

Over 40 and gaining weight? Here are five ways to boost your metabolism.

Have you ever been disappointed with your diet and exercise results? Even though you work hard and eat right, the weight just isn't coming off like it did when you were in your 20s and 30s.

Even though you eat less, the number on the scale keeps creeping up, and fat continues to collect in embarrassing places on your body. Foods you've eaten all your life are suddenly causing you to gain weight.

Are you just going to keep gaining 1, 3, or even 10 pounds *every year*. Is that upward trend going to continue forever?

It might. Especially if you don't do anything about it.

Once you reach 40 your metabolism has already slowed down. If you don't take action, it might be too difficult to lose the weight.

One reason your metabolism may be sluggish is that every year adults over the age of 30 lose 0.5% of their muscle mass. Without muscle mass, your metabolism drags.

There are plenty of ways to get that calorie burning engine fired up again. In this article we will talk about the five best ways to boost your metabolism.

If you notice your metabolism getting lazy, follow these tips.

When your metabolism is working to it's full potential, you will lose weight faster and burn calories easier.

The object is to make simple changes that will help your body to burn more calories when you're at rest. So let's get started.

1. Get off the diet roller coaster.

Multiple studies prove that when you go on a crash diet or restrict your calories for an extended amount of time, dieting can steer your metabolism into the slow lane.

For example, world-renowned obesity researcher Dr. Rudolph Leibel conducted a study at Rockefeller University that compared the metabolisms of people who had lost weight by dieting (both long-term and various "crash diet" techniques) to the metabolisms of people who have typically maintained a normal weight.

As expected, **the metabolisms of those in the dieter group were 25% lower than those who had not gained or lost significant weight in the past.** Even more, the dieter group had

accrued so much damage to their metabolisms over the years that their now battered metabolic rates were slower than those of normal-weight individuals

Other studies show significantly decreased levels of important metabolic, fat-burning hormones with crash dieting. The metabolism study performed by Dr. Campbell at the University of Vienna showed thyroid levels dropped by a whopping 28% after just 2 weeks of consuming a very low-calorie diet.³

And yet another *Metabolism* study conducted by Dr. Gloria Dubuc and the nutrition research team at the University of California – Davis, showed a 50% reduction in one of the body's key fat-burning hormones after just 7 short days of following a severely reduced-calorie diet.⁴

2. Start moving

It should come as no surprise that people are losing their natural metabolism. We are incredibly inactive. We sit all day long (on the way to work, at work, at lunch, on the way home, in front of the television on the couch) and then we go to sleep.

By increasing your level of activity, you will increase your metabolic rate. It's especially important after 40 to include weight lifting in your workout routine.

Why lift weights?

Lifting weights can help you be strong and look sculpted, but it also is the fastest way to increase your metabolism.

Remember when I said that adults over 30 begin to lose muscle mass? Well, that's a big problem if you want to burn calories. Muscle tissue is like a furnace in your body, burning calories all day long. The more muscle mass you have; the more calories you will burn.

It is in your best interest to focus on increasing your muscle mass—even if you gain weight at first.

Think about it. Muscle is denser than fat. One pound of muscle takes up a fraction of the space that one pound of fat does. And yet it burns more calories.

Even when you're resting, the muscle in your body burns more calories than the fat. So sleeping, sitting at your desk, or eating, you will be burning more calories simply because you have more muscle.

3. Eat enough protein

Nobody likes to go all day feeling hungry and unsatisfied.

It's easy to assume that the best way to lose weight is to just eat less. But that will make you miserable. You will starve. When your body doesn't get the calories and protein it needs, it will begin to break down your muscle tissue for energy.

Nothing could be worse for your metabolism!

Protein from meat, fish and eggs makes you feel full, and doesn't let you crash after meals. When your meals are a balance of a protein, vegetables, and fats, you will lose weight quickly and naturally.

Eating plenty of protein will help you burn more calories. Studies have shown people that eat protein with every meal burn at least 100 extra calories a day.

When it comes to losing weight, eating protein may be the most important thing.

3. Cut down on whole grains

You may think whole grains are healthy because food manufacturers say they have a lot of fiber, but it couldn't be further from the truth.

Foods like 100% whole wheat bread, whole grain pasta, bran flakes and other wheat-based fiber cereals, and whole wheat tortillas and wraps may have more fiber than their white flour counterparts, but they still cause your blood sugar to go through the roof. With the high blood sugar comes a rapid rise the hormone insulin, which plays an active role in storing fat.

