HOW TO BOOST YOUR METABOLISM

Little Known Causes of Low Metabolism and Natural Ways to Boost It Back Up

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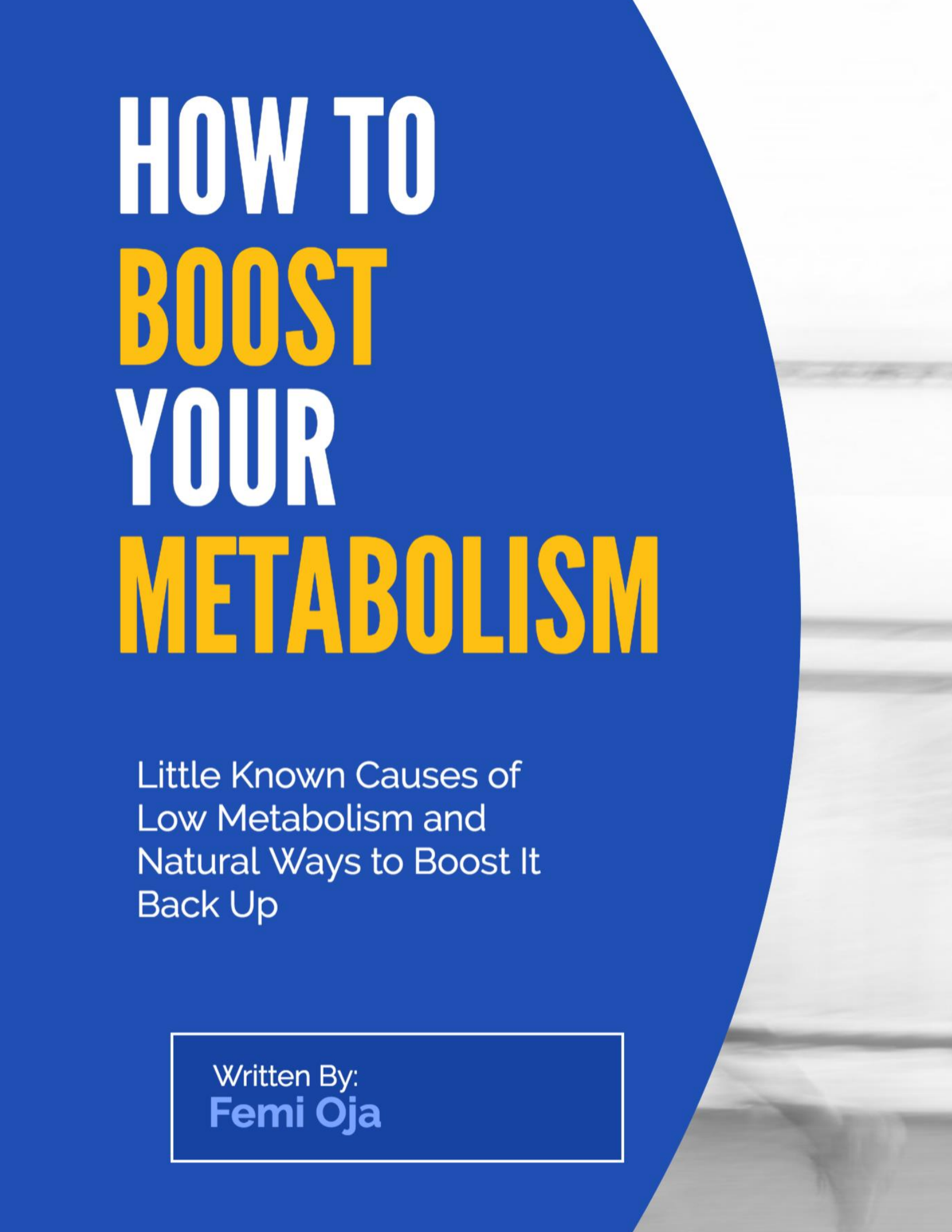

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 The How To Boost Your Metabolism guide is intended for healthy men and women of ages 18 and older. This program is solely for information and educational purposes only and is not medical advice. Please be sure to consult your doctor before starting a new diet or exercise program, particularly if you suffer from any medical condition or have any symptoms that may require medical treatment. Because individuals differ, the results you will achieve from the How To Boost Your Metabolism guide may differ from those achieved by others who followed the same program. Most people who buy weight-loss books do not follow it, so they lose little if any weight. Product names, brand names, and other trademarks referenced herein are the property of their respective trademark holders.

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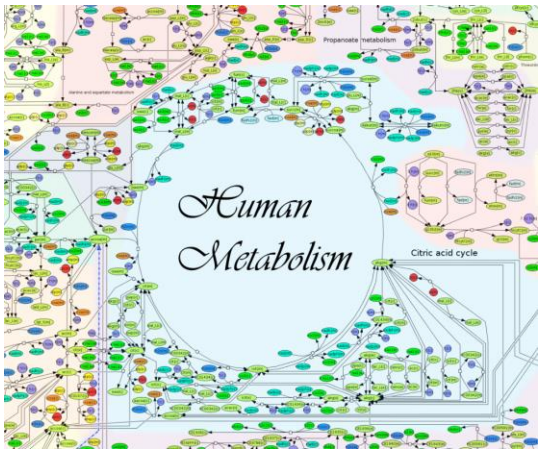


The complexity of just how the human metabolism works can cover hundreds of pages of a textbook.

So with that in mind, this introduction will be an oversimplified, short and sweet version of how the body metabolism works.

