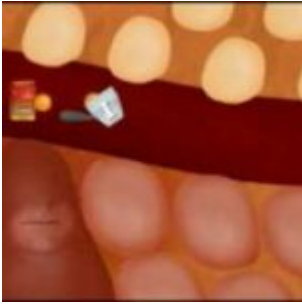


# Why You Get Fat from Fat Head



*For decades we've been told gaining and losing weight is all about the calories. Just one little problem: the research says otherwise. Diabetics undergo dramatic weight changes when they adjust their insulin levels – and so do you. Your diet determines how much insulin your body will produce over time. From the documentary "Fat Head."*

Being fat is not your fault.

You just got bad information. Here's some good information; critical information. Please watch this clip from Fat Head, a documentary by Tom Naughton.

This 3-minute video explains a concept that is important to understand if you struggle with losing weight.

Fat production is hormonal.

Insulin is a hormone that has two jobs. Everyone knows about the first job: it helps control blood sugar levels, but we forget that insulin's other job is to make fat. That's what the video clip is talking about. Eat too many carbohydrates and your blood

sugar level goes up. Your body responds by making more insulin, which will convert that sugar into fat. This is why eating too many carbohydrates makes you gain weight.

If you're eating too many sugars and starches, your body is always in insulin overdrive. As long as your insulin levels are high your body will turn just about every bit of carbohydrate to fat. Eventually, your pancreas can't keep up with the extra insulin production and it breaks down. That's when you become a type 2 diabetic.

Plan Z gives you a food plan that helps cut your sugar and carbs back without sacrificing flavor. By day three of Plan Z, you stop making too much insulin, so you stop making fat. And you'll start burning the fat you have.

If you can get your mind around that, you're on your way to Plan Z success.