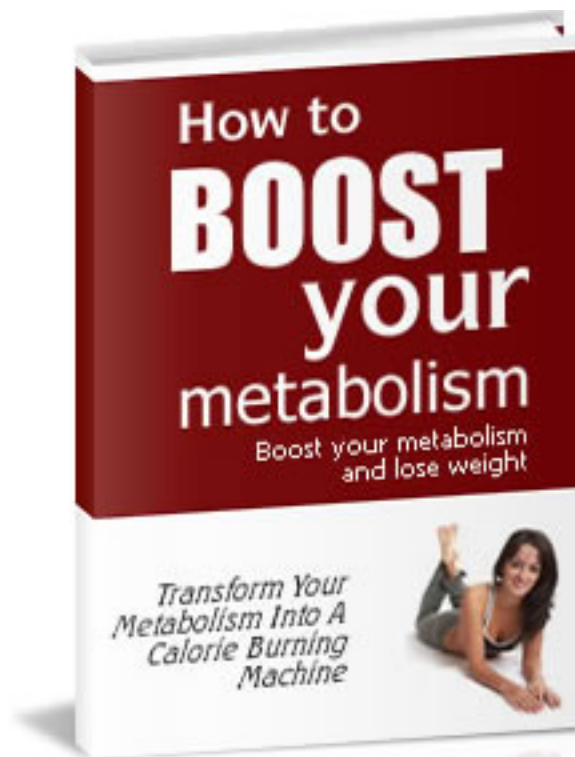


How to Boost Your Metabolism



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Introduction

Metabolism. There isn't perhaps a more frequently used word in the weight loss (and weight gain) vocabulary than this.

Indeed, it's not uncommon to overhear people talking about their struggles - or triumphs - over the holiday bulge or *love handles* in terms of whether their metabolism is working, or not.

Doctors, too, often refer to metabolism when they try and explain why starvation and water-loss diets aren't scientifically or medically responsible; since, alas, they do not influence or take into account metabolism (there's that word again!).

So, for all of the usage that this rather daunting and biologically-charged word enjoys in our world, you'd comfortably assume that people understand it, right?

Or, at least, they have some fundamental information when it comes to how to speed *up* their metabolism, right?

Wrong!

Towards Understanding Metabolism

Regrettably, many people simply *don't* understand the concept of metabolism and metabolic change. This, equally as regrettably, is hardly their fault.

There is so much information floating around out there, much of it over the 'net or through a "friend of a friend who has a personal trainer", that there's bound to be some confusion and conflicting messages.

Furthermore, many people (quite understandably) mistake their own weight gain and loss episodes as a matter of metabolic change. Sometimes this is true, and sometimes it isn't.

For example, as we will discuss in this book, there are scientific ways to increase the rate of metabolic change, and thus enable the body to burn more calories.

Eating *certain foods* more frequently is one way to do this (again, we look closer at these in this book). Yet another way to visibly lose weight - at least on a perceived, temporary level - is to sit in a steam room for a few hours.

Whereas the former method (eating the right foods) is a real, *proven* weight loss method through increased metabolic change, the latter method (the steam room) is just temporary because the lost

weight is merely water, and will return as swiftly as it “melted away”.

The point to remember here is that some people mistake their own weight loss attempts as being related to metabolic change; and, as you can see with the steam room example, that isn’t always the case.

Low Fat Labels

Another big reason that people don’t have clear, consistent information on this topic is because, unfortunately, there are a lot of food and supplement companies on the market who don’t *want* you to know fact from fiction.

They want you to believe that constantly buying “low fat” foods is going to somehow speed up your metabolism.

While, yes, *some* low fat foods can play a role in an overall eating program that is designed to speed up metabolism, merely eating foods that come from packaging that screams “LOW FAT!” won’t do anything.

In fact, believe it or not, but many people actually *gain* weight when they eat too many “low fat” products. Many of these products are laden with calories from carbohydrates or proteins

(which are *still* calories and *still* must be burned off or they turn into body fat).