Many people believe that a sandwich or a piece of toast is healthy, even wholesome. But they are a major cause of the raging obesity epidemic in western society today. The scary fact is that two slices of whole wheat bread raise blood sugar higher than a can of sugar-sweetened soda or even a sugary candy bar.

Even more, because they are so rapidly digested, these foods provide virtually no metabolic benefit during digestion, resulting in less than optimal metabolic rates and ever-expanding bellies world-wide.

Worse, whole grain foods are highly acidic. If you have too much acid in your system, you will suffer from some very uncomfortable consequences.

Is YOUR Body Acidic?

Consider, are you experiencing any of these telltale signs that your body is potentially lacking in many critical nutrients while being in a highly acidic state?

- Feeling sluggish, fatigued, tired, and "heavy"
- Increased cravings, especially for sweets
- Excess body fat and trouble losing weight
- Skin issues
- Brain fog
- Weak and frail bones
- Joint discomfort
- Sensitive teeth

- Trouble sleeping
- Digestive distress

Without a doubt, these sobering concerns of an acidic state are no laughing matter. Even worse, they could fester and get worse if left unaddressed.

You see, MOST foods in the American diet are highly acidic. You need to buffer all that acid with alkalizing fruits and vegetables.

4. Eat more veggies

Vegetables don't have a lot of calories, and they are full of the vitamins and nutrients that you need to stay healthy and fight off diseases like cancer and heart disease.

It makes so much sense to make vegetables one of the main parts of your diet. So why don't we do it?

The 2005 Dietary Guidelines for Americans, recommends that you eat between 2½ cups and 6½ cups of vegetables each day. The number of servings depends on the total number of calories that you need.

Most people don't even come close to eating that amount. The Harvard School of Public Health reported that the average American only eats three servings a day.

Is it any wonder we're gaining weight? Just as important, we also put our health at risk by not eating enough veggies.

Worried about your blood pressure? If you don't eat enough food high in potassium, you increase your risk of having high blood pressure. Simply eating things like sweet potatoes, white beans, tomatoes, beet greens, soybeans, lima beans, spinach, lentils, and kidney beans can keep your blood pressure at a healthy level.

Trying to lose weight? Eating plenty of vegetables is one of the best ways to stave off hunger while cutting calories. Because they are full of fiber, you will feel full, which will help you eat fewer calories. The fiber in vegetables can help you enjoy healthy digestion (a bloated, puffy looking belly is your body's way of telling you that your digestion is a little off).

5. Go on a juice fast

Some people kick off their diets with a juice fast.

Juice fasting helps you lose weight because, clearly, you consume fewer calories. Without eating solids your stomach will be smaller in size, which might make it possible to adjust your portions when you get off the fast.

You concentrate on what is going into your body. When you fast you have time to think about your eating habits, reset the clock, and address any bad habits that you may have developed.

Weight loss isn't the only benefit.

Drinking vegetable juices detoxes your body. Normally, you eat several times a day. But when you give your digestive system a break, the enzymes that normally break up the food in your GI tract are available to eat up cells that have been damaged and may cause disease.

Juicing keeps you from getting sick. It makes perfect sense when you consider what makes people get sick in the first place. Their bodies are depleted of nutrients because they are consuming too much sugar and empty calories, and their bodies are full of toxins. Juicing delivers more nutrients to your body than you can possibly get when you are eating a regular diet.

If your metabolism is slowing down or damaged, you will see a noticeable improvement when you do these five things. *It just works.*

The question is, why don't we all do these things all the time? Especially eating vegetables. 220+ million Americans fail to get recommended servings of fruits and veggies each day.

Failing to eat to enough fruits and veggies each and every day can eventually lead to toxic acid build up inside your body, which damages your quality of life in a major way.

If eating at least five servings of vegetables is so important, why don't people do it all the time?

It could be the cost.

Typically, organic produce can cost anywhere from 20% to 100% more than the cost of regular vegetables. Many people just can't afford to pay that much even if they want to eat healthier.

Organic fruits and vegetables are more expensive for several reasons. Supply and demand, for starters. Less than one percent of the world's farmland is considered organic. When the supply runs low the price goes up.

Organic farmers need to pay people to do things like remove weeds from the crops. Non-organic farms have reduced the costs of hiring people by pouring chemicals on the food. Eating vegetables laced with pesticides won't help you reach your health goals.

Here is a frightening example: **recent research conducted by the USDA discovered non-organic kale contains over 51 different pesticides**—the complete opposite of a health food by any standards!

It's hard to get five servings of fruit and vegetables each end every day. Who has time to shove cups and cups of broccoli and kale into their mouth?

