



LIFESOURCE INSTITUTE NEWS

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How Do You Naturally Increase Your Metabolism?

Inside this issue:

EXERCISE	1
OIL PULLING	2
SIGNS/SYMPATOM	3
REMEMBER	4

ASK THE COACH?

STAY ON TRACK

- * **Fitbit**, if you need help getting active start with a minimum step count of 10,000 daily.
- * **Weight Training** is very important building muscle is a quick way to speed up your metabolism.
- * **Diet** is one of the most important factors in building a fast burning metabolism, even if you can't eat something all day long, don't forget to stay hydrated which has found to be just as important.
- * **Last** the COVID-19 pandemic has changed many things, yearly physicals, the amount of in house time, and most eating habits, some of these changes have not been for the best. Please consult health care professionals use tele medicine so not to let possible problems with your health linger and get worst.
- * **Remember** during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you to bridge the gap between **mind, body and spirit**. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.
- * **Disclaimer:** As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.

Exercise is the best way to increase your metabolic rate. Aerobic exercises being the strongest, 30 minutes daily of walking, running, swimming, and cycling done regularly is a sure-fire metabolizing booster. Strength training at least twice a week is also a plus. Last in the category of exercise, don't forget 30 minutes a day of anaerobic stuff like push-ups, pull-ups, and wind-sprints; remember to warm up properly and cool down before starting any exercise regiment. Other ways to naturally increase metabolism stick to a strict diet plan, eat foods rich in Vitamin D, drink lots of fluids, hot water with lemon is one of the best, green tea, apple cider vinegar, and one cup of coffee a day won't hurt.

Oil Pulling is the ancient practice used in Ayurveda is commonly used for detoxifying the body. The other known reason for oil pulling is to get rid of unwanted fat stores while improving your metabolism. Organic coconut oil and sesame seed oil are the best.

Signs and Symptoms a few of the most prevalent signs and symptoms that cause you to experience a very poor metabolism and the increase of sensitivity to low blood pressure, a high body fat ratio, prolonged pulse rate, dehydrated skin, body fatigue and weakness, feeling cold at times, and severe problems with constipation. Other contributing factors that lead to a low metabolism

system are a considerable accumulation of toxins found to be inside of your body, fasting, a large amount of stress-related issues, poor eating habits, unhealthy or a very low-calorie diet, indulging in too many high sugary drinks and foods, inadequate or insufficient sleeping patterns, and a chronic avoidance of exercise. And some other causes slowing down your metabolism are hypothyroidism and diabetes.

Remember, your metabolism is based on a chemical-like process that converts foods that you eat or drink into usable energy. Many factors determine your metabolism, including your activity level, body composition, hormonal levels, genes, sex, age, and even your body weight; note men typically have a much higher metabolism rate than most women. Men beware.

MUST READ: THE FAST METABOLISM DIET BY HAYLIE POMROY

ASK THE COACH?

Q: COACH BERNARD: I HAVE HYPOTHYROIDISM HOW CAN I SPEED UP MY METABOLISM? SUE P. U.K.

A; GREAT QUESTION: SUE, YOUR QUESTION IS THE REASON FOR THIS MONTHS NEWSLETTER TOPIC. YOU MUST BE VERY ACTIVE EVERY DAY IF YOU WANT TO TRULY SPEED UP YOUR METABOLISM, WITH HYPOTHYROIDISM BEING THE ISSUE. HOWEVER, YOU DON'T HAVE TO EXERCISE FOR HOURS TO ACHIEVE RESULTS. SO START BY PARTICIPATING IN SIMPLE TASKS OR ACTIVITIES LIKE CLEANING HOUSE, DOING LAUNDRY, YARD WORK, USE YOUR FITBIT TO GET MOVING EVERY HOUR ESPECIALLY IF YOU ARE ALWAYS WORKING FROM A DESK.

COACHES AT LIFESOURCE INSTITUTE CAN LEAD YOU DOWN THE ROAD YOU ARE LOOKING TO TRAVEL DEALING WITH BRIDGING THE GAP BETWEEN SPIRITUAL AND PHYSICAL WORLDS WITH THE INTENT OF HEALING BOTH MIND, BODY AND SPIRIT. PLEASE CONTACT BERNARD@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER. THANKS AND KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.