Now, human metabolism works in 3 gears. Which are: fast, medium and slow. You see, most times, the body runs on the medium gear (not too fast and not too slow). But sometimes, the body functions best at a high gear and other times on low gear.

So what does this mean? It’s simple.

A normal, healthy body constantly switches between all 3 gears (i.e fast, medium and slow) of metabolism throughout the day, depending on the situation on ground.

For instance, If suddenly you're being chased by a big hairy dog, your metabolism will shift to high gear. Your lungs breathe deeper and faster. Your heart rate increases and more oxygen is delivered to your muscles, which is necessary for energy production (for you to run faster). Likewise, when you’re sick, your body speeds up your metabolism for the production of antibodies for a quick recovery.

On the other hand, metabolism switches to low gear when you’re asleep (or resting) and period of low food consumption. That's why when you’re dieting or fasting, your body slows down your metabolism to conserve energy because your body assumes it a period of low food consumption or starvation.

Now, when the situation (or condition) that causes your body's metabolism to gear up ...or... down is over, then metabolism switches back to normal level. That's the way it's supposed to work. However, when a person has low metabolic problems, the metabolism switch becomes faulty.

This means that, when conditions that cause the body's metabolism to slow down are over, metabolism does not go back to normal levels. It gets stuck in low gears.

Subsequent situations (like dieting) that shift metabolism into low gear, can force metabolism to go even lower. If metabolism does not recover before a new session hits, it can go lower and lower.

Now, what does all this mean? It's simple.

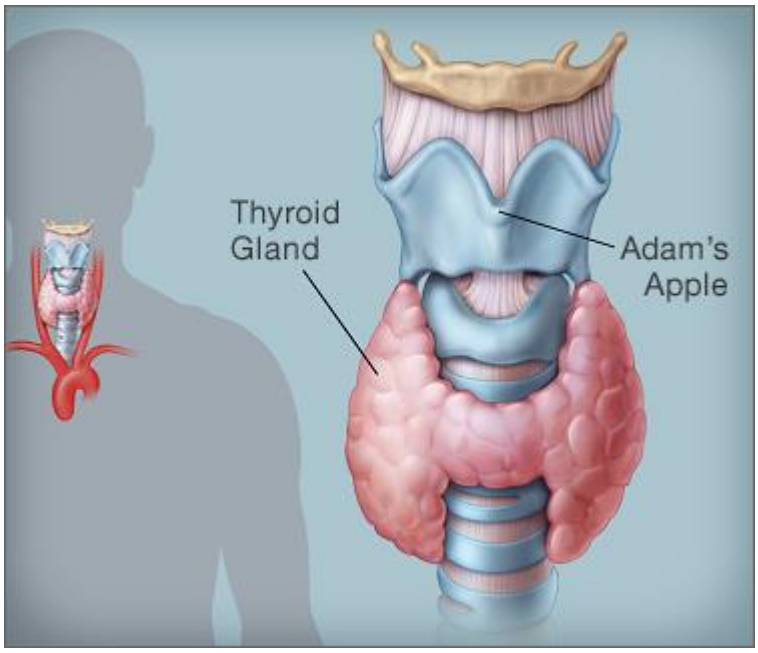
Your body would not be using all the energy supplied by the food you eat (and the drinks you drink). And rest of the energy will be converted into mostly fat. So the lower your metabolism the more likely you will store fat and gain weight. For this reason, too much calorie consumption is not the only cause of weight gain.

Now in the rest of this book, you'll discover what causes low metabolic problems (or metabolism to get stuck in low-level)...But ...more importantly, you'll discover how to revive your metabolism, and get it back up to the normal level in the shortest time possible.

Causes Of Slow Metabolism

The number one cause of a metabolic problem is Thyroid System Dysfunction. It's a metabolic disorder that causes weight gain (through slow metabolism) and other host of side effects.

Now, before I tell you more about thyroid system dysfunction, I want to quickly tell you about the thyroid gland (and how important it is), so we know what we're dealing with here.



You see, the thyroid is a butterfly-shaped gland, located in the neck (just below the Adam's apple). The hormones produced by the thyroid gland influences every single cell in your body. No jokes. They regulate metabolic rate, body temperature, growth, reproduction, the making of blood cells, nerve and muscle function and much more.

Now, why does thyroid gland (and hormones) have a dramatic effect on body weight? The answer is this: they affect your cells' ability to use blood sugar and insulin, and also determine the rate at which calories are metabolized.

Now, that's why thyroid system dysfunction can have an adverse effect on your weight.

The bad thing about thyroid system dysfunction it this: you can suffer from it for years and not know. It affects its patients very slowly, so it often goes undetected for years.

You see, it is estimated that about 23% (i.e about 1 in 4) of the world population is already affected by it to some extent (And much more in danger).

Now, Thyroid system dysfunction can be divided into two major conditions or categories. Which are: Hypothyroidism and Wilson's thyroid syndrome.

Let’s take a closer look at each one of them. Starting with Hypothyroidism. Shall we?

Hypothyroidism

Hypothyroidism is a condition in which thyroid hormones are being under produced.

This means that the thyroid gland is not secreting enough thyroid hormones.

