



# Metabolism



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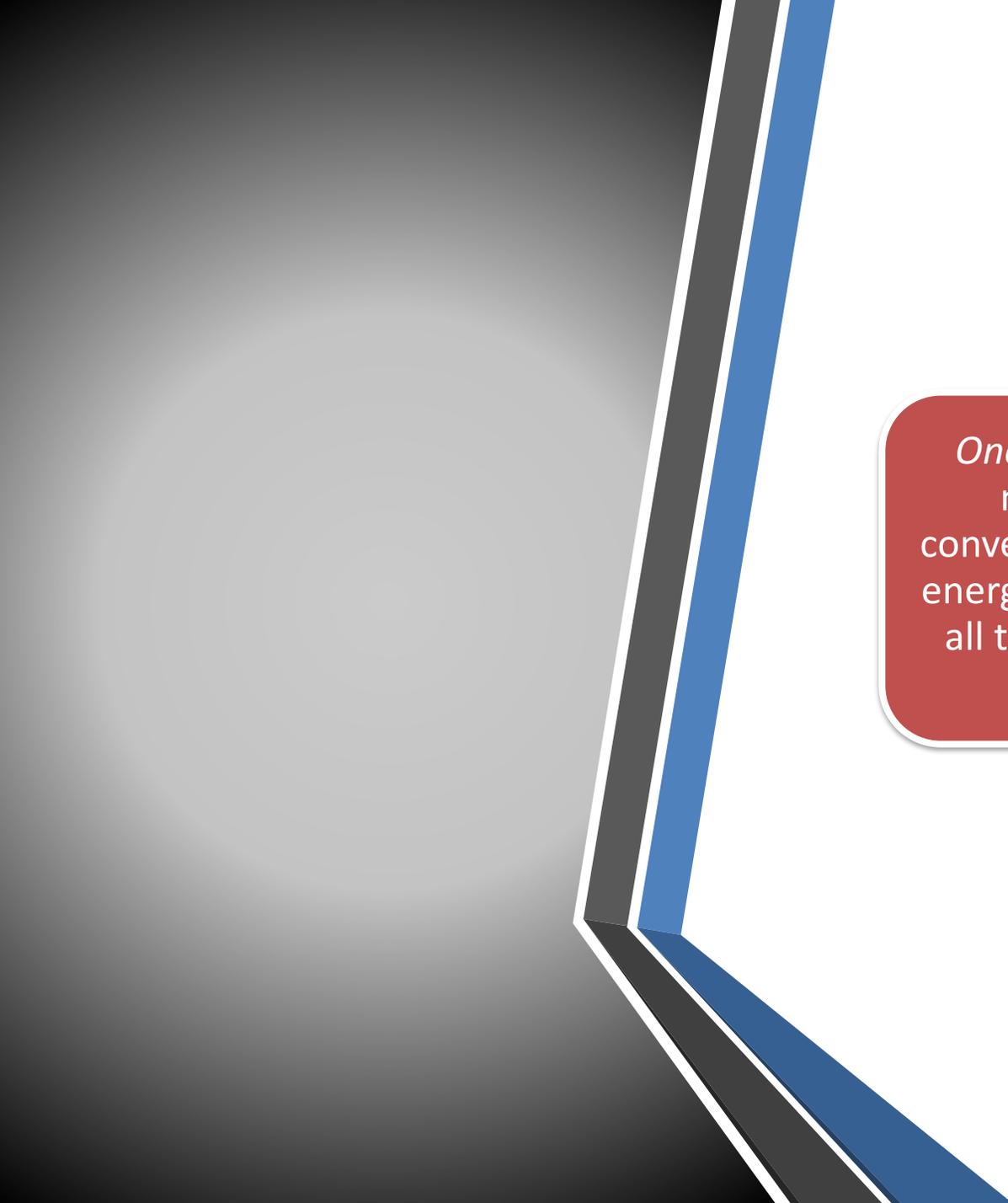
One of the big problems is that with each decade that passes it becomes more difficult to control your weight, if you are not mindful of what is going on inside your body.

