

KNOW YOUR FATBURN FACTOR

Your Fatburn Factor Measures Your Metabolic Flexibility

Being overweight can be an emotional rollercoaster. In my two plus decades of practice, I've learned that most people blame themselves for their weight problems. But there's more to the story than you've heard.

I want you to know that there is something important underlying weight gain: your metabolism is almost certainly damaged in ways that block your ability to use your body fat for fuel between meals. And if you can't use your body fat, you can't lose your body fat.

The term for a metabolism that promotes rapid weight gain and can not easily burn body fat for fuel between meals is *metabolic inflexibility*. Fortunately, the healthy state, metabolic *flexibility*, can be 100% restored with diet.

What kills metabolic flexibility? A certain kind of unstable fatty acid that doctors, dietitians and nutritionists don't learn much about. Everyone should learn about it, because **its something you probably eat every day**: Seed oils. If the unstable fatty acids in seed oils build up in your fat tissue they can actually render your body fat toxic. To compensate, your metabolism relies more on sugar.

The more your metabolism relies on sugar, the more, you become slave to your cravings and your hunger. No amount of willpower can possibly sustain you long enough to lose weight and keep it off until you change this metabolic reality.

Some people can burn enough fat to lose weight if they boost their cortisol levels and exercise like mad. But boosting cortisol and exercising does not restore metabolic flexibility. In order to start losing weight in a way that will enable you to keep it off once and for all, it's vitally important to test your metabolic health.

That's why I developed this quiz.

Your metabolism has four parts that work together to supply your entire body with energy between meals so you never experience overwhelming cravings. Each section of this test evaluates the health of one of the four components of your metabolism.

The higher your total score, the healthier your metabolism.

Part I: Mitochondrial Function

Your cells make energy in chambers called mitochondria. When your body fat is full of toxins from a lifetime of seed oil consumption, burning your body fat actually damages these miniature energy generators.

This four questions in this section assess the amount of mitochondrial damage in your heart, kidney, nerve and brain tissues. The higher your score in this section, the better your mitochondrial function.

If you score low, take heart. The FATBURN FIX plan will restore mitochondrial function and all the symptoms and signs discussed in this section can improve.

Q1: *What is your resting pulse.* Find your pulse in your neck or wrist and count beats for one minute (if on blood pressure medications circle zero):

≤60	+7
61-70	+5
71-80	+3
81-90	+1
91+	+0

Q2: *How often does this describe you?* “The lower number on my blood pressure reading (diastolic) is below 80.” (If on blood pressure medication circle 0)

Almost always	+6
Occasionally or never	+0

Q3: *Does this describe you?* “I have burning or uncomfortable sensations in my hands or feet and/or have been diagnosed with carpal tunnel or restless leg syndrome’ and/or my hands shake when I am hungry or stressed.”

Yes	+0
No	+6

Q4: *Does this describe you?* I get headaches twice monthly or more.

Yes	+0
No	+6

Part II: Hormone Sensitivity

One of the hormones that makes you metabolically inflexible if you lose sensitivity to it is called *insulin*. Insulin makes you build fat and blocks your ability to burn fat.

Insulin resistance cause weight gain because it keeps your insulin high all the time, which makes it very easy for you to build fat and very tough for you to burn it off.

The more insulin resistant you are, the more you need to eat only the special kinds of carbohydrates that digest slowly. This slow release means they elevate insulin the least.

The higher your score in this section, the more sensitive you are to insulin.

Q5: *How often does this describe you?* “I tend to get very tired in the afternoon between 3 and 5pm.”

Never: +6
Sometimes +3
Frequently +0

Q6: *How well does this describe you:* “I have a really hard time losing weight but I regain it rapidly”?

Not at all +6
Somewhat +3
Exactly +0

Q7: *Does this describe you?* “My fasting blood sugar is over 100 or my doctor told me I am prediabetic or diabetic.”

No +7
I am prediabetic +4
I am diabetic +0

Q8: *How often does this describe you?* “My ankles and feet swell after I’ve sat for a while.”

Never +6
Sometimes +3
Often +0

Part III: Body Fat Composition

The *amount* of body fat you have is less important to your metabolic flexibility than the *content* of your body fat. Not all body fat is created equal. If your diet has been full of seed oils, your body fat will be full of toxic and unstable fatty acids. It is these unstable fatty acids that can harm and even shut down your mitochondria (system I).

When your body fat contains too many of these unstable fats, it changes how you feel and how you look. These questions help to estimate how the content of your body fat is affecting you.

The higher your score in this section, the fewer toxins in your body fat.

Q9: *How well does this describe you?* “I am the warm person in the room wanting to turn the thermostat down, or activity can make me feel uncomfortably hot or sweaty, especially when I’m pressed for time.”

Not at all +8

Somewhat +4

Exactly +0

Q 10: *How well does this describe you?* “I take every shortcut I can—using the elevator and driving around the parking lot looking for the slot closest to the entrance.”

Not at all +8

Somewhat +4

Exactly +0

Q11: *How well does this describe you?* “When I put on weight it tends to accumulate around my belly and neck or under my chin.”

Not at all +9

Somewhat +5

Exactly +0

Part IV: Your Brain's Appetite Control System

When your metabolism functions the way nature intended, the appetite regulation centers in your brain manage your hunger and your desire to move (and burn calories) with miraculous precision, maintaining your body composition in the ideal zone. Seed oils can disrupt this complex communication network, to the point that your body fat becomes invisible to your brain. When that happens, even though you have energy in storage, your appetite is revved up as if you were starving.

This section assesses the functionality of your appetite control systems.

The higher your score in this section, the healthier your brain's appetite control systems.

Q12: *How often does this describe you?* “I get heartburn or take medications to control heartburn (also known as GERD, gastritis, esophageal reflux).”

- | | |
|--|----|
| I never or very rarely experience heartburn issues | +6 |
| I experience heartburn once a week | +3 |
| I experience heartburn twice a week or more | +0 |

Q13: *How well does this describe you?* “I have a sweet tooth or crave starchy foods and when they are around I tend to eat more of them than I want to.”

- | | |
|------------|----|
| Not at all | +7 |
| Somewhat | +3 |
| Exactly | +0 |

Q14: *How well does this describe you?* I tend to have something sweet or starchy at most meals, or I obsess about starchy and sweet foods when I can't have them.

- | | |
|------------|----|
| Not at all | +6 |
| Somewhat | +3 |
| Exactly | +0 |

Q15: *How well does this describe you?* “I can lose a certain amount of weight, but then my energy crashes and I stop dieting”?

- | | |
|------------|----|
| Not at all | +6 |
|------------|----|

UNDERSTANDING YOUR

FATBURN

FACTOR

Add up the numbers you got from each of the 15 questions. The total should be somewhere between 0 and 100.

UNDERSTANDING YOUR FATBURN FACTOR

SUGAR BURNER

FAT BURNER

High Risk

Needs Work

Above Average

Elite

0-25

26-50

51-75

76-100

The lower your score, the less healthy and flexible your metabolism and the more time you'll need to spend in the **BABY STEPS** part of Phase 1.

The FATBURN Recovery Plan



Low Score=Metabolic Inflexibility - Average Score - High Score=Metabolic Flexibility

Phase 1: Metabolic Rehabilitation

In phase 1 your focus will be on gaining energy and reducing hunger.

Phase 2: Weight Loss

In phase 2 your focus will be on cutting calories by occasionally skipping a meal or two.