Video 4/9: End Cravings

Disease Prevention, Remission & Rejuvenation

FILL OUT & CHECK THE BOXES

- [ ] I have seen video 'VIDEO 4/9: End Cravings
- [ ] I understand we have to get our blood sugar and insulin levels down to unlock and release fat from fat cells
- [ ] I understand we have to reduce the amount of times and amounts of eating carbs and sugars to get our insulin level down most of the time to reduce inflammation and disease.
- [ ] I understand our body runs way more efficient and cleaner on fat than on carbs or sugars and when it does it eliminates hormonal & mood swings, food cravings and reduces inflammation.
- [ ] I understand if we have been running on fatty meat most of the time, for more than 200000 generations, that we wouldn't be here, if nature didn't intended this to be the primal source of fuel.
- [ ] I understand, when we re-activate our body to run on fat, it will end all food cravings, Because our body contains a huge amount of fat calories, even when we are lean, to eat from.
- [ ] So basically when we are fat adapted, our body is continuously eating fat for fuel even when we are not consuming food.
- [ ] I understand that running our body on fat, is the opposite of starving ourselves or a calorie restriction.
  I understand it is also why it is possible and easy to take long breaks from actually eating. And this will drastically reduce any insulin spikes and will give our body a break to rest and recover.
- [ ] I click to share this video series with my family and friends to make them also benefit from these insights

Scientific studies

Will follow in the next videos

Next video 5/9: Overcoming Obstacles

In the next video I want to break the conditioned myths, that might stand in the way between inflammation and your intended natural physical super state.

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