Key to Effortless Weight Loss: Flip Your Metabolic Switch! Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to the metabolic switch

Welcome to a short webinar where I will show you the number one key to losing weight and keeping it from coming back. How would it feel to easily flip on a fat burning switch?

And what if you had the power to control your body fat composition? What if you could press an on button to a faster metabolism, increased fat burning, better blood sugar regulation, decreased hunger and even to slow down aging?

Incredible, right? The problem is if your belly fat, flabby arms and need to lose at least 15 pounds, I can almost guarantee you that your fat-burning switch is turned off.

To make matters worse, a lot of the foods you think are healthy and that you are eating more to try and lose weight are actually turning this fat burning switch off.

And yes, I'm gonna tell you what those foods are later on. I know this because 67% of Americans are obese. The COVID-19 crisis has highlighted the incredibly high risks that obesity brings.

And I also know about the pathways of the body that lead to increased longevity and faster metabolisms. Well, I was completely lost when I gained about 50 pounds in only a few months in college.

I would shuffle around the health care system with zero answers. Luckily, I'm pretty defiant and rather stubborn.

Dr. Rimkau2019s background and AMPK overview

So I began my own journey of research to reclaim my health. And I feel pretty good about the metabolism I recreated. My promise to you is that by the end of this webinar, you will know and understand the one simple step to flip on your metabolic switch to burn fat faster and age slower.

Well, who am I? I am Dr. Rimka, a holistic doctor specializing in brain performance through drug-free approaches. And I built thriving practices seeing thousands of patients for over 20 years.

Through my years of helping my patients gain control over their body composition, I came upon the answer to end this vicious cycle of shame and blame and weight gain.

I'm going to share a secret about weight loss with you. All right, here you go. Here's the key to weight control. AMPK. I know, many of you probably don't know what that is.

So what is AMP? It stands for activated protein kinase and it's an enzyme present in all living beings that plays an important role in energy balance.

It helps determine your body's balance between energy consumption and production. it is a master regulating switch. IT is what determines your Body Fat composition and regulates how long you live.

It's known as a longevity pathway. Well, my patient Karen came to me for help to lose those stubborn 30 pounds she was holding onto. And like everyone that holds onto extra weight for over 10 years, she just feeling hopeless.

What turns AMPK off: insulin, mTOR, and fructans

But all we had to do was turn on her AMPK pathway and she lost the weight and gained her energy back too. She's never hungry. So are you ready to say goodbye to excess body fat and hello to more energy, more strength and

reverse the aging process?

Then let's learn how to turn on your AMPK, just like Karen. But to do that, we need to learn, how you are turning it off. Aging, so just as you age, you're turning off, I don't quite know how, to stop this yet, but that is a big problem.

Inactivity, I'm going to circle back to this, but yes, being inactive does turn this off. Insulin, that turns off AMPK, mTOR turns of AMPk, fructans, and resistant.

Now, if you don't know much about insulin, MTOR, fructans or resistant, That's what I am going through right now. All right, insulin. insulin is a hormone that helps cells uptake energy.

It's a signal to grow and get bigger. It is your primary fat storage hormone and it blocks AMPK. So for a number of reasons, you don't want high insulin and you also don' want frequent insulin.

Snacking keeps insulin high and snacking therefore blocks AMPK Carbohydrates release more insulin than other foods. So high carbohydrate diets and snacking lead to more Insulin, which leads to blocking AMPK.

And there we go. There you go, carbohydrates. Not good for you because they block AMPk. mTOR. Now mTor is an enzyme that modifies other proteins and it regulates cell growth and metabolism as well.

It's a complex pathway with a really horrible name that's critical to many cellular processes. But in short, think of it as a survival mechanism that signals to the body and cells that they should grow during times of plenty and not grow when food is scarce.

Okay, here we go. Enzyme. It helps you build muscles. So you want it on, you just don't want on all the time. Again, it was part of a survival mechanism.