As you can see, and probably *feel* from years of trying to unravel this whole metabolic mystery, this is a confusing, stressful, and indeed, potentially depressing situation.

Each year, tens of millions of people attempt to retake control over their health and the shape of their body; and each year, tens of millions of people feel that they've "failed" because, try as they might, they just can't speed up their metabolism.

This book is the antidote to that way of thinking and feeling because the perceived failure is *not* a failure in any of these hard working dieters and exercisers (of which you may be one).

The failure is with the medical and nutritional sector as a whole, which has simply not provided people with the information that they *need to know* in order to speed up their metabolism.

And given the size of the nutritional field and the fact that so much of it is influenced by money-making enterprises (not all of the field, of course, but enough of it to make a difference), there's really no sense in playing a "wait and see" game for when clear, consistent, and helpful information starts to flow out to people like us.

What's Inside...

And that's why this book exists. It's been created for the millions of everyday people like us who simply want to know how to speed up metabolism, and how to lose weight the right, healthy, and responsible way. We want to know:

- What the heck a metabolism is, and what role it really plays on weight loss and gain
- The proven, scientific ways to speed up metabolism - not myths and fitness club "speculation"; but the *real deal*.
- Specific diet and food items and promote a faster metabolism, so that once unwanted weight has been lost, it can be *kept off* through a responsible eating plan.

And in the pages ahead, that's precisely what we cover!

Part 1: What is Metabolism?

Some people think that the metabolism is a kind of organ, or a body part, that influences digestion.

Actually, the metabolism isn't any particular body part.

It's the *process* by which the body converts food into energy.

Hence, you've likely heard of the phrase *metabolic process* used synonymously with the term *metabolism*, because they both mean the same thing.

The Medical Mumbo Jumbo

This isn't a complicated medical text (which should be great news to most of you!), and so we don't need to spend an unnecessary amount of time and space focusing on the layered complexity of the human body and its extraordinary intelligence.

Yet without drilling deeply into medical details -- which are not relevant for our general understanding purposes -- it's helpful to briefly look at the biological mechanisms behind metabolism.

Metabolism, as mentioned above, is the process of transforming food (e.g. nutrients) into fuel (e.g. energy). The body uses this energy to conduct a vast array of essential functions.

In fact, your ability to read this page - literally - is driven by your metabolism.

If you had *no* metabolism - that is, if you had no metabolic process that was converting food into energy - then you wouldn't be able to move.

In fact, long before you realized that you couldn't move a finger or lift your foot, your internal processes would have stopped; because the basic building blocks of life - circulating blood, transforming oxygen into carbon dioxide, expelling potentially lethal wastes through the kidneys and so on - *all of these* depend on metabolism.

Keep this in mind the next time you hear someone say that they have a *slow metabolism*.

While they may struggle with unwanted weight gain due to metabolic factors, they certainly have a *functioning metabolism*.

If they didn't, they wouldn't even be able to speak (because that, too, requires energy that comes from, you guessed it: metabolism!).

It's also interesting to note that, while we conveniently refer to the *metabolic process* as if it were a single function, it's really a catch-

all term for countless functions that are taking place inside the body. Every second of every minute of every day of your life - even, of course, when you sleep - numerous chemical conversions are taking place through metabolism, or metabolic functioning.

In a certain light, the metabolism has been referred to as a harmonizing process that manages to achieve two critical bodily functions that, in a sense, seem to be at odds with each other.

Anabolism and Catabolism

The first function is creating tissue and cells. Each moment, our bodies are creating more cells to replace dead or dysfunctional cells.

For example, if you cut your finger, your body (if it's functioning properly) will begin - without even wasting a moment or asking your permission - the process of creating skin cells to clot the blood and start the healing process. This creation process is indeed a metabolic response, and is called *anabolism*.

On the other hand, there is the exact *opposite* activity taking place in other parts of the body. Instead of building cells and tissue through metabolism, the body is breaking down energy so that the body can do what it's supposed to do.

