



Metabolism - Transcription

Metabolism Video

I want you to really think for a moment here this big M word metabolism. What comes to mind when you think about metabolism? What do you think of? Do you think of feeling energetic or maybe sluggish burning calories wishing you were burning calories?

So 90 percent or so of people believe they have a slow metabolism. And this might actually be true. Our metabolisms are compromised by many things such as sitting in front of computers all day long not sleeping enough and of course believe it or not the foods that you eat. So your metabolism is how efficiently your body is able to convert the things that you eat and drink into energy and when you provide your body with the right types of calories, which we'll get into you feel your metabolism and keep it rubbed up which allows you to have more energy and to lose weight if that's something that you want to do. So while the big huge story short is eat fewer calories and your body Burns fewer calories right eat more and your body burns more the more you feel the fire the more it burns and when it burns you feel energetic you can think clearly and you know, if other factors which were going to talk about are all in balance, you'll be able to effortlessly shed pounds.

And I know it sounds too good to be true and it's not so I'm excited to explain all this to you. So you can get all these pieces of your puzzle and put them all together. And I know this is the opposite of what you've been told for a long time and it's also the opposite of dieting where you feel lethargic, have a foggy brain. Your body is fighting against you by conserving energy instead of burning it. That's the reason and nearly all calorie counters gain the weight back after they lose it. So just remember how much body fat you store how much you're able to burn is a function of your metabolism. Your metabolism is the chemical processes that take place in your body to give you energy. It's not simple and it can't be boiled down to just a simple equation of calories in calories out. That's not how it works.

So here's a list of what harms our metabolism and what supports it. So on the left side, we can see what impairs metabolism processed foods, like what I showed you on that fake food slide imbalance biochemistry, which is a big word. We're going to talk about that in week three when we cover sugar addiction and we'll also cover artificial sweeteners, lack of sleep. So what enhances metabolism food good quality supplement sleep exercise avoiding the things in the first list, you know, what's not on this list at all? And this is the first thing I hear when I'm at a speaking event and I ask what flows down metabolism, you know, they say age and yes, your metabolism slows down gradually as you age, but it's not the be all end all and I want you to



know that the great news is we can reverse all this damage that we've done to impair metabolism and I'm going to teach you how to do that and when you eat the right food at the right time that's a huge piece of that puzzle, your metabolism can heal and run how it's supposed to.

So that's exciting the rate of our metabolism is directly influenced by the food that we eat and whether or not that food stokes or smokes our metabolism. So real food, it supports your metabolism, and that's super powerful.

Okay, I got a little excited earlier and I already talked a little bit about this. We've already talked about dieting. So I just want to tell you a long story short. You just want to know that the way that you lost it didn't stay off because you didn't heal your metabolism, you cut your metabolisms. Probably already harmed you have to heal your metabolism in order for it to continue working well in order for you to keep the pounds off that you lost and if weight loss isn't a goal of yours. I just want you to know that all these strategies that we're talking about are going to help you. They're going to help you crush your workout. They're going to help you have more brain power during the workday, more energy at night, sleep better, increase your sex drive. So I want you to know that because a lot of times I refer back to weight loss because that's the main reason why our one-on-one coaching clients come to us. All of this is going to help you too. So just bring it back to the eating more to fuel more. Does it make sense that if you deprive your body of what it needs to run properly it's going to work better for you and you'll lose weight? That way we've thought about metabolism for a long time is backwards. So I want you to really think about how it makes sense. That you'd be tired and irritable and have crazy cravings when you do that when you're dieting and that's why when you lose the weight you can back. So the first step here is to stop counting calories. Stop restricting yourself, and we're going to start eating to fuel our metabolism.