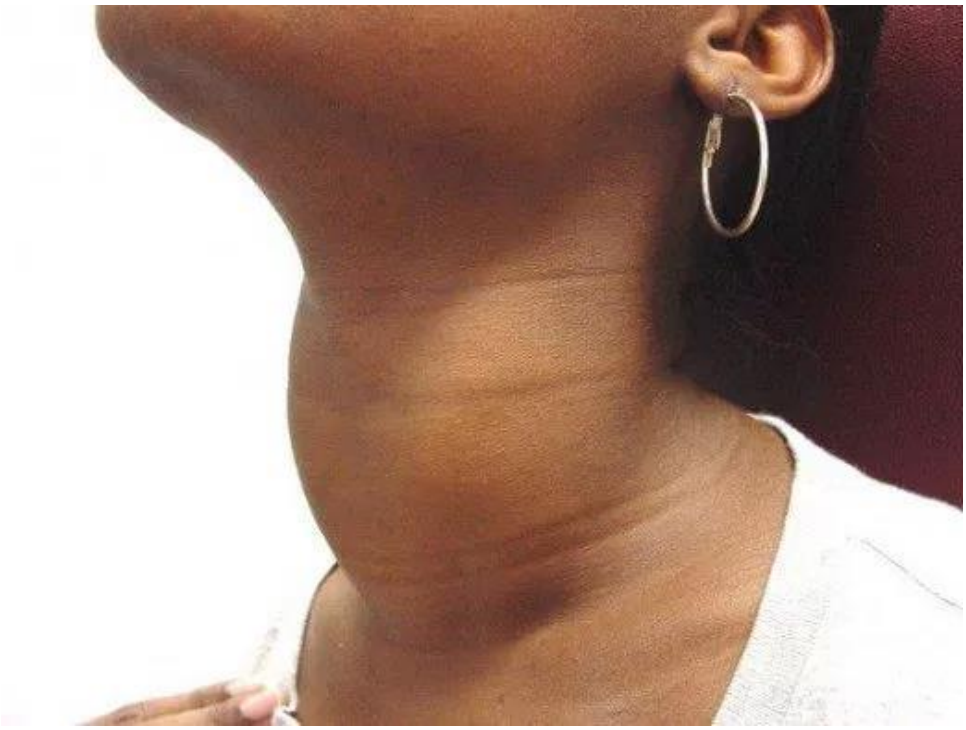
Now, what causes the thyroid gland not to be producing enough hormone? Let’s find out.

What causes Hypothyroidism?

Several environmental and dietary factors can affect the underperformance of the thyroid gland. However, the most significant factor is dietary (malnutrition or subclinical malnutrition). You see, lack of trace minerals, particularly iodine can cause hypothyroidism.

Iodine is a key ingredient in the production of thyroid hormones. When the level of iodine in the blood is low, the thyroid gland cells begin to enlarge, in order to trap as many iodine atoms as possible.

In severe cases, the thyroid gland cells swell up so large that the gland protrudes from the neck. And In extreme cases, the gland can grow as large as a grapefruit. This condition is called “goitre”. People often affected by goitre are those who live in regions of the world where soil and water are deficient in iodine.



You see, Iodine in the soil is absorbed by plants. So we get most of our iodine from crops grown on these soils, or from the meat and milk of animals that feed on these crops.

Although goitre is not a serious problem for the majority of us. However, it’s still possible to have mild forms of iodine deficiency especially if you eat nutritionally poor food and a low sodium diet. And this can affect the production of thyroid hormones in our bodies.

You see, you only need tiny amounts of iodine, so getting your required amount is easy.

Ocean water is abundant in iodine, so eating seafood, sea salt, sea vegetables (such as kelp) and ocean fish adds more iodine to your diet.

Now, eating some certain kinds of food suppresses thyroid activities and promote hypothyroidism too. These foods contain “anti-thyroid” substances called goitrogens. Goitrogens hinder the production (and function) of thyroid hormones. And they can even cause the formation of a goitre. Goiter induced by toxins in foods is called toxic goitre.

Now, the surprising part is this: most food people consider “healthy” contains the most goitrogens. For example. Cruciferous vegetables (the cabbage family) contains goitrogens. This would include cabbage, Brussels, sprouts, mustard greens, broccoli, turnips, and kale.

Now, does this mean you should never eat any of this vegetables? NOT at all. You see, fortunately for us, most goitrogens are sensitive to heat and are neutralized when cooked. So slightly cooking these vegetables destroys the toxins (goitrogens), without significantly affecting the nutritional content.

You can eat these veggies all you want without fear whatsoever, so far they are lightly cooked.

For most people eating small quantity of these veggies raw is not harmful. However, if you suspect you have a thyroid problem, then your best bet is to eat them slightly cooked.

Now, legumes also contain goitrogens. This includes soybeans, peas, lentils, and so on.

You see, of all goitrogens foods, soybeans are the most dangerous. And poses the most threat. Why is that? I'll tell you...

The anti-thyroid substance (goitrogens) in soybeans are not destroyed when cooked. So you should stay away from any soy products. Now, you might say you don't eat soy.

But the truth is this: if you eat like most people then you probably consume soy on a daily (in one form or the other).

You see, soy products are now often used as replacements (or extenders) for meat and dairy. Soy is disguised as everything, from milk to cheese, to burgers, to hotdog, to yoghurt, to protein drinks and to ice cream.

Almost every packaged food you buy contains soy in one form or the other.

The worst part is this: many soy products are marketed as low-fat, dairy-free, or high-protein substitutes. We've all been bombarded with the supposed benefits of soy, so much that it is hard to believe that soy promotes weight gain, by interfering with thyroid hormone production and function.

Now, if you see anything that's made from (or contains) soy such as soybean oil, margarine, shortening and the likes, please don't touch. Make sure to look at ingredients labels for soy in one form or the other.

Okay now, how can you tell if you suffer from Hypothyroidism? Let's see...

How can you tell if you have an underactive thyroid (or have Hypothyroidism)?

