

**Kym Connolly:** Dietitian & Diabetes Educator

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**Topic: The surprising patterns of weight loss with LCHF**

- Kym's observations in her private practice were that some people found it really difficult to lose weight. The profile of these people was often very similar and included the following:
  - Mostly women
  - Weight stored around the middle (tummy), shoulders, neck and back of neck
  - Small limbs
  - "Apple shape"
- Mainstream nutrition = 1-2kg of weight loss for these people and then often a return of the weight very quickly (plus a little more). Low carb weight loss did happen BUT progress was extremely SLOW!
- Clues as to why this may be happening were as a result of Kym fitting the pieces of a puzzle together from two different presenters at a recent low carb conference:

### **Presenter 1: Dr Doron Sher - Orthopaedic surgeon**

- Presented a case study where the individual had lost a total of 45kg over a one year period
- Interestingly this individual lost only 10kg in the first 6months and then 35kg in the second 6months!

### **Presenter 2: John Wright**

- John and his team have developed a machine based on the 'Metabolic chamber' that can be used in clinical practice and as a result have subsequently been able to collect some really interesting results
- This machine measures the carbon dioxide you breath out. If we breath out a lot of carbon dioxide, this indicates we are burning mostly carbohydrate. If we breath out relatively low levels of carbon dioxide, we are burning mostly fat
- The LCHF model was then put to the test and what this machine demonstrated was that it takes about 6months to become a GOOD fat burner

### **Dr Doron Sher + John Wright =**

- Piecing together these two presentations it is clear that it takes time for metabolic changes to occur and for a level of efficiency to develop in terms of fat burning

### **BOTTOM LINE**

Committing to LCHF as a lifestyle is ultimately the key to success. An initial commitment of 12 months is what it takes to really see results