

Metabolism Boosting Strategies



We are well into another New Year and most of us have made the same old resolution to lose weight. You started out with a great exercise routine, made the necessary changes to your diet and began to see results, but before you know it your weight plateaus. What then? You feel like you've tried everything but nothing seems to help. Have you considered your metabolism? Sometimes, all you need is a little boost to fire up your metabolism. A slowing metabolism is a simple fact of the aging process and the results are usually weight gain. Making a few adjustments and adding a supplement as part of your weight loss strategy can make all the difference.

Let's explore some ideas for revving up our metabolism.

Functional Foods and Supplements

Green Tea

There is still some debate as to whether green tea really impacts the metabolic rate, however most do agree on a few facts.

First, green tea contains catechins that inhibit the absorption of glucose in fat cells. This occurs due to the regulation of insulin after a meal. Drinking green tea soon after eating slows down the release of insulin into the bloodstream. This produces a reduction



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in cravings, mostly for the sugary foods that are so bad for us. Studies indicate that catechins remain active for about 24 hours after being consumed.

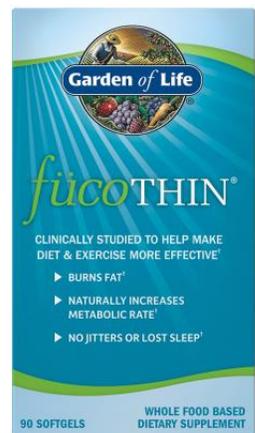
Second, the recent buzz surrounding green tea is about Epigallocatechin Gallate (EGCG) a known fat burner that increases the body's Resting Metabolic Rate (RMR). The caffeine in green tea and EGCG work synergistically to increase RMR. There appears to be enough evidence to conclude that adding green tea to your metabolism boosting plan would be a better beverage choice for weight loss than those with sugars and creams. Drinking three to five cups per day, particularly after meals to slow insulin response, can burn an estimated 70-80 calories.

Supplements

Boosting your metabolism, as part of your weight loss plan, works best if you follow a disciplined exercise regimen and reduce your calorie intake (focus on cutting processed carbs). The research is limited but there are more than a few companies with untested claims that their supplements can boost your metabolism. There is one supplement however with documented studies and clinical trials to support its metabolism boosting claims.

- ✓ **Coleus Forskohlii** – An herb historically used in Ayurveda (traditional Indian medicine) for digestive and respiratory health.

Today it is primarily used to boost testosterone and induce fat loss, predominantly in men. The active ingredient is forskolin, which increases cyclic AMP (adenosine monophosphate or adenylic acid), also known as cAMP. cAMP raises the basic metabolic rate through its interaction with ATP (adenosine triphosphate). It also stimulates the enzyme lipase which is responsible for fat mobilization.



Trans Fat

Most of us know about the harmful effects of trans fats and how they reduce the body's ability to burn fat.



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Trans fats bind to fat and liver cells thereby slowing down your metabolism. These fats promote inflammation and encourage the storage of fat.

Foods commonly found with high levels of trans fat can include vegetable oils and processed foods, like:

- Cakes, pies and cookies (especially with frosting)
- Biscuits
- Breakfast sandwiches
- Margarine (stick or tub)
- Crackers
- Microwave popcorn
- Cream-filled candies
- Doughnuts
- Fried fast foods
- Frozen pizza
- Salad dressings

There are many others, so always check the labels before purchasing any food, even if it is from a trusted source. Instead, consider monounsaturated fats commonly found with Mediterranean Diets and plant based oils like avocado and olive oils.

Water

The Journal of Clinical Endocrinology and Metabolism published results of their water induced thermogenesis (calories the body burns after drinking water). Subjects drank 16oz of water for this study.



The finding is that drinking water increases metabolism by 30% within 10 minutes after drinking it. Energy expenditure started to increase and peaked at 30-40 minutes and the effect was sustained for up to an hour. They estimate that by increasing daily water consumption to 48 ounces burns 48 calories. Over the course of a year those calories would translate to 17,448 calories. So Drink Up!

