

Raise Your Metabolism



The Important Stuff

- Leptin
- Foods
- Fiber
- Love the Liver
- Spices
- Blockers
- Exercise
- Toxins



METABOLISM =



- Anabolism - building
- Catabolism - breaking down

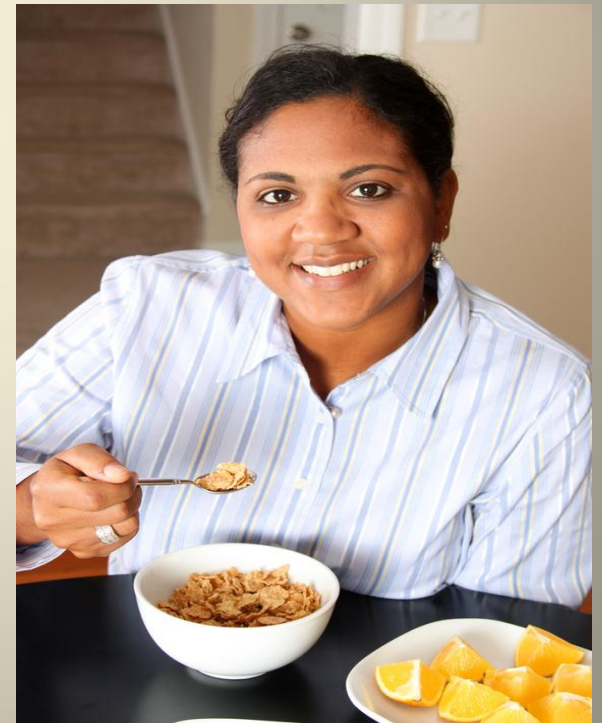
LEPTIN/Insulin Resistance

- Body gets “full” from nutrients – not calories
- 2-5 x - leptin receptors burn out (Weight Loss Resistance)
- Toxicity – in fat cells, release of leptin
- Inflammation – caused by toxins block receptors
- Snacking – insulin/triglycerides



FOOD

- Protein – 30% (~14g) at breakfast/12 hrs/=2-3 m jog
 - Decrease at dinner /sleep problem/converts to sugar
- Carbohydrates – 30%/Glycemic Index
- Fats – *ONLY* healthy fats/40% (7g) per day *every meal*



Fat Content in Nuts and Seeds

Food	Fat (g)	Saturated Fat (g)	Cholesterol (mg)
Almonds, 1oz	15	1	0
Cashers, dry roasted 1 oz	12	3	0
Chestnuts, roasted, 1 oz	1	0	0
Hazelnuts, 1 oz	18	1	0
Macadamia, roasted in oil, 1 oz	22	1	0
Pecans, 1 oz	19	2	0
Pistachios, 1 oz	14	2	0
Sesame Seeds, 1 tbsp.	4	1	0
Sunflower seeds, 1 oz	14	2	0
Walnuts, 1 oz	16	2	0

An ounce of plain nuts contains between 160 to 200 calories and about 13 to 20 grams of fat.

FIBER

- 30-40 grams per day/psyllium



Without adequate fiber, up to 90% of cholesterol and bile acids will be reabsorbed and recirculated to the liver. This taxes your liver and reduces its fat-burning abilities. A sluggish, overworked liver does a poor job metabolizing fat, and you gain weight.

LIVER LOVING

- Cranberry water
- Hot lemon water
- Protein
- L-Carnitine in lean beef and lamb
- Flaxseed oil raises metabolism, carries poisons out of liver
- Eggs
- Cruciferous veggies
- Garlic, onions, dandelion root, milk thistle, turmeric
- Parsley, cilantro, fennel, and anise have diuretic properties
- Protein will speed up metabolism and decrease water retention and cellulite



THERMOGENIC SPICES

- Ginger
- Cayenne
- Mustard
- Cinnamon
- Cloves
- Bay leaf
- Coriander



Metabolism Blockers

- Wheat
- Sugar
- Milk
- Yeast based seasonings

Symptoms –headache, coughing, sneezing, blurred vision, rapid heartbeat, indigestion, skin rashes, fatigue, joint swelling, mood swings, hot flashes



EXERCISE

- Aerobics –
 - 4-12 hrs keeps burning
 - Lymph system/toxins
 - Blood, nutrients, O₂ to cells
 - Digestion, absorption, assimilation, enzymes

TOXINS

- Carbamates – kill bugs/promote growth
- Muscle damage/distort hormones
- Pork
- Shellfish
- Chlorine/shower/thyroid
- Infrared Sauna

Worth the Mention

- Glucomannan fiber
- Chromium picolinate/ polynicotinate
- HCA (Hydroxycitric Acid)



References

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- Holford, P. *The optimum nutrition bible*. Berkley: Crossing Press. 1999