

Five Pillars for Optimal Metabolism

Balanced Macronutrients

Macronutrients increase metabolic rate by:

Protein



15-30%

Carbohydrates



5-10%



Fat

0-3%



Compared to carbs and fat, protein causes the greatest rise in TEF (thermic effect of food).

Legumes like beans and lentils are high in fiber, protein, and certain amino acids which are thought to have metabolism-supporting properties.

Water

Adequate water intake supports an increase in total calories burned (water-induced thermogenesis).

By simply drinking adequate amounts of water, you can support an increase in total calories burned, aid in weight management, and enhance your overall metabolic health



Exercise

The higher the rate of physical activity, the higher the metabolic rate and energy required.

HIIT (high-intensity interval training) and strength training support favorable metabolism.



Five Pillars for Optimal Metabolism

Sleep

Inadequate sleep has been shown to slow metabolic rate and increase the risk for obesity.

Tips for Getting Better Sleep to Improve Metabolism

- **Establish a Regular Sleep Schedule:** Go to bed and wake up at the same time every day, even on weekends.
- **Create a Relaxing Bedtime Routine:** Engage in calming activities before bed, such as reading or taking a warm bath.
- **Limit Exposure to Screens:** Reduce exposure to blue light from phones, tablets, and computers at least an hour before bed.
- **Create a Comfortable Sleep Environment:** Ensure your bedroom is cool, dark, and quiet, and invest in a comfortable mattress and pillows.
- **Avoid Stimulants:** Limit caffeine and nicotine intake, especially in the afternoon and evening.

Endocrine Disruptors

Endocrine disruptors are found in many everyday items including personal care products.

Reducing Exposure to Endocrine Disruptors

- **Read Labels:** Choose personal care products labeled "paraben-free," "phthalate-free," and "BPA-free."
- **Natural Alternatives:** Opt for natural and organic personal care products that do not contain synthetic chemicals.
- **Avoid Fragrances:** Choose unscented products or those scented with natural essential oils.
- **Safe Storage:** Store food and drinks in glass or stainless steel containers instead of plastic.
- **Check Ingredients:** Be aware of ingredients in sunscreens and choose those with non-hormonal UV filters like zinc oxide or titanium dioxide.

