

# MASTER YOUR METABOLISM

TOP SECRETS TO BOOST  
YOUR METABOLISM



REACH FOR TOMORROW

# MASTER YOUR METABOLISM



REACH FOR TOMORROW



# MASTER YOUR METABOLISM

TOP SECRETS TO BOOST YOUR METABOLISM

REACH FOR TOMORROW



# DISCLAIMER

*This information is for your personal use ONLY. You cannot distribute, copy, reproduce, or otherwise sell this product or information in any form whatsoever, including but not limited to: electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.*

*The information, including but not limited to, text, graphics, images and other material contained in this guide are for informational purposes only. No material from this guide is intended to be a substitute for professional medical advice, diagnosis or treatment.*

*Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this guide.*





# TABLE OF CONTENTS

|   |    |
|---|----|
| Welcome                                   | 3  |
| What is metabolism?                       | 4  |
| How to calculate BMR                      | 6  |
| What is metabolic adaptation              | 7  |
| Weight loss and starvation mode           | 10 |
| How to track metabolic adaptations        | 15 |
| How to figure out your starting point?    | 16 |
| Other methods to speed up your metabolism | 18 |
| Thank you                                 | 20 |



*Hi and..*  
WELCOME



[yourwebsite.com](#)

# What is.. METABOLISM

The definition of metabolism is a little nebulous, but generally it refers to all chemical reactions that happen in your body. These reactions are necessary for keeping you alive—after all, your cells need energy to stay alive and function properly. To do that, they run on fuel (calories) and produce waste (byproducts). There's no way around it; without some kind of metabolic process happening in your body, you'd be dead.

That said, there's a lot more going on than just calories-in/calories-out when it comes to weight loss or gain. In fact, metabolism can be broken down into three main processes: anabolism (the creation of molecules), catabolism (the breakdown of molecules), and thermogenesis (basically heat production). The first two are important because they relate directly to how many calories you burn each day. Thermogenesis, however, isn't directly related to how many calories you burn each day. It's still important because if your body doesn't generate enough heat, then it won't work as efficiently as possible—and that means fewer total calories burned over time.

Generally, metabolism (AKA resting metabolic rate) refers to all of these processes collectively.

There are five components of metabolism:

## 1. RESTING METABOLIC RATE (RMR)

The amount of calories you burn while at rest in a neutrally temperate environment

## 2. THERMIC EFFECT OF ACTIVITY (TEA)

Calories burned through daily activity

## 3. THERMIC EFFECT OF FOOD (TEF)

Calories burned during digestion

## 4. NON-EXERCISE ACTIVITY THERMOGENESIS (NEAT)

Energy expended through behaviors not categorized as exercise, such as fidgeting or spontaneous muscle contractions

## 5. EXCESS POST-EXERCISE OXYGEN CONSUMPTION (EPOC)

Increase in oxygen intake following strenuous physical activity.

All of these processes help the body process food and drink, keep the body warm, keep the blood flowing, and so much more. In order for these processes to continue working, they need energy. This means that each of these processes will need a number of calories every day in order to be carried out. This refers to the Basal Metabolic Rate (BMR). The BMR is the number of calories your body burns at rest by performing all of these processes

Since everybody is different, it is fair to say that everybody's metabolisms will burn a different number of calories at rest. Some people have fast metabolisms whilst others have slow metabolisms. It really depends on their lifestyle, health and health problems, exercise, muscle mass, and fat mass etc. When a person has an active lifestyle and they eat healthy then it is likely that their metabolism is in good shape burning a fair amount of calories. However, if someone is inactive and eats a lot of processed foods, their metabolism can be slower.

Also, people who restrict their calories way too low can suffer from a suppressed metabolism which means that they may be more susceptible to gaining weight. You will learn more about that later in this course. However, symptoms of a suppressed metabolism include:

- Fatigue
- Headaches
- Weight gain
- Constipation
- Depression
- Hair loss

Over the next few pages, we'll take a look at metabolic adaptation and how metabolism changes.



How to..

# CALCULATE BMR

BMR is the energy required to maintain the body's normal function. It will vary depending on gender, weight, and age. It is to measure how much energy is expended by an individual who is at rest. This contributes to approximately 75% of total energy expenditure. To calculate BMR, we will use the Schofield equation which takes gender, weight, and age into account. This calculation provides an approximate figure for how many calories your client may use in a 24 hour period at rest.

