



RESET YOUR METABOLISM!

TIPS TO KICK-START THIS PROCESS

1 - **Eat enough protein** - Protein boosts metabolism by increasing the thermic effect of food. Meat, eggs, fish, legumes, nuts and dairy are all excellent protein sources.

2 - **Stay Hydrated** - Drinking water can temporarily boost metabolism, especially cold water. How much water should you drink? Drink 1/2 oz of water per lb of body weight.

3 - **Regular Exercise** - Strength training, high intensity workouts and aerobic exercises all serve a purpose in increasing your metabolism and should be part of your exercise routine.

4 - **Frequent Meals** - Eat every 3-4 hours. This keeps your metabolism active & prevents energy slumps

5 - **Don't Skip Breakfast** - Starting your day with a healthy meal can jumpstart your metabolism and helps maintain energy levels throughout the day

6 - **Spice it up!** - Adding certain spices like cayenne pepper can temporarily boost metabolism due to their thermogenic effect.

7 - **Get enough sleep** - Poor sleep can negatively impact your metabolism and increase hunger hormones. Aim for 7-9 hours of quality sleep per night.

8 - **Manage Stress** - Chronic stress can disrupt metabolic functions, practice stress reducing techniques like meditation, yoga or deep-breathing exercises.

9 - **Green tea & coffee** - Both beverages have been shown to increase metabolic rate due to the caffeine content and other beneficial compounds.

10 - **Avoid Sugar & Refined Carbs** - These lead to blood sugar spikes & crashes, reducing overall metabolic efficiency.

11 - **Omega-3 Fatty Acids** - Include sources like fish, flaxseed & walnuts in your diet to help regulate metabolism and inflammation

12- **Fasting** - For some people, this eating pattern can boost or reset metabolism. Longer fasts have different benefits than shorter fasts

THESE STRATEGIES HELP BUT ARE NOT FOR EVERYONE. ALWAYS CONSULT A DR WHO SPECIALIZES IN METABOLISM, HORMONES, NUTRITION, ETC BEFORE TRYING THESE METHODS