



PYT Weekly Training & Support

Lesson #9 Boosting Your Metabolism

by Jim Katsoulis

Welcome to this week's lesson, and we're going to talk about how to boost your metabolism naturally this week in this lesson. And before we get into how to boost it, we need to understand what it is because so often, people look at metabolism and they think exercising, and that's how they're going to increase it.

But, in reality, metabolism is basically the process by which your body breaks down food and turns it into energy. So, the real big elephant in the room that no one talks about when it comes to metabolism are the foods that you're actually eating.

So, what is that combination? If you do begin moving your body more, you will help your metabolism to increase its ability to break down food quicker and more efficiently; but the other side of it and the bigger side of it is the food that you're actually eating.

So, this is good news if you don't particularly like to exercise, and I could tell you that this was my personal approach. I wasn't a big exercise, running, cardio, interval training guy when I lost the weight. I did it primarily through changing the foods that I ate.

So, when it comes to metabolism, and we're talking about our body and how it can break food down, another thing that is overlooked a lot is the quality of the food that we're getting. If you're getting foods and you're consuming foods that have a lot of chemicals in it and a lot of preservatives in it that have been highly processed, it takes our body longer to break that food down. It takes more energy to break that food down and turn it into energy.

So, by nature, that, in a sense, slows down our metabolism because it's harder to digest those foods. I mean, you can imagine what it feels like in your body after you've eaten a bowl of pasta compared to what it feels like when you've eaten a bowl of salad. Your body feels differently.

So, the biggest thing to influencing your metabolism is to change the quality of the food that you're eating and letting it become more natural. And what I mean by that is that you want to start to recognize the number of steps the food you're eating is from its natural state.

So, with the potato chips ... it was a potato. They were cut; they were fried; they were salted; and then, they were put in a bag, possibly, with preservatives. So, those steps are what are in between it from its natural state to where you're consuming it.

And what you want to do, ideally, is to get as close to the natural state as possible because in that natural state, it helps your body to break those foods down easier.

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So, if you've ever heard of a living foods or a raw foods movement, the beauty of that idea is that foods in their natural state have the enzymes in them that are needed to break them down quickly.

So, again, if you eat an apple, it's got everything it needs in it for your body to break it down very quickly and very easily to get the most energy out of it. So, again, think about it. With your new definition and understanding of metabolism, you can see how your body can break that down quicker and easier; and, in a sense, it speeds up your metabolism.

So, that's the part I want you to focus on, not just the exercising – getting the foods to become more natural and less chemically laden. The reason this matters is because when chemicals go into your body, what ends up happening is that your body needs to use energy to fight those chemicals or to deal with them.

Very specifically, your liver has to deal with those chemicals and, literally, it throws off your hormones, it affects your metabolism, and it takes away energy from your body that you could be using for digestion. And so, again, by definition, that slows down your metabolism to a certain degree.

Now, when you're thinking about metabolism, one other area I want to talk about a little bit is just the idea of hormones. And this is where it gets a little confusing sometimes so I'm keeping it very simple. But, basically, the hormones in your body regulate the way that your body burns fat, the way that your body operates, and how efficiently it operates.

So, again, the more organic you can get, the more natural your food can get, the more balanced, in general, your hormone levels will become. And that is one way to get like a magical weight loss.

A lot of times, people are solely focused on calories, fat grams, and carbs. But what I want you to start doing is to think about the quality of the food, the nutrition levels, and the lack of chemicals. And I'm not talking about nutritional levels of organic versus non-organic because that has been questioned, and debated upon, and I can't answer that.

But one thing is for sure. The non-organic foods have higher pesticide levels and higher chemical levels and it takes your body more energy to fight that off; it's got to deal with it.

Remember, digestion is a number one use of energy in your body. So, what we want to do is we want to have the majority of the foods that we're eating be foods that we can easily and quickly digest and get the energy out of. That's the idea and that's the purpose of eating. It's to energize ourselves.

