

Dave Teta

The New Rules of Metabolism

PODCAST SHOWNOTES

*Our guest today is Dr. Jade Teta, an integrative physician specializing in natural health, fitness, and body transformation. He is the co-author of **The Metabolic Effect Diet**. His background in natural medicine along with his fitness expertise has defined his healthcare specialties of hormonal weight loss and functional medicine approaches to chronic disease.*

DiETING DOESN'T WORK

The only thing that has ever been proven about diets is that they do not work. Dieting in and of itself may be one of the chief causes of gaining fat. You cannot diet as a hobby. Understanding that you need to be a detective rather than a dieter is key. If your metabolism is pushing back against you, then you need to adjust and discover what best facilitates your metabolism. Use the acronym HEC (hunger, energy, cravings) to check in.

Three things to look for in a program that works for you:

If your HEC is in check, your metabolism is balanced, and you are operating from a place of strength.

Are you losing body fat or maintaining the body composition you would like?

Are your blood levels and vitals optimized?

Women are like Lamborghinis

Women are finely tuned machines, where one small thing can lead to a cascade of hormones and crazy reactions that affect weight loss and metabolism. It's vital to have a process that you use forever to analyze your choices and body's reactions instead of a different protocol every couple of months.

Willpower

Willpower is not what we think it is. It is like a battery – it can be drained, and it can be charged. We can build up our willpower “batteries” by doing exposure therapy, which is a process of slowly exposing yourself to trigger foods and establishing a healthy relationship with what you eat. This is a process that can be mastered. Developing willpower muscle can free you from food obsession so you're able to have a bite or two every now and then instead of binging.

[Check out Jade's website, and look on the side for the free course “The Metabolism School”!](#)

Listener Question:

I generally work-out for 90 minutes 4 to 5 times a week. My weight loss has plateaued now. What do I do?

Exercise is a drug. Long, hard cardio can actually tell your body to store fat, not burn it. Walk easy and move more. Exercise should be short, hard, and intense. Sprint for 30-60 seconds, and walk it off double to get 4-8 total minutes of burst training. It will take about 20 minutes, and you can do this 3 times a week. On the alternate days, go to the gym and do strength training (multi-muscle groups) with 2-3 movements for each big body part (pull ups, push ups, bench press, squats, step ups, pull downs, upright rows, bent over rows). Look at your stress hormones and monitor your body fat. Measure your cortisol and see if that is causing part of your issue.

Dave Teta

The New Rules of Metabolism

PODCAST SHOWNOTES

Please review us on [Stitcher](#) and [iTunes](#)! And, if you haven't already, **SUBSCRIBE!**

As always, remember:

You are worthy. Dare to live a life that matters.

© Copyright 2016 JJ Virgin & Associates, Inc. All rights reserved.

The contents of The Virgin Diet Lifestyle Show podcast is for your personal use only and are subject to the Terms And Conditions at www.jjvirgin.com.

The recipes have not been reviewed or approved by any government, healthcare organizations or physician. Recipes must be prepared according to provided instructions. Consult your primary health care provider with any related questions concerning your personal nutrition and fitness needs and the suitability of any recipes in light of your personal physical condition and circumstances.

JJ Virgin and JJVA assumes no responsibility for errors or omissions that may appear in this publication. While all attempts have been made to verify information provided in this publication, neither the Authors nor the Publisher assume any responsibility for errors, inaccuracies or omissions.

Neither JJ Virgin nor JJVA render medical advice.

These show notes and podcast offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read in this book. The use of any information is solely at your own risk.

This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes.