

# Glow 15 COURSE

## TRANSCRIPT

### **Module 3: Week 2 – Fats First, Carbs Last**

Welcome to the third module of Glow15. We're in our second week and we're going to talk about my favorite subject, which is fat and timing. Fat first, carbs last, is what this whole section is about. I want to ask you a question, tell me if this resonates with you. Do you feel frustrated by the restrictions in the diet that you might have been doing over the past year that you might've tried? All the restrictions that you have to go through and then when you're restricting yourself in all those ways, do you find that it's almost impossible to go out into real life and to be out with your friends and try to keep to this restricted diet? Is that part of your experience? If it is, do you then feel those feelings of guilt? Like, "I'm not good enough, or I didn't get it done, or I can't do this." All of that, I've found, at least in my own personal life, has really held me back from just being my healthiest and my happiest.

That's why this is my favorite topic. Fat first, carbs last. I grew up in Europe. I was born in Switzerland and my mother is French and my father is English. Throughout my life, as the daughter of a French woman, you typically will start your day with carbs, right? You might have a croissant, or you'll have a chocolate one. I mean, there's lots of carbs that usually begin the day, but my father who, as I mentioned, is an English chemist. He really influenced the way we ate and the way we did things. In Europe, there's a very different mentality around fat and we grew up eating full fat cheeses, all the full delicious creamy bries and other tasty cheeses. I mean, everything that you can imagine. In fact, I actually thought as a kid that because I was born in Switzerland, that I was born out of a piece of Swiss cheese! The hole in the Swiss cheese, I thought I came from that hole in the Swiss cheese...

That's how much I loved fatty foods and I ate cheese every single day and the milk that we drank was always the full fat milk with the cream on the top and we would scoop the cream up and eat that. I started each day with these fatty foods and a little shot of cod liver oil. My day and my life was different than a lot of other European kids, or certainly French kids, in that I started with fat. What that did for me was it helped to really bring down the inflammation that I suffered from with my eczema, but it also gave me tons of energy. On a cold morning, I would look forward to that little shot of omega-3 that I would drink every single day like a lot of the Norwegian children did throughout Europe. Fat is a big part of our lives. When I moved to this country, I was about 12 years old and the first thing I noticed, which I was excited about, was this idea of fast food. I had never tried fast food. I had never been to a McDonald's or a Burger King or anything like that.

Also, that I could go to the ice cream parlor and there would be like 40 different types of ice cream. What happened in my life is I started to consume a ton of sugar once I came here and that put me on a very negative spin, because as I ate more sugar, I became less and less satisfied and I was craving more of that glucose. Because you have highs and lows with insulin, I became an addict to sugar. It's the most addictive thing that any of us can imagine, right? We're probably all pretty addicted to sugar, but what happened also, and this is what I really want to share with you today, is that when I would go to the grocery store with my mother, I started to see everything that was low fat, no fat, "diet" food. While we didn't bring these things in our house, when I would go over to my friend's house, I'd hang out with them, I would be seeing everyone eating this low fat no fat. I thought, "What is this about?"

Well, in this country, we went through a phase where we were told that we needed much, much lower levels of fat in our diet, and so what did the food companies do? They had to replace that fat, which is so satiating and so flavorful, with something else. What do they fill it with? They fill it with sugar. This country, as our fat consumption started to decline, actually became fatter. At this point, 60% of us are

either overweight or obese. Yet, our consumption of fat is at its very lowest, so it's a very challenging and frustrating situation that we're in as a country. I want this module to be something that transforms the way you look at fat. Fat is not a villain. Fat is not the enemy. In fact, good fats are so important for our health, they feed our brain, they satiate us, and they help us to burn body fat. Fat never made us fat. Fat, in fact, makes us thin, which is really truly counterintuitive and I know that this is going to be a struggle for you to hear, but all of the science is pointing to it.

