

## CHAPTER 7: ADJUSTING THE METABOLISM

*There was a time that my metabolism didn't exist. I feared passing any bakery in case I accidentally "inhaled" some calories from the mere smell of a pastry.*

**Metabolism:** Physical and chemical processes necessary to sustain life, including the production of cellular energy and synthesis of biological substances. It's the chemical processes in a living organism by which food is used for tissue growth or energy production

This chapter is dedicated to the metabolism because it's always the dieter's dilemma. I was only jealous of one thing about my sister: her metabolism. It was better than mine, but eventually we both shared "malfunctioning" metabolisms. I think that, during one of our out-of-control binges, we ate our thyroids.

Why does it seem slim people eat and eat? How is it that French people eat large amounts of fatty foods and remain slim? Why are overweight people the *only ones* eating diet food? Think of it this way: Our bodies are so sophisticated; they can ingest just about anything and either use it, store it, or eliminate it. Years ago, the Egyptians were so afraid of being poisoned that they added a little arsenic to their diets every day so their bodies would be immune to it. It was the same way with the French. For years, French tradition allowed cream sauces and other fatty foods. Their bodies developed enzymes and other chemicals that handle these fatty foods. It's the same way with our bodies and diets. If you have dieted for years, your body has acclimated to low calories, low fat, and poor nutrition. It adapts by lowering your metabolism and by raising your set point. The set point remains at a certain weight, so no matter what you do, it won't budge. It has reached a plateau. Your body also seems to gain weight without ingesting many calories. You have become fat efficient.

How do most people remedy this? They adopt a stricter diet. What does this do? It lowers the metabolism and raises your set point. Your body responds the same way to excess exercising as it does to excess dieting. Following approximately forty-five minutes of hard aerobic exercise, the body switches to pulling from its reserves (glycogen). If you deplete these reserves, the body looks for handy fuel, such as vital tissue rather than fat, because the body is entering enervation and stress. This usually causes

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excess cortisol to be released, which triggers excess insulin spills. This may further cause a hypoglycemic reaction (bloating, exhaustion, hunger). Your body refuses to enter the fat-burning/muscle/building process while under this edema and stress. Subsequently your body compensates by lowering the metabolism and raising the set point.

### ☞ *What is a high or low metabolism?*

There are some experts who claim there is no such thing as a low or high metabolism, simply because there are no numbers that define what *high* or *low* is. It's a term that is loosely used to rate how well you burn calories or use carbs.

### ☞ *How do you raise the metabolism or “speed it up”?*

- 1) Calories (The more calories you eat the raises the metabolism).
- 2) Movement (Any type of movement raises the metabolism).
- 3) Eat frequently, every three hours or less.(Not eating within three hours lowers the metabolism).

### ☞ *How do you repair a “damaged” metabolism?*

- 1) Don't starve or diet. This lowers the metabolism and raises the set point.
- 2) Don't exercise excessively.

### ☞ *What are some helpful tips to “boost” the metabolism?*

- 1) Eat small, frequent mini-meals throughout the day, every three hours or less. Divide high-calorie foods into small mini-meals.
- 2) Refrain from all sugar, stimulants, and “false” metabolism boosters. Coffee, (especially caffeine), cigarettes, and energy boosters disrupt your hormones (thyroid, metabolism), which causes excess insulin spills. This can cause a hypoglycemic reaction, which also affects the metabolism.
- 3) Eat foods high in fiber: “broom” foods that *work* your digestive system and thus work your metabolism.

- 4) Focus on anaerobic exercise rather than aerobic. Anaerobic exercise develops the muscles without exhausting your adrenal glands. Muscle weighs more than fat. Anaerobic exercise causes the secretion of HGH (human growth hormone), which automatically puts you into the fat-burning/muscle-building process. Your body naturally raises the metabolism when muscle weight increases.
- 5) Put a “peak” in your exercise routine as well. Instead of long distance running, try short sprints that will raise the heart rate and shake up your exercise routine. This also “breaks” your weight plateau.
- 6) Rest. Meditate and relax. Exercise should be done once daily. Then rest the body so it can heal, accumulate energy, and store reserves.

☞ ***Why does someone have a low metabolism?***

A low metabolism can be the result of a number of things. Using too many over the counter drugs, too many stimulants, or too much exercise all contribute to it. When someone eats large meals with long intervals in-between, it causes hormonal imbalances that lower the metabolism. And let's not forget stress or depression. All these factors and more can lead to a low metabolism. Our bodies have not changed since the caveman days when we grazed constantly, every three hours or less. When you wait more than three hours between meals, your insulin usually over-secretes with the next meal. This prevents the body from entering the fat-burning/muscle building process. Adrenal exhaustion, candidiasis, or hypothyroidism can also cause metabolic disturbances. Hypothyroidism is the underproduction of the thyroid hormone. The thyroid is a large gland in the neck that secretes hormones that regulate growth and development through the rate of metabolism. Keep in mind that all hormones work synergistically.

