



# A Vegan, High-Carb, Low-Fat approach to battling insulin resistance.

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“

I want to eat all of the carbs.  
All of them.

*-Thomas Gilliford*

“

If you are a vegan who does  
CrossFit, what do you tell  
people first?

*-Someone on the internet that's funny*

“

Jasnah had once defined a fool as a person who ignored information because it disagreed with desired results.

*-Brandon Sanderson, Words of Radiance*

# WHAT'S YOUR BIAS?

**Carnivore, anyone?**

**Vegan please!**



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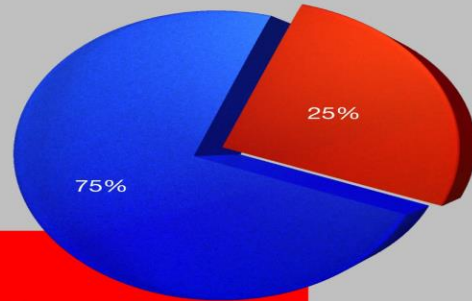
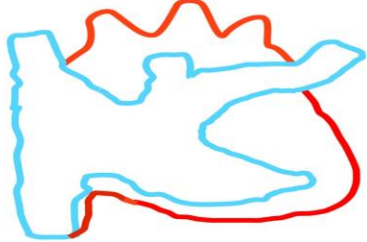
**Can I have both?**



# WHAT'S THEIR BIAS?

By: Brandon Clark

## Heart Disease



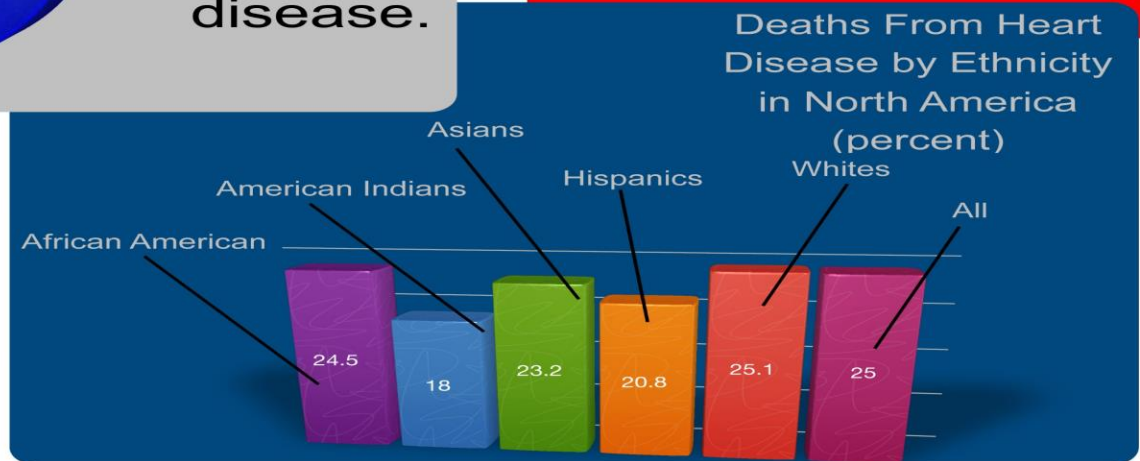
1 in 4 US deaths are caused by heart disease.

### Risk Factors

Weight  
Blood pressure  
Blood glucose  
Cholesterol  
Tobacco use



One in two men, and one in three women, will die of a heart disease before the age of 40.



University of Iowa Hospitals and Clinics, Cardiac Inherited Disease Group, USA Today, Center for Disease Control.

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# Big Idea 1:

We have a Carbohydrate-centric Diabetes model that points the finger of blame at carbohydrates for insulin resistance. However, it is insulin resistance that causes *carbohydrate intolerance*.

## Big Idea 2:

The Randle Cycle, aka fatty-acid syndrome, states that glucose and fatty acids compete for entry into cells. (fats win)



## Big Idea 3:

The data do not support massive de novo lipogenesis from carbohydrate intake, even at excessive levels.

# Multiple Choice:

In order to burn fat, a macro ratio skewed towards \_\_\_\_\_ should be utilized.

- a. High-carb, Low-fat
- b. Low-carb, High-fat
- c. Doesn't matter, just exercise, CICO baby!
- d. I mean...they all work to some degree

# So how we do work with these animal loving hippies?

- **Get the crap out of the diet**
- **Identify food sensitivities**
- **Determine appropriate macronutrient ratios for the bioindividuality of the client**
- **Get them hydrated**
- **Make sure they're eating enough protein**
- **Make sure they're eating enough calories**
- **Supplement with B12**
- **Consider Taurine and Carnitine supplementation if symptoms of deficiency arise**
- **Get Omega 3s in and keep them in balance with the other fats**
- **Have...*the talk***

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