The below table can be used as a guide for calculating the BMR. It displays age groups on the left with gender calculations beside on the right side.

| AGE GROUP | MALE BMR              | FEMALE BMR            |
|-----------|-----------------------|-----------------------|
| 10-17     | $17.7 \times W + 657$ | $13.4 \times W + 692$ |
| 18-29     | $15.1 \times W + 657$ | $14.8 \times W + 487$ |
| 30-59     | $11.5 \times W + 873$ | $8.3 \times W + 846$  |
| 60-74     | $11.9 \times W + 700$ | $9.2 \times W + 687$  |

\*W - Weight in KG

So, to get the calculations, you need to find your age group on the left side then move along the table to the correct gender, and follow the equation there.

## EXAMPLE

Let's say you are a 25 year old woman who weighs 53 kgs. To calculate BMR, our equation will look like this:

$$15.1 \times 53 + 657 = 1,457 \text{ BMR}$$

What is..

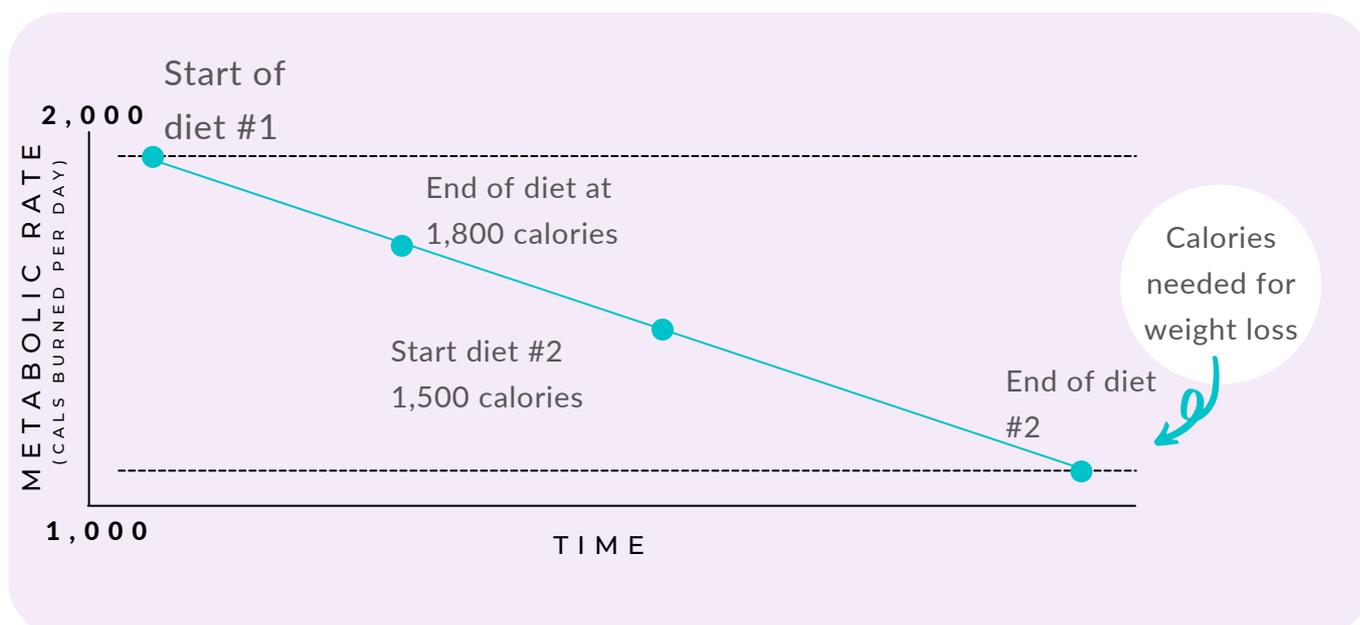
# METABOLIC ADAPTATION?

Some people think that if they eat a certain way, they will never gain weight. They think that if they eat no sugar, or only fruit and vegetables for every meal, or only stick to a low fat diet that their metabolism will stay high so their body can keep burning calories at an accelerated rate. It's a good idea in theory but it simply isn't true in most cases.

When you restrict calories your metabolism actually adapts to a lower-calorie environment. In other words, it will slow down and no longer burn as many calories at rest. For example, your resting metabolic rate (the number of calories you burn at rest) might go from 1,500 per day to 1,200 per day.