If you have plenty of food, you build and you grow. Shouldn't be on all the time. It's turned on by leucine, which is an amino acid you get from complete proteins.

it is turned off, however, by fasting. All right. This is something that I think a lot of people don't know about, and it's really sabotaging some weight loss effort.

So if you're one of those people who can just drop a few carbs and do five minutes of exercise and you can drop 20 pounds in a month, this might not matter to you.

But if need a whole month for half a pound to come off, or if your three months into something and nothing has come of and even trying all the right things, fructans might be the big problem because they block AMPK.

So what is it? It's a polymer of fructose molecules. It is not frugtose, right, that you're familiar with that sugar that's in like fruit and things. But it's like taking a few of those together.

And sometimes when we put a view together, short chains are called fr facto oligosaccharides. You might see it as FOS on labels. So just to give you an idea, that's what it is.

It's not listed as a sugar, it's listed a carb in a different way. Its actually also a fiber. So it not categorized the right way and you may not realize that you're consuming this.

And in fact, its a big problem in number of ways. Uh, It can trigger a ton of serious gastrointestinal issues. Humans cannot digest fructans. No one can.

We do not have the enzymes to do it. Instead, we rely upon the bugs in our gut to ferment and break down the fructans for us. Now, depending upon your gut microbiome, you may be able to handle frructans, but many of you cannot.

Resistant and the fat-loss feedback loop

In fact, the symptoms can be so severe, they get mistaken for celiac disease and gluten intolerance all the time. So people will remove gluten and not maybe get the results they want because it's really the fractans that they're having a problem with.

So it's also incredibly sneaky culprit hindering weight loss for a lot of people who tried everything and are still stuck. Why? Because it stops AMPK and fat burning.

Eliminating fructans may finally be a key to moving the dial on your metabolism again. Okay. Oh, so once if you have too many fructans are they there you stopping and PK and it just helps tells the body to move sugars right into your fat cells.

Again, just like promoting it like insulin does. All right, you're not gonna like what happens in the next two slides. This slide or the slide you might wanna take screenshots or pull your phone out because many of these foods have a, these are your high fructan rich foods.

And trust me, are not going to like these lists, but I'm just the messenger. Don't shoot the Messenger, just hate the message, okay? Some of these things may be your favorite foods, and they're the things lots of people are telling you are healthy and you may being eating more and more of in an attempt to go low carb keto, add more plant based material.

People are But you need to also be aware of fructans and what it's doing to your AMPK and when it is doing your weight loss resistance. So take a screenshot.

Some of these things I know some of you eat every single day. Here's another one of some unexpected disappointing foods that are very high in fructan and they're turning off AMPk.

they're not good to lose weight guys I know sorry just physiology. All right now resistant I said I would get to this, what is resistant and it matters because it blocks amp K and we all know now that's the switch to burning fat and you don't want to keep walking your amp k you want it turned on.

How to turn AMPK on: exercise, fasting, and botanicals

Well, it's actually a hormone that's made by the fat cells as they get bigger than normal. So your fat self kind of have a set point on what size they want to be as I get Bigger and bigger and they end up leaking lots of things they literally actually leak fat.

But this is a actual hormone it making as it gets too big. You don't want resistant being made because it resists fat loss. That's why they named it. You gotta remember, fat is an endocrine gland.

It is more than what you're thinking of it, it's an actual organ, just like your thyroid adrenals, ovaries, pancreas, testes, et cetera. So it also this hormone, it becomes this vicious cycle of so your cells fat cells are getting bigger, they're becoming more inflamed they are leaking lipids are making more information plus they make resistant which increases inflammation, that just, It just keeps feeding itself.

So if you're struggling with inflammation, you don't want to release resistant. It also encourages insulin resistance. So you have blood sugar issues, insulin resistant, this will make it worse.

We really want those fat cells to stop releasing resistant The problem is the fatter you are, the more resistant you release, right? It's just the problem begets itself.

