What about BOB?

by Dr. Kelly J. Gibas

The Nation's Bread Basket

Many of you have invited BOB into your life…*Welcome BOB!* Yes, he's causing some headaches, but he promises to bring good things: reconciliation of fasting glucose, reduction of body fat, and freedom from sugar addiction! BOB (biology of burn) has been researched for decades, yet it's been repressed in nutrition! Read this excerpt from an 1825 article by Jean Brillat-Savarin entitled, *Prevention or Curative Treatment of Obesity* ... *"Now, an anti-fat diet is… the commonest and most active cause of obesity, since, as it has already been clearly shown, it is only because of grains and starches that fatty congestion can occur. It can be deduced, as an exact consequence that a more or less rigid abstinence from everything that is starchy or floury will lead to the lessening of weight." A profound statement when you realize insulin wasn't discovered for nearly 100 more years!* But then during the 1900's, in marched the powerful and lucrative promoters of the grain and flour industry. BOB was repressed; bread and cereal products became a new staple of the American diet. Minnesota actually helped to anchor this change; locally owned Mill City Flour Company became the nation's leading flour producer (later becoming General Mills, Inc.) Minnesota even earned the title, "The Nation's Breadbasket."

Carb = Insulin = Fat

But, don't forget Savarin's metabolic biology… carb drives insulin, drives fat!

Obviously, promoters of the grain/cereal industry wanted to keep Savarin quiet! And, they've done a pretty decent job of it…doctors blame dietary fat for obesity/heart disease; they promote a diet high in carb/low in fat. Most local personal trainers encourage a diet of 60% carb; and, many reputable diabetes specialists attempt to reduce high blood sugar by cutting fat/protein and adding more carbohydrate!

The National Center for Health published data on the food consumption patterns of Americans. Here's what they discovered…the highest consumption is of white bread, rolls and crackers, #2 is donuts, cookies, and cakes, #3 is alcoholic beverages! The same report indicated that 89% of the typical American diet is fat and carbohydrate! Yet, we're questioning why there is an obesity epidemic?

Shut the Door, Fat Cell!

How about the teenagers who eat Captain Crunch, Doritos, Oreo cookies, and drink Coke all day, yet they never gain a pound? Yes, it's true, but again let's go back to BOB (biology of burn) to understand what's happening to our nation's children. *Childhood cells are extremely sensitive to insulin.* It only requires small amounts of insulin to easily handle outrageous amounts of sugar, and other carbs that kids stuff into themselves. Thus, in most children, blood sugar and insulin stay controlled, and kids stay lean.

However, after years of eating high sugar, the body eventually needs more and more insulin to handle the sugar assault. With excess insulin, cells inevitably become resistant, losing their sensitivity. When the muscle, brain, and liver cells begin to lose sensitivity, the sugar pools in the blood until there's enough insulin to escort it to the only open cells…the fat cell! **It's an unfortunate biological fact (and a cause for obesity) that fat cells stay sensitive to insulin even when the other cells lose their sensitivity!**

"We can more easily dig our graves with a fork and spoon, than with a shovel!"
Protein Power

Like mother, Like Child

We all know, however, that not all kids can eat what they want and stay thin. Unfortunately, as the adult population loses control of blood sugar and insulin, it affects the next generation at earlier ages. New research indicates that *unborn* children are developing insulin resistance in the womb, due to the mother's hyperinsulinemia.

The consequential effect of this early resistance is childhood obesity, and the adolescent onset of type II diabetes.

Both of these consequences are plaguing our nation, and other Westernized cultures. As sensitivity to insulin is dulled, the tolerance for carbohydrates is drastically reduced. Thus, a child born with any degree of insulin resistance will have a greater propensity to store body fat. The genetic proponent to unstable blood sugar, insensitivity to insulin, and abnormal fat storage is a substantial factor in assessing risk and determining treatment. Take the following risk check.

If your parents or grandparents had or have any of the following, you are at an increased insulin risk…

* *heart disease*
* *high blood pressure*
* *accumulation of fat around middle*
* *elevated cholesterol*
* *elevated triglycerides*
* *type II diabetes*
* *excess fluid retention(swollen ankles)*

BOB and The DI

BOB is the answer to high risk! It's a personalized nutritional structure that works with your unique metabolic system to return insulin sensitivity to your cells. *As long as you follow it*! It won't return you to your childhood levels of imperviousness to carb assault; but, BOB will break the cycle of a glucose based metabolism. Once insulin sensitivity is restored, tolerance for carbs will redevelop. *How does it all work?* BOB is extremely individual; the one size fits all diet plans fail! The science behind BOB is the DI, or *deposition index.* The DI recognizes that irregular fat storage is a malfunction of the master hormone insulin.

Clear the Flood!

Anyone who has a body fat % greater than normal (22% women, 17% men) has an insulin issue. The key is to assess what aspect of the insulin/glucose axis is malfunctioning.

The DI evaluates 3 factors in relation to the insulin: *secretion, sensitivity and clearance.* Here's a typical BOB scenario…first, *secretion* is reduced by adding adequate protein and restricting carbs with a high glycemic load. This drastically reduces the insulin secretion; however, most people with insulin resistance will still have a substantial *clearance* problem. Insulin has been at flood stages, and it takes time to clear (usually 10-15 days.) Once the insulin clears (because the diet has been altered), the cells begin to regain their *sensitivity*. The cell receptors start to regulate blood sugar using only a limited amount of insulin. It's similar to restarting an engine that was flooded with gas.

Let BOB give you a restart!