Resistant Starch Is The Secret Carb For Reversing Fatty Liver #sugarmd Transcript

(Transcripts are generated by AI and may contain errors)

Fatty Liver Is More Serious Than You Think

Hello everyone, welcome Hello everyone, welcome back. If back. If you have been diagnosed with fatty you have been diagnosed with fatty liver, by the liver, by the way, almost 60–80% of diabetics have diabetics have fatty liver, whether fatty liver, whether they know it or they know it or not, or your doctor has said not, or your doctor has said that your liver that your liver enzymes are slightly enzymes are slightly elevated, elevated, elevated, you have most likely been told the same thing as everyone you have most likely been told the same thing as everyone else.

else. else. Just limit Just limit carbs, limit carbs, limit carbs, limit carbs, limit carbs, and all that other stuff carbs, and all that other stuff. Now. Now listen. You listen. You need to limit need to limit carbohydrates, but that won't carbohydrates, but that won't solve the problem solve the problem completely. I often completely. I often diagnose people with diagnose people with end-stage end-stage end-stage liver disease who have no symptoms at all who have no symptoms at all. And they're. And they're like, "What?" Well, no one has like, "What?" Well, no one has really really really tested it, and tested it, and the liver doesn't give the liver doesn't give any signals until it any signals until it completely fails.

completely fails. So, fatty So, fatty liver is much more liver is much more serious than you serious than you think. And look, think. And look, cutting back on cutting back on cutting back on refined refined refined carbs and sugar is carbs and sugar is a must, but a must, but today I want to today I want to talk about a talk about a specific type of specific type of carb that's carb that's actually good for you actually good for you. One that.

What Resistant Starch Is

One that most people most people are advised to avoid for the are advised to avoid for the wrong reasons. wrong reasons. It is called It is called resistant resistant resistant starch. And understanding starch. And understanding this can completely this can completely change your change your attitude towards liver nutrition. So, what is liver nutrition. So, what is resistant resistant resistant starch? This is a type of starch? This is a type of starch that, as starch that, as the name suggests, is the name suggests, is resistant to resistant to digestion in digestion in your small your small intestine. Instead of being broken down into broken down into glucose and immediately glucose and immediately absorbed like absorbed like regular starch, regular starch, it reaches the it reaches the large intestine large intestine mostly mostly mostly unchanged.

unchanged. unchanged. That's when he That's when he gets there, that's the gets there, that's the key. When it key. When it gets there, it gets there, it becomes food for your becomes food for your beneficial gut beneficial gut bacteria. Your bacteria. Your bacteria ferment bacteria ferment it and produce it and produce short-chain short-chain short-chain fatty acids such fatty acids such as butyrate, propionate, as butyrate, propionate, and acetate. And this is where it and acetate. And this is where it gets interesting, especially gets interesting, especially for your liver.

for your liver. So, you ask, "What's So, you ask, "What's my my my liver doing here?" Well, there is a liver doing here?

How Resistant Starch Helps the Gut and Liver

" Well, there is a close connection between close connection between the gut and the gut and the liver. Fatty the liver. Fatty liver disease, liver disease, especially especially especially nonalcoholic fatty liver disease—the type nonalcoholic fatty liver disease—the type that that that most most most people now face and which is the people now face and which is the most common most common most common cause of liver cause of liver failure in the United States—is deeply connected to deeply connected to your gut.

your gut. There is a direct There is a direct highway highway highway called the “ enterohepatic axis,” where

enterohepatic axis," where everything that happens everything that happens in your intestines in your intestines goes straight goes straight to your liver through the to your liver through the portal vein. The portal portal vein. The portal vein is very important. When the balance of your. When the balance of your gut bacteria gut bacteria is disrupted, when is disrupted, when not enough not enough proper proper proper fermentation is occurring, the fermentation is occurring, the intestinal walls can intestinal walls can become permeable and become permeable and inflammatory compounds can inflammatory compounds can enter directly into enter directly into the liver, adding the liver, adding fuel to the fire of fuel to the fire of fat accumulation and fat accumulation and inflammation. Instead, inflammation. Instead, short-chain short-chain short-chain fatty acids have the fatty acids have the opposite effect. Butyrate is opposite effect. Butyrate is particularly beneficial particularly beneficial for strengthening the intestinal lining, intestinal lining, reducing reducing reducing inflammation that inflammation that travels to travels to the liver, and has been shown to the liver, and has been shown to promote promote promote better better better insulin sensitivity.

insulin sensitivity. Honestly, this is one of the Honestly, this is one of the most important most important most important tools for tools for overcoming fatty overcoming fatty liver, as liver, as insulin resistance insulin resistance insulin resistance is the main cause of is the main cause of fat accumulation in fat accumulation in liver cells.

liver cells. Actually, this is the Actually, this is the mechanism.

