

## 12 Steps to Boost Metabolism, Improve Sleep, Get Glowing Skin and Increase Energy

We all want to look and feel our best, but we don't always know where to begin. Following are some simple tips to help you feel better, from the inside out. You really can have it all!



### METABOLISM BOOSTERS

#### 1. Practice Intermittent Fasting

Intermittent Fasting (IF) is an eating pattern that cycles between periods of fasting and eating. Common intermittent fasting methods involve daily 16-hour fasts or fasting for 24 hours, twice per week. IF has been shown to increase your fat-burning abilities and metabolism.

#### 2. Eliminate Processed Foods

Processed and packaged foods contain excess sugar that cause your body's insulin to spike. This reaction signals the body to store fat and blocks the hunger hormone, leptin. With lower levels of leptin, the body thinks it has no body fat, and this signals intense, uncontrolled hunger and food intake.

#### 3. Decrease Environmental Toxin Exposure

Environmental toxins, and more specifically, plastics are everywhere; in our food supply, our cleaning and beauty products, cookware, even our air. These chemicals are both human-made and naturally occurring. Toxins are cancer-causing endocrine disruptors that effect our metabolic, hormonal, and developmental processes. Switch to natural products, avoid plastics, and eat organic whenever possible.

### IMPROVE SLEEP

#### 4. Time Your Caffeine Consumption

Caffeine consumed close to sleep time has the greatest potential for sleep disruption. Additionally, caffeine may stay in your system and keep you awake at night. Prevent this by making sure that you do not have caffeine after 12pm.

#### 5. Add a Magnesium Glycinate Supplement

Sleep is essential for a person's health and wellbeing, yet millions of people do not get enough sleep and in-fact suffer from a lack of sleep. Sleep is also important because it enables the body to repair and may also help prevent excess weight gain, heart disease, and increased illness duration. If you have trouble falling asleep or sleeping through the night, magnesium glycinate may help. Supplement with 200-400mg 30 minutes before bed.

#### 6. Hit the Hay Earlier

'Early to bed, early to rise, makes a man, healthy, wealthy and wise' were the words uttered by Benjamin Franklin. Science proves that there is a fair bit of truth to this saying and recommends, seven to eight hours of sleep each night. The body inherently knows this as well. As it begins to get dark, the body produces melatonin, but artificial light can inhibit this production. Get to bed early to avoid disrupting this chemical reaction and prevent later evening cortisol spikes.

### GLOWING SKIN TRICKS

#### 7. Hydrate, Hydrate, Hydrate

Start your day with a hot glass of water with lemon juice, fresh ginger and turmeric to hydrate your body after being asleep all night. This fresh drink of water also helps stimulate the digestion system. Drink water throughout the day to keep your body running smoothly.

#### 8. Daily Meditation or Breathing Exercises

Chronic stress puts your health at risk by increasing your cortisol levels (your fight or flight hormone). Heightened cortisol can also trigger acne or eczema. Meditation and breathing exercises can help lower your stress response. And just 10 minutes per day has been shown to make a tremendous, healthful impact.

#### 9. Add Collagen

Collagen is a necessary component for skin elasticity and reduces fine lines and wrinkles. Add collagen to your diet by drinking bone broth or using a collagen protein powder. Other sources of collagen are leafy greens, citrus, and oysters.

### INCREASE ENERGY

#### 10. Eat Protein for Breakfast

Eating a carbohydrate heavy or sugar-laden breakfast will send your blood sugar soaring, then crashing, leaving you drained and tired. Eating protein at breakfast stabilizes blood sugar and keeps your energy "even". A morning smoothie with protein, fiber, healthy fats, and greens is a great option.

#### 11. Stick to Anti-Inflammatory Foods

Stress, poor nutrition, and environmental factors can cause chronic inflammation which can develop into any number of lifelong, chronic diseases. Inflammation can deplete your energy and lead to, among other things, poor digestion. Eat foods that fight inflammation like leafy greens, seeds, and nuts.

#### 12. Test for Nutritional Deficiencies

Lacking essential vitamins and minerals like vitamin D, B and magnesium, are often the reason people feel fatigued. Get your bloodwork tested. This is the only way to determine if you have a nutrient deficiency. If you find that you are nutritionally deficient, adding supplements and making simple food changes can make all the difference.