Eating enough fruits and vegetables to really make a significant impact is both impractical and inconvenient, not to mention extremely expensive, **especially when you have to spend 2 to 3**

times the price for organic produce to avoid high levels of pesticides that can easily cancel out the benefits of eating healthy.

Simply put, getting the recommended amount of fruits & veggies every single day is too **impractical, inconvenient, and expensive** for the average American to do with any kind of regularity.

The fortunate news, however, is that there IS a much easier, more convenient, considerably cheaper, and incredibly delicious alternative and it only takes about 30 seconds a day to consume.

Now you can get 45 nutrient-rich raw greens, vegetables, superfruits, exotic herbs, berries, and spices in one delicious tasting drink . . . WITHOUT grocery shopping, juicing, blending, or making a mess!

Determined to find a solution, BioTrust® has developed a much easier, more convenient, considerably cheaper, and incredibly delicious way to get all your fruits and veggies.

It's called **BioTrust® MetaboGreens 45X™**.

We consider it to be "**the best-tasting greens product on the planet.**" When you taste its delicious, sweet berry flavor, we think you'll agree. It's sure to be something you actually look forward to drinking every day.

Just a single serving of MetaboGreens 45X™ helps **combat dietary acidity** by providing premium phytonutrients from **45 of the world's most nutrient-rich veggies, superfruits, herbs and spices**, including:

- Organic Spirulina
- Organic Cracked Cell Wall Chlorella
- Organic Wheatgrass
- Organic Alfalfa
- Organic Barley Leaf
- Organic Apple Fruit
- Green Coffee Bean
- Turmeric
- Cinnamon
- Basil
- Mangosteen
- Camu Camu
- Tomato
- Broccoli
- Aronia Berry
- Elderberry
- Sweet Cherry
- Blackberry

Raspberry
Spinach
Kale
Brussels Sprouts
Cranberry
Pomegranate
Blueberry
Goji Berry
Reishi Mushroom
Shiitake Mushroom
Astralagus Root
And more than 15 others!

All of these ingredients work together to bring your body amazing benefits.

- Fights free radicals with the antioxidant power of over 20 servings of fruits and vegetables
- Curbs cravings and suppresses appetite
- Boosts metabolism
- Helps clear brain fog and increases blood flow
- Supports all-day energy
- Hydrates and revitalizes the body and skin
- Boosts immune health, digestion, and GI health
- Supports detoxification and internal cleansing
- Promotes a healthy acid-base load with alkalizing superfoods, and...
- Protects against stress & promotes resilience

MetaboGreens 45X™ uses four superfood blends to bring you increased energy, a healthier metabolism, improved immune health, and reduced brain fog in just 30 short and enjoyable seconds each day.

Superfood Blend #1: Spectra™ TOTAL ORAC

Spectra™ TOTAL ORAC, a full-spectrum antioxidant-rich superfood that combines one of the earth's most potent, energizing fruit, vegetable, and herb extracts specifically formulated to combat free radicals, boost metabolism, curb cravings, support cardiovascular health, boost energy levels, and defend against cellular aging. MetaboGreens 45X™ has an ORAC value of 10,000 per serving—translating to the same antioxidant power of 20 servings of fruits and vegetables,

Superfood Blend #2: Organic Spirulina & Organic Chlorella

Chlorella and spirulina are "super sea vegetables" that contain powerful antioxidant phytochemicals, including carotenoids and chlorophyll, providing their rich green color. They have been shown to significantly boost antioxidant activity, shield against oxidative stress, decrease important biomarkers related to accelerated aging, promote immune

function, increase energy levels, fight physical and mental sluggishness, improve mood, and reduce body weight.

Superfood Blend #3: Organic Prebiotic “Super Fibers” & Digestive Enzymes

Organic acacia gum, organic inulin, and beta glucan are gut-friendly prebiotic fibers that help stimulate the growth of critically important healthy bacteria within your GI tract. These unique fibers support optimal digestion and boost your immune system . . . a double win for your digestive system and overall health.

Superfood Blend #4: Energizing Reishi & Shiitake Mushrooms

If you wake up tired or struggle with regular afternoon energy slumps, this natural energizing blend of Japanese adaptogenic mushrooms (reishi & shiitake) will **kick-start your day and avoid those afternoon energy lulls.**

MetaboGreens 45X™ is designed to be the #1 best tasting, most effective greens product available

If you're ready to enjoy the research-backed, metabolism-igniting, health-boosting results—benefits that your body, mind, and waistline will love—[click here to find out more.](#)