

Plateau Busters!

Have you hit the “weight loss wall”? Then check out these tips to help rev up your metabolism!

1. Be sure to get enough protein at each meal — protein is by far the most satiating and the most thermic (the process of digesting ... it raises your metabolism). The best sources come from animals, as these contain the complete profile of essential amino acids and are more “bio-available,” which means that your body can use them more effectively and efficiently. Look for low fat choices like egg whites, whey protein, and turkey breast.

2. Drink up ... water that is! Even a little dehydration can dramatically impact your metabolism! You need water to burn fat and if you are drinking caffeinated or alcoholic beverages you are dehydrating your cells even more.

3. Trade your starchy carbohydrate servings for non-starchy veggies at one or two of your meals, especially your evening meal.

4. Make sure that one of your fruit servings is consumed soon after your workout (within 60 minutes) to help store energy back into your muscles without raising insulin.

5. If possible, do two workouts some days to boost your metabolism. Just don't do a cardio workout too late in the day, and be sure to stretch afterwards to bring stress hormones down again.

6. Check out the following supplements — these are the ones that promote fat loss:

- Carnitine — helps the body use fat for fuel.

- Chromium — helps prevent the loss of lean body mass while losing fat, helps keep blood sugar stable.

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- CLA — research shows that it helps burn abdominal fat.

- B & C Vitamins — to help your body handle the stress.

- Daily Multi-Vitamin — since we know there is no way to get everything from your diet.

- Calcium — there's been good research to show that calcium helps with weight loss - be sure to divide the doses into 500 mg or less to be able to really absorb it.

- Fish Oils — Omega 3 softgels or Krill Oil — should be part of your core supplement protocol, because of the positive benefits they have for brain and heart health, reducing depression, bone strength, and reduction of inflammation.

7. EGCg — Green tea contains

a compound that has been found to aid with fat burning and may raise metabolism. Drink at least four cups of green tea a day to get these benefits.

8. Go decaf! Caffeine can make you insulin resistant, which makes you a “fat storer” rather than a “fat burner.” Switch your coffee and tea to decaf.

9. Pump some iron. Muscle dictates your metabolic rate — each pound of muscle you add burns 40-50 more calories per day.

10. Eat small meals and snacks throughout the day — eating raises metabolism, and eating less more often means less insulin response, better blood sugar balance, and less cravings.

11. Check your portions. Learn to read labels and ask questions at restaurants. Ask for sauces on the side and monitor how much you use. Everything counts ... so pay attention to how much you are actually eating and make sure you are on track with optimal amounts of protein, limiting your

starchy carbs and fat, and eating enough non-starchy vegetables.

12. Read labels. Learn all of the different names for sugars and be sure you are choosing foods that are low in sugar and fat, and high in nutrient value and fiber. Ignorance is never an excuse. If you aren't sure about something, skip it until you can find out if you should be eating it or not.

Dr. James Proodian is an author, educator, and healthcare practitioner specializing in chiropractic rehabilitation and other natural healing techniques. He also provides free health lectures and health screenings throughout Monmouth County. To have him speak at your company, school, or organization, contact the Natural Healthcare Center at 732-222-2219. Dr. Proodian's other health articles can also be found at www.NaturalHealthcare-Center.com.