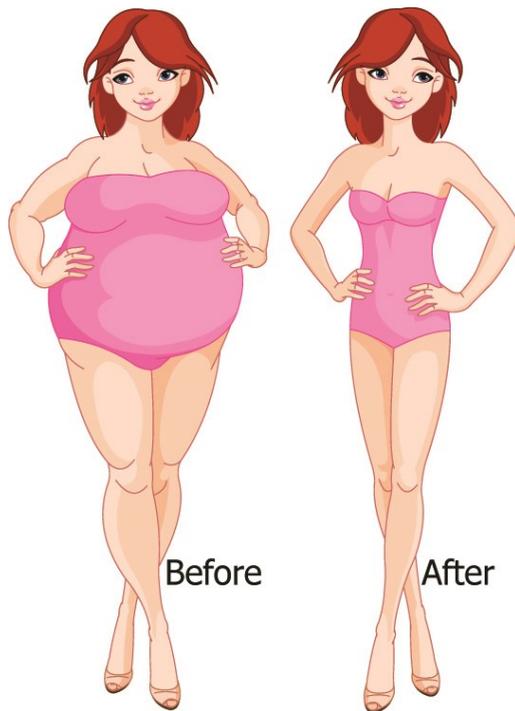


How to *Supercharge* YOUR Metabolism for *Faster* Weight Loss



By
Wendell & Clarissa Swinton

**#7 in Durango's acclaimed
“Lose Weight While
YOU Sleep!”™ Series.**
**Yes, you can "lose weight
while YOU sleep",
IF you follow Durango's
easy formula, you'll actually
be losing weight 24/7.**

In this special report you will learn how to burn more calories all day and night with our *How to Supercharge YOUR Metabolism for Faster Weight Loss* strategies. Using unique and simple to implement ways to supercharge your metabolism you will burn fat and lose weight faster AND keep the extra pounds from making it to your stomach, hips and thighs.

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Let's start with some basics. Webster defines metabolism as the chemical processes by which a plant or an animal uses food, water, etc., to grow and heal and to make energy. For most of us that translates into the amount of energy (or calories) your body burns to maintain itself.

Whether you are eating, breathing, drinking, or sleeping, your body needs to constantly burn calories to keep you going.

There are several factors that affect the metabolism of any given person, such as height, weight and body composition (the amount of muscle you have), the frequency of the meals you consume, personal diet, activity levels, genetics, and stress levels. While the rate of metabolism slows down for many reasons, the 3 most common causes are:

1. loss of muscle because of not enough physical activity
2. the tendency of the body to cannibalize its own tissue because there is not enough food energy to sustain it
3. the decrease of physical activity that comes naturally with old age.

Keeping your metabolism supercharged is the answer to keeping the extra pounds from making it to your stomach, hips and thighs. If your metabolism is in high gear, it will burn the extra calories instead of storing them as fat.

So how do you speed metabolism up? How do you supercharge your metabolism to help you burn more calories and fat? Here are a number of unique and interesting strategies to do just that!

1. **Don't skip breakfast.** A lot of people are ignoring the fact that breakfast is the most important meal of the day. Surprisingly, the ones who eat breakfast are thinner than the ones who do not. If you don't eat breakfast, you slow down your metabolism and send the body into a panic thinking it's starving because you're going a long period of time, 10 hours or more, without food. If you aren't a big breakfast fan, then have a juice to give your body what it needs first thing and have breakfast a little bit later on. Breakfast is basically 'breaking the fast', so it doesn't have to be huge, but it needs to be something so that your metabolism stays where it should be.
2. **Increase water intake.** The energy burning process of metabolism needs water to work effectively so make sure you are drinking

about two liters a day. Water flushes out toxins that are produced whenever the body burns fat. The majority of bodily functions involve water, and lack of water causes the body system's operations to decrease its speed, and produces unneeded stress as a result.

3. **Eat smaller meals.** It is recommended to consume 4 to 6 smaller meals that are timed 2 to 3 hours apart rather than 3 larger meals. Think of your metabolism as a fire that you want to keep burning. The fire needs fuel in small amounts on a regular basis. Keep it fuelled and it will keep burning. For example, have two smaller lunches, one at 12pm and one at 3pm, or have a late afternoon mini meal at 5pm to avoid overeating and crashing out in the evening. Food should energize you, not make you

sleepy and eating little and often keeps your blood sugar stable and provides a steady source of energy to fuel metabolism. You can also use the grazing approach to keep a steady level going all day.