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And so, finally, what I want to leave you with is this idea that when you finish an apple, when you finish a salad, when you finish a meal that's a more natural whole food type meal, and you don't overeat it, notice how you feel energized. You still have energy. You feel light. You feel good. And compare that to the feeling you get when you eat too much pizza or that cliché "turkey dinner" where you can hardly move and it's like you have a food hangover.

So, one of the big ways to get your metabolism and kind of crank it up is to begin choosing these specific types of foods and eating these foods in a more appropriate way, so eating just the right amounts. That also helps your body to kind of store up energy. And this is what can transform your metabolism, by the way.

So, we talked about the food. The other side is the exercise, and it's kind of obvious and you know that in order to increase your metabolism, you want to start exercising or moving your body more.

So, you know that part. But what I want to give you as well is that if you can imagine tweaking your nervous system a little bit. There's a theory out there that people who are naturally thin have a more active nervous system. So, not that their walking or exercising more per se, but they kind of speak a little quicker and they move a little more when they're talking. They just have more energy in their day-to-day movements and activities.

So, what you can start to do is ... if you're not a big exercise person or you don't really have time for ... whatever the excuse may be, what you can do is bring kind of that energy into your day-to-day activities. And that, again, is something that is tied to weight loss and it doesn't require exercise.

But just start moving a little quicker, talk a little quicker, and all these things a little quicker and it kind of sends a signal to your body as well. I wouldn't base everything on that but it's something I would add into your daily day-to-day living and your behaviors.

And remember, this is part of the idea that you want to begin thinking about the person you want to be. How do you want to act? How do you want to talk?

I'm going to assume that you do want to have energy. So, it's this aspect that you can bring a certain amount of that into your body and into the way you are at will. You can, intentionally, do it.

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So, start doing that, start moving a little quicker and being a little more energetic. Imagine what that would feel like and just pretend it into being to a certain degree so that you start moving a little sharper and a little crisper.

Again, that's just one more thing that I've seen; and, scientifically, there are studies that show that that does help improve or increase metabolism.

One last thing I was going to say when it comes to metabolism. What I want to avoid like the plague is this “starving yourself” method of dieting where you reduce your calories drastically because what ends up happening is your body will then hold on to the fat; it will hold on to the calories because it doesn't know what's happening. It gets kind of nervous.

So, what that does is that will actually damage your metabolism. So, going on these crash diets or trying to starve yourself or not eating for as long in a day as possible, actually is a very good way to slow your metabolism down. So, the opposite that helps increase it is to eat regularly throughout the day and to eat enough food.

So, the reality is, modern weight loss and scientifically-proven weight loss isn't about restricting calories in a massive way. It's really about finding that sweet spot and reducing the calories by 10 to 15 percent so that your body doesn't really catch the fact that you're reducing. It doesn't really notice it, and it doesn't go into that starvation mode.

And it's reducing that 10 to 15 percent and living there. And, over time, what ends up happening is you return back to your natural weight and you remain there.

So, these are all different ways. And the final one is water. Obviously, if you're not drinking enough water, start drinking more because that helps your body just run more efficiently.

Again, that's what metabolism is – your body's ability to turn the food into energy. As you drink water, it helps your body break down the foods – very, very important.

So, you put all these things together; and, again, it's not about getting it down perfectly. It's not about ‘you have to eat a hundred percent natural, organic food,’ but just consistently moving in that direction, training yourself to grab the organic food, to eat the whole natural food, to eat the right amount of it, and to eat a little bit slower so you chew it so, again, your body can digest it.

If you eat really fast and you don't chew it completely, what ends up happening is it's hard for your stomach to break the food down. It takes a little bit longer.

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So, that's how you want to think about metabolism. Think about it in that way: the foods that you're eating and the way that you're consuming the food, and then, think about the exercise. And, again, add a little bit more energy into your body and it'll change the way you feel and the way you think.

Play with this and I'll talk to you next week.

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