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## Boosting Metabolism Naturally

By: Michael Hennessey



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Life is energy. Every being seeks to be alive, and the natural order of the universe is all life seeking advancement and betterment. It is logical, therefore, that people are always seeking ways to increase energy. The body's biological drive is to resolve optimum metabolism in all its millions of functions. What natural choices can we make to assist in this process?

Every cell in the body is an energy factory. The body's army of life receives its best support from the food choices we make. We are the arbiter of what materials our cells will have to perform their energy production, and we sometimes seem to expect our body to make beautiful energy out of the unwise garbage we sometimes eat. Why haven't we trained ourselves to instinctively choose better foods and nutrients? Metabolic Syndrome would not be America's #1 health concern if our focus was on cellular energy metabolism, which we control through nutrition.

The internal dynamics of the cell are a microcosm mirror of the macrocosm of the human body. The cells have digestive, respiratory and eliminative systems just as humans do. To assist cells to function optimally therefore, we must consider every facet of cellular metabolism.

### What to Eliminate

First, we must make sure that proper nutrients are always available. The best decision one can make to benefit body

energetics is to eliminate bad fats and processed carbohydrates, while substantially increasing good fats in the diet. The greatest problems with health today are based in our culturally misinformed fat choices. This is why consensus dictates we now increase Omega-3 consumption through optimally absorbed sources of foods rich in EPA and DHA, while simultaneously cutting down our over-consumption of foods filled with Omega-6 oils and fats. Adjust fat choices and every other advantageous strategy will be maximized.

All students of health recognize that the digestive system and the liver are paramount to energy conversion. Nutrients are only beneficial if our body can extrapolate them from food. Adding or increasing enzyme-rich raw foods to the diet is an essential starting point for natural digestive health. Probiotics, digestive enzymes and aloe vera are now considered essential for digestive maintenance and repair. Find proven formulas that support liver health: this is as good as having a good mechanic! It is crazy that modern medicine does not educate more on the role of digestive support to overall health.

Only after beginning to rebalance fat ratios through diet and assisting the body's digestive system can the real work for metabolism boosting begin. Nutritionally, no single nutrient can more effectively aid energy metabolism than CoQ10. Every cell in the body needs this spark plug to conduct useful energy outward.

*"We seem to expect our body to make beautiful energy out of the unwise garbage we sometimes eat."*

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CoQ10 is a heart-beneficial nutrient, but its real value is in cellular energy efficiency. Only the nucleotide ATP is more important in energy transference in the cell.

The life of every cell is about energy production and cellular replication. In this non-stop action, cellular wastes that accumulate need to be eliminated. For any complex organism such as the human body to function without breakdown, there must be working systems efficiently cleaning up and removing catabolic waste. This is where the holistic health community is the leader in logical health strategies. The best cleansing regimens are made of organic herbs, and soluble and insoluble fibers. When cleansing, always choose organic foods because every toxic substance consumed is a burden to the system.

### Beneficial "Extras"

Now we have the framework for a well-run machine and we can add beneficial "extras" to it. Many people are looking for energetic nutrients that also assist in weight balance. While everything listed above also addresses this issue, some of the best metabolism boosters are also used in safe weight-loss protocols. Green tea is a scientifically-substantiated anti-cancer food, and it thermogenically warms the body producing energy, increases cleansing actions and immune support. This is the beauty of our understanding of the interconnectedness of natural healing agents; they all affect many areas of health simultaneously.

Other beneficial adaptogenic herbs that energize while multi-tasking for good health are rhodiola, holy basil and ashwagandha. While these herbs are exciting new news in our health world, they have been recognized, studied and used by

other cultures for millennia. All three are classic adaptogens, meaning they safely and positively assist all body systems to function better. Athletes and brain-workers love rhodiola for the stamina it provides. A good Holy Basil formula will include the three plants of the basil family that have been revered in India for centuries. Holy Basil brings steady energy with a focusing calm in stressful situations or anxiety. People are drawn to ashwagandha for its promise of vitality and energy, but its greatest benefits are as a nervine and mild anti-inflammatory.

The beauty of natural health-care is that most of the herbs and nutrients that bring increased energy metabolism also contribute positively to overall health. The strategy should be to systematically add some of these foods to your diet. A person who is regularly choosing positive, nutritive foods and super foods will consistently be in a better position to translate these nutrients into positive energy. Most problems arise because as gate-keepers of what we put into our body, we sometimes foolishly make bad food choices.

### We Have the Power

From the macro choices of lean and efficient proteins and Omega-3 rich fats, to the micro choices of finely-made multivitamins, energy nutrients and daily adaptogenic herbs, we have the power to adjust our internal energy thermometers to work efficiently and optimally. The body runs on what you put into it. The biology is chemical reaction: its functionality is ultimately defined by your wise energy food choices. Start to investigate a wise energy policy for your body system today. That is self-empowerment!

*Bia:*

Michael Hennessey is president and owner of Blue Moose Consulting, a brokerage firm representing 12 nutritional supplement and bodycare companies. He has worked in the natural foods industry as a retailer and educator since 1981.

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# THE GIFT OF NUTRITION

By: Karen DeFelic

Everyone agrees that growing kids need good food to grow well. However, there is a vast difference of opinion on what is 'good food.' Even a child who is overweight may be undernourished at the same time. It is important to consider what is good food and nutrition from the body's point of view.

