurohormonal influences on our metabolism to return to set-point weight after loss. The only individuals I’ve ever seen lose a large amount of weight, enjoy the process, and keep it off indefinitely did so by completely changing their relationship with food . . . by upgrading to mindful consumption of human food: meat and other animal product, large amounts of vegetables, fruit, nuts, seeds, eggs, and mushrooms.

I believe there is very little neutrality to food. It is either fostering vitality, leanness, and mental clarity, reducing inflammation, and promoting a metabolism that excels at disease avoidance, or it’s contributing to a slow and insidious weakening of function causing susceptibility to disease.

Why are we sensitive to the metabolic actions of carbohydrates? Imagine our genetically identical early human ancestors who happened upon a bush of salmonberries. This was a metabolic boon for them and those that were efficient at converting that fructose to fat survived, and less “carb sensitive” ancestors who could not make that conversion as readily did not. Carbs are not prevalent in nature, so when we found it, we HAD to make the most of it. Now, of course, carbs are ubiquitous, cheap, subsidized, and strongly recommended by people and entities we trust.

Did you realize that carb eating begets carb eating? The appetite-inducing hormone ghrelin rebounds greatly after a high-carb meal, driving hunger and preoccupation with food, as well as activating potent parts of our brain involving cravings and spatial learning. We commonly justify how we eat because we’re active and will just “burn it off.” When we’re younger, the brain will efficiently defend “set point” weight, both against gain and loss. With age, however, set point asymmetry becomes apparent, with a far more vehement defense against loss. A slow accumulation of adipose accumulates, insulin directing it to the midsection. Center of mass.

Insulin must be the enemy. Bad insulin, naughty! Sure, it’s anabolic. We grow bigger with higher insulin levels, which sure helped our ancestors. When functioning properly, insulin doesn’t just open the cell to allow glucose in but acts on the brain to increase energy expenditure and reduce appetite. This sounds favorable to me and is a reason for symmetry of set point when we’re younger. The problem is the cumulative effect of high insulin levels over time resulting in down-regulation of insulin receptors in the brain and in peripheral tissues like the liver and skeletal
Welcome to the 115th issue of Endurance News!

I know it’s early in the season, but I also want to remind you of the importance of recovery and sleep. Focusing on this now will help you stay ahead of the increased training/racing volume and help avoid the late-season burnout so many athletes experience in August/September. Make sure you are getting at least ½ gram of protein per pound of body weight daily. Recover right after each workout with Recoverite, Vegan Recoverite, or a recovery drink of your own making using one of our high-quality proteins. Top off your recovery program with Tissue Rejuvenator and CBD. Both will help reduce the aches and soreness and have you sleeping like a baby all summer long!

Speaking of CBD, have you tried ours yet? Or, are you already using a brand a friend told you about or that you found online? Did you hear that CVS and Walgreens have introduced topical balms in eight states? How about the latest Bed Bath & Beyond mailer promoting their new CBD tincture and infusions?

It’s everywhere, and everyone is talking about it for a reason—it works! It also can be really confusing to try to sort through the hype and misinformation. Luckily for you, Hammer is here to cut to the chase with the best products, the best pricing, and all of the information you need to become a “CBD Expert.”

Plus, with our Win/Win/Win referral program, you can offset or eliminate the cost of your CBD while helping family and friends discover its myriad benefits for themselves!

There’s a lot more on these pages, so enjoy the read and share it with a friend or two.

Brian Frank
Owner/Founder