As you mature, your metabolism becomes more inefficient at metabolizing your food. This is not set in concrete, as if you continue to be very active and eat high quality protein foods, you can keep your metabolism highly active for much longer.

But, if this is not the case, your metabolism is slowing down. It starts from age 20. Each decade, you require less calories from your food to keep you going than the decade before.

Of-course, if you continue to eat as much as you did when you were younger, especially all the wrong types of foods, the excess will be stored as fat. Therefore, you will notice, that people continue to grow bigger (store more fat) the more they mature.

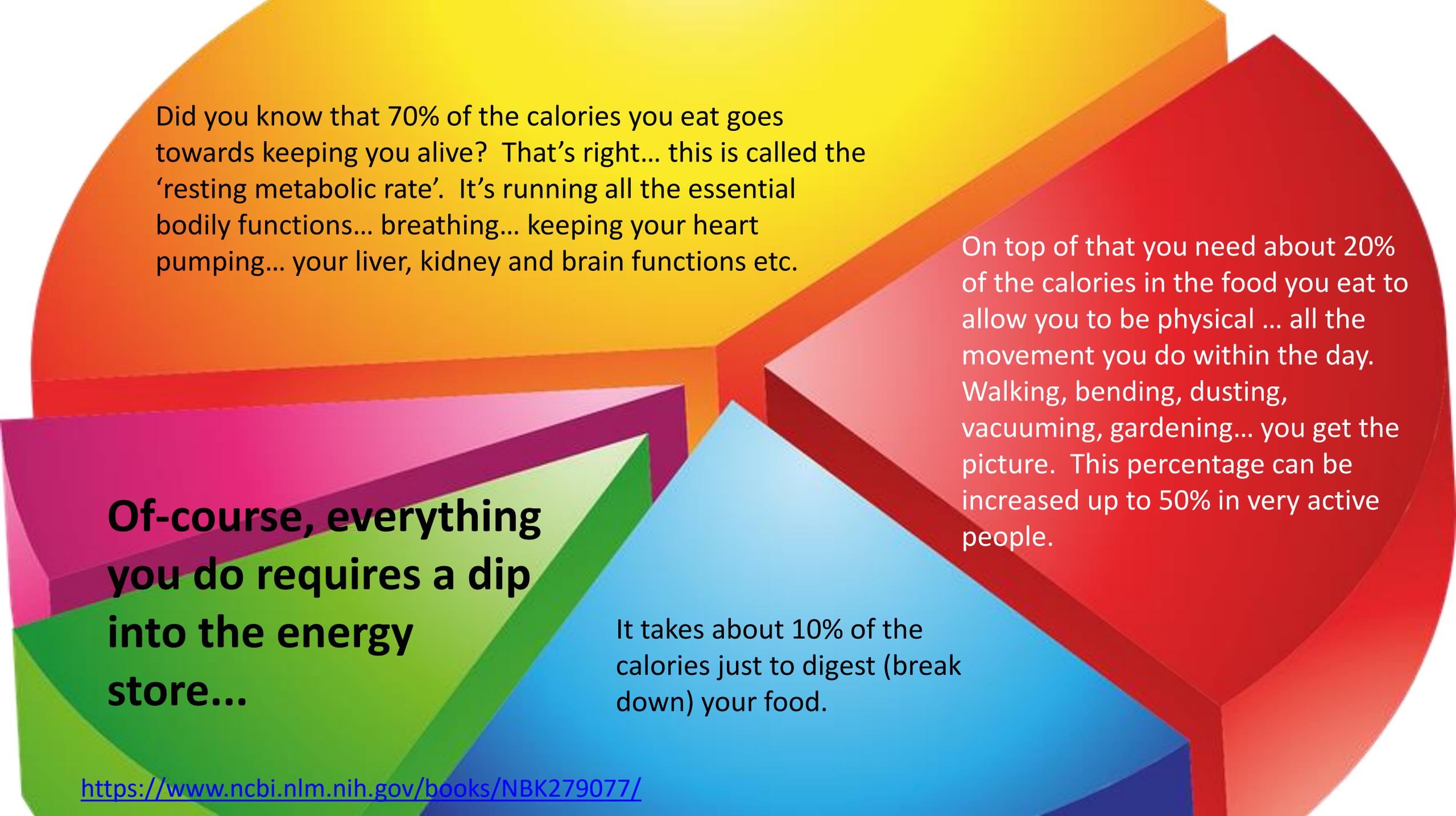




*One of the functions of metabolism is the conversion of food (fuel) to energy, which in turns runs all the processes of your cells.*

Put in simple terms... it's:

- **FOOD** (fuel) becomes
- **DIGESTED** (broken down) and provides
- **ENERGY!**



Did you know that 70% of the calories you eat goes towards keeping you alive? That's right... this is called the 'resting metabolic rate'. It's running all the essential bodily functions... breathing... keeping your heart pumping... your liver, kidney and brain functions etc.

On top of that you need about 20% of the calories in the food you eat to allow you to be physical ... all the movement you do within the day. Walking, bending, dusting, vacuuming, gardening... you get the picture. This percentage can be increased up to 50% in very active people.

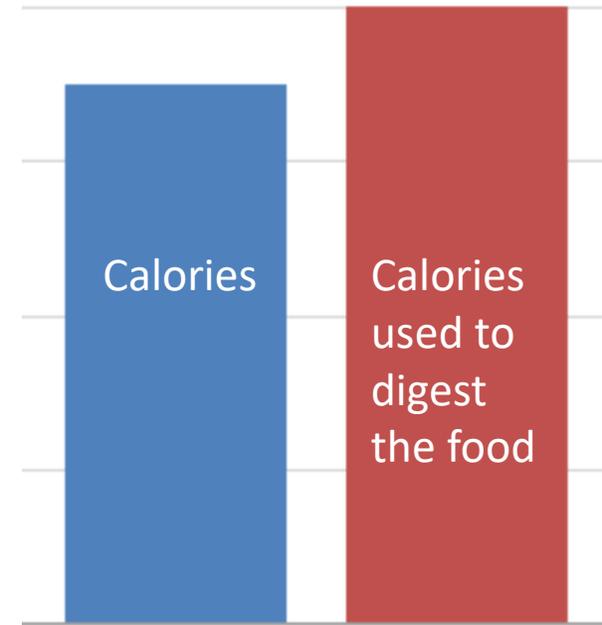
**Of-course, everything you do requires a dip into the energy store...**

It takes about 10% of the calories just to digest (break down) your food.

