

Reset your metabolism – burn fat, lose weight and have more energy

With an increasing number of my clients, I have to give consideration to resetting their metabolism before I start the healing process. Your metabolism is responsible for so many key areas of activity in your body, if it is out of balance then so are you.

Your metabolism is based around how you process and digest food and how efficiently your cells convert that food into energy.

Two of the key areas your metabolism control are your endocrine system which includes the functioning of your Thyroid but also your cellular health which dictates how well your body functions and how much energy you have.

READ MORE

Resetting your metabolism

A very high percentage of the clients I see have what is known as an ‘inflexible metabolism’ where the metabolism is only able to burn carbohydrates for energy and unable to use fat. As a consequence the fat gets stored. This can lead to insulin resistance, high blood sugars and a congested liver and gall bladder.

One of the early signs of this happening is acid reflux which can be caused by a congested liver and gall bladder which inhibits your ability to digest fat. Another early sign can be elevated blood sugar which is usually revealed with a routine blood test.

Insulin resistance and Type 2 Diabetes stem from an inflexible metabolism.

I am in the process of writing a more in-depth paper on this important subject and I hope to have it available on the web site within 3 months.

In the meantime, if you feel that you don’t have the energy you should have and that your system has become sluggish, I hope the information I am imparting below will be of interest.

Why reducing fat in your diet might promote weight gain

When your diet gets too low in healthy fat, your body starts to store it as a protection and stops burning it for fuel, choosing instead to burn sugar and carbohydrate.

There is an outdated belief that too much fat causes fatty liver, weight gain and high cholesterol levels.

Nothing can be further from the truth. It is the over consumption of high glycaemic foods like bread, pasta, pizza’s etc that cause the problem

If you restrict your intake of healthy fat then carbohydrate levels start to creep up. Over time, this causes too much insulin to be released throughout the day and this, in turn, will promote inflammation in your body and will develop a slow metabolism.

Many young girls seem to fall into the trap of starving themselves of fat. The only outcome is weight gain, sugar cravings and loss of hormonal balance.

The reality is that your hormones need good levels of healthy fat to work well.

My pet hates are some of the best known slimming diets. The food they recommend is usually healthy with lots of vegetables but it is nearly always based on low fat meals.

As soon as they recommend spray oils for cooking I know there will be problems because these types of outdated beliefs cause fat phobia.

There is weight loss in the short term with these diets but when the low fat diet kicks in the body starts to panic and as a precaution, stores fat to protect its reserves.

When the diet stops working, some feel that they need to exercise harder but a low fat diet and intense exercise are a perfect storm for a slow metabolism as the body starts to hold on to fat and reserves in a bid to protect itself.

As a result, blood sugars will start to swing and hormones will get out of balance. Together these will provoke cravings and the irritability that goes with it. Many will fall by the wayside and binge eating may start.

When I talk about healthy fat, I am very specific in what I recommend. Generally speaking, you need to keep your fat from meat down to a minimum. For more information on this, please see those recommended in my low glycaemic recipes and on the food and recommended supplement list.

So, what's the answer?

The first recommendation is to have a low glycaemic smoothie which can act as one of your meals – but don't use a protein powder as the base as it can be highly glycaemic.

Instead I am recommending that you use a product called Squeezy Athletic as a base. This product is based on fermented wheat and if you take it as a meal replacement, it has a glycaemic index of just 18 which is less than a piece of fruit on its own.

Squeezy Athletic is also a nutrient dense formulation so if you take it, you won't need to take that multi vitamin.

This product was originally developed for athletes to help them keep stable blood sugar and to use fat as an energy whilst training but it is ideal anyone looking to improve their metabolism.

In the smoothie suggestions, you will see that I am emphasising the need to add some healthy fats. These fats will help support your metabolism and get it back into balance.

Also, these fats do not need insulin to be absorbed and for this reason they are anti-inflammatory and they help to reduce blood sugar spikes.

One tablespoon of any of these can be added to your smoothie. In addition to this you could add 2 teaspoons of MCT oil as this is particularly good at supporting blood sugar stabilisation.

Please remove vegetable oils such as safflower and sunflower from your diet as these are pro-inflammatory and will work against your metabolism.

Food Recommendations

I am recommending that you should aim for a 90% plant based diet which means lots of legumes, vegetables and beans. It means a Mediterranean type diet with oily fish perhaps 3 times per week.

Also lots of healthy oils - as mentioned in the attached smoothie recommendation sheet - and salad type foods. Feta cheese is fine but please remove or cut down dairy cheese.

It does mean reducing meat to perhaps just 2 days per week and may be once per month for red meat.

I would like you to keep bread down to one serving per day. If you are gluten intolerant (I can test you) then you may have to remove bread for a while.

Otherwise I would like you to be dairy free because of its promotion of Insulin like Growth factor which can work against your metabolism. Full fat Goat's milk is acceptable as it contains high levels of Medium Chain Tryglycerides which are helpful for blood sugar control.

Other milk alternatives can be used such as almond and coconut milk but watch the sugar content, some have more than others.

If you must have milk, do not go for skimmed as this means it will be higher in sugar. Best to go for full fat as this will be better for your metabolism.