This is known as metabolic adaptation and it's one reason why you might not be able to eat so much food before you gain weight. In many cases, eating too little can actually cause your body to store fat since your metabolism becomes slower and your body starts to hoard calories. Let's take a look at the diagram below:

## METABOLIC ADAPTATION



On the left hand side, we have the metabolic rate - remember that this refers to the number of calories that your body is able to burn throughout the day by performing all the processes that we discussed in the previous chapter. On the bottom, we have time. Let's assume that this refers to a number of weeks.

So, at the top of the graph, you can see the dot where the first diet began. So, this is where you were consuming 2,000 calories (example). Let's assume that the 2,000 calories were your maintenance calories. So, this is how many calories you needed to consume in order to maintain your current weight,. In order to lose weight, you decide to reduce your calories to 1,800 per day.

Okay, so, as time went on, your metabolism adapted. This means that the 1,800 calories have then become your maintenance calories. So, if you wanted to maintain your current weight at the end of that diet, you'd need to eat the 1,800 calories. However, if you tried to eat any more than that, you'd be gaining weight even if you returned to eating the initial 2,000 calories. Of course, at this point, you have also reached a plateau in terms of weight loss.

In order to start losing weight again, let's assume that you reduce your calories to 1,500 a day. As you continue eating 1,500 calories per day for a number of weeks, your metabolism adapts again. So, now, your new maintenance calories are 1,500 per day, and if you attempted to consume any more than that, you'd start gaining weight.

However, let's keep going. Let's assume that you have still not lost enough weight and you want to lose more. At this point, you reduce the calories to 1,200 per day. As you continue eating this way, your metabolism slows down in line with that calorie intake again and you reach another plateau. At this point, if you go below 1,200 calories per day then your metabolism becomes suppressed and enters the starvation mode.

This means that it becomes over protective of any food and calories that you consume. It will start hoarding them to protect the body from famine. A lot of people get very frustrated because they cannot lose any weight no matter whether they will starve themselves or not. The body will continue to fight against further calorie restrictions.

This means that it will start playing up with your hormones to support all the physiological and biological processes that we mentioned earlier. What it needs at this point is energy, therefore, the metabolism slows down or becomes suppressed which means that you stop burning as many calories at rest and it starts to increase levels of a hormone called Ghrelin. Ghrelin is a hormone released in the digestive tract and it is commonly referred to as a 'hunger hormone'. The purpose of this hormone is to increase your hunger and cravings. Normally, people give in as the cravings become unbearable and often dive into binge eating.

When this happens and they eat more than their adapted maintenance calories then they will start regaining weight as the body is more susceptible to hoarding the calories as fat instead of using them. This is because, it's entered into the starvation mode which will be discussed shortly.

So, this is what happens when people diet or restrict calories. They work against their metabolism and often reach this stage. Approximately 95% of people will regain their weight within the first 2 years of losing it. The best thing to do is to work with your metabolism. Don't worry, you'll learn more about this shortly.



# WEIGHT LOSS AND STARVATION MODE

To shed pounds quickly, people often turn to fad diets that involve drastically limiting caloric intake. While these plans can help you lose weight in a short period of time, they are also accompanied by other changes in your body, including altered metabolism and hormonal imbalances.

Contrary to popular belief, when you starve yourself of calories your body goes into starvation mode, slowing down its metabolism so it can preserve stored energy. This causes fat burning to slow down and ultimately leads to an increase in fat storage.

How does it happen?

Well, the body limits the production of a hormone called leptin which normally leads to the feeling of satiety and starts producing a lot of a hormone called ghrelin which leads to severe hunger, appetite and cravings. It does that to force a person to eat food so it can restore its depleted energy stores.

During starvation mode, metabolism is also very slow and suppressed which means that the body isn't burning so many calories at rest anymore and starts to hoard these calories instead. As a result, anything that a person consumes at this stage is just stored in the body as fat.

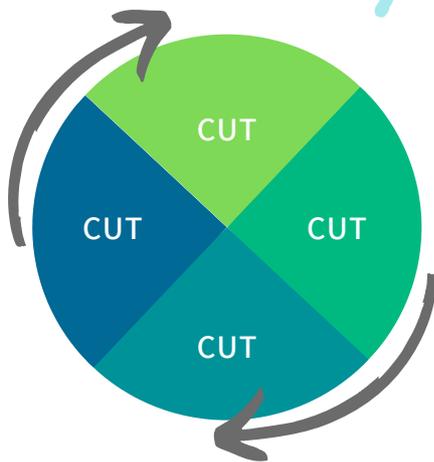
Just to quickly summarise, you will face stronger cravings and need for eating sugary and salty foods and all those calories (whether small or large) will just be stored. This is why restricting your calories too low can really backfire and cause weight regain.

