

## PREVIEW\_ Dr. Eric Westman -

### How to Become a Fat-Burning Machine (Part 2 of the course)

**Dr. Eenfeldt:** What is the advantage of burning fat instead of carbs?

**Dr. Westman:** Well, there are many advantages to burning fat. It's a much more filling sort of fuel, it has more calories per gram, so you have to eat less of it, it's very satisfying in foods, like bacon and butter and cream and cream cheese. All of these foods are very satisfying.

On the molecular level, so, the way our bodies are working like, inside the engine so to speak, it's a cleaner fuel than using carbohydrates or sugar. So, in simple terms, the sugar burning, carbohydrate burning, kind of gums up the works, if you will and if you are fat burning, which means you are using fat and ketones in the body, it's actually a cleaner fuel.

Less pre-radical oxidation and all those technical terms. So, I think there's some evidence that you may actually want to be a fat burning machine for living longer, for having less effects of diabetes, for having more energy, for more mental clarity. So, whether you're using a low-carb high-fat diet as a medical therapy, or as a preventative, or just to feel better, all of these things may be a result of the fat burning.

**Dr. Eenfeldt:** So, how do you become a fat burner then?