I've spent the last six months of my life dedicated to figuring out the true story, the real truth around fat. In my own family, my mother has struggled so much with weight, and it has had such a big impact on her health, that I committed my life for the past six months to understanding the relationship of fat to fat, and what makes us healthy, and what makes us unhealthy. I'm here to tell you that it's got nothing to do with the good fats and it's got everything to do with the bad sugars and all of the sweeteners that are in our life. How does that apply to Glow15? Well, we're going to talk about fat and timing. Fat does not clog our arteries. Fat does not raise our cholesterol. Fat does not make us sick. Fat does not make us gain weight. In fact, fat is our friend. My personal mantra is fat first, fat most, and fat in every single way. I like to get my good fats from macadamia nuts, omega-3 oils, and avocados.

I was just talking about how fun would it be to own an entire farm filled with avocado trees, right? I could probably eat all of those avocados. On average in a day, I'll eat anywhere from two to three avocados and I use those avocados to satiate my need for that super food that it is, but also to give me all of those good fats. You're going to find fats in things like tea seed oil also. A lot of you may drink green tea, well you probably didn't know that there's an amazing oil that comes from the same plant that you can cook with, that you can use, and it's tea seed oil. It's used throughout Asia, it's a remarkable oil. You can get fat from your salmon. You can get fat from a lot of different fatty foods. Even the belly of the tuna is so rich in essential fatty acids, it's something that I like to eat on occasion. There's so many ways to get good fats and we'll continue to talk about them. I want to share with you a little bit about timing and why timing matters.

Aligning your actions with a certain moment to maximize an outcome is what I'm really talking about with this timing matters piece. Let's take sleep, exercise, when you eat, how you do things, it's all around timing and timing matters so much that it can be more important than other aspects of what you're doing. I'll give you an example. When you eat is as important or even more important than what you eat. When is more important than what. That has to do with timing matters. Fat first, carbs last, is a perfect example of how timing matters, right? Timing matters in life in general. You think about the most important conversations you've had. When you're thinking about the content of that conversation, you're also thinking about when am I going to have that actual conversation so that I can really get the most benefit out of it so there's a synergy that occurs when you take the timing, as well as the actual content, to get the preferred result.

That's what I want to talk to you about. Timing matters when you go to sleep. It matters how long you exercise for and all of this is relating back to autophagy. Timing matters, but so does something called circadian rhythm. The circadian rhythm is like your biological clock. It's that 24-hour clock that we have inside of our bodies that controls so much of what we do. We've come to understand that there are cycles. There's a rhythm to everything and that rhythm is affected by timing, but it's ultimately impacted by something called circadian rhythm. The circadian rhythm, this biological clock in our body, was just the 2017 Noble Prize winning in medicine area of research, and three American scientists won this prize for their research around circadian rhythms.

What they studied was how plants, how animals, and how humans are all effected by the circadian rhythms that are in the environment. This means we're affected by the weather; we're effected by the different elements of the rhythms from the ocean, all of the cycles on the planet. This rhythm is so important to think about and how it synchronizes with day and night, and how the planet rotates, so it sounds almost esoteric, but it has a direct reflection on our health and our wellbeing. When you're dealing with jet lag, there's lots of different ways to help balance your circadian rhythm. It could be as simple as getting out into the sun and getting that sunlight on your body, so it impacts your pineal gland in your brain. It could be taking melatonin, which we'll talk a little bit more about later. There are lots of ways that you can work with your jet lag, but jet lag is just one example of a disruption.

There are other major disruptions that occur within our circadian rhythms that we have to be very aware of. Some of the major disruptions in our circadian rhythm can really contribute to our propensity to experience different disease states, so it's a very serious matter and something that we need to be aware of. When our circadian rhythms are disrupted for an extended period of time in a real way, then we are more susceptible to different diseases such as diabetes, cancer, and a variety of neurological diseases. Understanding that our circadian rhythm is something that we can really work to support and knowing what to do to support it, you're actually helping to activate your autophagy.