Best Food Sources and Cooling Effect

There is also, I would say, a second, I would say, a second aspect that people aspect that people often miss, often miss, because because because resistant resistant resistant starch is not starch is not broken down quickly broken down quickly into glucose. It into glucose. It doesn't cause blood sugar spikes at all, and, and insulin levels don't insulin levels don't spike like spike like regular starches, regular starches, right? So you right? So you get a product get a product that that that acts like fiber in response to blood sugar acts like fiber in response to blood sugar,,, while simultaneously feeding while simultaneously feeding beneficial bacteria in beneficial bacteria in the gut and the gut and producing compounds producing compounds that soothe that soothe liver inflammation. This is a liver inflammation. This is a completely different profile completely different profile than white bread or than white bread or cereal, even though cereal, even though technically they are all technically they are all carbohydrates. Where can you carbohydrates. Where can you actually find this actually find this resistant resistant resistant starch? This is the starch? This is the most important question. Foods such as. Foods such as boiled and cooled boiled and cooled potatoes, boiled and potatoes, boiled and cooled rice, cooled rice, green bananas, green bananas, lentils, chickpeas, and other lentils, chickpeas, and other legumes are some of the legumes are some of the best sources. The best sources. The cooling process cooling process actually actually actually matters. When you matters. When you cook starchy cook starchy foods and then foods and then leave them leave them to cool in to cool in the refrigerator, the refrigerator, some of the starch some of the starch converts to a converts to a more stable form in a more stable form in a process process process called called called retrogradation. So retrogradation. So cold potatoes, cold potatoes, like cold like cold potato salad or potato salad or rice, right? Foods that rice, right? Foods that have cooled have cooled have cooled overnight overnight overnight usually behave differently in your gut than the same differently in your gut than the same food eaten food eaten hot. I want hot. I want to be clear: to be clear: resistant resistant resistant starch itself starch itself is not a magic bullet. And if someone tells. And if someone tells you that one particular you that one particular product alone product alone will cure fatty will cure fatty liver, of course, liver, of course, be be be skeptical.

Fatty Liver Strategy and Berberine Support

skeptical. skeptical. Fatty liver improves Fatty liver improves due to a combination of due to a combination of many factors. many factors. Weight control, right Weight control, right? Reducing? Reducing sugar intake, completely sugar intake, completely eliminating added eliminating added sugar, refined sugar, refined carbohydrates, carbohydrates, carbohydrates, regular physical regular physical activity, activity, activity, intense intense intense exercise, and exercise, and maintaining maintaining maintaining metabolic metabolic metabolic health in general health in general are important. But are important. But resistant resistant resistant starch is a really starch is a really underrated underrated underrated tool that tool that deserves more deserves more attention because it attention because it works with your works with your biology, not biology, not just limits you.

If you are looking for If you are looking for additional support additional support for blood sugar and for blood sugar and metabolic metabolic metabolic health while making health while making dietary changes, I would dietary changes, I would like to like to recommend SugarMD recommend SugarMD Super Berberine. Berberine Super Berberine. Berberine has a solid scientific has a solid scientific basis for supporting basis for supporting healthy healthy healthy blood sugar levels and insulin sensitivity, which, as I insulin sensitivity, which, as I just explained, is just explained, is directly directly directly related to how related to how the liver stores and the liver stores and removes fat. This is a removes fat. This is a remedy I often remedy I often recommend as recommend as part of a broader part of a broader metabolic metabolic health strategy, not as a health strategy, not as a replacement for the basics, replacement for the basics, right? But, the real help is right next to them.

help is right next to them. Now you can Now you can check it out at check it out at SugarMDs.com. So, the SugarMDs.com. So, the next time next time someone tells you that someone tells you that all carbohydrates are the enemy of your enemy of your liver, remember liver, remember that it's not that simple. It's all about that it's not that simple. It's all about what what what carbs you eat and how carbs you eat and how you use them you use them to support to support gut health and gut health and metabolism together.

metabolism together. If this was helpful, If this was helpful, please please please subscribe, subscribe, subscribe, leave your leave your questions in questions in the comments, and the comments, and see you in the see you in the next video.

next video.