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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**7 Easy Ways To Boost Your Metabolism**

**By Ryan Betzina**

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Everybody benefits from having a quicker metabolism. Your metabolism is responsible for many of the body's major functions including how many calories you burn at a given time. Therefore, if your metabolism is fast, you will burn a lot of calories all the time...even while you sleep.

Here's 7 easy ways that you can speed up your metabolism:

1. "Move around" more...

This one sounds a little strange I know, but from my years of experience I've found that most people tend to not "move around" much throughout the day.

Many people have jobs where they are constantly sitting down all day, and when they are done, go home, sit down some more to watch TV, and then they go to sleep.

Overall, they weren't very active...

When I say to "move" more, I mean try to be more active whenever you can.

This doesn't have to be a chore...most people have lots of opportunities throughout the day to be more active. Here's a few ideas that you can use:

- Take stairs instead of elevators
- When you go somewhere, park farther away so you have to walk a little farther
- Walk your dog
- Go for a bike ride

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These are just a few ideas...I'm sure you can come up with a lot more to suit your own lifestyle.

### 2. Take a Good Multi-Vitamin/Multi Mineral...

Vitamins and minerals help the body perform vital functions.

Most people don't get all the vitamins and minerals they need from the food they eat.

Most people are deficient in one or more vitamins and/or minerals and they don't even know it.

Men and women can get specific multivitamins to suit their needs. Men need more of certain kinds of vitamins than women and women often need more of certain kinds of vitamins than men, like iron.

To get specific multivitamin packs specifically for men and women, you can visit your nearest nutrition/health store.

I have found that the vitamin packs made specifically for men and women are the best, and don't cost an arm and a leg.

### 3. Don't Go For Long Periods of Time WITHOUT Eating...

This lack of energy as food will make your body go into "starvation mode"  
In response to being in "starvation mode", your body will begin storing fat as a fuel source.

This will lower your metabolism and also increase your body's capacity to gain weight...

This is the main reason why when you come off of a diet, you gain back the weight you previously lost and many times even gain more weight than you had before you went on the diet...

### 4. Essential fat?

Yes—even some fat is essential.

There are fats found in nuts and fish oils called Essential Fatty Acids or (EFA's). These fatty acids are actually essential for good health...

They make your hair stronger and shinier, as well as make our skin smoother.

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They also help prevent fat storage throughout your body.

### 5. Do early aerobics...

If you do any aerobics, try to do them in the morning shortly after you wake up and before you eat...this is when your blood-sugar is at its lowest.

Your body will need energy to power the workout, and since you haven't eaten yet, it will be forced to use stored fat as a fuel source instead of the sugar in your blood.

### 6. Water! Water! Water!

I can't stress this enough...

Water does so many things for your body that it's hard to know where to start! Try to drink at least 48 ounces a day...that is about 5-6 glasses a day.

Water helps to rid your body of harmful toxins and will also keep you hydrated.

Here are some interesting and informative reasons why water is so important for your health:

- 75% of Americans are chronically dehydrated. (This likely applies to half the world population)
- Even MILD dehydration will slow down one's metabolism by as much as 3%
- Lack of water is the #1 trigger of daytime fatigue.
- Research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% decrease in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on a computer screen or printed page.
- Drinking 5 glasses of water per day can decrease the risk of colon cancer by 45%, breast cancer by 79% and bladder cancer by 50%.

You will be surprised at how much better you will feel by just following this simple step.

### 7. Eat More Garlic And Oregano...

This seems simple enough right??

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By simply eating more garlic and oregano, you are actually cleaning out your intestinal walls. Sounds gross right?

You might be wondering "How can cleaning my intestines help me lose weight?"

The intestinal walls are actually made up of many tiny pores that absorb the nutrients from the food we eat. These tiny pores are very good at absorbing nutrients and keeping out toxins.

When your intestines are "dirty", these tiny pores actually get a little bigger and along with absorbing nutrients, they also absorb those toxins. Normally, these toxins are too big to pass through the pores.

When this happens you become "toxic" and it is VERY HARD for your body to lose weight and increase your metabolism.

And there you have it! 7 easy ways for absolutely anybody to increase their metabolism and start living a healthier lifestyle.

The Easy Health Secrets Weightloss Program is your step-by-step roadmap for fatloss success...GUARANTEED! Ryan Betzina has created the ultimate no-brainer, step-by-step weightloss plan to have you shedding inches from those "trouble-spots". For more info visit: <http://www.easyhealthsecrets.com> Also, sign-up for his FREE weekly tips and recipes by sending a blank email to: <mailto:ehsnews@getresponse.com>

### **Speed up Metabolism**

**By [www.NegativeCalorieFoods.com](http://www.NegativeCalorieFoods.com)**

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Speed up Metabolism

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Metabolism is essentially the speed at which our body's motor is running. The speed at which our body burns calories is called the metabolic rate. It's how fast your "motor" is running when you're still in a reclined position or sleeping. About 60–75% of energy is expended by the body at rest in such activities.

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The metabolism is based on the number of calories we burn throughout the day. Our body constantly burns calories to keep us going whether we are eating, sleeping, cleaning etc. People with a lower percentage of body fat (i.e. muscular) have a higher metabolism than others that are less muscular because muscle uses more calories to maintain itself than fat. Some people have a slower metabolic rate and have a harder time staying slim. Younger persons have higher (faster) metabolism because of the increased activity of cells. A slow metabolism actually causes to store fat. The slower the metabolic rate, the greater the weight gains. How to build muscles to improve metabolism? What type of exercise is ideal that speed up metabolism so that you burn calories even at rest or sleep? There are simple exercises that speed up the metabolism.

### **Causes for Low Metabolism**

Fasting

A low calorie diet

Snacking throughout the day on high sugared foods (candy, colas, cakes, gum).

Eating or drinking too much sugar containing foods.

Lack of physical activity.

Underactive thyroid.

### **Metabolism Boosters**

There are some natural metabolism boosters (natural foods) that improves your metabolism. Do not take over the counter pills containing animal thyroid extract that claim to boost up metabolism. These products may have side effects as diarrhea, increased heart rate, excessive sweating, nervousness, tremors, bulging eyes, etc.

### **How to Improve (Speed up) Metabolism**

Do not skip any meals

Exercise daily

Build your muscles

Avoid alcohol, sugar, and fastings

Drink 8–10 glasses of water daily.

Eat foods with high nutrition values

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This article has been written by

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Weight Loss Diet

eBook Web site for details on metabolism, metabolism boosters and how to increase your metabolism.

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