4. **Never skip meals.** People tend to skip meals in order to lose weight, which is a big mistake since it slows down metabolism.
5. **Sleep more.** According to research, it is riskier for people who do not get enough sleep to gain weight. Also, muscles are regenerated during the last couple of hours of slumber.
6. **Start the day with a juice.** Having a fresh vegetable-based juice in the morning works wonders for kick starting your metabolism. It is not only jam-packed with nutrients, but when drunk on an empty stomach the nutrients get absorbed really quickly so it's

an instant energy boost. Raw foods are packed full of enzymes which help the body function better, from breathing to thinking to doing. Make your own at home or buy in a juice bar on the way to work. Great juices are: Carrot, apple, spinach and lemon, or carrot, apple, celery and beetroot.

7. **Green tea (hot or cold).** It can be used as a substitute for coffee. Tea has the ability to stimulate metabolism, and unlike coffee, it has no undesirable side effects when too much is consumed. A cup of green tea before or with your meal enhances carbohydrate digestion, moving the food through your digestive system more quickly.
8. **Avoid sugar.** Sugar enables the body to store fat.
9. **Eat spicy foods.** Hot cuisine with peppers can increase metabolism. It's been studied

and proven that cayenne pepper will stimulate your metabolism by about 20% and cleanse fat out of your arteries. Salsa also works wonders by stimulating your metabolism about 15-20%. But don't be fooled into thinking you can pair it with a bag of fried tortilla chips. But salsa is fantastic on chicken breast, fish, baked potatoes, veggies, beans and eggs. Be creative.

10. Effective calorie burning cocktail. A glass of tomato juice, with a splash of Tabasco and cayenne. Stir with a celery stick and you've got yourself one amazing calorie burning, energy boosting drink.

11. Apple cider vinegar drink. One of the best fat burners out there. Add 1.5 teaspoons of apple cider vinegar (unpasteurized) to a glass of water. Do this twice a day just before

breakfast and just before dinner for 3 weeks. Go off for one week then resume again for 3 weeks. Keep alternating 3 weeks on and 1 week off for as long as you like. This works especially well for those that just can't seem to lose that last 10 pounds.

12. **Celery.** Once you finish your calorie burning cocktail, don't forget to eat your celery stick. It takes more energy for your body to absorb and digest it than the calories it provides. Celery helps to flush out fat and calms your nerves when stressed.

13. **Brussels sprouts.** Research has proven that a diet rich in brussels sprouts and cabbage improves the functioning of your metabolism. They are also very high in vitamin C, and are one of the richest sources of protein compared to other vegetables.

14. **Spinach.** Spinach has not only been praised as the king of vegetables due to its high iron, beta carotene, vitamin C and E content it also revs up your metabolism and helps burn fat. Eat it raw in a salad or lightly steamed to retain its nutrients.
15. **Grapefruit.** It's actually a proven fact that grapefruit dissolves fat and helps lowers cholesterol. Try sprinkling it with cinnamon for added health benefits and to take the tart taste away. If you must, you can add a little raw honey or maple syrup to add some sweetness. As an appetizer you can sprinkle with cinnamon and broil for a few minutes.
16. **Fatty Fish or Flax oil.** Not all fats make you fat. These "good" fats actually help you to burn fat. Omega 3 fatty acids found in salmon, tuna, sea bass and other fatty fish as well as flax oils or fish oils increase your

metabolism, decrease excess fluid in your body and increase energy levels. If you're not a fish eater, try organic cold pressed flax oil or high quality fish oil, either in liquid form or capsule. It is the perfect way to get all the essential fatty acids you need daily.

17. Build up on lean, mean body mass. It is only natural that metabolism decreases along with age, but it is possible to counter the effects. The amount of muscle a person has is a very strong determinant in the ability to burn calories and shed fat. So it goes without saying that exercise is essential. Build strength and resistance by working out at least twice a week, preferably with weights. Do easy exercises in between workouts. Simple tasks such as walking the dog and using the stairs in place of the elevator can take off calories. The key is to match the

amount of eating to the amount of activity one has.

18. **Ditch the stress.** Stress, be it physical or emotional, triggers the release of a steroid called cortisol, which decreases metabolism. Also, people tend to eat excessively when stressed.

19. **Don't eat lots of food in the evening.** Dinner should really be your smallest meal, and some experts recommend you don't eat anything after 8pm, or any later than three to four hours before bedtime. This helps your body process and burn the food when you are awake and moving around and therefore you will burn more calories per hour. If you eat food late at night, your body has to digest it at night and it's not able to do this as efficiently. You can also wake up with undigested food, making you feel sluggish

which has an impact on how you start the next day. Remember the saying 'Breakfast like a king, lunch like a prince and dinner like a pauper'.

Can you reach your desired body weight? Only you can determine that, but using these strategies to *Supercharge* your metabolism for faster weight loss will certainly get you going in the right direction. The knowledge from these strategies is now yours to work with and that puts success right in your hands.

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