

# CARB Cycling by Product Development Manager Peter Griscom

*When introducing people to the new Post-Ignite Plan, I often refer to it as carb-cycling. In order to shed some light on what exactly carb-cycling is, how it works, and how to maximize its effect, I have put together this brief article.*

## What Is It?

Carb-cycling (Cyclic Ketogenic Diet) is a nutrition plan for losing fat and trimming up. It has been used for decades in the fitness world, but is just now reaching the mainstream. It is an ideal way to lose fat, preserve muscle, and get healthy, while still allowing you the freedom to exercise and have a 'cheat day.'

## How Does It Work?

Carb-cycling in the Post-Ignite Plan is essentially a modified ketogenic style diet (high-protein, high-fat, low-carb) which offers up several of the benefits of the state of ketosis without the pitfalls.

When eating a high-carb diet, our body becomes inefficient at using fat for energy due to the readily available supply of carbohydrates. When we begin a low-carb diet, we force our bodies into a state referred to as ketosis, in which our body starts breaking down body fat and begins using it as a fuel source. There are several benefits to ketosis, but some of the highlights include:

1. Drastic increases in fat loss because body fat is the primary fuel source in this state.
2. Ketosis has a muscle sparing effect due to the high-protein nature of the diet and the body's own affinity to utilize ketones (molecules generated during fat metabolism) over glycogen, which can be synthesized from muscle through gluconeogenesis.
3. Many people report decreased appetite while on a ketogenic style diet, which is excellent due to the low-calorie nature of the diet.

What sets carb-cycling apart from a ketogenic diet is re-feeding, or the 'high-carb' day. After a couple days into the diet, our body's glycogen

stores in the liver and muscles are depleted and need to be replenished. At this point we incorporate a strategic high-carb day to replenish these stores and, because our body is depleted, the majority of the carbohydrates we take in go to replenishing these stores. In addition, these high-carb days help boost a hormone called leptin, which is the most important fat burning hormone in our body. Typically, as we diet, leptin levels drop as our body attempts to spare body fat, but re-feeding has been shown to significantly raise leptin levels and help our body's maintain fat loss for a long period of time.

In simple terms, we follow-up a couple of low-carb days with a high-carb day—according to the schedule mapped out in the Post-Ignite Plan—resulting in weight loss.

## How Do I Maximize the Effect?

When accompanied by Xyngular's healthy shopping list, the Post-Ignite plan is a potent weapon in the arsenal of anyone looking to get lean and fit. We recommend choosing your foods from that list and being vigilant throughout the week to eat all meals on a regular schedule, while maintaining proper supplementation with the Xyngular product line.

In addition to eating whole, unprocessed foods, Xyngular recommends exercising to the extent you feel comfortable with the new Post-Ignite Plan. This will maximize the fat burning effects of the program and expedite your results.

## Special Considerations

As always, we recommend consulting a physician prior to beginning any diet, exercise or supplementation regimen.

Athletes should increase portion size according to activity level and intensity, and adjust nutrient timing to surround activity. This means that 20-25% of carbohydrates should be consumed immediately upon waking and the other 75-80% should be consumed within 1.5 hours before or after exercise to increase the muscle sparing effect of the diet.