

Published based on [How To Optimize A Metabolism?](#)

How To Optimize A Metabolism?

Have you sometime asked yourselves a question why the same diet and the same physical exercises help to lose weight for one person and are absolutely useless for another? Is your diet useful... especially to you?

Many of us are skeptical about universal programs of weight reduction. And it is correct! Such generalized approach at all does not consider your individuality! Therefore it is not surprising that all these diets do not achieve expected effect. They only distract our attention from the most important thing – our health and its state.

Key to success is individuality! Each of us has that is called a basic metabolic level (BML), that is a basic metabolism. The reasons of excess weight and many other problems with health are in infringement of a metabolism (metabolism).

Exchange processes at each of us weep in own way. Therefore the same products, vitamins and microcells will influence differently different people. Someone can without restrictions eat fat and sweet and not gain weight, and for someone only one cake will immediately affect weight and a state of health. Hardly there is a diet which will be equally effective for two different people.

Here some simple rules which will help everyone to optimize the metabolism:

1. Have breakfast. In the morning you wake up after a big break in food consumption. The breakfast admission means that the metabolism is slow – not to begin the best mode of a day! In the morning fiber, nutritious elements and water is required for an organism. Avoid some sugar and simple carbohydrates. Have breakfast not earlier, than in 45 minutes after waking.
2. Move. Even if your brain resists, your organism loves physical activity. Physical exercises optimize a metabolism for some hours and after you have finished them. Optimum – 30-45 minutes of exercises a day also are desirable – in the morning after waking up that not only optimizes a metabolism, but also strengthens a cardiac muscle.
3. Keep a diary of the food. It will help you to be fair with yourself regarding what you eat.
4. Drink water. Water is necessary to us for a normal metabolism. It is necessary to drink 6-8 glasses of water per day.

All processes of a metabolism occur in the water environment. Water deletes a waste from an organism and regulates digestion. The water lack slows down processes of natural clearing of an organism and causes a constant self-poisoning of cells, tissues and bodies. The raised accumulation of slags is found out in people who chronically are "not drinking" enough water.

5. Train muscles. For 10 years the man and the woman at the age from 20 till 50 years lose averages from 3 to 5 kg of muscles and add in 3 times of more fat as the metabolism is slowed down with the years. Accordingly, it is necessary to change habits of a food and to increase muscular weight, differently fat will be accumulated. The best mode to grow thin is to gain muscular weight. The muscular weight burns 5 times more calories, than fat.

Health and wellness - this subject has again become very popular to a number of people. No wonder that currently lots of our friends care of themselves with increased diligence. And while one part of people is interested in taking care of themselves, the other one is looking for how to set up [wellness home based business](#) . Those who want to deal with this business, should possess some information regarding [health and wellness trends](#) to be successful in it.

And it is the very time to recall we are living in the epoch of modern technologies. Take advantage of the online network to get info about [wellness business opportunity](#) and how to purchase all you need on the best terms available on the market. Review forums and websites, subscribe to RSS feed - all this will assist you to achieve your aim.

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