As you know, thyroid hormones regulate metabolism. So insufficient production of thyroid hormone (i.e. hypothyroidism) causes metabolism to be low, which leads to the body temperature being chronically lower than normal.

Now, what does this tell us? I'll tell you. This means that an obvious symptom of Hypothyroidism is sensitivity to cold. That means that a frequent cold hands and feet feeling is a sign you might have Hypothyroidism.

Another obvious symptom of Hypothyroidism is being overweight, which is also linked to having a slow metabolism.

Other symptoms of Hypothyroidism are lack of energy, muscle weakness, slow heart rate, dry and flaky skin, hair loss, constipation, irritability, mental depression, slowness or slurring of speech, drooping and swollen eyes, swollen face, recurrent infections, allergies, headaches, calcium metabolism problems, and female problems such as heavy menstrual flow and cramping.

Now, how serious the symptoms above are depends on the level of thyroid hormone deficiency. They might be no observable symptoms if you have a mild (or little) thyroid hormone deficiency, whereas severe deficiency may result in many of the above symptoms.

Now, it time for us to look at next and most common type of thyroid system dysfunction, which is…

Wilson's Thyroid Syndrome (WTS).

Wilson's thyroid syndrome (WTS for short) is a collection of (reversible) symptoms caused by dysfunction of the thyroid system. WTS is not easily detected by doctors because it does not come up in a standard blood test for thyroid gland problems.

Well, as a matter of fact, Dr Denis Wilson (who was the first to identify WTS) said this:

“Most metabolic or thyroid problem is not due to hypothyroidism, but to thyroid system dysfunction”.

Without realising it, many overweight people suffer from WTS. They blame symptoms associated with WTS (such as weight gains, aches and pains) to ageing or other causes.

You see, most times when people talk about having a thyroid problem, they are generally referring to the function of the thyroid gland. However, the thyroid gland is only one part of the entire thyroid system. So what’s my point? This: a person can have a thyroid gland functioning perfectly but still have a thyroid system problem.

Now, low metabolism can be caused by either an underactive thyroid gland (Hypothyroidism) or a dysfunction of thyroid system.

The thyroid gland secretes hormones that regulate metabolism. These hormones are called T4 (thyroxine) and T3 (triiodothyronine). Eighty to ninety percent of the hormone produced by the thyroid gland is T4.

Now, when someone has Hypothyroidism, it means that their thyroid gland is not producing enough T4 and T3 hormones. And they are considered to have thyroid gland problem. Many people who suffer from Hypothyroidism or low thyroid gland activity are given medication that helps supply the body with thyroid hormone T4. You see, by increasing just concentration of T4 in

the blood, the body receives the hormone it needs to keep metabolism up to normal.

However, taking T4 medication is not a cure, it only assists an underactive thyroid gland. Which means Thyroid medication must be taken for life.

Now, why does Thyroid medication supply just T4 but not T3? Good question. The answer is simple.

You see, When T4 is released by the thyroid it circulates in the blood and is absorbed into cells. Here, it is converted into T3. The great majority of T3 in your body comes from the conversion of T4 within the cells.

T4 has little biological activities. On the other hand, T3 has four times the activities as T4, therefore has far more effect on metabolism.

Now listen to this: Thyroid system dysfunction (WTS) occurs when T4 is not adequately converted to T3.

You see, the thyroid gland may release adequate amounts of T4 (or even excess), but if it's not converted to T3, it leads to low metabolism. And this is what happens in Wilson's thyroid syndrome (WTS). T4 may be adequate, but T3 is not.

Treating WTS with T4 medication has little or no effect. Because T4 is not being converted to (more active) T3. This is the reason why WTS patients can be given thyroid medications and experience little or no improvement.

Now, the good news is this: treatment of WTS is simple and permanent in most cases. Unlike hypothyroidism patients that must be on thyroid medication for life, WTS is a reversible condition. It generally can be corrected in a few weeks or months. And no further medication is needed once treatment is over (even if you've suffered from the symptoms for 10,20, or more years).

Now, before we discuss the how to treat WTS, let's first-of-all find out what causes WTS, and how you can tell if you have it...

What Causes WTS

Now, the major cause of WTS is simply the combination of Stress and malnutrition. You see, when you're under stress, your body reacts by increasing your metabolism (or switching your metabolism into high gears).

Now, as your metabolism increases, all cellular processes goes up. The energy demand to fuel these activities (cellular processes) also increases. Also, the need for vitamins & minerals increases because enzymes that run all chemical activities in the body depend on them (vitamins & minerals). So vitamins and minerals are used up at a faster rate.

Now, if your body has enough nutrients (vitamins & minerals) reserve, and stress period last for a short time, then your body will be able to cope perfectly with this high metabolism shift.

However, if the body is undernourished and stress is severe (or frequent) then there will be problems. What problems? I'll explain…

You see, when stress becomes frequent or severe, there would be a huge demand for vitamins and minerals for mobilization of enzymes.

Now, if the required nutrients (vitamins & minerals) are not available, then the body system switches your metabolism to low gears. Your body assumes you're starving, so it tries to conserve energy and nutrients that are essential for keeping you alive (by slowing down your metabolism).

You see, vitamins & minerals are absolutely necessary for the brain, heart, and other vital organs. And if your nutrient reserve goes down too much, it can lead to permanent damage of these organs or death. So that's why your body slows down your metabolism.

Now, if enough nutrients are not supplied to the body to replenish the nutrient reserve, your body remains stuck in the low metabolism gears. It get's worse. If you keep getting stressed, your metabolism goes even lower, makes it harder to recover.