In the next chapter, we will take a look at the secret to sustainable weight loss and how to work with your metabolism rather than against it.

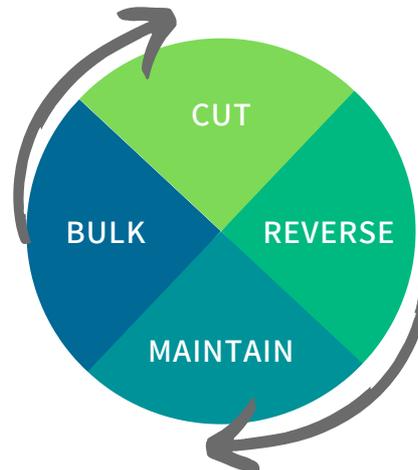
# THE SECRET TO SUSTAINABLE WEIGHT LOSS

The secrets to weight loss is all about working with your metabolism rather than against it. What most people do is cut, they reach a plateau and they cut, then cut and cut and so on. As you learned in the previous chapters, this is exactly what you should not do due to metabolic adaptation and starvation mode.

HOW MOST PEOPLE APPROACH FAT LOSS



HOW PEOPLE SHOULD APPROACH FAT LOSS



The secret to sustainable weight loss lies in 4 stages.

1. Bulk
2. Cut
3. Reverse
4. Maintain

The truth is that most athletes or 'educated' people, when they first start to lose weight or get toned, start at the bulking phase. During the bulk phase, you are supposed to consume more calories than you expend. Over a few weeks, you'll be gaining weight and although it may seem bizarre to do that if you're trying to lose weight. There are a number of reasons why you should start at this stage and there are also a couple of rules to follow.

Firstly, during the bulking phase, the focus should be on lifting weights, and that means going to the gym 5-6 days a week. Lifting weights and progressively overloading. When you exercise frequently and lift weights, most of that weight gain will go towards building muscles. The calories won't be stored in the body as fat. The good thing about this is that muscles are thermogenic, this means that they generate heat within the body and burn more calories at rest. The more calories that is burnt, the more weight can be lost. And that's without slowing down the metabolism.

As you continue eating a lot of food and more calories over time, your metabolism will also speed up which means that your new maintenance calories can become something much greater. For instance, if the previous maintenance calories were 2,000 and during the bulking phase, you started to eat 2,300 or 2,500 then those new calories become the new maintenance. So, if you wanted to lose weight, you would just need to reduce your calories to 2,000 or slightly less.

However, this takes us to the second stage -cut.

Once you've gone through the bulking phase, which normally takes approximately 3 months, it is time to shed the fat so you can be left with a lean physique.

At this point, the metabolism is fast and very responsive, hormones are in check and appetite is under control. All these factors make it so easy to lose weight. Any calorie reduction at that point will make a significant effect on your weight and fat percentage.

As you start burning fat and reach a physique that you are happy with, it is time for the third stage -reverse.

This is, as the name suggests, a diet that reintroduces calories back into your diet. The purpose of this diet is not to lose further weight but it is to recover your metabolism. It is a strategy to reboot the metabolism so you can eat more food without regaining any weight.

So, how do you do it?

You simply increase your calories every week by a certain amount. The increase should only happen to fats and carbohydrates because you don't need more protein since the calories from protein are calculated based on your weight. Any excess protein will either be converted into glucose (sugar), in which

form it can be stored in the body, or get excreted through urine.

The increase should be between approximately 50 and 100 calories per week. This is why it's important to track calories as much as you can. The best or easiest way to track your calories is with a use of an APP like Myfitnesspal.

Although you are reintroducing calories into your diet gradually, it's important to monitor your weight. It is almost impossible to predict how the body will respond. You may still face a wee bit of weight gain as you are slowly increasing your calorie intake, but the weight gain will be MUCH lower than if you jumped right back to eating pre-diet calories. So, monitor your body changes and if you are gaining weight, then it means that the calorie increase is too high and you should reduce it by 20-30 calories.

You will continue to increase your calories every week until you are happy with how much food you are eating. You can continue reverse dieting until you reach 3-5,000 calories if you wanted to. However, it is best to be more reasonable and reverse the calories until you are consuming a good amount that you are happy with and able to stick to every day.

