



# How To Hack Your Metabolism

Hormones impact your metabolism. How your hormones talk to each other is dictated by the foods you eat and your daily behaviors.

## **Mindful eating**

Eating should be a solo event. Your full attention should be given to putting food in your body. Eat at a kitchen table or in a environment that allows you to eat slowly and enjoy your food.

Avoid watching television, driving, using your computer, IPAD, telephone or any other activity that interferes with be mindful (paying attention) to how your fueling your body. A relaxed state allows for optimal digestion

## **Mood**

Never eat when you are depressed, stressed or angry. When eating food, it should be in a relaxed state so that the body can produce sufficient enzymes and hydrochloric acid for maximal digestion and absorption of nutrients.

When you are stressed it triggers the sympathetic pathways which will down regulate the neural pathways necessary for digestion.

## **Sleep**

Sleep is under rated for weight loss and anti-aging and if more people knew about this they would be vigilant about their sleep. If you are not getting 7-9 hours of uninterrupted sleep there is a good chance in disruption of 2 very important hormones for weight loss.

Ghrelin hormone – tells the body I am hungry

Leptin hormone – tells the body I am full

Lack of sleep or disrupted sleep decreases leptin and increase ghrelin, therefore you will feel hungry and not satisfied even though you had plenty of food to eat.

## **Food quality**

Food quality impacts your hormones. Hormones dictate weight loss, sleep, sex drive, brain health, energy and much more.

Eat food in its most natural and wholesome state

If food has a label, read it and see if you recognize the ingredients on the label and can easily be found in your kitchen.

A good rule of thumb is old food is good food. You can recognize an apple (nature's food or God's food) and know the ingredients compared to an apple fritter (man made food), usually loaded with sugar (the sugar cane is natural) the sugar has been processed by man.

Here is an example of man-made food Ensure. Look at the food label:

**Nutrition Facts**  
Serving Size 1 bottle (8 fl oz)

Amount Per Serving		Calories from Fat 20	
	% DV*		% DV*
<b>Total Fat</b> 2g	3%	<b>Potassium</b> 330mg	9%
Saturated Fat 0.5g	3%	<b>Total Carb.</b> 19g	6%
Trans Fat 0g		Dietary Fiber 1g	4%
<b>Cholesterol</b> 20mg	7%	Sugars 4g	
<b>Sodium</b> 180mg	8%	<b>Protein</b> 16g	32%
Vitamin A 30%	• Vitamin C 100%	• Calcium 30%	
Iron 40%	• Vitamin D 120%	• Vitamin E 90%	
Vitamin K 30%	• Thiamin 30%	• Riboflavin 30%	
Niacin 30%	• Vitamin B <sub>6</sub> 30%	• Folate 60%	
Vitamin B <sub>12</sub> 30%	• Biotin 30%	• Pantothenic Acid 30%	
Phosphorus 25%	• Iodine 25%	• Magnesium 20%	
Zinc 35%	• Selenium 30%	• Manganese 30%	
Chromium 40%	• Molybdenum 40%		

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**16g**  
**PROTEIN**

**160**  
**CALORIES**

**23**  
**VITAMINS & MINERALS**

**INGREDIENTS:** WATER, MILK PROTEIN CONCENTRATE, CORN MALTODEXTRIN, SUGAR, SOY PROTEIN ISOLATE, COCOA POWDER (PROCESSED WITH ALKALI), CANOLA OIL, LESS THAN 0.5% OF: MAGNESIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM CITRATE, CELLULOSE GUM, SALT, SODIUM ASCORBATE, LIQUID SUCRALOSE, CARRAGEENAN, CELLULOSE GEL, ACESULFAME POTASSIUM, GELLAN GUM, D-ALPHA-TOCOPHERYL ACETATE, FERROUS SULFATE, NIACINAMIDE, ZINC GLUCONATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, THIAMINE HYDROCHLORIDE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, MANGANESE GLUCONATE, FOLIC ACID, BETA-CAROTENE, BIOTIN, CHROMIUM CHLORIDE, POTASSIUM IODIDE, PHYTONADIONE, SODIUM MOLYBDATE, SODIUM SELENITE, VITAMIN D<sub>3</sub>, AND CYANOCOBALAMIN.  
**CONTAINS MILK AND SOY INGREDIENTS.**  
Abbott Nutrition, Abbott Laboratories, Columbus, Ohio 43219-3034 USA

## Exercise

The bottom line for exercise is to do both strength training and cardiovascular exercise. Short bursts of exercise for 20 seconds followed by 10 seconds repeatedly for 10 minutes is more effective for fat loss than 1 hour on the treadmill. You can also try 1-3 minute warm up followed by 70% maximal effort for 1 minute followed by 1 minute rest for 8 minutes and cool down for 1-3 minutes. [www.Darebee.com](http://www.Darebee.com) is a great website for whole body exercises without weights.

Exercise done properly can impact brain health in a positive way and stimulate fat burning hormones.