The big issue though, it directly blocks AMPK. All right, so let's review. AMPK needs to be turned on to lose fat, right? What blocks it? Aging, inactivity, insulin and mTOR, fructans, resistant, and fat cells are a part of an endocrine gland.

And they're making the resistant. As they increase in size, they release the resistance and that blocks the AMPK. So on this list, there are some things you can do and some you cannot, obviously.

Right? So fructans, insulin, and resistant, we can directly address and they all block AMP. So when the AMPK is off, how does this actually happen? All the fructose that's in these frructins and everything else you eat get transferred to the liver first.

The liver can only store a very small amount. Very small amounts of grams can go there. Then all the excess fructose goes straight to your fat cells. It goes there before your body's really using it up to burn it.

Also, when AMPK is turned off, you are very hungry. You have strong hunger signals because of ghrelin, and it also increases cravings. So you can see why it's really important.

We have AMPk turned on to lower hunger, lower craving, s and stop fructose from being shuffled off to the fat cells. How do we turn it on now that you understand?

So let's just reverse engineer, use some common sense. And this is why we wanna do it though. Think of it as your master regulatory switch. You don't know about AMPK, but you need to know by AMP.

It helps body fat composition and it increases longevity. If you're in any longevity circles, I'm 48 years old, we're all getting into this field now, everybody in their late 40s, 50s and 60s.

Everybody talks about AMPK and longevity cycles because it's critical. All right, how do we turn it on? Well, I can't keep you young. I don't know how to do that.

If these med beds come out supposedly, good luck with that." So when you're young, it's just easier to stay on. It's how it is. That's part of why the metabolism, one of many reasons why metabolism is different when your young But intense exercise does do it, not moderate exercise not long term hours cardio it must be intense intensity absolutely matters.

That's why things like hit training. Oh, and I misspelled it that's okay though hit trading H high intensity interval training should be hi it. You need something explosive, often it's called sprint training or burst training, but intensity matters and people seem to be afraid of intense activity and we need to stop being afraid calorie restriction, it does turn AMPK on.

However, nobody can do daily restriction for very long. Calorie restriction ends up breaking everybody because you end up feeling starving and nobody's willpower can't do that.

If you run too little calories through a system for too long and add increased output of exercise and stuff, your energy needs won't be met and your body turns on primal survival instincts to eat.

So, How this comes into play a better use of it is fasting and now there's a million different variations on this and there are definitely cycles that you need to do.

And I'm happy to teach you how to Do that, but just understand in general a concept of fasting, whether that's intermittent fasting alternate day fasting or short or 24 hour fasting are three to five day fast.

Key nutrients and closing recommendations

We wanna turn off mTOR. How do we do that? With periodic fasting. And again, that could just be a daily fast of letting yourself not eat for four hours after you have dinner and sleep all night.

That already puts a nice level of fasting, but definitely not like just not eating before you go to bed is a huge thing. Now there are certain plant botanicals that we know turn AMPK on.

There's quite a long list. This is not everything, But these are your big ones that have seen in studies that work. Berberine, many of you know about this one.

Many people take it for blood sugar regulation to try and help with diabetes and pre-diabetes. True cinnamon bark, that's also used. There's a lot of fake cinnamon out there, but you want to have the real stuff.

This does help AMPK because it also helps with insulin and bloodsugar. Resveratrol, very famous in longevity circles. It turns on AMPk. it's what we get from grapes and things like that.

Milk thistle seed and the primary chemical in there is called silymarin. It's renowned for liver detoxification and healing and AMPK. Quercetin and DIM, quercetin is a natural compound found in plants and dim has a long name.

I'm not going to try and say it. it's often used for detoxication and estrogen and things like that. So these are some of the big ones. Nutrients, other nutrients that are really important, and there's many more, but the one I see the most that's missing is chromium.

And many people need to add about a thousand milligrams a day into their protocol to really help amp this up because they've been so deficient.