

## **What is *The Hybrid Diet* and why do we need it?**

Imagine you won a competition and the prize was a hybrid car – one that could run on both petrol and electricity. You'd be considered foolish if you decided to only use the petrol mode and ignore its electric potential.

Yet we behave in exactly the same way with food. Humans have been designed through millions of years of evolution to burn two different sorts of fuel – glucose (which comes from the carbohydrates in fruit and vegetables) and ketones (which are made in the body from fat). Yet while everybody knows that glucose provides energy, very few people have even heard of ketones, let alone the positive effects this other fuel can have.

Ketones are at the heart of a dietary revolution to transform health and maximize performance. Experts in sports nutrition are using a diet that produces ketones to allow endurance athletes to run much further, without refueling, than those who rely on glucose and carbohydrate loading. That's one reason why British cyclists started clocking up golds. But the approach isn't solely for athletes. A small but growing number of GPs in the UK are putting their diabetes patients on a ketogenic diet as a way of treating diabetes. The drop in weight and improvement in the control of blood sugar has been remarkable.

But it turns out that the ketone diet has even more to offer. It opens the door to a new way of looking at what makes us sick and what keeps us fit and healthy. Remarkably, this new picture suggests that if you have any one of the chronic lifestyle diseases – diabetes, weight gain, cancer, Alzheimer's and heart disease – it's very likely due to a problem with the way your body is using energy. And that's something the ketone diet may be able to help with.

It's a hugely exciting vision and it's tempting to think that all that's needed is a screeching U turn on the low fat diet that has dominated dietary advice for the last 40 years. Cut right down on carbohydrates and eat all the saturated fat you like.

But that's forgetting we are designed to be a hybrid system. It would be odd of evolution to keep producing a twin energy system if one or other was dangerous and a waste of fuel.

### **Survival of the Fattest**

There's no doubt the body prefers to run on glucose, hence our love of everything sweet. In nature, sweet foods are safe and unlikely to be poisonous. We are genetically programmed to love everything sweet. And when sweet, sugary and carbohydrate-rich foods are available, our natural tendency is to gobble them up until we are full. In fact, hunger is largely triggered, and switched off, by your blood sugar level. If we eat more than we need, which nearly everyone does in the affluent world, where food is abundant, we store the excess as fat. In our evolutionary past this served us

well. During lean times, when hunting was bad, rain was scarce or when foods were out of season, those with good fat stores survived.

In fact, there's nothing wrong with carbs – unless you have too many of the wrong kind. Controlling your intake, known as a low-glycemic load (GL) diet, is the key to all successful weight loss and disease-reversing diets. This can be achieved in two ways:

1. By dramatically cutting carbs and eating fats and oils instead. Think of this as burning oil.
2. By eating slow-releasing, 'whole' carbs in controlled amounts. Think of this as running on electricity.

From a survival perspective you can think of these two in parallel to our programmed ability to hunt and to gather. Gatherers, more often women in ancient tribes, gathered carbs – fruits and vegetables. Hunters often went days without eating, switching to ketone mode, then ate meat or fish – fats and protein. Today we have forgotten why we are programmed in this way.

### **The Best of Both Worlds**

Both modes have pluses and minuses and times when one works better than the other. And, of course, everyone is different. If you veer towards vegan it's very hard to run on ketones – but not impossible. If you're a natural carnivore, but gaining a muffin top, switching to ketone mode will work well for you.

The point of The Hybrid Diet is to tell you how to make the best use of both options when you need them and how best to switch between them.

The healthiest people can do just that – switch their system between one and the other, like a well-programmed hybrid car, to achieve maximum metabolic efficiency. Most of us haven't dusted off that ketone engine in the basement for a long time – and the glucose engine is overworked and badly in need of a service and a rest. In Chapter xx we show you why occasional fasts are really good for you triggering the equivalent of a full engine service, called autophagy – the key to youthful rejuvenation. Even the simple act of not eating for 13 hours, which can be achieved by eating no later than 8pm and not having breakfast before 9am, does you the world of good.

If you are new to ketones you may now be feeling even more confused about diet than ever. And if you aren't confused about diet at the moment you just haven't been paying attention. What's in and what's out seems to change every week. After years of dutifully taking the skin off chicken and selecting low fat milk from the supermarket chill cabinet you've almost certainly seen articles saying low fat advice has been a big mistake. Instead, low carbohydrates, the hallmark of a low GL diet and the starting point of the ketone diet, is the way to go. Sugar is the new enemy.

To make things even more confusing, the recent rejection of the familiar low fat advice has triggered a determined fight back by the low fat establishment. So deeply ingrained in our western psyches is the idea that eating fat turns

into belly fat, (fuelling fat-blocked arteries and heart attacks) doctors and dietitians in some countries have been charged with professional misconduct by the medical establishment for recommending high fat diets.

### **How can you tell the truth from fiction and which diet is right for you?**

This is where *The Hybrid Diet* comes in. Following it doesn't mean you have to choose sides. Eating well isn't like joining a political party. You shouldn't have to choose between the dietary equivalent of Brexit or Remain, Mac or PC. The very fact that we are all hybrid by design suggests that your most comfortable position is sitting on the fence, and selecting the option that works best for you depending on your unique circumstances and preferences.

For example, the ketone diet, for all its promising benefits, also has its drawbacks. Many people find it fairly challenging to follow for long – the lure of our favourite carbohydrate food such as bread, pasta, rice and potatoes, washed down with a glass of wine or a beer, can prove impossible to resist for ever. So if you are healthy you might want to do it for weight loss or when you want a bit of a tune up, but eat in a more relaxed way the rest of the time.

We'll be exploring all the options, advantages and disadvantage in our quest to discover your perfect diet – your 'optimum nutrition' that is both nutritious and delicious, backed up with simple instructions and mouth-watering recipes. Along the way, you are going to learn something nobody teaches you at school – how your body works best and how to stay healthy and free of disease, look younger and live longer.

## **CONTENTS**

Introduction

### **PART 1 – FAT FOR FUEL**

1. The Ketone Revolution
2. High Fat, Low Carb Reverses Diabetes
3. The High Fat Cancer Hope
4. About Turn on High Fat and Heart Disease
5. Eating Fat to Lose Fat
6. Your Brain Needs Fat

### **PART 2 – SLOW CARBS RULE**

7. Not All Carbs are Created Equal
8. Slow Carbs Reverse Diabetes
9. Slow Carbs Wins for Weight Loss
10. Slow Carbs and Heart Disease
11. The Slow Carb Cancer Connection
12. Slow Carbs Boost Mood and Memory

### **PART 3 – DUAL FUEL ADVANTAGES**

13. Meet Your Mean, Lean Energy Machine
14. Switching on Autophagy – the Cellular Clean Up
15. The Value of Intermittent Fasting And Exercise
16. Breaking Sugar, Carb and Stimulant Addiction
17. Going Hybrid Makes Evolutionary Sense
18. Switching –Why, When and How?

### **PART 4 – THE HYBRID DIET**

18. Good fats
19. Fruit & Veg – Common Ground
20. Don't Exceed Protein Needs
21. High Fat Phase
22. Slow Carb Phase
23. Going Hybrid for Vegetarians and Pescatarians
24. Hybrid Support Nutrients
25. Biohacking your Ketone/Glucose Balance

### **PART 5 – HYBRID DIET MENUS & RECIPES**

26. High Fat Breakfasts, Lunches and Dinners
  27. Slow Carb Breakfast, Lunches and Dinner
  28. What to Drink
- References, Recommended Reading, Useful Addresses, Index