



Introduction to PFC - Transcription

So PFC is our approach to balanced eating and each letter stands one of the 3 macronutrients. We've got protein, fat and carbohydrates. You might know that a lot of diets focus on restricting or eliminating one of them but the truth is that your body and your metabolism actually works best when it has all three: protein, fat and carbohydrates.

Now you might remember the 3-three rule which we talked about in the first video and that's referring to eating all three (protein, fat and carbs) every 3-4 hours. That's really the key to keeping our blood sugar levels balanced and keeping you off on that Blood Sugar Roller Coaster. Because all three protein, fat and carbs help to support your body, your brain and boost your metabolism in our own unique way.

Let's start with protein, protein is a building block for most of our tissues and our neurotransmitters which is a fancy word for brain chemicals and it actually increases your metabolism the most. So the best kinds of proteins, the metabolism-boosting kinds are gonna be animal proteins like meat, and fish and eggs those boost your metabolism the most by providing us with lots of energy. Now, if you're a vegetarian you could totally still do this, but if you can have like eggs or fish, those are also great metabolism boosting ones that will help you out as well.

So healthy fat is also a really important when we talk about how fat helps to reduce the absorption in the simulation of sugar into our bloodstream. So good fats are like butter, olive oil, coconut oil, coconut milk, nuts, seeds, nut butters, those are really good healthy fats.

And then the C we talk about carbohydrates and how all carbohydrates return sugar in our body. Carbohydrates are everything, from bread to pasta, to rice, to cake, to candy and soda and which people already know fruits and veggies and those are also a good carbohydrates and that was the kind that I totally recommend when I try to get the most of, those are like what I called "The Real Food Carbohydrates."

So we've got protein, we've got healthy fat, we've got carbohydrates and the best ways to support your metabolism and your energy levels and to keep cravings away and to



stay focused is to eat all three together every time you eat. That's the combination that helps to really stabilize your blood sugar levels instead of spiking them, which happens when you eat a carbohydrate by itself, like for example, a bowl of cereal or a big plate of pasta or granola bar or banana, that's gonna spike your blood sugar. Lets wanna have some fat and some protein along with your carbohydrates.

And throughout all of this, we really do want to try to make it a focus, to try to eat real food, you know the less packaged and processed the better. So quality protein from meat, fish and eggs, and healthy fat from nuts, seeds, avocados, butter, you know getting those real food carbohydrates like the veggies and the fruits, those are all going to help regulate your blood sugar levels. So you can have glucagon, that fat burning hormone, burning fat all day long. Besides, the more you're eating whole real foods, the less room your going to have for the processed junky ones. Its like let's fill up on real things, let's start taking fake foods or junk foods away, why don't we fill up on real ones and notice that we don't even have room for those.

Unless you get sugar cravings. And I'll go into all of that, because sugar cravings are about balancing your biochemistry they are not just about not having will power so I would never expect you to stop eating sugar without actually addressing the biochemical factors if you're someone who gets sugar cravings, we'll talk about that in a later video.

But for now, just know real whole foods are gonna be the best. And then also, remember keeping those blood sugar levels stable, that's what's going to help you keep your metabolism revved up and to burn fat for energy.