

Glow 15 COURSE

TRANSCRIPT

Module 2: Day 2

Welcome to Day 2 of Glow15. I think you've probably already noticed that timing matters. And timing matters in all areas of our life. But as it relates to Glow15, what you eat can be as important as when you eat. You may have never thought about when you eat as being an important thing, but this whole section is about fats first and carbs last. Nutrition can be critically important to your health and well-being, but especially in the way that you activate autophagy right in your own body.

Let me explain a little bit more. Fat first is what I want you to do on every day that you're using Glow15. I hope that it becomes part of your lifestyle. Fat first. If it's on a high day, you're going to start your day with an AvocaGlow. You've got all the recipes and/or an Egg15. Then on a low day, when you're intermittent fasting that brings you to about noon, you'll take your first meal as fat first as an AvocaGlow. We've got so many amazing recipes. Avocados are one my absolute favorite food, but there's lots of fats that you can incorporate. Along with your Egg15, if you want it at that time or you go right into lunch. You always want to start your day with fat first.

Fat has been villainized. We have heard so many bad things about fat over the past 50 years, but it's just not accurate. Fat will not make you fat. Fat will not raise your cholesterol. Fat will not cause your arteries to get clogged. In fact, fat will help you lose weight, it will help you look good, it will give you focused energy. Fat is your friend. When you incorporate the good fats into your diet, you will never feel better. That I can promise you. And autophagy is activated by using good fats as fat first.

Let's talk a little bit about carbohydrates. Carbs last. This is not an elimination diet. We are not saying to you, "Get rid of your carbohydrates." It's just about the timing. I want you to eat your carbs at the end of the day, at night. There are two main reasons for that. I'm also going to teach you what makes a good, whole carbohydrate--one of the carbs that I would want you to be eating.

There are two main reasons that I want you to incorporate carbohydrates at night. One is, because you're relaxing. Your body's starting to relax, and your cortisol levels are at their lowest, which is great. You will not get the negative impact that you would get when your cortisol levels are at their highest earlier in the day. The negative effects of carbohydrates that would affect your blood sugar levels or your insulin levels, don't have the same sort of impact later on in the day.

The other reason I really like you to have your carbs at night is this is the time when you're starting to relax. Carbohydrates help to increase your serotonin levels, which makes perfect sense as

you want to get a restful night of sleep. Carbohydrates help you to repair. If you've had a day of exercise and you want to repair your muscles, carbohydrates are helpful for that. You'll be relaxing and repairing at night, when you sleep, which is the natural time of day to be doing those two things.

Now, let's talk about what makes a whole carbohydrate, the kind of carbohydrate that I want you to be eating. There's a very simple equation that was done at Harvard, and it's called the 10 to 1 Ratio. I want you to be getting lots of fiber from your carbohydrates. I don't want you to be getting the simple carbohydrates. There are differences in the types of carbs that are out there. The 10 to 1 Ratio is very easy to remember. Turn the package of whatever it is you're going to be eating around, and take a look and you see how much fiber that product has in it. It could be a legume, it could be a vegetable, or a fruit. Whatever it may be, see how much fiber it has in there.

For example, there's 3 grams of fiber. Great. You then times that by 10, so you just add a 0 to it. That makes it 30. You take that number, 30, and you compare it to how many carbohydrates are in the product. If the carbohydrates are roughly the same number as what you've just come up with, (so if you've got basically 30 carbs), then you know that is a whole carbohydrate, and that's the type of carbohydrate I want you to be eating.

That takes you through Day 2 of Glow15. It's all about timing. Timing matters. When you do something can be as important as what you're doing. When you eat something can be as important as what you eat. Fat first and carbs last, and incorporate the right kind of carbs into your diet.