Introduction to Fat and Misconceptions

Hey, it's Dr. Remka, and since we're talking about, let's forget the fat, you probably need to know what is fat. And there's a lot of misconception and bad perception.

Fat has gotten a very bad name, And I think it is time we change that story. The reality is, It's gotten bad because you've been brainwashed into thinking it something that it has not.

All right, so what's fat? Fat are cells, they're called adipocytes. It's really a little droplet of fat, a lipid droplit has a Little membrane around it.

That you have roughly 30 million of them in your body. 30 Million things that I don't think are a mistake. I do believe everything's been put inside of you for a very specific reason.

And to do things 30, million times, I think there's Been some divine guidance as to why that's there. The reality of what fat cells do we're trying to forget the fat, what we are trying forget them to do are basically trying shrink them.

We want them forget how big they are. Because what they do, these cells, they grow or shrink. Think of a balloon. It gets you a water balloon, you can fill it up, blow it out of there, and then it can deflate.

You can inflate or deflate. Fill it with liquid lipids or you shrink it down.

What Fat Cells Are and How They Change

They grow a shrink, don't go away, aren't getting rid of them, That's important to remember in the story. It's a important remember, in terms of visualization.

I do want you to be using the V-bomb course and inserting that into this whole process. And then you visualize your body and want to see them shrinking down.

All right. So to forget the fat, so what we're trying to do is bring them down, but what, we need to, be aware of is what does the fact do? Now you have white fat and brown fat.

I am not going to talk about brown that in this lecture that is coming later. So we're just talking about white, fat, white adipose tissue gets the name from it's an adequate site.

Add a post fat same thing. We're talking about the white stuff. The white is the things that you think about that makes the face puffy, that puts the roll around, you know, your waist that's in your, in you're hips, then your butt and everywhere else.

Um, it is visceral fat as a terminal here. This is a type of that. Okay. All right. So what does it do now? Your most common thing that will think this is whatever, how you about it, but I'm still saying it in a way that and nurturing in your mindset about this.

What that is doing is that it provides a way to store excess energy for long-term use. That's a really good thing. This is a brilliant biological adaptation that 30 million cells have taken on for you.

Think of a camel that can hold water in essence, right? In its back, in the hump, so it can go for a long time without needing to drink anything. So instead of dying, like a lot of other things do in It's good to go.

Well, you're allowed to eat excess energy, take in excess, energy.

White Fat vs Brown Fat

And instead of wasting it, your able to store it for when the conditions will change around you, inside your environment and energy will be scarce. So in a feast, You can store excess Energy when a fast is coming.

Feast, famine, eat fast. This is the normal cycle of life on earth that we've kind of disrupted with modern technology, but we're going to get back to it right now, right?

So it's a way to store excess energy. That's brilliant. It's smart. Let's put love and be grateful that It also, one of my favorite things is that it sequesters toxins.

Fat as Energy Storage

This is there to protect the most important things you got going on, which are your brain and your heart, and other vital organs like your liver and kidneys and pancreas and gallbladder.

So think of it like this. You're taking in toxins all the time. They're in a very different way, an amount than it ever used to be. Air, water, foods, pharmaceuticals, vaccines.

Think about all of the ways, lotions, makeups. Hair products, hair dyes, nail polish, all right? Plastics, birth control pills in your drinking water.

Fluoride in you drinking, these are all toxins. the aluminum, the mercury, lead, DDT, glyphosate, BPA, volume, Xanax, opioids. It's everywhere. Mold, fungus, parasites, bacteria, all of those things.

They're toxins. And you eat them, you breath them. They come on your skin, whatever they get there. And they getting injected doesn't really matter how kind of does.

But let's say they're there, they are circulating in your blood. Something has to happen. How you get things out. You eliminate toxins. So your big, big way of doing it is breathing.

We pee it out to the kidneys, the urinary system, we get that out. We poop it through the digestive, that colon and that whole lymphatic and portal that goes on.

The liver and kidneys are working to detox and flush waste like you have no idea. And get them out of your blood and get him out your body, and they also come through the skin through sweat.

So we want to encourage all of those things to work but sometimes there's so many toxins pouring into the glass the body just cannot keep up and there is an overflow, goes in the blood.

Fat as a Toxin Buffer

What's going to happen then? Well, to the rescue are those amazing adipocytes. They're really there. Just they're just supposed to be storing energy for you guys.

There's they are like a bank full of money that you're not accessing. And so you basically have, you know, a vault full money, energy to cash in any time.

But you've lost the key because you don't know how to get it. Well unfortunately, the bank had to say, well, we got big problems. We'll hold on and take all the poisons and keep these bad guys to protect the brain.

So they're holding lead, parasites, viruses, lime. They're holdin' all kinds of things. Now, we want to decrease those sides of those balloons, those bubbles, get that cash money flowing out, that energy.

A little bit of junk is gonna come with it. This is something we have to deal with in the weight loss detoxification process. We're gonna teach you tips and tricks, but that's what's going on.