Children are well-served by diets rich in whole foods. Highly-processed foods lose much of their vitamins and minerals. When these foods are eaten, there are few nutritional raw materials in the food for the body to use. The body does not regard artificial colorings, flavorings, and other additives as actual nutrition it can use to maintain health. Those artificial substances cannot be used to build muscle tissue, brain cells, and nerve networks. They cannot be used to facilitate respiration or oxygen flow. Many times, these non-natural substances are interpreted as toxins in the body and need to be processed out. If they happen to trigger problems, such as skin rashes, hyperactivity, or sleep problems, that is an additional burden the body must bear to stay healthy.

Think of processed foods as a large gift box that has lots of padding around a very small item inside. You see the size of the box, are impressed by the attractive packaging, and think there is going to be a large item of value inside you can use. When you open the present, you start digging through the wrapping, paper, and padding anxiously looking for the thing of value. The stuff the item is wrapped in is tossed aside as waste or junk.

This resembles how your body searches for the nutritive elements in many processed foods, often attractively packaged to feed the eyes and other senses. The food your child eats may look large and filling, but the body has to scavenge through all the non-food elements to find any little bit of nutrition that might be present. Then, it needs to dispose of the extra packing material that came along for the ride.

Without basic nutrients, a child's body has no raw materials to use for growth. Children will live with the results of what they eat during these formative years for years to come.

Take the category of fats, for example. Good fats are essential for brain function, intestinal integrity, and neurotransmitter function. This directly relates to a child's ability to learn, to fight off illnesses, and maintain proper mood function. Good fats children desperately need are healthy oils and essential fatty acids from natural sources. However, the fats often found in children's diets are the hydrogenated and processed fats. These imposters not only rob the body of legitimate fat nutrition, they can literally clog cells internally and block the good fats from reaching their destination. Even when good fats are consumed, they are not able to fulfill their beneficial function. You need to eliminate the harmful fats in addition to providing healthy ones. It's a package deal.

The gift of good nutrition is the gift that keeps on giving long after it has been unwrapped.🎁

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# Health *News*

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## Never too Late to Kick the Habit

A new study proves it is never too late to quit smoking and gain back health benefits. The study finds women who quit smoking reduced their risk of death from heart disease within five years and had a 20 percent lower chance of a smoking related cancer within that time as well.

It's estimated five million premature deaths were attributed to smoking in 2000. The World Health Organization projects by 2030, tobacco-attributable deaths will account for 10 million deaths each year in industrialized and developing countries. It was not previously clear if a person who quits smoking can gain back health benefits. This new research finds many of the health problems associated with smoking can be reduced within the first five years after the smoker quits lighting up.

Researchers from Harvard School of Public Health conducted the study. They looked at data from the Nurses' Health Study that included more than 100,000 female participants. During a 24 period, 12,483 deaths occurred. Researchers looked at the smokers verses never smokers and those who had quit smoking.

Study authors say they found a 13 percent reduction in the risk of all-cause death within the first five years of quitting smoking compared with continuing to smoke. Most of the reductions for the causes of death were seen within the first five years for coronary heart disease and cerebrovascular disease. For death due to respiratory disease, an 18 percent reduction in risk of death was seen in the first 5 to 10 years after a person quits smoking.

Investigators say this study confirms the need for effective strategies to help people quit smoking.

SOURCE: The Journal of the American Medical Association, 2008;299:2037-2047

## Get Moving to Prevent Breast Cancer!

Now, there's more motivation to hit the gym: it's good for your breast health! A new study reveals girls and young women who exercise regularly between the ages of 12 and 35 significantly reduce their risk of breast cancer before menopause compared to those who are less active.

Researchers studied nearly 65,000 women and found those that exercised more often had a 23 percent lower chance of breast cancer before menopause. One-fourth of all breast cancers are diagnosed in women before menopause. The reduced breast cancer risk was most strongly linked to physical activity between the ages of 12 and 22.

"We don't have a lot of prevention strategies for premenopausal breast cancer, but our findings clearly show that physical activity during adolescence and young adulthood can pay off in the long run by reducing a woman's risk of early breast cancer," lead investigator Graham Colditz, M.D., Dr.P.H., the Niess-Gain Professor and associate director of Prevention and Control at the Siteman Cancer Center at Washington University School of Medicine and Barnes-Jewish Hospital in St. Louis, Mo., was quoted as saying. "This is just one more reason to encourage young girls and women to exercise regularly."

Some theorize exercise lowers the breast cancer risk by reducing exposure to estrogens, which have been linked to the disease. Those who start menstruating later or begin menopause early have a lower risk of breast cancer, experts say. Young women who are physically active typically start their periods later and, when they do, are less likely to have regular cycles.

SOURCE: Journal of the National Cancer Institute, published online May 13, 2008

## Herbicide Zaps Weeds and Fertility

The herbicide atrazine, which is already a possible cause of sexual abnormalities in frogs and fish, has now been found to affect humans as well.

Atrazine is the most common weed killer used in the United States. It's used on corn and sorghum fields as well as suburban lawns and gardens.

Researchers at the University of California studied placental cells in culture. Atrazine increased the activity of a gene associated with abnormal birth weight. It also targets another gene in the uterus of women with unexplained infertility.

In the placental cell studies, a 24-hour exposure to atrazine activated a cluster of genes involved in hormone signaling and steroid synthesis. Holly Ingraham, Ph.D., senior author of the survey and UCSF Professor of Cellular and Molecular Pharmacology, says she believes the significant changes caused by the widely used chemical means scientists have to take a closer look at its effect on human health.

"Up to now, much of the focus has been on breast cancer," Dr. Ingraham was quoted as saying. "But since proper development of the endocrine system is important for normal reproduction, stress responses and metabolism, early exposure to this chemical in a fetus or infant might alter normal physiology later in life."

SOURCE:

PLoS ONE, published online May 7, 2008



