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[**Weight Loss MSU**](http://drfittinfo.com/weight-loss-msu/)

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Most information you get from any mainstream source about anything will be MSU (make stuff up) simply because MSU sells more products. Winston never tasted good, no cigarette should. There is nothing real about Coke. Weight loss is similarly couched in MSU. Most people are unsuccessful at weight loss because they follow MSU information. I was no different until I got older and needed to lose 30 lbs to lower my blood sugar, cholesterol and blood pressure. The MSU I learned at The Cooper Clinic (Certified Lifestyle Counselor),Texas Tech University School of Medicine (M.D./Ph.D. program) and a fellowship in cardiovascular pharmacology did not help. What did help was reflecting back on how I lost 7 lbs in 2 weeks when I went to study acupuncture in China. What changed was not my activity level or the amount of calories I ate. What changed was the type of calories I ate. There was no bread, soft drinks, ice cream, candy, pizza, artificial sweeteners or other sources of foods that quickly turn to sugar or imitate sugar in such a way as to make your body produce the fat hormone-insulin. When you eat in such a way as to lower your insulin production, the weight quickly melts right off.

Here is a list of common MSU surrounding weight loss:

1) **Calories In vs Calories Out**-This seems logical to those who know nothing about the effects of hormones on weight maintenance. The implication here is that you are fat because you are lazy. I used to believe that. I had to rethink this when I saw my friend Jodi not losing weight even though she was exercising with me 4-5 days/week. You can lose weight with 2 hours or more of vigorous aerobic exercise if you are under 25. You won’t “walk it off” by taking a stroll after McDonalds.

2) **Eating Fat Makes You Fat**-People who have to make animals fat for a living (Feed lot managers ,pig farmers) will tell you the method to use is providing lots of grains and antibiotics. Grains turn quickly to sugar. This promotes production of the powerful fat hormone-insulin. The more insulin the animal produces, the quicker they will get fat and the higher the price they can be sold for. Antibiotics kill off beneficial bacteria which allows for yeast/fungus overgrowth. If yeasts/fungus is eating up all your sugar, your brain thinks you are starving-regardless of how fat you are. This drives a ravenous appetite, especially for foods that turn quickly to sugar. This perpetuates the cycle of increased insulin production and fat storage. Works the same in pigs or humans. This is a reason to choose antibiotic free meats. Medical doctors, myself included, were scratching our MSU heads when we saw patients losing weight by eating heavy cream, butter, bacon, sausage, eggs, steaks and hamburger on the Atkins Diet. I’ll discuss “cognitive dissonance” below.

3) **My Genes Make Me Look Fat**- This is not all MSU. There is a strong genetic component to the ease at which a person stores fat. If you are born with more insulin receptors, you will gain weight easier than a person with low insulin receptors given the exact same amount of calories. We see this in cattle feed lots and pig farms also. You know people who can eat all they want and never gain weight. You also know people who can’t lose weight regardless of which program they do (with the exception of BALi). The amount of insulin receptors you carry for a life time is determined in the uterus. If the mother is hypothyroid, the fetus must develop more insulin receptors in order to absorb sugar. Insulin and thyroid hormone work together to get sugar into your cells. If thyroid levels are low, you must depend on more insulin. This is a large part of the reason people gain weight with age. Thyroid levels start decreasing around age 26-27 causing you to have to produce more insulin. This increase in insulin causes you to store fat from neck to hips. Still, your genetic program can be overridden (or put into overdrive) by what you eat.

4) **Zero Calorie Artificial Sweeteners Help You Lose Weight**- Powerfully seductive MSU. The opposite is true. Chemical sweeteners like: Aspartame (Nutri Sweet-blue packets), saccharine (Sweet-N-Low-pink) and sucralose (Splenda-yellow) are up to 1200 times sweeter than sugar found in nature. It’s the intensity of the sweet taste that the brain uses to determine how much insulin needs to be released. Artificial sweeteners make you produce much more of the fat storage hormone-insulin. These chemicals are particularly bad for type 2 diabetics who already overproduce insulin due to being hypothyroid. “Acesulfame” is another chemical sweetener to look for when you see “Zero calories/Lite/Diet” on food labels.

5) **Counting Calories Helps with Weight Loss**- This is a corollary of the “calories in vs calories out” MSU you will hear fat doctors and fat dietitians repeat. This works in concentration camps, not in real life. In real life, deprivation will backfire for 2 reasons. Firstly, your metabolism will slow down to compensate. This happens by your active thyroid hormone-T3, being converted to inactive thyroid hormone, reverse T3. This is an adaptive mechanism to survive famine. I saw this when I ran the first Optifast program in Amarillo. This is the 700 calorie liquid diet Oprah used back in 1988 to lose 67 lbs in 4 months. I saw with my patients what you saw with Oprah-massive weight gain with a return to eating as before the calorie restrictive diet. We see the same with Weight Watchers, Jenny Craig, etc. Secondly, your brain MUST have sugar. If brain cells are deprived, they will take over similar to the way they will take over if you try holding your breath. Calorie restriction may work short term. It is not a long-term solution.

This information makes sense intuitively if you don’t have professional MSU training. If you have MSU training, you may now have what is called “cognitive dissonance”. This is the “I saw mommy kissing Santa Clause” moment you have when you see an obvious truth that conflicts with your MSU. If MSU makes you money or is otherwise positively reinforced, you’ll stick to MSU. If you’re an independent thinker, you’ll want to confirm this information via other sources. The book “Why We get Fat” by Gary Taubes is a good start.