

## UNDERSTANDING WHY WE GET FAT

*StoneTree Naturopathic Clinic, Collingwood, ON*

North Americans have been waging a war against the fat on our bodies for decades. It's a war we've been slowly losing.

Part of losing a war is not understanding your enemy. In the case of fat, we've identified the *wrong* enemy.

Fat is actually an important part of our physiology. Our fat stores serve many important purposes in our body. One of them is to store energy in the form of "fatty acids". These fatty acids are liberated from the fat cells in the periods between meals to fuel our body until the next time we get to eat.

The ability of the fat cells to release these fatty acids is directly affected by the hormone insulin.

When we eat carbohydrates or sugars, insulin is released by the pancreas to help our cells get the sugar from the blood into our cells.

When insulin is high in the blood, there is lots of energy around in the blood in the form of sugar. Your fat cells, then, release less fatty acid energy into the blood stream because there is no need for the energy until all the existing sugar is used up. The result? The fat stays in storage—on your hips, abdomen, butt and numerous other places.

What drives up insulin levels, and keeps the fatty acids in storage? The simple carbs and sugars we eat in excess every day. Processed foods and sugar. Breads, pastries and other foods that are too many steps removed from their original natural form.

The villain isn't fat, nor is it "calories" per se. Limit the simple carbs in your diet and you limit the insulin in your blood. Eat real food, and allow your body to use the important, useful fat it has stored away that's being suppressed by the constant insulin supply in your blood.

*To learn more about healthy & sustainable weight loss, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at [feelbetter@stonetreeclinic.com](mailto:feelbetter@stonetreeclinic.com)  
[www.StoneTreeClinic.com](http://www.StoneTreeClinic.com)*