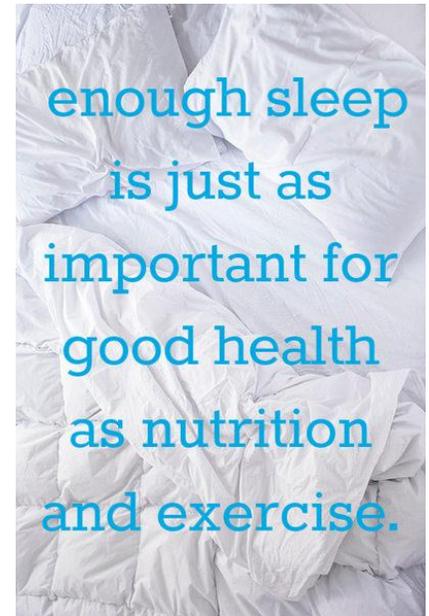


Remember to always drink water while sitting (never standing) and that men need to drink more than women to process those calories.

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Sleep

We are a sleep deprived culture. Sleep deprivation leads to increased cortisol, a stress hormone that tells our body to conserve energy (hang on to fat). The hormone ghrelin is what causes us to feel hungry. The hormone leptin lets us know when we are feeling full and should stop eating. We are likely to eat more when we get less sleep and these hormones are out of balance. It is important to calm the body down by activating the para-sympathetic nervous system, the system that allows us to rest and digest. If sleep is difficult, try yoga, tai chi or an alternate form of slow meditative practice to give your body the rest it needs, and deserves.



Build Muscle

The math is simple for this one. Muscle requires more energy for sustenance than fat, so the more muscle you have the more calories you will burn. If your New Year's resolution is to lose weight, weight training is your primary source with the use of supplements as an additional measure to assist you in achieving your goals. Exercise first, then adjust your diet and add supplements to help you burn fat.



At PBW we carry many supplements to aide you in your quest to lose weight. We all metabolize differently so one of the best things you'll find here is advice. Our staff has been trained to assist you in all areas of health and fitness so don't hesitate to take advantage of your best resource, the team at Perfect Balance Wellness.

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Infographic

REV YOUR METABOLISM

FUEL UP WITH WATER

YOUR BODY NEEDS WATER TO PROCESS CALORIES. IF YOU ARE EVEN MILDLY DEHYDRATED, YOUR METABOLISM MAY SLOW DOWN.



MEN NEED 3.0 LITERS OF FLUIDS PER DAY

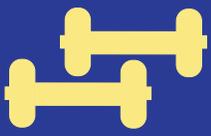
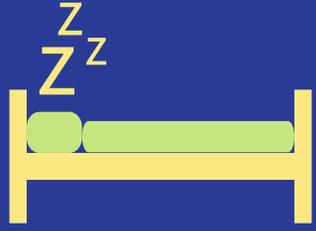


WOMEN NEED 2.2 LITERS OF FLUIDS PER DAY

DRINK GREEN TEA

DRINKING GREEN TEA IS ONE OF THE EASIEST WAYS TO REV UP YOUR METABOLISM. THREE TO FIVE CUPS A DAY CAN HELP YOU BURN AN EXTRA 70 CALORIES A DAY .



<h3>BUILD MUSCLE</h3> <p>EVERY POUND OF MUSCLE USES ABOUT 6 CALORIES A DAY JUST TO SUSTAIN ITSELF, WHILE EACH POUND OF FAT BURNS ONLY 2 CALORIES DAILY.</p> 	<h3>TRIM THE TRANS FAT</h3> <p>TRANS FATS ALSO SLOW DOWN YOUR BODY'S ABILITY TO BURN FAT.</p> 	<h3>SLEEP</h3> <p>RESEARCHERS HAVE FOUND A LINK BETWEEN METABOLISM AND SLEEP, AND NOT GETTING ENOUGH OF IT MAY SERIOUSLY SLOW METABOLISM.</p> 
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The information presented here is not intended to take the place of your personal physician's advice and is not intended to diagnose, treat, cure or prevent any disease. Prescription Drugs and Supplements are not always compatible and should only be use with the approval of your doctor. Discuss this information with your own physician to determine what is right for you. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions.