

Metabolism

**7 things you can do to make sure it's
running at its best**



And why it slows down!

Wednesday, 5/16 at 1:00 pm

Metabolism Quiz

Take This 5 Question Quiz ~ We'll Review the Answers in a minute

Question 1 – Please answer yes or no to the following:

Have you worked out today or plan to workout today? _____

Have you been eating supportively? _____

Did you have a post workout shake if you did strength training? _____

Do you plan on eating protein with every meal? _____

Have you taken some essential fatty acids? _____

Are you taking in enough water, every day? _____

If you're not already doing all of the above, then you don't need a better plan, you just need to follow these things. When do you plan on starting these things? _____

Question 2 – True or False: Thyroid hormone is the only hormone that matters for metabolism? _____

Question 3 – True or False: Your body fat is has no control over your metabolism? _____



Question 4 – True or False: Exercise is the best way to increase metabolism? _____

Question 5 – True or False or it depends: Insulin levels are a key determinant in whether or not your metabolism speeds up or slows down? _____

What Is Metabolism?

Metabolism is the total amount of energy produced by your body on average.

Many things determine one's metabolism and include short and long-term factors.

These include:

Genetics – Probably the biggest factor in determining how much you weigh

Lifestyle – Are you active and do you exercise with enough intensity

Environment – Do you work and live in an environment that supports healthy eating

Willpower – Probably what most people associate with obesity, but is just one part

Age – Slows down due to both muscle loss and changes in hormonal output and sensitivity

Hormonal Issues– Insulin resistance, Leptin Resistance, Low Thyroid,

Stress – Stress releases hormones that make you hungrier while increasing inflammation that makes your cells less receptive to the signals being sent

Dieting – Being on a diet typically slows down your metabolism

Weight Loss – The more weight you lose, the slower your metabolism will become

Foods you eat – High fructose and lectin levels can cause issues for some people

Vitamin/Mineral Deficiencies – Ex. Low Vitamin D makes you more susceptible to metabolic disorders

Uncontrolled Inflammation – Inflammation is exacerbated by excess fat, which makes it harder to lose fat

All of these issues are interconnected!

Metabolism and Weight Loss on a Continuum

If you're overweight and lose 5 pounds, your metabolism won't slow down dramatically, if you're 2% away from you're a sub 12% bodyfat for women or 5% for men, your metabolism has hit the floor.

What to do and when (This is just a starting point):

- If obese, never previously athletic** – Interval intensity cardio (can still be walking, with changes in speed and incline), Improve the foods you eat, take a multi-vitamin and fish oil (usually higher dose), start to do some strength training
- If obese, previously athletic** – Can start with more intense weight training (still work your way into it), along with everything else above.
- Naturally overweight** – Increase intensity of cardio, ensure protein with each meal, strength train a minimum of 2 times per week, lower carb intake at least 3 days of the week, while minimizing carbs to 150 grams a day or less 5 days of the week.
- Overweight from a previously higher weight or yo-yo weight** – To maintain, workout 6 days a week minimum (5+ hours a week), while continuing to watch food intake. Healthier food options has to be consistent. To continue to lose – Can try Intermittent Fasting, Carb Cycling, Most likely will have to be consistent with some form of steady state cardio, while also performing interval cardio and alternating between higher volume and higher intensity strength training. Ensure a high quality Multi-vitamin and Fish Oil.
- Skinny Fat** – More Strength Training, less cardio – Improve overall macronutrient intake (higher protein, better carb choices, health fats), More Sleep, Multivitamin, Zinc, Magnesium, take protein shakes after working out
- Skinny/Muscular** – More Strength Training, cardio depends on personality, goals and current diet – Carb Cycling best method, think about advanced supplements.

*First 4 options should consider getting a full panel thyroid completed with TSH, Total T4, Free T4, Total T3, Free T3, Antibodies Test (TPO and), get iodine loading test completed (VRP.com), check CRP levels, full blood panel, check Vitamin D levels checked, see about healing the gut (MRT, probiotics, digestive enzymes, glutamine, HCl).

Seven (plus 1) Things to Ensure Your Metabolism is Running at its Best

- 1. Control Inflammation**
- 2. Control Insulin Levels**
- 3. Exercise**
- 4. Control Food Intake**
- 5. Keep Your Thyroid Healthy**
- 6. Ensure Proper Vitamin and Mineral Intake**
- 7. Get Enough Sleep**
- 8. Drink Enough Water**

Step 1 – Control Inflammation

One of the most successful weight loss coaching programs in the world starts with fish oil.

When you gain weight, your body releases more interleukin-6 and Tumor Necrotic Factor- Alpha, two highly inflammatory signals.

High dose fish oil blunts the over-production of these intermediaries and helps to control inflammation. This is the reason why fish oil helps with so many diseases.

Exercising decreases these signals also – why exercise helps with so many diseases.

Trans-fats (fried-foods) increases these signals and can be highly detrimental to weight loss.

Saturated fats can be good or bad, depending on if they're in their natural state or have been altered. Pasteurized milk, not a good source. Organic, raw coconut oil, healthy. Butter from organic, grass-fed cows is healthy.

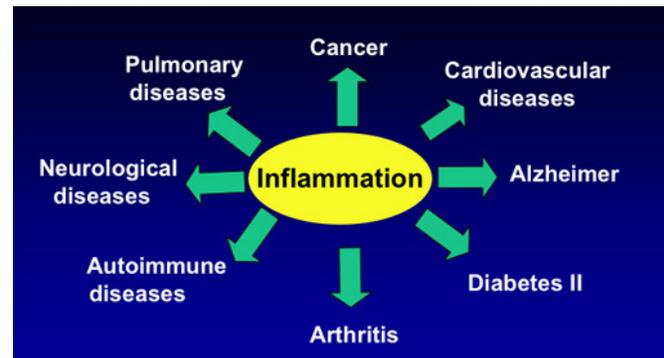
A balanced fat intake is ideal – Monounsaturated (think nuts), saturated (coconut oil or high quality butter) and polyunsaturated (think fish oil, fish, organic beef/bison). High quality meats normally have a balance between the fats.

Drink Enough Water.

Eat more vegetables and consider juicing – More Alkalizing foods

Get More high quality sleep – If you've been dieting down, your quality of sleep can suffer.

Bottom Line: Uncontrolled Inflammation will ruin all fat loss efforts.

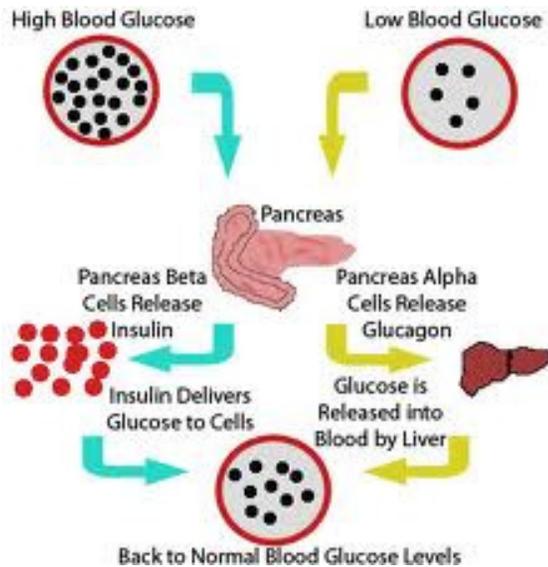


Step 2 – Control Insulin Levels

Eating more protein with your meals, having fiber with each meal and eating naturally healthier carbs (more natural foods, less processed foods).

Get rid of all sugars, sodas (even diet) and juices.

Strength train more and do cardiovascular exercise.



Get Adequate Sleep – 7-8 hours per night.

Learn to control stress levels

Drink water with lime or lemon.

Take Fish Oil



Bottom Line: Avoid all types of sugar and you will start to regulate your appetite

Step 3 – Exercise

Exercise is probably one of the most important factors for boosting one's metabolism both short-term and over the long-haul.

Short-term cardio, with higher intensity bursts thrown in, will help to boost metabolism short-term, while also helping to burn excess calories.

Long-term, the positive hormonal changes, decreased inflammation markers, and added muscle will allow you to keep your metabolism running at it's highest levels.

Bottom Line: Exercise should be included in any effort to boost metabolism and lose fat and is especially important with keeping weight off long-term.

Step 4 – Control Food Intake

There are an almost infinite ways to eat and lose weight. You can eat 5-6 meals per day or you can eat 3 meals per day. You can do fasting 16/8 or a while day off. You can do carb cycling.

At the end of the day, what matters is this – You learn to manage insulin levels and control blood sugar. This means, higher protein breakfasts, control portion sizes and take longer to chew your food, while having a major source of protein with each meal. If you currently don't eat a lot of protein, add it in slowly and consider taking HCl.

Controlling food intake is not the same as continually dieting. Harsh and extreme diets tend to slow one's metabolism as you lose both fat and muscle. Causing your metabolism to drop by up to 35-40%

Bottom Line: In order to lose weight, you have to change your relationship with food. This usually means both changing the foods and portion sizes, with meal frequency being an added factor.

Step 5 – Keep Your Thyroid Healthy

Check for thyroid antibodies – if have any noticeable levels remove all corn, gluten, soy and eggs from diet.

Mercury exposure, especially from Silver (Amalgam) Fillings can impact Thyroid health significantly.

Avoid Soy and ensure adequate iodine levels.

This means avoiding high levels of chlorine, fluoride and bromide.