☞ ***What are the symptoms of hypothyroidism?***

Cold temperature intolerance, fatigue, slow heart rate, weight gain, painful periods, weakness, yellow skin, hair loss, depression, and more.

☞ ***How can you tell if you suffer from metabolic problems or hypothyroidism? (Check with doctor.)***

Try a thyroid self-test: In the morning, place a thermometer under your arm and hold it there for fifteen minutes. Keep very calm, preferably in bed while very still.; 97.6 degrees or lower may indicate an under-active thyroid. If temperature is continuous for more than a week, then you may suffer from an under-active thyroid; check with doctor.

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### ☞ *What helps remedy a metabolism or poor thyroid function?*

- ✓ Kelp
- ✓ B5 and B complex
- ✓ L-Tyrosine
- ✓ Brewer's yeast
- ✓ EFA oils
- ✓ Black cohosh
- ✓ Black goldenseal
- ✓ Distilled water
- ✓ Proper foods that boost metabolism: foods high in fiber and iron (black strap molasses, dark greens, raw milk, eggs, and dried fruit).

### ☞ *What should be avoided?*

- ✓ Refined foods, fluoride, and sulfa drugs or antihistamines.

### **“FIX” your METABOLISM WITH *extra* FOOD**

- ☞ If you are dieting without losing weight or you gain weight while eating a normal diet, try this:
  - ✓ Divide your normal daily diet into 6-8 mini-meals. Add extra calories to your diet in the following manner:
    - ✓ Add approximately 25 calories (example: 1/4 of an apple) of the same food to 3-4 of your meals, every other meal. For instance, take the 100 calorie apple, split it in four pieces and have one piece four times within your eight mini meals.
    - ✓ Make sure the 25 calories added to every other meal (75-100 calories/day) are from a clean protein or a raw vegetable or fruit.
    - ✓ Make sure the 25 calories added to every other meal (75-100 calories/day) is one type of food for the day (example: 1 apple per day), but....
    - ✓ Make sure the 25 calories added to every other meal (75-100 calories/day) changes every other day (example: apple one day, a piece of tofu the next, etc).

- ✓ On the fifth day, add 25 calories to *each* meal in the same way as stated above. This will mean you are adding 150-200 calories per day, divided into 25 calories per meal (example: 1 ½-2 apples per day or tofu, divided up evenly into each meal).
- ✓ On the tenth day, add 25 *more* calories to each meal. This will mean you adding 300-400 calories per day, divided into 50 calories per meal. Vary and mix your added calories in that day, unlike before (example: apple *and* tofu per day, divided up evenly into each meal).
- ✓ By the fourteenth day, if your metabolism is normal, return to your normal diet habits. If you seem to manifest signs of a poor metabolism, start over with day one.

This technique tricks the metabolism because you are sneaking the extra (but clean) calories in gradually—per meal, per day. By the tenth day, you have added 300-400 calories to your diet per day. If you gradually add several calories, evenly distributed, to your normal diet, it speeds up the metabolism.

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Above all, don't symptom-chase a low metabolism. Find the reason your metabolism is low and target that problem first. These are all helpful hints for a sluggish metabolism, but they won't cure the reason you have one. If you are a chronic dieter or you refuse any activity, all the tricks in the world won't break Mother Nature's laws. If you have exhausted adrenal glands, continuous candidiasis, or any female problems, your other hormones, such as cortisol and estrogen, work synergistically with your thyroid gland, eventually causing further malfunctions. Target problems synergistically and treat your body as a *whole*. Bad health in one area will surely leak into another.

**Exercise tips that boost your metabolism:**

- 1) Spilt your exercise routine into three different times of the day: morning, noon, and night. Make two of the three workouts aerobic and one of the three workouts anaerobic.
- 2) Or try 5-10 minutes of "peaking" exercise after each mini-meal. *Peaking* is going beyond your normal speed or endurance and raising the heart rate. You should eat 6-8 mini-meals

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- 3) Or delay aerobic workout sessions until the evening.

It usually takes 45 minutes to reach the fat-burning/muscle building stage. Exercising beyond 45 minutes can be enervating and sometimes causes the exerciser to “hit a wall,” or plateau. If you exercise more than necessary, you can cause your plans to backfire and you may also exhaust your adrenal glands.