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Yogesh Haribhau Kulkarni

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Summary of “The DAILY HACKS To Melt Fat Away, LOSE WIEGHT & Live Longer”

YouTube channel: Tom Bilyeu

Original Source

The DAILY HACKS To Melt Fat Away, LOSE WIEGHT & Live Longer | Shawn Stevenson
([YouTube](#) 52 mins)

Jottings

- Theme: Food to fight obesity
- Metabolism is unique for everyone and even that changes over time.
- Not just quantity but quality of calories is important.
- How fat goes:
 - fat cells die with their content (ie fat)
 - Open fat cells and take them to Mitochondria (burner)
- Be kind. You may know the solution. Need to be aware, educated.
- Microbiome decides the obesity as well. Both that we inherit (nature) or build (nurture)
- Microbiome diversity is key, Old way,tribal, diversity food helps.





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- Hypothalamus is like barometer, regulates metabolism (in turn, obesity).
- Neuroinflammation, specially of hypothalamus
- Obesity causes Hypothalamus inflammation, a viscous cycle.
- Neuroinflammation can be lowered by chlorophyll (green vegetables, Oleocanthal-Rich Extra-Virgin Olive Oil)
- To eat (generic principles):
 - Organic (no pesticides)
 - Omega 3 Fatty Acids DHA, EPA (Seafood, grass fed beef, caviar, salmon eggs, fish oil, Krill shrimp oil, algae oil for vegans)

The above summary was also posted in the Comments section of the original [YouTube](#) video.