Now, the last stage of the sustainable weight loss strategy that works with your metabolism is maintenance. Maintenance phase refers to consuming the same amount of calories after your reverse diet for a number of weeks or months. You can remain in the maintenance phase for as long as you want to but if you ever want to lose more weight, you should just revert back to stages 1 -BULK.



# Summary of OF 4 STAGES OF SUSTAINABLE WEIGHT LOSS



# How to TRACK METABOLIC ADAPTATIONS

There isn't a device that will scan your body and tell you whether your metabolism is becoming slower or faster. To track metabolic adaptations, it is all about staying aware of your body and recognising the way it adapts and changes, as well as when it plateaus.

To do this, you'll need to track your calories every single day and note down everything that you eat and drinks. No matter if it's a spoonful of a soup or peanut butter, everything counts at the end of the day. To track calories, you can do this with an APP called MyFitness Pal or you can simply weigh everything out and write down the weight, calories and macronutrients on a sheet of paper. As a recommendations, it is much easier to use an APP that does all the calculations for you as long as you put in the weight of food in. This is particularly useful if you have a busy lifestyle and struggle to remember to do the day-to-day tasks.

In addition to tracking calories, you also need to track your weight changes. By knowing how much you eat and how that number of calories is affecting your body, you will know if you need to increase, reduce or maintain the amount of calories that you are consuming. By doing this, you will also be able to catch any weight gain in time or acknowledge plateaus so you can make changes in time and continue making progress.

To track your weight changes, simply weigh yourself three times a week and take an average over the seven days. By weighing yourself throughout the week, you are taking your weight fluctuations into account. Your weight fluctuates every day due to bowel movements, stress, hormones, and more. So, by taking these fluctuations into account, you are getting a more accurate view of your weight.

# How to FIGURE OUT YOUR STARTING POINT

Everything that you've done up until this point in your life affects your metabolism. If you've been dieting for a while, you'll likely find that your maintenance calories no longer apply. You could be eating 1,200 calories and still be gaining weight. This is what happens when your metabolism slows down.

Factors that affect metabolism:

- Dieting strategies (FAD diets and calorie restrictions)
- Eating habits (Adding too much salt, eating late at night, alcohol)
- Medical conditions (Hypothyroidism, stress)
- Current calorie intake (Undereating, overeating)

So, as you can see, there are a number of factors that can affect your metabolism. To figure out how many calories are your maintenance and how many calories you need to consume to start losing your weight, follow these steps:

## **Step 1 - Download a calorie tracking APP or use a fitness device like a watch**

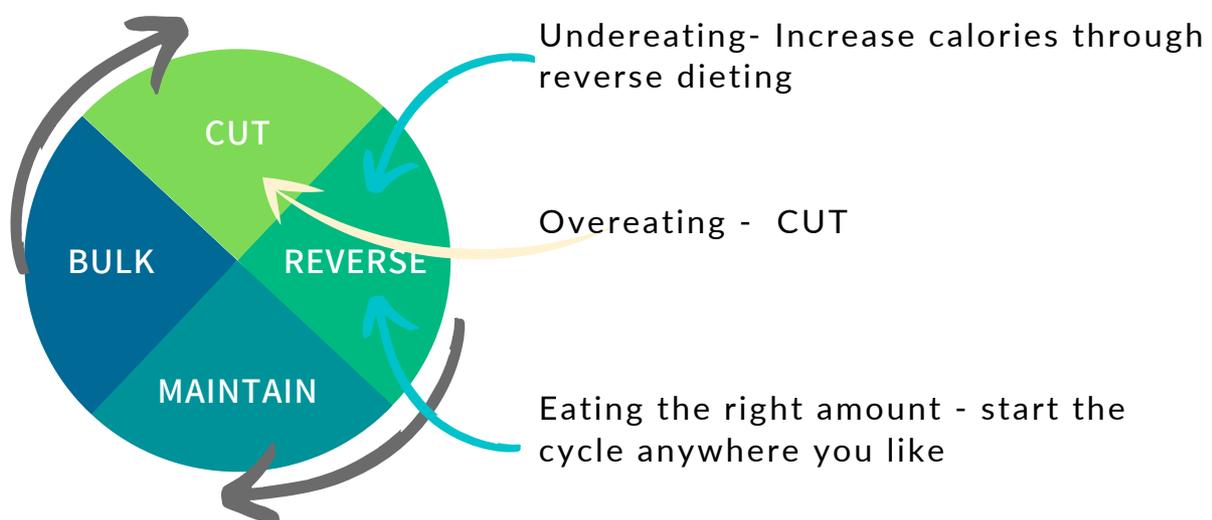
- Most popular tracking APP is MyFitness Pal
- For one whole week, you're going to have to track everything that you consume.
- Ignore the values that the APP is showing you - simply track your normal daily consumptions.