Highest levels of chlorine come from showering and tap water, fluoride industrial waste and tooth products. Bromide is found most often in bread products as iodine was replaced with bromide in the 1970's.

Keep your liver healthy. Your liver is what converts T4 to active T3. A sluggish liver will slow down your metabolism, while decreasing fat burning.

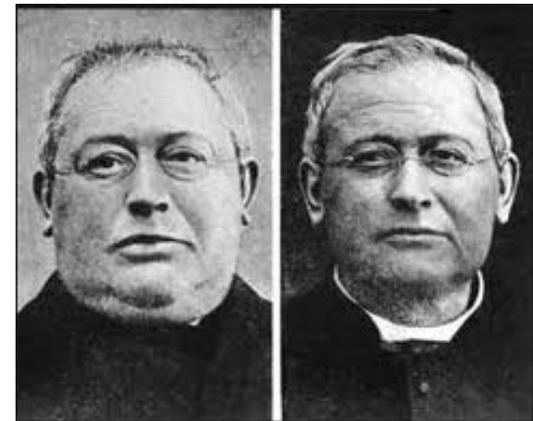
Take your morning temperature and if it's under 97.8 degrees, you might have a thyroid issue.

Don't Diet forever! Re-feeds help to keep your thyroid hormone healthy

Purchase A Guide to Thyroid Health By Dr. Bryan Walsh

Bottom Line: Many things can effect your thyroid, but these are the most common issues. Look at the list below, take your morning temperature for at least 5 days and get tested.

Symptoms of Sub-Optimal Thyroid Function	
✓ "Normal" thyroid stimulating hormone (TSH) results	✓ Hair loss
✓ Weight gain/ inability to lose weight	✓ Hoarseness
✓ Fatigue	✓ Poor concentration
✓ Poor eyebrow growth, especially the outer third of the eyebrows	✓ Nervousness
✓ Menstrual abnormalities	✓ Elevated cholesterol
✓ Cold hands and feet	✓ Brittle nails
✓ Constipation	✓ Muscle cramps
✓ Depression	✓ Muscle weakness
✓ Dry skin	✓ Poor memory
	✓ Puffy eyes
	✓ Throat pain
	✓ Low basal body temperature
	✓ Irritability



Step 6 – Ensure Adequate Vitamin & Mineral Intake



Low Vitamin D Levels have been linked with metabolic syndrome.

Low Calcium levels have been linked with decreased Leptin sensitivity

Low B12 has been linked with poor energy (Methylcobalam is the best)

Low Iodine has been linked with poor conversion of T4 to T3.

Low zinc has been linked with poor testosterone production and immune dysfunction

Low iron has been linked with poor exercise tolerance.

Low vitamin C levels have been linked with poor blood sugar management and healing

Low Carnitine levels have been linked to poor mitochondrial health

Statins have been shown to decrease Co-Enzyme Q10 levels

Low Magnesium levels have been linked to an over-active nervous system and poor sleep

Bottom Line: Almost any vitamin deficiency can cause your metabolism to slow down and not run optimally.

There is a vast difference between no disease and running optimally, as there are vast individual differences in needs of various vitamins and minerals.

Step 7 – Get Enough Sleep



The optimal amount of sleep is 7-8 hours per night.

Sleep is important for keeping stress levels in check, while keeping insulin sensitivity optimal.

Sleep is also important for controlling short-term hunger hormones, which tend to lead to overeating.

Sleep also makes you feel better and tends to allow for optimal energy levels, which leads to more planned movement and action (aka, exercise).

Bottom Line: Sleep is a great aid in helping with any weight loss effort.

Step 8 – Drink Enough Water

Most people should drink between 50-60% of their weight in ounces of water per day. For example, if you weight 150 pounds, you should drink 75 ounces of water per day or 4 and a half 16.9 water bottles per day.

Most of the metabolic processes in your body are dependent on water. Without proper water intake, your brain becomes sluggish, your overall performance decreases, fat burning is not optimal and your liver is not running optimally.

There is no hard rule on water intake, but generally for optimal metabolism and fat burning, you need to drink enough water.

Bottom Line: Most people don't drink enough water per day, which stresses the body and decreases fat burning. Drink half your weight in ounces per day and maybe more.

Where You Should Start?

Experiment to See what Works for You!

Start with the first question of the quiz and work on those things first.

Once you've done those for 3 months, then move into the more advanced tests and tips.

Where do you plan on starting?

Have you worked out today or plan to workout today? _____

Have you been eating supportively? _____

Did you have a post workout shake if you did strength training? _____

Do you plan on eating protein with every meal? _____

Have you taken some essential fatty acids? _____

Are you taking in enough water, every day? _____

If you're not already doing all of the above, then you don't need a better plan, you just need to follow these things. When do you plan on starting these things? _____

Next Nutritional Session

Last Wednesday of Every Month ~ May 30th

References:

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