For example, as you aerobically exercise, your body temperature rises as your heart beat increases and remains within a certain range.

As this happens, your body requires more oxygen; and as such, your breathing increases as you intake more H^2O . All of this, as you can imagine, requires additional energy.

After all, if your body couldn't adjust to this enhanced requirement for oxygen (both taking it in and getting rid of it in the form of carbon dioxide), you would collapse!

Presuming, of course, that you *aren't* overdoing it, your body will instead begin converting food (e.g. calories) into energy. And this process, as you know, is a metabolic process, and is called *catabolism*.

So as you can see, the metabolism is a *constant* process that takes care of two seemingly opposite function: anabolism that uses energy to *create* cells, and catabolism that *breaks down* cells to create energy.

Indeed, it's in this way that the metabolism earns its reputation as a harmonizer. It brings together these apparently conflicting functions, and does so in an optimal way that enables the body to create cells as needed, and break them down, again as needed.

Metabolism and Weight Loss

By now, you already have a sense of how metabolism relates to weight loss (catabolic metabolism, or breaking cells down and transforming them into energy).

To understand this process even more clearly, we can introduce a very important player in the weight loss game: the *calorie*.

Calories

Calories are simply units of measure. They aren't actually *things* in and of themselves; they are labels for other things, just like how an inch really isn't anything, but it measures the distance between two points.

So what do calories measure?

Easy: they measure *energy*.

Yup, the evil calorie - the bane of the dieter's existence - is really just a 3-syllable label for energy.

And it's important to highlight this, because the body itself, despite its vast intelligence (much of which medical science cannot yet understand, only appreciate in awe) does not really do a very intelligent job of distinguishing good energy from bad.

Actually, to be blunt, the body doesn't *care* about where the energy comes from. Let's explore this a little more, because it's very important to the overall understanding of how to boost your metabolism, particularly when we look at food choices.

In our choice-laden grocery stores, with dozens of varieties of foods - hundreds, perhaps - there seems to be a fairly clear awareness of what's *good* food, and what's *bad* or *junk* food.

For example, we don't need a book to remind us that, all else being equal, a plum is a *good* food, whereas a tub of thick and creamy double-fudge ice cream is a *bad* food.

Not bad tasting, of course; but, really, you won't find many fit people eating a vat of ice cream a day, for obvious reasons. So what does this have to do with calories and energy?

It's this: while *you and I* can evaluate our food choices and say that something (like a plum) is a healthy source of energy, and something else (like a tub of ice cream) is an unhealthy source of energy, the body doesn't evaluate. Really.

It sounds strange and amazing, but the body really doesn't care. To the body, *energy is energy*. It takes whatever it gets, and doesn't really *know* that some foods are healthier than others. It's kind of like a garbage disposal: it takes what you put down it, whether it *should* go down or not.

So let's apply this to the body, and to weight gain. When the body receives a calorie - which, as we know, is merely a label for *energy* - it must do something with that energy.

In other words, putting all other nutrients and minerals aside, if a plum delivers 100 calories to the body, it *has* to accept those 100 calories. The same goes for 500 calories from a (small) tub of ice cream: those 500 calories *have* to be dealt with.

Now, the body does two things to that energy: it either metabolizes it via anabolism, or it metabolizes it via catabolism. That is, it will either convert the energy (calories) into cells/tissue, or it will use that energy (calories) to break down cells.

Now the link between calories/energy, metabolism, and weight loss becomes rather clear and direct.

When there is an excess of energy, and the body can't use this energy to deal with any needs at the time, **it will be forced to create cells with that extra energy.** It has to.

It doesn't necessarily *want* to, but after figuring out that the energy can't be used to do anything (such as help you exercise or digest some food), it *has* to turn it into cells through anabolism.

And those extra cells? Yup, you guessed it: added weight!

In a nutshell (and nuts have lots of calories by the way, so watch out and eat them in small portions...), the whole calorie/metabolism/weight gain thing is really just about excess energy ...