It is said that certain foods take more energy to digest (break down) than the energy they give you. This is known as 'negative calorie food'. (A calorie is 'a measure of energy')

The concept behind this is that if a food was giving you 100 calories, your body would need to use greater than 100 calories (I don't know how much greater) to digest it.

Anyway, it seems to make good sense to add some of these foods into your regular diet, doesn't it?



Let's look at just a few... the list is nowhere near exhaustive...

# Vegetables



It's kinda nice to remember, isn't it...



18-Nov-18

A close-up photograph of a hand holding a large burger and a pile of french fries on a wooden cutting board. The burger is topped with a thick layer of yellow cheese, a beef patty, and a red sauce. The fries are golden and piled high. The background is a plain, light-colored wall.

This is one of the best ways  
to slow down your  
metabolism!

On the other hand... junk foods contain additives to keep you coming back for more. They cause you to crave their foods. This makes your belly fat while keeping you unhealthy and opening you up for disease. Please, rise up today against the Big Food companies and set yourself free. To do this you need to eat real foods!



Green Tea is renowned as a natural metabolism booster, together with garlic, certain warming spices and Apple Cider Vinegar... great for your digestion.



Wellness Solutions covers real foods in depth, but we do touch on it here in Common Sense Weight Management.

I hope you learn while on this journey with me... for your body's sake.