Full fat butter is acceptable in moderate quantities. I generally recommend Kerigold because, in the main, it is produced from milk from grass fed cows which means the final product has more omega 3's which are anti-inflammatory.

For fruit, once again try and go for a good variety. Blueberries and blackberries can be really useful and cleansing as can pomegranates.

Try not to eat fruits as a snack. Rather take them as a desert after meals as this will help reduce any insulin spikes. .

Remember that pizzas, spaghetti and bread when digested behave almost like pure sugar, so please keep these types of foods to an absolute minimum. In other words treat them as a once per week treat rather than a daily necessity.

Please refer to the list of foods for more ideas on low glycaemic, healthy foods. I recommend that you print these off and put them into a folder in your kitchen and refer to them as and when. The suggestions will help to broaden your choice of healthy, alkaline, low glycaemic foods which will support your metabolism rather than work against it.

Look on any changes as lifestyle, so take our time as there is no need to rush.

It is also important that you include foods that you enjoy. If you have to have that pizza/pasta/sweet on occasions then that is fine but try and make the good stuff the massive part of your diet. Having good fat in your diet will help improve the taste of your food and over time your cravings should decrease.

You can cook using avocado and olive oil. I am happy with small amounts of coconut oil for cooking.

What about fruit juices?

I am preparing a much more detailed report on metabolism shortly where I will explain why the fructose in fruit juices should not be a part of your diet. Unfortunately fructose is more harmful than pure sugar in the way that it stimulates inflammation and a fatty liver and it must be a very small part of your diet – if at all. The science behind this is a little complex so I am saving it for my more detailed report.

What about alcohol?

Put very simply, a lot of alcohol will promote an inflexible metabolism. There are two main reasons. Firstly alcohol is generally high in sugar. Secondly too much alcohol can promote a fatty liver which in turn will slow the metabolism.

Of course 1 glass of wine or spirits per night is unlikely to cause any issues if your overall diet is good. However beer is the worst for your metabolism as the yeast drives uric acid which directly promotes a fatty build up in the liver and weight gain. Sumo wrestlers drink beer before bed for this very reason.

Some extra tips

Another way to reduce blood sugar spikes in a cost effective way is to add organic Cinnamon to your daily smoothie. It is brilliant for your metabolism.

It is available in bulk bags of 500g in the shop at around £11.00 per bag. It will last for ages if you keep it in the fridge.

Some new research also shows that taking one tablespoon of cider vinegar in a small glass of water before food reduces glucose absorption from the food and helps get the glucose into your cells to produce energy.

On the supplement side, I generally recommend my Colon Cleanse as this is crucial for keeping your gut healthy. When taken before meals, the soluble fibre helps to absorb sugar and prevent it from being absorbed.

When to eat

Some form of intermittent fasting can help you reset your metabolism by helping it go from one which stores fat to one which burns fat for energy.

There is no one way to do intermittent fasting. The key is finding one that suits you and works well for you.

In the not too distant past the emphasis was on grazing with the view that eating snacks in between meals actually kept blood sugars stable. In fact the opposite is the case. Grazing drives up insulin, inflammation and blood sugar levels.

In contrast intermittent fasting can support a healthy metabolism.

If you are new to this, I am going to recommend the following:

1. Try and eat as early as possible in the evening.
2. Try and give yourself a minimum break of 12 hours after eating your evening meal. This means not eating before bed and only drinking a herbal tea or water between your evening meal and bed.
3. Try to eat as late as is comfortable for you in the morning. If you are used to eating before 8, try and gradually extend this to around 10.am. This will give you a fasting of at least 15 hours and that is sufficient for the time being.
4. If you are eating 3 times per day, try not to snack in between meals. Give your digestive system a break. Just drink water, black coffee or a herbal tea. If desperate, ensure you have some low glycaemic nuts available.
5. If you eat fruit, try and eat just after food as this will reduce the potential for insulin.
6. Remember for every fruit you eat in the day, you should aim for 2 vegetables.

Giving your body a good break between eating has proven to free your body's cleansing processes to be more active. It also helps to reduce insulin, inflammation and promotes metabolic flexibility.

I am recommending that you eat two meals a day and have one smoothie. Probably easier to have the smoothie as your breakfast/brunch.

Once you get into a routine, for just 2 days per week, you can swap the morning smoothie or one of your meals to one Squeezy Athletic meal replacement.

General comments

If you have a sluggish, inflexible metabolism, it may take some time to turn around. it's not about counting calories – it's more about what and when you eat. Resetting your metabolism can never be a short term fix. The changes you make should be lifestyle if you want to be healthy in the long term. For this reason, it is important to pace yourself and go at a speed at which you are comfortable with.

I am listing some further reading options in this section. If you can't access them then email me on peter@petershealthproducts.com and will send copies through

1. Low glycaemic smoothie recipes.
2. A list of the supplements and foods to help reset your metabolism.
3. A list of low glycaemic and alkaline foods and recipes
4. Information sheet on Squeezy Athletic for rebooting the metabolism.

Please underline in the email any of those options you may require further information on.