

## 10 TIPS TO INCREASE YOUR METABOLISM

1. Always eat breakfast. If you wait until late morning or early afternoon to eat, your metabolism will run slower.
2. Rather than eating a large meal three times a day, eat 4 to 6 small meals throughout the day. Be sure to space these meals 2 to 3 hours apart. Eat slowly: chew each bite 60- 90 times. It takes 12 min for your brain to realize that your stomach is already full.
3. Don't under-eat to loose weight. Your body will see this as a starvation and it will struggle to hold onto the fat and water that it has retained. In essence, your metabolism will shut down. Be sure not to have more than 5 to 6 hour gap between your small meals.
4. Plan your meals in advance. Prepare your lunch and take it with you. A common mistake is to eat too little throughout the day. This may leave you vulnerable to overeating later or swinging through drive-thru. Meal at the restaurant has about 250 cal more than we think. Remove snacks from the house. You won't eat it if it's not there.
5. Sleep at least 8 hours every night. Hormones responsible for weight gain (cortisol, insulin) are cleared from your body during sleep and growth hormone (youth hormone) is being secreted only during sleep.  
People who sleep less than 6 hrs a day increase their risk of obesity by 27%. (73 % if sleeping less than 5 hrs). Even 20 min of extra sleep will make a difference.
6. Commit yourself to exercise. Take the stairs instead of elevator, park further away and walk. The only cure for slow metabolism is exercise. Attempt to walk as much as possible. Be sure to get your heart rate up until you are slightly short of breath, but be able to speak in short sentences. (If you can't say a word - you overdoing it, but if you can easily have a conversation - you not in the calorie-burning zone).
7. Every exercise counts: three 10 min sessions throughout the day are as good as one 30 min session (climb stairs for 10 min during lunch break then walk around the block after supper). Start with 120 minutes of any kind of exercise per week.  
Short intense exercise session speeds up metabolism for up to 24 hrs (if you are to eat something you shouldn't – eat it right after exercise) and also suppresses appetite.  
Longer sessions of moderate intensity burn more fat.
8. Drink plenty of water. Fat-burning process needs water to be effective. If you not take in enough of water your body will retain water that it has stored. Minimum is 64 oz water per day, more if you exercise. Best: number of ounces equal to 2/3 of your body weight in lbs.
9. Increase your protein intake. When you lose weight you also lose protein from your muscles. Be sure to keep your muscles strong by adding quality protein to your diet.
10. Take supplements:
  - Omega-3 fatty acids (EPA/DHA)- increase fat burning, speed up basic metabolic rate, decrease cholesterol and promote healthy cardiovascular system
  - CLA (Conjugated Linoleic Acid)- increases lean body composition (↓body fat, ↑muscle)
  - 5-HTP- regulates appetite & supports weight management, enhances emotional well-being
  - 7-KETO DHEA - stimulates thermogenesis (fat burning process), increases basal metabolic rate and promotes healthy body composition (↓body fat, ↑muscle)

## OUR RECOMMENDATIONS FOR HEALTHY EATING:

The best eating plan is based on **small, frequent balanced meals** containing all food groups: lean protein, low-glycemic carbohydrates, mono-saturated fats, plenty of water, fruits and veggies.

DAILY MENU COMPOSITION		
Carbohydrates	50-60%	Choose foods with low glycemic index (GI), which won't cause sudden spikes in blood sugar level after eating. Check <a href="http://www.lowglycemicdiet.com">www.lowglycemicdiet.com</a> for more info. Try to avoid foods with Glycemic Index above 55.
Protein (lean)	20-30%	Protein requirements: healthy people -0.8gm/kg, exercise- light 0.9gm/kg, moderate 1-1.2gm/kg, heavy 1.4gm/kg, during weight loss: 1.2-1.5gm/kg. More than 2gm/kg of protein per day is unhealthy.
Fat	20-30%	Choose mono-saturated fat and foods rich in omega-3 fatty acids
Sodium (salt)	2-4 grams	Causes water retention and ↑ in blood pressure. Processed and canned food contains the most sodium.
Fiber	20-35 grams	Richest in fiber are: bran, whole-grain foods, wheat, rye, oatmeal, barley, legumes, root vegetables and fresh fruit with pulp and skin.
Potassium	2-5 grams	Most people are potassium-depleted (richest in potassium are: dried apricots, kiwi bananas)
Calcium	1000-2000 mg	Necessary for effective weight loss process (also strong bones)
Vitamins & minerals	Recommended for every adult	Choose from brand-name supplements, it matters! Our favorite: Pure Encapsulations – <a href="http://www.PureCaps.com">www.PureCaps.com</a>

### GENERAL TIPS:

Eat more of these Healthful Foods	Eat less or avoid of these Unhealthful Foods
<ul style="list-style-type: none"> <li>• Fruits (especially blueberries, pomegranate and acai are the richest in antioxidants)</li> </ul>	<ul style="list-style-type: none"> <li>• Enriched wheat flour (crackers, savory snacks, pretzels, rice cakes, white bread, white pasta)</li> </ul>
<ul style="list-style-type: none"> <li>• Vegetables (non-starchy). Include green leafy, bright red and orange vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• White sugar or corn syrup containing foods: cakes, pastry, candy, soda</li> </ul>
<ul style="list-style-type: none"> <li>• Lean red meat and poultry</li> </ul>	<ul style="list-style-type: none"> <li>• White rice, white potatoes</li> </ul>
<ul style="list-style-type: none"> <li>• Free-range eggs (fortified with Omega-3)</li> </ul>	<ul style="list-style-type: none"> <li>• Fast food</li> </ul>
<ul style="list-style-type: none"> <li>• Fish &amp; seafood ( best: wild Alaskan salmon, also helps with wrinkles)</li> </ul>	<ul style="list-style-type: none"> <li>• Partially hydrogenated oils (margarine, vegetable shortening)</li> </ul>
<ul style="list-style-type: none"> <li>• Walnuts, sesame seeds, ground flaxseed, any raw nuts or almonds</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable oils: corn, sunflower, light olive oil</li> </ul>
<ul style="list-style-type: none"> <li>• Unrefined olive oil, nut oils, sesame oil, flaxseed oil, canola oil</li> </ul>	<ul style="list-style-type: none"> <li>• Meats with saturated fat (untrimmed red meat, hamburger, pork, processed meat)</li> </ul>
<ul style="list-style-type: none"> <li>• Legumes (beans, soy products, lentils)</li> </ul>	<ul style="list-style-type: none"> <li>• Artificial sugars or sweeteners</li> </ul>
<ul style="list-style-type: none"> <li>• Milk (skim or 1%), low-fat cheese, natural yogurt or kefir</li> </ul>	<ul style="list-style-type: none"> <li>• Dairy with saturated fat (whole milk, cream cheese, aged cheeses, butter)</li> </ul>
<ul style="list-style-type: none"> <li>• Whole wheat products (cereal, bread, pasta), brown rice and whole grains</li> </ul>	<ul style="list-style-type: none"> <li>• Foods containing preservatives &amp; antibiotics (worst: glutamate sodium &amp; aspartame sodium)</li> </ul>