

# Weight Loss Methods - Poll of EpicureanFriends Results

**Post by "Todd" of January 19, 2023 at 4:17 PM**

I think this thread was supposed to be about personal experience, but I want to say some more about it. Feel free to move this to another thread if that would be more appropriate.

Let's start with some facts.

Weight loss requires a caloric deficit (aside from surgery). All the rest is just about ways of making a caloric deficit easier to sustain.

All carbohydrates are converted into glucose.\*

The human body prefers to use glucose for energy rather than fat. This is because...

Too much glucose in the bloodstream is harmful.\*\*

I believe those are all generally accepted facts. Now, I will speculate a bit...

The body's fat burning mechanisms are not just sitting around waiting to be used whenever they are needed. Like muscle tissue, they have to be maintained, and maintaining them requires resources. The body doesn't like to waste resources. Like muscle tissue, when the fat-burning mechanisms are not utilized, the body will not devote resources to maintaining them.

If that is true...

Naive calorie restriction is difficult because when carbohydrates are consumed every few hours, the fat-burning mechanisms are not utilized to a sufficient degree to signal the body to develop them. When glucose runs out, even though there may be stored body fat available, the fat-burning mechanisms aren't capable of meeting the body's demands, and the body demands more glucose, like an addict.

The various forms of carbohydrate restriction make glucose unavailable for sufficiently long periods of time for the body to engage the fat-burning mechanisms. This burns fat, obviously, but it also signals to the body that these processes are going to be used, and that resources should be devoted to building and maintaining them.

To evaluate the poll options in light of the above:

Definitely effective, but difficult to practice:\*\*\*

General Calorie Restriction

Likely to be effective:

Carbohydrate Restriction

Intermittent Fasting (temporary carb-restriction)

Carnivore Diet

Multi-day Fasting

Likely to be ineffective unless combined with an effective method:

Mediterranean Diet

Primarily Exercise

Vegetarianism

Out of scope:

Weight loss medication or supplement

Weight loss surgery

Finally, to be clear, all of the above is looking at this strictly from a weight loss perspective. I am not commenting on other health effects, positive or negative.

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\*This is not quite accurate (there are non-digestible carbohydrates), but it's close enough for this discussion.

\*\*This is why diabetes is bad. It is also why the body will burn alcohol for energy in preference to both glucose and fat: because alcohol in the bloodstream is even worse than glucose.

\*\*\*I think of this like a natural but unnecessary desire. If you find yourself in a situation where calorie restriction is easy, like famine, shipwreck, imprisonment...go for it. Otherwise, there are probably less painful approaches to weight loss.