So what kind of stress are we talking about here? It can be any kind of severe mental, physical or emotional stress like pregnancy & childbirth, job demands, family issues, surgery, sickness, the death of loved ones, accident, lack of sleep, divorce… etc…

You see, eighty percent (80%) of people affected by WTS are women. This makes sense because the number one cause of WTS is pregnancy and childbirth.

Now, naturally, pregnant women have an increased demand for nutrients. The unborn baby demands plenty nutrients for proper growth and development. And will steal these nutrients from the mother's body if they are not supplied in her diet.

And, of course, nowadays most of our food comes from white flour, refined grains, oil and other processed foods that have been stripped off most of their natural vitamins & minerals (due to processing).

Now, if a pregnant woman does not eat properly (like most people), then the nutrient reserve will be seriously depleted. And not to mention the stress that comes with pregnancy, hours of labour, and childbirth (which requires more nutrients too). That explains why pregnancy and childbirth is the number one cause of WTS.

Also, some types of drugs such as cortisone or steroids promote WTS. For instance, cortisone blocks the conversion of T4 toT3. And lack of adequate (more active) T3 in the blood leads to lower metabolism and lower body temperature.

Now, WTS may worsen if you diet. You see, the body interprets dieting as starvation so it slows down metabolism. And most diets allow poor quality foods or avoid some essential types of food, so a body already suffering from inadequate nutrient will shift its metabolism even lower.

This makes losing weight even more difficult. And when you come off the diet, you add on more weight because your metabolism is now lower.

Okay, we now know what causes and promotes WTS. Now, let's find out the symptoms we need to look out for that indicates we suffer from WTS...

How can you tell you have WTS?

As you know, standard thyroid blood test cannot detect WTS. You see, blood test only accounts for the number of Thyroid hormones in the blood, which indicates how well thyroid glands are functioning.

However, WTS has nothing to do with how well glands produce thyroid hormones. But how well the tissues process these hormones (thyroid hormones). Therefore standard thyroid blood tests are not useful for

detecting WTS (Because they can't measure the activities in the tissues and cells of the body).

Well, as a matter of fact, production of thyroid hormones is often normal in WTS patients. But the processing of these hormones in the tissue can slow down. This leads to an imbalance that causes low body temperature and classic symptoms of low thyroid function in patients.

You see, most people with low thyroid hormone production (hypothyroidism) are also affected by WTS. According to Dr Wilson, there are far more people with WTS than all other low thyroid problems combined. Therefore is a very common metabolic problem.

Now, being overweight is one of the most common symptoms linked to WTS. Obviously, since WTS leads to low metabolism, weight gain will be easy. Overeating may simply not be the reason you're overweight because many overweight people suffer from low metabolic disorder (like WTS), that intensify their weight gain.

Now, if you gain weight easily or eat-a-little and gain weight, have been on low-calorie diets in the past, don't exercise, eat lots of junk food, or experience lot of stress, then you might have WTS.

Also if you've been pregnant or a female who was normal size as a youth and suddenly packed on weight (within a couple of years), then WTS is a likely suspect.

Now, listen to this: <u>NOT</u> everyone who is overweight has thyroid system problems (WTS). Therefore the strongest indication you suffer from WTS is a "low or unsteady temperature".

If your daily average temperature is consistently below normal, then you may be a victim of WTS.

Well, as a matter of fact, low body temperature is believed to be the primary cause of other symptoms linked with WTS.

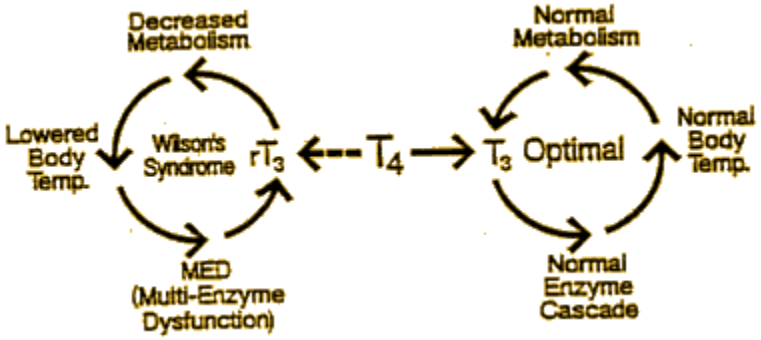
You see, body temperature is one of those things that is tightly controlled. If your body temperature goes too high (like 107 F), it causes brain damage. Also, if your body temperature falls too low (below 90F), this can be just as dangerous.

The ideal body temperature (measured orally) is 98.6F. This is true regardless of your colour, race, personality or genetic background.

Our body is built in such a way that it functions only within a very narrow range of temperatures. Anything above or below normal (98.6F.) affects the body.

Now, why is an optimal temperature (98.6F.) so important to the body? The answer is simply this: enzymes function best at 98.6F. The farther away body temperature gets from this temperature (98.6F.), the more enzymes become less effective or active. And enzymes are crucial because they're part of almost all chemical reaction that happens in the body.

If enzyme activity slows down, over time your health begins to suffer. This phenomenon is called multiple enzyme dysfunction (MED). Low metabolism and inappropriate weight gain can be caused by multiple enzyme dysfunction (MED).



