

## Title: **Boosting Metabolism with Diet and Nutrition**

Adapted from: [http://www.healthcastle.com/boost\\_metabolism\\_bauer.shtml](http://www.healthcastle.com/boost_metabolism_bauer.shtml)

Volume LXXXVI \* July 7, 2008



Text adapted from : [http://www.healthcastle.com/boost\\_metabolism\\_bauer.shtml](http://www.healthcastle.com/boost_metabolism_bauer.shtml)

### **Boost Your Metabolism and Move More**

Picture Adapted From: <http://clubfym.ning.com/>

**Metabolism is the total of all body processes that burn calories. Metabolism = Basal Metabolic Rate + Activity Factor.**

**BAD NEWS:** Most of what controls your metabolism isn't under your control. Some people are genetically blessed with a high-burning metabolism. They were born with it. So don't hate them for it, unless, of course, they rub it in!) On average, men have a metabolism that is 10 to 15 percent higher than women's, mainly because of their larger size and greater muscle mass. Whether you're a man or a woman, your metabolism naturally decreases with age. Scientists have estimated that metabolism slows about 5 percent per decade, beginning at age 40, as we lose muscle mass and increase body fat. Hypothyroidism (under-active thyroid) lowers metabolism and causes weight gain. Fortunately in this case, if a blood test confirms there's a problem, your doctor will prescribe medication that can boost it back up to baseline.

**GOOD NEWS:** Your metabolism doesn't have to remain stagnant or take a nosedive. You can burn more calories, lose more weight, just by changing the way you think about eating and moving.

**Food Fixes for Metabolism** Remember that our basal metabolic rate includes the energy we need for body processes, including digestion. About 10 percent of our calories are used to process the food we eat. As the calories are burned, our bodies generate heat. This phenomenon, known as the thermic effect of food, is influenced by how much, how often, and what we eat.

**1. Eat at least 1,000 calories per day.** Although it is generally true that eating a low-calorie diet will help you take off weight, if you eat too few calories, your metabolism will get slower and slower as it tries to conserve energy. As your metabolism crashes, the weight you take off will most likely creep back on over time. Plus, you'll be more likely to binge on junk food if you reduce your calories by too much.

**2. Eat every four to five hours.** A regular meal schedule helps keep your body working to digest and absorb foods. Between breakfast and bed, aim to eat a meal or snack every four to five hours. And try to eat breakfast within 90 minutes of rising. People who regularly eat a healthy breakfast are more likely to control their weight. If you wait to eat until you're really ravenous, you're more likely to overeat later in the day. Also breakfast helps fire up your metabolism after a full night on a slow simmer.

**3. Eat protein with every meal.** All foods contribute to the thermic effect, which means that all foods -- carbohydrates, fats, and proteins -- help to give metabolism a gentle nudge higher when we eat them. But protein has the greatest thermic effect of all. In addition, protein can increase metabolism by helping to maintain and build muscle mass. Published in May 2007



