

Jump Start Your Metabolism

So many of us struggle with weight loss. In fact 67% of North Americans are over weight or obese and suffer with obesity related diseases such as high blood pressure, type 2 diabetes, heart disease, low back pain and elevated cholesterol. There are so many fad diets out there for us to choose from; unfortunately they are not sensible or sustainable for long periods of time.

There are many factors that can affect our metabolism. At the age of 30 our metabolism slows down significantly and continues to decrease by 0.5% per year. This starts to add up, so as we get older we need to make healthy choices and exercise regularly. Other factors that can inhibit our weight loss include food allergies, poor digestive function, low thyroid, Candida, genetics and hormonal imbalances. Fortunately there are a few health tips that can jump start your metabolism naturally.

1. Drink Green Tea. The key to better health is in your tea bag. 3 cups daily has been clinically shown to increase metabolic rate and speed up fat oxidation.
2. Stop the late night munchies. Just by not eating after 7pm you will notice the pounds come off. Late night eating prevents the digestive juices from burning excess waste material and inhibiting weight loss.
3. Walk your way into a new you. Walking for 30 minutes per day 5 days per week at a moderate pace has been shown to increase metabolism and burn fat.
4. Make sure you are eating enough protein. This will ensure your body is releasing enough glucagons, to opposite hormone to insulin, which facilitates weight loss.
5. Supplementing with 200 mcg of chromium per day in conjunction with a healthy diet and exercise will balance blood sugar levels, decrease cravings and suppress appetite.

If you are considering improving your diet and lifestyle an excellent way to get off to a great start is a 1-2 week cleanse. Cleansing will not only rid your body of unwanted toxins, but it will improve your energy, digestion, immune system and of course your metabolism!