In Glow15, we have a lot of great ways to start your day and enhance your circadian rhythms and they all begin with fat, of course. I have a variety of recipes and different ways that you can incorporate avocado into your morning, and into your afternoon. It doesn't matter when.

You're going to get a PDF with all of the different recipes for AvocaGlow, but I really want you to embrace avocado. If you don't like avocado, there's so many other great oils and fats that you can embrace. From macadamia oil, or macadamia nuts, almonds, pili nuts are really filled with tons of good fat. You can be eating lots of salmon. You can be using that tea seed oil that I talked to you about and we'll talk more about later. Olive oil is a great one. Avocado oil, coconut oil. Grass fed butter is a wonderful fat that we love to eat in our house all the time. Then of course, there's Alaskan omega-3 oil, which to me, is like the richest, richest omega-3 oil because it's filled with so many antioxidants, and it's filled with so many good nutrients, I absolutely love it. Then I like to eat all sorts of sardines, and salmon, and I think just by starting to try these different things, it gives you a chance to get a lot of fatty foods into your diet.

I drink bone broth almost every single day. I love to eat bone marrow. These are other places where you can get some good fats. Then of course, for the vegans, or the vegetarians, there are hemp seeds. There are so many different nuts and seeds that we can ingest every single day, but the other thing that I think a lot of us don't necessarily focus on, and that is the butters, right? The almond butters, the cashew butters, the macadamia nut butters. The butters that have higher levels of coconut oil added into them. A lot of us think, "Okay, peanut butter is something that kids eat," but no. That can be something that you can ingest - peanut butter is not a bad fatty butter to eat. Although, of course, I prefer the macadamia or the almonds, but there's lots of different ways to get these butters and get them into your life in a very nutritious way. Fat first. My mantra is fat most and fat often.

Whatever fat it is that you're consuming, I want you to just think about one simple thing and that is, that we are wired to have the feeling of pleasure from food, so when you consume more of these nutritious good fats, then what's happening is your desire for salt and sugar is reducing because you're so satiated from the good fats, so you're having almost like a double benefit from doing it, and your receptors in your brain are saying, "I'm satisfied. I feel good." Really start to embrace that fat. Now, let's talk about

carbs. I want to share with you an interview that I did with one of the world's top experts on fat and that is Udo Erasmus. He's been my personal hero for over 20 years and the reason I went so crazy over this brilliant scientist is his book called *Fats That Heal and Fats That Kill* about 30 years ago - so far ahead of his time!

But the reason I went so nuts over him, is the very first time that I met him, we greeted each other, and we shook each other's hand. I felt his hand and it was like baby's skin. I thought, "Whoa, how could this gentleman who was probably in his late 50s, early 60s, have the most unbelievable glowy and soft baby's skin?" Of course, like I normally do, I asked him. I said, "Well, what are you doing, and how much fat are you consuming, and what are these good fats?" He said to me that what fat does is it really moisturizes our entire body, right? It forms that lipid bilayer that protects our skin and if we have dry skin, that means that all of our internal organs are actually drier than they need to be, which means that we need more fat. We need to be consuming more of that good fat and once our skin is glowy and soft, then we know, as an example, that we're getting enough of it.

That's when I knew that we were getting enough of the good fat when my skin was super soft. That's something that I test all the time. I'm always feeling, "Is my skin soft enough right now? Am I getting enough of my good fats?" I want to share with you this remarkable interview that I had the privilege to do with Dr. Udo Erasmus, and it's on an attachment in this module, so please watch it. It's a very important bit of information and I think you'll learn all sorts of things about fat that you may have never known.

Now we're going to talk about carbs last. For you who may have been really frustrated with those restrictions of not being able to eat carbs, I want you to know that this is not a restrictive program. Glow15 encourages carbs, but carbs at the right time of the day, and the right kind of carbs. What I do want you to think about is that a carbohydrate is a macro-nutrient that's so important for all of us, it's one that needs to be consumed in forms that are whole.