One, it's a bunch of energy, buncha money that you get ready to spend, but when you spend it, a little bit of sticky dirt comes out with it. So one, It's been protecting you from a famine and it also protecting from toxins, from ripping your brain apart.

I think that's really good thing. so I want you to start reframing how you look at what's going on in there and throw some love, some light, pure white love energy and say thank you.

Thank you! Thank you, belly, for protecting my brain from getting loaded up with aluminum. Thank You, Belly, from protecting My breasts from being full of lead.

This is a genius adaptation your body has done for you. The more toxic life you've had, the more likely to grow your fat cells that you have. So how do we shrink them up?

We're gonna get less toxic and then we're going to shrink him up. But you can't keep throwing more toxins in your body guys, cause they're to fill back up real quick.

Cause your bodies trying to save your life. Remember that. All right, it's also the largest endocrine gland in the body. What's an endocrine gland? It's a hormone gland like your pancreas, like you're thyroid, your adrenal glands.

Yes, you white fat tissue is on the same par as your thyroid your adrenals, This is not how people think of it.

Fat as an Endocrine Organ

You don't think if your thyroid in disgust, you aren't angry at your adrenals. you weren't looking in the mirror and saying, stupid pancreas, but you do that with your fat.

And that's not really nice. It doesn't appreciate it, so we're going to flip the script on how we are thinking of this. This was only discovered in 1994. 1994, they discovered that it made a hormone called leptin.

That's not that long ago. Okay. And since 1994 when they discover lepton, which regulates your appetite. Yes, your fat controls your Appetite. So when we discovered and it's called the master hormone turns out it says major regulator of all your metabolism.

They've discovered dozens more hormones since 1984 that your white fat is producing. We had no idea, and we are continuing to discover more every day.

So I know it's shocking to think that in 2001, or 2021, that there's still things that the body does and makes that we don't even know. Yes, it is true.

It's really, really true, so the science is not settled because we do not even understand the physiology fully. Right? It is an endocrine gland. Love your endocrine glands, you guys.

Very, very smart thing to do. It also modulates your immune system. Now, when you accumulate too much of this fatty tissue, it has kind of a negative feedback loop.

This vicious cycle, actually, is a pro feedback where it's making more inflammatory markers that drives it. So when it hits outside of the normal tipping point of what is the healthy thing for you, It amplifies inflammation and it amplified cytokines.

So it makes inflammatory things, which are like painful things worse. And it make cytakine storms, I'll hear about which is not what you want to have in an immune system.

Fat, Immunity, and Inflammation

It makes it worse, so yes, it plays a part in balancing your immune systems and when it gets out of whack, there's too much excess energy and too many excess toxins, it increases, it works as a part of the immune system that creates more fire on top of itself.

It provides warmth and insulation from cold exposure. This we all can kind of think of fat insulates us, protects us. it's great. You don't want to ever get too little fat.

That's a dangerous, life-threatening condition. Now let's also talk about what it does here. Fat also emotionally insulates and protects you, all right?

If there are stress parts of your life or some of the world you don't wanna be in, it's gonna keep you away from it. It creates a safe distance, a good safe space.

it keeps you from other people, right. And we'll go deeper, but those are pretty obvious and self-explanatory, you know? I know people who have intentionally gained weight because these women were assaulted and they thought of themselves as too attractive.

And they wanted to stop getting the attention. They knew exactly what they were doing. I knew women who've gained weigh intentionally to feel stronger against abusive partners.

He said, well, now with this extra hundred pounds, he can't throw me around the kitchen so easily. These are exact words I've heard in practice for over 20 years.

This is very common. It also physically and energetically grounds you.

Protection, Grounding, and Emotional Safety

So it is very common to feel, if you don't know how to ground yourself, to feels safe in your space in the world, you feel like you have a right to live here, feel it's okay to be in this human body.

Very common after severe physical trauma, near-death experiences, end up putting on a lot of weight to feel like you have a reason to stay safe on the earth.

It's grounding. So we don't have good grounding techniques. Sometimes this is what we need to access to teach you to finally feel safe enough to release, to finely forget the fat.

Okay, let's just recap. What are some of the things that fat does? It provides a way to store excess energy long-term. it sequesters toxins to protect your brain.

Its saving your life. its the largest endocrine gland in your body. It's a gland. We don't wanna just hate on it and destroy it, you guys. It produces leptin and dozens of other hormones essential to your metabolic rate and your appetite.

And modulates your immune system. Too much of it instigates cytokine storms. If provides warmth and insulation from cold, it emotionally insulates you, emotionally protects you.

it is keeping you safe as you feel you need because you don't know any other tool yet, but we're going to teach them to you. And it physically and energetically grounds you in your physical being on the planet.

I want us to start rethinking how we think about fat. Starting from here, a little bit of education about what it really is and what its doing. It's offering you a lot of benefits.

Its helping you many, many ways. We're gonna start shifting our thinking towards love and gratitude for our fat