Dr Wilson has pointed out about 60 health problems linked with MED. The most popular ones include:

- Overweight
- Cold hands and feet
- Fatigue
- Migraines
- PMS
- Irritability
- Fluid retention/swelling
- Anxiety and panic attacks
- Hair loss
- Depression
- Decreased memory and concentration
- Low sex drive
- Dry skin and hair
- Constipation
- Irritable bowel syndrome
- Insomnia
- Hives
- Itchiness
- Asthma
- Allergies
- Food intolerances/sensitivities
- Brittle nails
- Slow healing of wounds and injuries
- Bruise easily
- Heat and/or cold intolerance
- Hypoglycemia
- Frequent or persistent colds
- Frequent urinary tract infections
- Depressed immunity
- Acne
- Arthritis and joint pain

- Carpel tunnel syndrome
- Ulcers
- Poor coordination
- Ringing in the ear
- Acid indigestion
- Infertility
- Irregular periods

Regularly Low body temperature can be the cause (or a contributing factor) to all these symptoms listed above.

Now, people affected by WTS (Wilson's thyroid syndrome) won't necessarily have all of these symptoms. Probably one or two. Some may have many.

Well, as a matter of fact, some people with mild WTS may have no noticeable symptoms. Also, most of these symptoms can also be caused by other condition. So like I said, the best way to check if you have WTS is to check your body temperature.

If you notice your body temperature is consistently below normal. Then that means enzymes are not working optimally and you likely have a thyroid system problem (WTS).

Now, some folks might argue that it is "natural" or "normal" for their body temperature to be low.

The truth is this: low body temperature is not a normal or a natural thing for anyone. For your enzymes to function properly, your body temperature must be at (or very close to) 98.6F.

Optimal body temperature is a chemical constant and does not vary from person to person. If it varies, then there's likely a metabolic problem.

Now, “feeling hot all time“ is not a good indication of body temperature. Lots of people (particularly overweight people) feel hot, but yet have body temperatures lower than normal.

So now, how can you accurately tell, if you have a low body temperature (for real)? Good question. let’s find out.

How to take your body temperature properly

Now, simply taking your body’s temperature reading once during the day is not a very accurate way to determine your actual temperature.

You see, your body’s temperature is affected by various factors such as weather, eating, physical activities, bathing and so on. Also throughout the day, the body’s temperature fluctuates. Body temperature is usually lowest in the morning (just as you wake up).

As the day progresses, temperature rises and maintains a certain level and then begins to drop towards the end of the day. For a normal healthy person, this fluctuation in body temperature can vary as much as a degree (1 degree).

Now, if you take your body temperature in the morning, you’ll most likely get a lower temperature value, regardless of what your “real” temperature is.

So in order to avoid the “lows” in the mornings and evenings, you should take your body’s temperature reading during the day (when your metabolism is at its peak).

When you measure your body temperature at its peak, you should get a normal reading of 98.6F.

You see, for you to get your most accurate body temperature, you need to do this:

you should take your body temperature three times a day, and calculate their average. You should get a body temperature value of (or close to) 98.6F if your body temperature is normal.

Now, when are the best times to take your body temperature? The answer is this:

According to Dr Wilson's advice, you should take your first body temperature reading 3 hours after waking up in the morning. Then take the second body temperature reading 3 hours later. And finally, take the third (or last) reading another 3 hours later. And then find the average of the 3 temperature. Take the readings for at least 5 days.

For example, if you wake up 7:00 am, you should take your first body temperature reading by 10:00 am. Take the second reading at 1:00 pm. And the last reading at 4:00 p.m. Now, you will then add the three temperature readings together and divide the answer by 3 (to get the average).

Okay, how should your body temperature be taken? It's simple. It should be taken by mouth. Leave the thermometer in your mouth for at least 4 minutes. Make sure you take your temperature reading before or (at least) 15 minutes after eating or drinking anything. Why? Because food can affect the temperature of the mouth.

Now, here are some other stuff to be cautious of when taking your body temperature reading;

If you're woman, avoid taking your body temperature during your period. Your body temperature changes this period.

Also, keep in mind that most commonly used digital thermometers have an accuracy of about plus or minus 0.2 degrees. What does that mean?

It simply means this: when you take your body temperature reading (using a digital thermometer) during the day, you should expect an average body temperature between of 98.9 and 98.3 (i.e 98.6F plus or minus 0.3).

Now, if your body's average temperature is less than 98.3 F, then you might have Wilson's thyroid syndrome (WTS). The farther your body temperature is from normal, the greater the chance you have WTS. The closer your body average temperature to normal, the less severe your symptoms (listed above) are likely to be and vice versa.

Note this: NOT all low body temperature is actually caused by WTS.

Now, if your body's temperature readings greatly fluctuate, then you might also have a metabolism issue. You see, big fluctuations in body temperature readings imply that your body has trouble maintaining a normal (or steady) temperatures. And this can be a possible sign of WTS.

So, how big of a fluctuation are we talking about here? If your body temperature reading fluctuates by one degree (1) or more, then there's obviously an issue.

You see, under normal circumstances (not exercising or not exposed to extreme heat), ideally, your body temperature should only fluctuate by about 0.6 throughout the day.

Now, if you happen to be experiencing many of the symptoms linked with WTS but you have a normal temperature reading. Then your thermometer may be wrong.

According to Dr Wilson, the chances a person experiencing symptoms of WTS will have a normal body temperature is 1 in 200. This means that

there’s a lot higher probability that your thermometer is wrong than there is to have a normal temperature (if you suffer from many WTS symptoms).

O.K, let’s move to the best part of this book...

How To Reverse And Boost Your Metabolic Rate

Now, if you’re struggling with thyroid system dysfunction (hypothyroidism, WTS, etc), then all hope is not lost. There are a couple of things you can do to rev your metabolism, so you can lose excess weight easily.

Now, one option is to take thyroid hormone medication. But You see, all thyroid medication must be prescribed (and monitored) by a doctor. And most doctors have no experience in detecting and treating thyroid system dysfunction (especially the most common WTS).

