



Protignes Webinar on

# The Role of Protein in Obesity and the Benefits of Carnivore Diet



By

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Calorie counting is useless, hormones dictate the overall metabolic health of the human body, how optimising diet towards protein can bring metabolic health back.

## Topics of Discussion

- Conventional wisdom of calories in calories out and how food companies use it to their advantage
- How the hormones responsible for hunger and satiety react differently to different macronutrients
- Protein overfeeding studies
- Why a diet should be centred around first class protein
- How a Carnivore diet can help you heal metabolically



## About dLife



dLife.in – the only community site of Indians by Indians and for Indians with a focus on Indian Low Carb High Fat – LCHF & Ketogenic – diet to manage / reverse diabetes. If you are looking to facilitate getting back to non-diabetic numbers, effortless weight loss, reduce inflammation, improve lipids and reverse PCOS or general parameters related to metabolic syndrome, your search ends here. DLife has launched Low Carb Diploma nutrition course. The course has a legal tenability. The course is from NAAC Accredited autonomous institute.

**NOTE - This is limited attendees webinar, First 50 participants will have free registration and all the attendees will be provided with amazing discount offer for attending PODMS 2021 in Bali, Indonesia.**

# PODMS 2021

To register for the webinar contact us on  
[kavya@protignes.com](mailto:kavya@protignes.com) or whatsapp to  
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