Forms that have high fibers are best such as legumes, vegetables, fruits, and whole grains. These are the types of carbohydrates that I want you to be eating. Here's a technique to figure out if you're getting a high quality carb or not. It's considered the Harvard's 10 to 1 rule and it's very easy. When you're looking at a carbohydrate and you're at the grocery store, all you have to do is turn it around and when you see the amount of fiber, you take that number and multiply it by 10. For example. if there are 3 grams of fiber, you multiply it by 10 and get 30 grams. Then compare it to the amount of carbohydrates that are in the product. If those numbers are equivalent, you know you've got a high quality fiber, rich carbohydrate, and that's exactly what you want. On Glow15, you're going to see that I like you to eat your carbs last, so the fat first, carbs last. There's a real reason for it.

To activate autophagy, you want your body to go in and out of a ketogenic state, and you want to be burning more ketones. You certainly do that when you're intermittent fasting on a low day. But when you prolong the time that you're eating carbohydrates and you eat them at the time of the day when they will benefit your body the very most, then you're also allowing your body to stay more in the state of ketosis, and that also helps to activate autophagy. The ketogenic state and autophagy activation sort of go hand-in-hand. Now, I'm not promoting a keto diet, nor am I promoting a super low carb diet. What I am saying is timing matters and timing matters to activate that little missing link in anti-aging, which is autophagy. We want to just spark the autophagy and by eating carbs toward the end of the day, or at the end of the day, you're able to do that.

When you eat your carbs at the end of the day you're actually able to use them more efficiently. This relates to a couple of different hormones. When you eat carbs it promotes serotonin, which makes us sleepy, right? That's a good thing, especially when you're getting ready to relax and go to sleep. When you eat carbs at night and increase your levels of serotonin your body's starting to really relax and feel like it's ready to go to bed, which is wonderful. This is important because it also relates to your circadian rhythm, which we now know is so incredibly important in this process of timing matters, and activating our youth. It's also the right time to be eating your carbohydrates, not just for serotonin, but also for cortisol. What happens is when we wake up in the morning our cortisol levels are at their very highest, so that's what gives us that energy to jump out of bed, and it's that fight or flight feeling.

As the day progresses, our cortisol levels go down, which is fantastic, and so you're eating your carbohydrates when your cortisol levels are at their lowest, which is the best time to eat your carbohydrates. Carbohydrates also help your body repair, so they help you relax and repair. If you've had an intense workout, or if you've been really pushing yourself during the day, when you're sleeping at night those carbohydrates are actually helping your muscles to repair. That's why fat first, carbs last, is so important. It's not about depriving yourself of something. I don't want you to deprive. Studies show that when we deprive ourselves of things, it actually has a negative effect on our over general health. When you start restricting the amount of calories, and you're counting your calories, and you're doing all these things, you're actually depriving yourself, and later, you will over compensate for that.

If you are satiated by the good fats and you give yourself permission to enjoy those good fats, and you say, "I can still have my carbs. I'm just going to do it in the smart way, which is later at night," that can really propel your health in such a powerful way. I am really excited about how that will work for you. This week, the homework that I want you to do is all around good fats. I want you to put into your journal a list at the end of each day of the different fats that you consumed and I want you to come up with all the different adventuresome ways that you can engage in bringing good fat into your diet. Don't be shy if you like to eat dairy or have it in your cappuccino, or your coffee with full fatty cream. Don't be shy of that. Try that. Or if you're a vegan, don't be shy to try making sure that the almond butter that you're eating has extra coconut oil in there and see what that's like to get that really satiating feeling in your mouth.

Then each day that you're writing in your journal, I want you to pay attention to how much fat you're consuming and how that's impacting the way you feel mentally. Yes, mentally! How is that impacting your focus? How is that impacting your mood? How is that impacting your sense of wellbeing? How is that impacting the way that you deal with stress in the day? Because I think what you're going to find is that by getting enough fat into your body, and taking your carbohydrates at the end of the day, you will feel a balanced energy that you may have never felt in your life before, and I want to document it, and I want to hear all about it.