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The Natural MD™

THE NUTRITION PRESCRIPTION



Medicine of the future, today!

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BUILD A HEALTHY METABOLISM **"Eat More, Lose Weight"**

Does it seem like the less you eat, the fatter you get? Does everything you eat immediately convert to fat, even the healthy foods? Have you ever wondered if something was wrong with your thyroid because your metabolism is so sluggish? Then you may actually be suffering from a slow metabolism due to under eating. That's right – not eating enough!

You see, when your body experiences even short periods of hunger, it senses starvation and decides to conserve energy by shutting down your metabolism and storing fat. Your body is working from a very primitive protective mechanism. It doesn't know you can just get up and open the fridge to get your next meal. It is working from a very old biology of feast or famine framework. It wants to save energy in the form of fat so you can go out and "hunt and gather" your next meal!

Your metabolism is like the inner furnace of your body – a great roaring fire that uses fuel to produce the energy your body needs to function. But if you don't add fuel to the fire on a regular basis (3–4 meals per day) or if the quality of the fuel is poor, the inner fire of metabolism begins to flicker then fade and die away. When the fire fades, your body can't burn off calories and so it stores them as fat.

If you have ever built a campfire, you know the process it takes to achieve a roaring blaze. You may start with twigs and leaves but the fire will be small and flickering. It flames out easily UNLESS you consistently add bigger and better logs to build the flames and fuel the fire. Ignoring the fire for long periods of time allows the flame to fade and eventually shut down.

Your body functions in much the same way. It needs nutritionally dense foods (foods rich in fiber, glucose, minerals and vitamins) to keep the fire of your metabolism roaring. Nutritionally empty foods such as sweets, packaged or processed foods and fast foods simply spike your blood sugar, making your metabolism briefly flame then shut down when your blood sugar levels quickly crash. Skipping meals (semi-starvation), eating foods with lots of simple sugars and lacking fiber (processed foods) will not supply the dense amount of nutrients necessary for fueling the fire. You will experience metabolic shutdown and subsequent fat storage.

Remember, eat at least 3 meals a day and even a snack of high quality nutritionally dense fruits, vegetables, whole grains, beans, nuts and lean meats to stoke your inner fire regularly and keep your metabolism high and burning bright!