

## Realize How to Metabolize

To realize how to metabolize takes practice and intention. This is a common problem today when people begin not eating enough. They begin skipping all carbohydrates worried about their weight. Others feel rundown with a lot of stress and begin dropping out of life.

Many things in life can cause our metabolism to tank. It literally slows, grinding down below what is necessary for good health. The primary symptom you can discover this with is the temperature that you're running during the day. Measure your temperature several times a day, — every morning, every afternoon, and every evening. Keep a log.

Seven tenths or 7/10s of lowered temperature can be an indication of lowered metabolism. Maybe that needs to be stated twice. Even less than one degree of change from normal body temperature can be an indication of lowered metabolism.

Your body will react to lowered metabolism by refusing to create enough of the proper thyroid hormone. The body will create a substitute that will not support proper metabolism. Finding that hormone lowered and substituting it with a supplement may be convenient but it is not attacking the original problem — lowered body temperature.

Once you find your temperature is lowered, you can start working on it. Get out in the sun every day. The sun really boosts your metabolism. Most studies recommend at least 10-15 minutes, some recommend 30 minutes with darker skin.

Make sure your calories are over 1,200 a day. The body needs food to work and will begin to shut down with less than 1,200 calories a day.

Eat healthfully and don't skimp on carbs. Make sure you have enough carbs to work your body. Carbs are the coal feeding the fire which create the steam for life. Remember carbs are breads and strive to make the complex carbs loaded with nutrients with the seeds or grains of life. Some prefer the sprouts as they have given their best nutrition by sprouting.

Destress your life. Add things in your life that help you overcome stress. Have a plan when you come off of things that make you stressed out. We all have stressors in our life. Stressors are good for us. They help us move forward in life but we also need relief from the stress in our life. Whatever that is to you. It could be swimming, could be walking. It could be listening. It is a journey to find out what relieves stress for you.

Be aware that good food makes a difference. Packaged foods are empty in live nutrients which the body craves. Processed food is tainted with toxins and poisons. Usually this includes preservatives so find a fresh source of food as best you can and stick with it. Because you'll be healthier. You'll see the difference. You'll feel the difference. And your metabolism will thank you because you have the energy to go out and conquer the world. And you'll begin to realize how to metabolize through your own efforts.