

# 10 Ways To Increase Your Metabolism

Being able to digest food efficiently is a large part of a diet's success. Even if you eat low-calorie and nutritious food all day, you won't lose weight if your body is not processing the food before storing some of it as fat.

If you are over the under the age of 40, you are likely burning calories faster than your older counterparts so there is a slight advantage.

## Muscle vs. Fat

Even though we are always burning calories, even while resting, there is a big difference in how our bodies use fat versus muscles. Did you know that each pound of muscle burns 6 calories a day, while each pound of fat burns only 2? So muscle is three times more efficient than fat in terms of fueling your body's energy and overall metabolism.

## Hormones and Metabolism

It is a fact that having a hormone imbalance can greatly impact diet success. After all, hormones help stimulate hunger and other bodily functions. Recent reports indicate that many women and men have a hormone imbalance that contributes to poor sleeping patterns, digestion, cravings, moods, sex drive and more.

Hormone imbalances affect all ages and genders. You may have a hormone imbalance if you have been experiencing:

- weight loss difficulties or constant weight gain
- belly fat
- anxiety, depression
- a difficult time getting to sleep
- consistently stressful situations
- a thyroid issue
- a reduced energy level
- body sweats

If you can identify with even one of these symptoms, we highly recommend having your hormone balances checked.

## Tips to Increase Your Metabolism

- 1. Increase water intake:** Did you know that the new rule of thumb on water consumption is to drink half of your body weight in ounces? If you weigh 130, then try to drink 65 ounces of water per day.
- 2. Reduce or eliminate diet soda:** If it is your go-to drink, slowly reduce the amount you are drinking until you have altered its purpose to being your "special treat" beverage - once per week.
- 3. Increase muscle mass:** Weight lifting, no matter how minor, will honestly help build strong bones, reduce the potential of osteoporosis in later years and will automatically speed up your body's mojo.
- 4. Increase calcium intake:** Your calcium level is what tells your body to hold onto or release fat. Make sure you're getting the right amount by eating high-calcium foods and/or taking supplements.
- 5. Reduce or eliminate alcohol:** Did you know that alcohol actually leaches calcium and other vitamins and minerals from our bodies? Young or old, it doesn't matter what age you are, alcohol intake should be limited.
- 6. Eat more ginger:** Ginger enhances digestion, so ginger tea, ginger root added to meal preparations and even ginger beer or ale in limited quantity will help.
- 7. Walk or increase body movement:** We're not saying you have to run a marathon, but get that body out moving each and every day. Don't let it feel like a chore - make it fun. Dance around the house or go out for a brisk walk with your friend or dog.
- 8. Bs and Cs help:** Vitamin C helps absorb calcium in your body and Vitamin B helps digestion. Either eat more nuts, seeds, fish and lean meats or consider taking supplements.
- 9. Piquant is best!** Although the effect of spicy foods may be temporary, in the interim they help. So add chili peppers and hot sauces to as many foods as possible and you will see an immediate result.
- 10. Add protein:** More calories are burned when digesting protein than when digesting most other foods. Great protein sources include eggs, tofu, lean meats, beans, fish and some dairy products.

Speeding up your metabolism will increase your chances for a successful weight-loss program, as long as you're not sabotaging or cheating in other areas. So go ahead and give it a whirl - we're sure you're going to feel great!