Another problem is that, just like most hormonal drugs, thyroid hormone medication comes with some undesirable side effects I wouldn't want to mention.

Now, the greatest of all issue with taking thyroid medication is this:

It doesn't address the root cause of thyroid problem (in the first place). So patients can easily be affected again (or relapse) after medication.

Now, what other option do you have? Well, a couple. The good news is this:

Below are simple natural things you can do to revitalize your metabolism and correct thyroid problems, without taking any medication whatsoever.

Starting with...

1.Use Coconut Oil Every Day

Replacing the oils you use now, with coconut oil may be one of the healthiest dietary decisions you'll ever make period!

We often think that the less fat we eat, the better. However, you don't necessarily need to reduce your fat intake, you simply need to choose a fat that is better for you. one that does not contribute to weight gain.

Now, before I tell you exactly how coconut oil can help correct thyroid system dysfunction, please permit me to tell you a bit about the miracles of coconut oil. Permission granted? Good!

Look, a huge difference between coconut oil and other fats & oil is how it is digested and metabolised.

You see, almost all fat found in our diet (no matter the source) are in form of large molecules called Long-Chain Fatty Acids (LCFA). But coconut oil is different because it's made up of a special group of fats called Medium-Chain Fatty Acids (MCFA).

So what makes it so special? The answer is simple.

It’s much smaller in size, and the size makes a big difference.You’ll see why soon.

See, when we eat anything containing Long-Chain Fatty Acids (LCFA), the fats are broken down (by digestive enzymes) into smaller units, so that they can be absorbed by the intestinal wall.

Now, as they (the smaller unit of fats) pass through the intestinal wall lining, they are gathered together and packed into little bundles of fat and proteins called lipoproteins. These lipoproteins are moved into the bloodstream, where they circulate throughout the body.

As they circulate in the bloodstream, the fats are distributed into all the tissues of the body (including the fat tissues). And this how fat fill up fat cells. So the vast majority of fat and oil we eat daily are packaged in lipoproteins and carried throughout the body in this manner.

However, Medium-Chain Fatty Acids (MCFA) in coconut oil are processed by the body in an entirely different way.

You see, MCFA doesn't need pancreatic enzymes for digestion because of their smaller sizes.

Now, by the time these fats (MCFA) reach the intestinal tracts, they are already broken down into individual molecules. So, instead of being absorbed through the intestinal wall (like LCFA), they are moved directly into the liver. And here, they are converted into energy to fuel metabolism.

Okay, what's the major difference between the processing of LCFA and MCFA? The answer is this: MCFA are not packaged into lipoproteins like LCFA. So they don't circulate throughout the body adding fat to fat cells.

Put in another way, coconut oil goes straight to the liver to produce energy, not body fat.

Now, since MCFA (in coconut oil) is converted into energy, your energy level increases, causing your body to perform better overall. And mind you, this boost in energy is nothing like the one you get from caffeine. It's more subtle and lasts longer. Let's just say it manifests as an increase in endurance.

Another remarkable thing about coconut oil is that it can help you lose weight.

You see, it's been documented in numerous dietary studies (using both animals and humans) that replacing LCFA with MCFA (in coconut oil) leads to a decrease in body weight and reduction in fat deposition.

Now, the question is ...

How exactly does MCFA (in coconut oil) leads to a decrease in body weight?

You see, all fat, whether saturated or unsaturated, from animal or plant, contains the same amount of calories. But however, MCFA (in coconut oil) contains little less. Because of the small size of the fatty acids that make up coconut oil, they actually yield fewer calories than other fats.

To be exact, coconut oil has at least 2.25% fewer calories per gram of fat compared with that of other fats (LCFA).

So what does this mean to you? It's simple. It means that just by using coconut oil in place of other oils (you already eat) in your diet, your calorie intake is less. And you'll lose weight.

This small reduction in calories is only part of the picture. Coconut oil also helps you lose weight through other complicated processes (like thermogenesis) that I don't want to bore you with.

All you should know is this: if you want to lose unwanted body fat, the best and simple thing you can do is to start using coconut oil in place of other oils you use (in cooking) now.

Okay, I have not still told you how coconut oil can correct thyroid system problem. Now, let's see how...

How can coconut oil corrects thyroid system problems (WTS)?
Now, typical medication for WTS has to do with giving the patient T3 to boost metabolism and raise body temperature. This rise in temperature allows enzymes to function more optimally, therefore relieving symptoms associated with low body temperature and WTS.

Now, using coconut oil on regular basis, can also raise metabolism, body temperature and improve enzyme activities, thus providing a similar relief like T3 medication (but better).
You see, coconut oil is a food, rather than a medicine, so it can be used safely without any side effect.

Another advantage is this: it can help prevent relapse of low body temperature and low metabolism since coconut oil is a food and can be eaten every day.

In a nutshell, coconut oil combined with good diet program can be a powerful aid to dealing with thyroid system problems and associated symptoms. And this leads us on to the next important thing….

2.Eat Proper Diet

A proper diet is the most important step when it comes to correcting metabolic problems and boosting your metabolism. Well, as a matter of fact, good nutrition is “required” to correct (and prevent) thyroid system problems (and most other problems).

As you know, undernourishment causes your body not to cope well with stress, which forces metabolism to low gears and keep it there.

And the sad thing is this: stress is a normal part of life. We can't be free of it. But the only thing we can do is to eat a nutrient-rich diet, so we have enough vitamins & minerals reserve for the body to cope with stress as it should.

