

Published based on [Simple Rules How To Improve Your Metabolism.](#)

Simple Rules How To Improve Your Metabolism.

1. Refuse starvations. Why is the meal not the enemy? The key to weight reduction is simple: consume fewer calories, than burn. However some people go into extremes and start to think of food as about the enemy. Only dirty mind could think up that thanks to refusal of meal there is a deficiency of calories which helps weight reduction. Actually, calories are necessary for burning of calories. When you do not consume enough calories for maintenance of daily functions of your organism, the organism panics because of the absence of enough food. It reacts slowdown of a metabolism and digesting of more quantities of food instead of using it for energy development. When you eat regularly, the metabolism is accelerated, and the consumed calories are spent instead of being saved for the future.

2. Get enough sleep. 8 hours of sound sleep (in full darkness). The sleep lack provokes metabolism slowdown and consequently, the weight increase is the fact. Also it is proved that the person, who does not get enough sleep, eats more. The reason is a sleep lack forces a brain to feel shortage of energy, and it demands more calories. Therefore after sleepless night it seems that it is possible to eat an elephant!

3. Include protein in each meal. Proteins help to control a feeling of hunger. Digesting protein a brain receives a signal that hunger became less. One more advantage of tissue that it optimizes your metabolism at rest, supporting muscular weight. With the years and in the absence of exercises the muscular weight is reduced, therefore maintenance of the physical form important for burning of fats and maintenance of an optimum level of a metabolism. Protein also promotes much slower raising and falling of level of sugar and insulin in blood, therefore you can avoid «sugar jumps» after have eaten sweets without corresponding quantity of protein.

4. Include vitamins and antioxidants into your diet. In a diet of the modern person catastrophically there are vitamins, some no polynsaturated fat acids, mineral substances, microcells, food fibers, but for their reception in the necessary quantity the excessive quantity of various food is necessary that inevitably leads to an overeating and illnesses. The simplest decision is to eat less – aggravates deficiency of vitamins, minerals and other substances which you receive with food. As a result of such "starvation" your problems of a metabolism increase. Therefore a modern person should add special food additives in a food ration.

5. Eat as much as possible various vegetables and fruit. Choose fruit and vegetables of the sated colors. It is necessary for you for the maximum advantage not less than 5 portions in day.

6. Do not eat at night. The habit to eat much in the evening is especially harmful. The sleep on a hungry stomach is a session of a detoxication and intestines clearing, and the dense supper transforms night into self-poisoning procedure, breaking a metabolism. Headaches, puffiness of feet, weight in all body, the stomach swelling, an unpleasant smell from a mouth, weight increase, increase in a waist, a back pain and joints. We will not be silent about such delights as locks, hemorrhoids... And all these are consequences of late suppers.

These simple recommendations will help you with maintenance of good health and high level of energy, so necessary for an active way of life.

Health and wellness - this subject has again become very popular to many people. It is not surprising that nowadays a great number of people care of themselves with high assiduity. And while one part of people is interested in taking care of themselves, the other one is searching for how to arrange [health and wellness business](#). People who are going to set up this business, require some information about [health & wellness programs](#) to gain success in it.

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