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What is going on guys

Welcome back to my channel

Today I am going to share my story:

This was me, two years ago,

I used to be fat, chubby, husky...

Whatever you want to call it

And safe to say by looking at the photo

I didn't miss too many meals

Not too long after...

I remember the first time I saw a youtuber talk about their eating disorder.

I was immediately fascinated.

I couldn't believe that someone could be so open and honest about their struggles with food and weight. (NT)

I watched as they talked about their journey to recovery and how they were able to lose weight like a youtuber.

I was inspired by their story and decided that I wanted to try it for myself. (NT)

I started by cutting out all processed foods and sugars from my diet.

I also started working out regularly and tracking my food intake.

I was determined to lose weight and become healthy.

Within a few months,

I had lost amount of weight and

I have developed a severe eating disorder

I looked as food as good and bad, just like FAT...

And I was addicted to watching the scale drop...

I felt lose and have literally no energy, (NT)

I continued to follow the healthy lifestyle I had created for myself and eventually reached my goal weight

I am now maintaining my weight loss and living a healthy life.

And here is my daily life...

I am so grateful to the youtuber who inspired me to change my life.

But I must get my life back...

#10

Recently I found a Hack
that destroy all the fitness industry
could probably save my life

#11

Losing Fat is always the dream,
But you have to know them first...
Before you beat the enemy,
So...What are Fats?
Apparently Just like any Movie,
There are always good and bad
Here we goanna discuss: Brown and White
The differences are shown in the figure
(Big lipid droplet: store energy
High number of mitochondria: burn energy)

#12

Here are more details to sum up

#13

With the help of CRISPR gene-editing technique
It's possible to make white acts like brown
By activate UCP1 in WHITE and make them HUMBLE
This technique has done by many researchers

#14-17

But this is the first study in vivo
(with the anime)
By creating the HUMBLE cell (NT) from human white (NT)
Then transplanted them into mice (NT)
And to see how them act

#18

Here are the results:
With the High Fat Diet (NT)
The mice w/ HUMBLE and Brown: Slightly gained body weight (NT)
And have Lower Insulin Resistance

#19-20

The Conclusions

Are as Follow (NT)

“Curing Obesity by taking pills, if the Hack is true, more enjoy in food!”

#21-22

I am goanna Wrap Up my presentation here

Thanks for your watching

And I will see you guys in the Next One!!