Also, poor nutrition may affect the health of your thyroid gland. Lack of trace minerals (especially iodine) can seriously affect thyroid gland function. Raw cruciferous vegetables, raw legumes (particularly soy) and polyunsaturated oil, decreases thyroid gland activities. So, you should slightly cook your cruciferous vegetables before eating. And you should completely stay clear of soy products and polyunsaturated oils in your diet. Just replace polyunsaturated oil (processed vegetable oils) with saturated oil (in the form of coconut oil).

I highly recommend you follow the good nutritional program in my book Supreme fat loss system. This way you’ll be getting all your required nutrient, without consuming too many calories, so you lose weight.

3. Exercise

Exercising has a host of benefits, boosting your metabolism is definitely one of them.

You see, your metabolism can remain elevated for hours later after exercising, and can even

remain slightly higher for up to two days afterwards.

Now, regular exercise keeps your metabolism heightened, which in-turn keeps your temperature slightly up. Therefore creating a condition for your enzymes to work optimally to burn excess calories.

Also in my book supreme fat-loss system, I highlight a simple but effective exercise any anyone regardless of your fitness level can do.

Now, moving on to the final way (on my list) to boost your metabolism naturally….

4.Daily Sunlight

Sunlight has more impact on your health than you realise. Well, as a matter of fact, sunlight can help you lose weight. Yes, ordinary sunlight, believe it or not.

You see, an adequate exposure to sunlight is essential for the activation of enzymes and production of certain hormones responsible for many chemical processes that happen in the body.

Now, the absence of adequate sunlight exposure can cause multiple enzyme dysfunctions (EMD) and the under secretion of hormones that control metabolism and body temperature. In other words, too little

exposure to sunlight can lead to weight gain and prevent you from burning excess fat.

Okay, you might be wondering: “how does sunlight influence our health and weight?” The answer is quite simple. Through ignition of chemical and electrical activities in our skin and our brain.

For example, when light enters the eyes, millions of photoreceptors (light-sensitive cells) convert the light into electrical impulses. These electrical impulses travel through the optic nerves to the brain. Here, they trigger the hypothalamus gland to send chemical signals to regulate the autonomic (involuntary) function of the body.

The hypothalamus gland releases hormones that control the activities of other glands (including the thyroid gland). Now, if hypothalamus is under active, as a result of lack of sunlight, then the thyroid gland will also be underactive, which can lead to thyroid system dysfunction.

Another example of how sunlight influences health and weight is this:

Ultraviolet (UV) rays from the sun activate enzymes (under the surface of the skin), that converts cholesterol into vitamin D. So, most of our vitamin D comes from exposure to sunlight.

And that’s not all, also many vitamins and minerals in our food are inactive unless we are exposed to sunlight. What does this mean? It simply means that lack of exposure to sun promotes malnutrition (nutrient deficiency). And nutrient deficiency is the major cause of food cravings and overeating.

Forget science, and think about this for a second…

Have you ever noticed how you’re mostly in a positive mood or have an increase in energy when you go out on a bright sunny day?...

And on the other hand, you notice you may feel tired, a lack of enthusiasm (or depressed) when it is dark and cloudy.

You can see, it's not so hard to clearly recognise the importance of sunlight.

Now, some people might ask " is exposure to artificial lighting effective too?" I'll tell you

Research has shown that artificial lighting is not adequate enough and may even be harmful. You see, Natural light from the sun contains a full spectrum and all possible wavelength (from infrared to ultraviolet (UV)).

Each wavelength has different energy level and different effect on the body tissue. In contrast, artificial lighting (both incandescent and fluorescent) does not have the complete balance spectrum of that of sunlight.

And for our bodies to optimally absorb vitamins and minerals, it requires full spectrum.

Now, things like windows, eyeglasses, windshield, sunscreens and the rest, filter out some of the light spectra from the sun. And research found that, if some wavelengths are not present in the light, the body cannot fully absorb certain nutrients. So our body requires full sunlight exposure.

To sum up, inadequate exposure to direct sunlight causes enzymes activities to slow down, hormone production to decrease and leads to improper use of nutrients. And this can cause problems such as slow metabolism, weight gain and other symptoms associated with thyroid system dysfunction.

So to reverse and prevent these symptoms, you should be getting a daily exposure to sunlight.

I recommend you get 15 to 30 minutes of direct sunlight daily.

Finally, some people would say that exposure to the sun causes skin cancer. It's clear that those people don't know what they are talking about. Research upon research has shown that moderate exposure to sunlight is harmless and can even protect you from cancer.

There you have it. Those are the natural ways you can boost your metabolism for maximum weight loss.

In conclusion, people who experience severe symptoms of thyroid system dysfunction may still need thyroid medication and should check with their doctors.

Summary

In summary....

How to boost your metabolism (and keep it up)

- ❑ Avoid poor nutritious foods
- ❑ Avoid eating raw cruciferous vegetables and raw legumes (cook them slightly before eating)
- ❑ Avoid all soy products and byproducts
- ❑ Avoid processed polyunsaturated oils (i.e most vegetable oils)
- ❑ Avoid steroids, sulfa drugs and antihistamines.
- ❑ Eat diet consisting of a wide variety of nutrients
- ❑ Use coconut oil daily (in place of vegetable oils)
- ❑ Eat a source of iodine regular (from sea salt, seafood or dietary supplement)
- ❑ Exercise regularly.

- ❑ Get daily exposure to sun (15 to 30 minutes of direct sunlight daily)
- ❑ *Use thyroid medication if necessary (in extreme cases and you have to check with your doctor.)