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WAYS TO BOOST YOUR METABOLISM

*Please see the supplement buying guides for anything that I have referenced can be taken in supplement form.

1. Never go hungry. Whether you should or shouldn't eat 4 – 6 meals per day is entirely based on how often you actually get hungry. And by hungry, you are actually experiencing true hunger pangs in your stomach, as opposed to experiencing boredom or eating out of habit. Listen to your body and only eat when you are truly hungry. Hunger pangs are typically caused by low blood sugar and tell your digestive system that there's not enough food which causes it to slow down to conserve energy. TIP: Learn to choose foods that keep you fuller longer so that you do not wind up overeating.
2. Overeat. Despite tip #1, you need an occasional “re-feed” meal. While you typically want to be at a calorie deficit (unless you are specifically trying to gain mass), if you go for long periods in a calorie deficit, your body adapts and your metabolism slows down which can inhibit fat loss and exercise performance. Once per week, eat a meal or two with excess calories (try to keep it relatively healthy) to make your body realize it is not going to be constantly deprived.
3. Consider supplementing with *digestive enzymes (specifically amylase and lipase) which can boost your metabolism, especially for people who have digestive issues.
4. Eat saturated fat. Saturated fats are a major component of your cell's membranes and aid in controlling the flow of nutrients in and out of cells, as well as maintaining proper cellular function. Properly operating cells is an important part of maintaining a high metabolism. Saturated fat comes from animal sources like meat and dairy and from plant sources like coconut oil. Modern replacements for saturated fat such as margarine and other trans fats are now known to lead to heart disease, obesity, and metabolic damage. However, because saturated fats are calorie dense, you still want to limit them in the diet when you are trying to lose fat.
5. Go organic. Besides the fact that organic foods are known to contain higher levels of vitamins, minerals, antioxidants, and enzymes, they don't contain chemicals which can contain or cause free radicals in the body and can damage the metabolism. Essentially, the cleaner your fuel, the faster your metabolism runs.
6. Cinnamon. Multiple studies have shown that cinnamon improves insulin production and response and increases the metabolism of glucose. Cinnamon also improves circulation. Try to include one to two teaspoons of cinnamon in your daily diet. If you have some level of insulin resistance, consider taking a *cinnamon supplement.

7. Turmeric. Aids in absorption and digestion of carbohydrates in the small intestine and in the metabolism of fats in the liver – turmeric can also lower cholesterol and acts as an antioxidant and anti-inflammatory. Can be added to food or taken as a *supplement.
8. Garlic. Can reduce levels of circulating fat in the bloodstream, stabilize blood sugar levels, and improve fat burning rate in the liver. Also stimulates adrenaline production which can trigger fat release from storage tissue and use these fat stores for energy. Garlic can stabilize cortisol levels which reduces lean muscle breakdown. Use garlic in a variety of dishes and consider taking a *supplement.
9. Chromium. Chromium can increase the efficiency of insulin to optimal levels, aid glucose and fat metabolism, enhance mood, and promote energy. Try a *chromium picolinate supplement – 200 mcg. Food sources include romaine lettuce, raw cacao, grass-fed beef, broccoli, garlic, turkey breast, asparagus, green beans, nuts, onions
10. Potassium, calcium, magnesium. Potassium deficiency can lead to muscle weakness and glucose intolerance. Food sources include sweet potatoes, acorn squash, avocados, spinach, and pumpkin. Calcium deficiency can lead to inhibited fat oxidation. Food sources include dairy, spinach, broccoli, turnip greens, and collards. Magnesium is involved in over 300 enzymatic processes in the body. It is involved in energy formulation and energy transfer. I don't recommend potassium supplementation, rarely calcium supplementation, but I do recommend *magnesium supplementation.
11. B vitamins. B-vitamins are energy vitamins and a deficient state can lead to inhibited macronutrient metabolism. Food sources include avocados, acorn squash, spinach, green peas, and animal protein (especially grass-fed beef liver). I do think a *B vitamin complex is safe for most people.
12. Vitamin D3 and omega-3 fish oil. Vitamin D3 and omega-3 fish oil can prevent insulin resistance and inflammation and promote muscle strength. The best source for vitamin D is the sun, and then a *D3 supplement. The best source for omega-3s are wild-caught salmon, rainbow trout, and sardines. You can also *supplement omega-3 fatty acids.
13. Folate (folic acid) is crucial for red blood cell development which is crucial for delivering oxygen to the muscles. In physical activity, your power, endurance, and acceleration will decrease when folate is deficient. Food sources include black-eyed peas, black beans, spinach, collards, turnip greens, avocado.
14. Water. Aim to drink pure, clean water at the rate of ½ your bodyweight in ounces per day.
15. Alpha-lipoic acid. Increases cellular metabolic activity and protects the body from cell-damaging, metabolism-slowing free radicals, while increasing insulin sensitivity and blood sugar stabilization. Helps maintain the active state of CoQ10. Can *supplement with up to 300 mg. Food sources include spinach, collards, broccoli, potatoes, beets, carrots, and grass-fed or pastured red meat.
16. Avoid high fructose corn syrup. Fructose interferes with the body's use of magnesium, copper, and chromium. It has also been known to increase risk of high cholesterol, blood clots, and immune system damage, all bad things that can slow your metabolic rate.

17. Avoid alcohol. It slows your metabolism by depressing the central nervous system.
18. Increase your fiber intake. Fiber lowers bad cholesterol, regulates blood sugar levels, controls insulin, and flushes out excess fat. Be careful though, too much fiber can cause nutrients to be poorly absorbed. I recommend 25 to 40 grams per day from vegetables and high fiber fruits like raspberries and blackberries.
19. Ginger. Improves circulation and speeds up digestion. Can improve respiratory function. Ginger can be used from ground spice, fresh root, tea, and can be taken as a *supplement.
20. Carnitine. Essential for energy metabolism. High levels of carnitine can result in increased fat utilization during both rest and exercise. During periods of high stress or heavy exercise, a carnitine supplement might be a good option. Good dietary sources are wild-caught fish, chicken breast, and avocados. Can also take an *Acetyl L-carnitine supplement.