## **Step 2 - Monitor your weight changes**

- Weigh yourself everyday or three days a week before breakfast and after you've been to the toilet.
- Calculate the average calories over 7 days:  $x + x + x + x + x + x + x / 7 =$   
Average
- Do both steps (tracking calories and monitor weight changes) over 2 weeks.

Once you've done that for two weeks, compare your findings to the calculator or APP that you used. If you ate 1,600 calories but the APP said you needed 2,000 calories to maintain your weight, but after eating 1,600 calories, you still maintained your weight, then your metabolism is slower than it should be. The principle works in reverse too. If you consumed more calories than the APPs' maintenance calories and yet you still maintained weight (instead of gained), then your metabolism is faster.

By knowing how your metabolism is working, you'll be able to figure out which stage of the 4 you should start with.



## UNDEREATING AND STILL GAINING WEIGHT?

This may be caused by a suppressed metabolism or a slow one. Some medications can also suppress the metabolism. Since there are many factors that can interplay with each other, it's hard to say why this is happening. However, the solution is a reverse diet. By gradually re-introducing calories into your diet, you'll be able to speed up your metabolism like nothing else.

# Other methods to SPEED UP YOUR METABOLISM

Metabolism is one of the most important factors when it comes to weight loss, as it determines whether you will lose or gain weight. Your metabolism is essentially the rate at which your body turns the calories you consume into energy, and even if you eat less than the amount of calories you burn each day, your body will adapt over time and begin to burn fewer calories overall to maintain energy balance. This process is known as metabolic adaptation, and in order to lose weight more easily, you can use certain methods to increase your metabolism and prevent metabolic adaptation from taking place.

## LIFT WEIGHTS

The metabolism doesn't just increase while you're working out. A study in 2008 by Laval University found that weight training boosted post-workout metabolism for 38 hours after exercise. Muscle tissue is metabolically active, meaning it uses calories even when we are at rest. So lifting weights helps you burn more calories, even when you aren't working out. What's more, muscle mass has a higher resting

metabolic rate than fat—so if you're toned and fit, your body will burn slightly more calories every day. That might not sound like much but it adds up over time!

## DO HIGH INTENSITY EXERCISE

High intensity exercise is a surefire way to boost your metabolism and help you lose weight. Running sprints, lifting weights and doing bodyweight exercises all stimulate your muscles intensely, which in turn produces a very high metabolic response. High intensity exercises like these require short periods of rest in between sets, but that's okay! Sprinting for 30 seconds and resting for 60 seconds can actually burn more calories than jogging continuously at a slower pace. Do these types of exercises 1-2 times per week you'll be well on your way to boosting your metabolism!

## EAT SPICY FOODS

Spicy foods can trigger a thermogenic effect, meaning you burn more calories. In fact, even just adding some extra cayenne pepper to your food may make a big difference—in one study published in *Physiology & Behavior*, researchers found that people who added about 0.075g of cayenne pepper and 15mL (about 1 tablespoon) of water to their meal experienced an increase in metabolism. It may not sound like much, but it adds up over time if you're adding it to multiple meals throughout the day. Consider tossing some red pepper flakes into your omelet next time you cook up some eggs for breakfast!

## USE IODINE, THE NATURAL THYROID BOOSTER

The thyroid controls your metabolism by sending chemical signals which stimulate certain processes in your body. Many factors can affect these signals, so it's important to make sure you keep your thyroid functioning properly through diet and lifestyle choices. Iodine, one of only two nutrients needed for normal thyroid function, is known as the great harmonizer because it helps balance other minerals and vitamins while boosting energy levels and improving overall health. In addition to taking a daily multivitamin containing iodine, try sprinkling a little bit of iodized salt on your food or adding a dash of vinegar with some lemon juice (also containing iodine) in water instead of sugar or artificial sweeteners. You might just boost your metabolic rate with these simple but healthy additions!



*Thank You!*

**LET'S STAY IN TOUCH!**



admin@REACHPublishing.org

**REACH FOR TOMORROW**



# Thank You

LET'S KEEP IN TOUCH!



Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitationis officia deserunt mollit anim id est laborum.

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minn culpa qui officia deserunt mollit anim id est laborum.



(+00) 01234 567 891



Schedule a call with me

