

The Metabolic Edge

Restoring Metabolic Flexibility and Health

Andrew D. Watters

Metabolic Flexibility and Health

What is metabolism? What does the term even mean?

Surely it's more than just what keeps those lucky teenagers slim living on pizza and cinnamon rolls while the rest of us pack on weight like it's going out of style.

Metabolism can really be broken down into three things

1. How we convert food into energy
2. How we build and repair tissue
3. How we regulate bodily functions

Those 3 might not sound like much but when broken down they result in almost every positive, or negative outcome we could possibly experience. Which in turn means, that if we can create an healthy metabolism we can experience just about every benefit of good health known to man.

In order to deeply understand the significance, let's consider scenarios at 2 extremes:

Extreme 1 - Severely impaired metabolism

- Energy: Impaired energy production, rapid exhaustion, low stamina, energy ups and downs
- Fuel Use: Blood sugar instability (hypo/hyperglycemia), rapid fat storage, muscle loss
- Regulation: Chaotic appetite, poor hormonal function, irregular stress response, impaired sleep
- Subjective Experience: Exhaustion, mood-swings, discomfort, regular sickness, poor healing

Extreme 2 - Profoundly healthy metabolism

- Energy: High, consistent energy, rapid recovery from activity, minimal fatigue, high stamina
- Fuel Use: Stable blood sugar, health body composition, efficient fat loss, muscle maintained
- Regulation: Optimized hormones, stable appetite, high stress resilience, regulated sleep
- Subjective Experience: Stable mood, subjective well-being, regularity, robust immune system

When considering the extremes, it becomes obvious that the preferred condition is one of healthy metabolism.

So then the question becomes, **how do we create a healthy metabolism?**

To answer that we first have to understand how the average metabolism is broken. In modern diets we are heavily reliant on carbohydrates for quick energy and immediate fuel. Now, there's nothing wrong with using carbohydrates (carbs) for energy but when our bodies become over reliant on cheap and easy calories... some problems can quickly follow.

You see, the environment our hunger and energy storage mechanisms were created in isn't quite the same as the one we live in today. Historically **finding food wasn't so easy**. It was often scarce, irregular, and often required a great deal of planning, perseverance, and physical activity to acquire. Hallelujah that we don't live in that sort of environment anymore because food insecurity is a real problem. The reality is though, if we don't choose behaviors in our new environment that work with our ancient biological machinery - we can run into some problems.

One of the key things that regulated our metabolism and kept us healthy historically was **fasting**. Despite what you may have heard, fasting is actually extraordinarily normal and even health promoting for humans. When we fast, our body undergoes a process called *autophagy*, basically a recycling of old damaged cells and tissues and utilization of their components for energy and new healthy cells. It's an ingenious mechanism that our bodies developed (were built with?) as a result of scarcity that kept us healthy and ready to go when food was in short supply.

Unfortunately, most humans today don't implement fasting in nearly as ideal a fashion as we used to in order to get the benefits of this automatic cellular cleanout. Fasting has a multitude of other benefits as well that, brilliantly, someone figured out we could replicate through the ketogenic diet.

The ketogenic diet was actually "developed" (really *studied*) as a means to achieve similar metabolic conditions to the fasted state, but while consuming sufficient calories to be sustainable indefinitely. This is why you may hear the myth that the ketogenic diet is like "starving". A more accurate way to describe it would be as a diet that replicates the metabolic conditions of fasting, while consuming calories.

Imagine that, a way to manipulate our diet that gives us many of the benefits we get from fasting, but with totally sufficient calories and absolute sustainability. **That's the metabolic edge keto provides.**

Keto helps optimize our insulin sensitivity, regulate our mood and appetite, and optimize our cellular metabolism in ways that are truly incredible... because they lean on our ancient metabolic machinery.

If you're serious about your health, and you want to experience life **with a metabolism that works how it's supposed to...** that ketogenic diet is your ticket.

In my view, building a metabolism like that has to start with education. That's why I developed the keto kickstart guide - because I learned how to implement a ketogenic diet and over the course of a decade figured out how to optimize it for everyday life in a way that *works*.

I want you to experience what I have, and get your health to a place where you aren't just living, **you're thriving**.

If you're interested in diving deeper, the [10 Day Keto Kickstart](#) is for you. As a thank you for curiosity and invitation to join me, use code **10FORYOUFRIEND** at checkout for a discount.

As another resource - [check out the Life Force Health YouTube channel](#) for some videos on metabolism, training, and health.

Whether you join me inside the guide, watch a few videos, or go a different route, I'm grateful that you're here - making the commitment to yourself to become healthier, and a more awesome human. The world needs more awesome humans. Stoked to have you along for the ride.