



**SUPER**  
WELLNESS

# Boost Your Metabolism

**Remove the blocks which keep your metabolism stuck for lasting weight loss, health & energy gain.**





# Why aim for a healthy metabolism?

- Improved digestion and absorption of nutrients which impacts overall health, wellbeing and longevity
- Your metabolic health plays a role in the risk of developing serious diseases and health conditions
- Improved blood sugar regulation and energy production and reduced inflammation





# AGENDA

Quiz time!

Why it's not just calories!

What is metabolic health & ways to measure it

Blood sugar balancing

7 Key blocks

What about intermittent fasting

# Quick Quiz to get you thinking!!

- When checking food labels, how much sugar per 100g is a good choice?
- Can you think of anything outside of food that might impact weight?
- What does the term BMR mean?



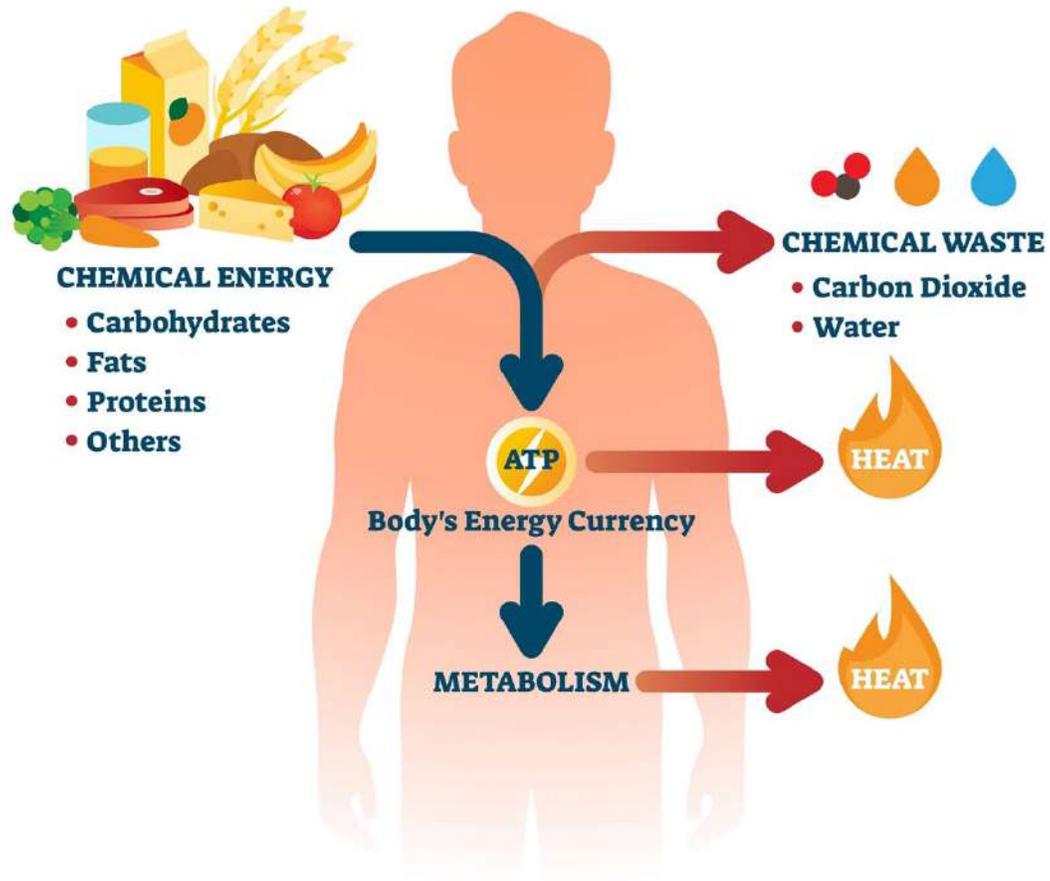


# There's more to it than Calories...

- Daily recommendations
  - ❖ Men: 2,500
  - ❖ Women: 2,000
- Calorie restriction pitfalls
  - ❖ Lose muscle
  - ❖ Lower energy, hunger, cravings
  - ❖ Slow metabolism
  - ❖ Difficult to sustain
- Nutrition quality is just as important

A large, 3D-style pink donut with white sprinkles is positioned over the word "CALORIES". The word "CALORIES" is written in large, colorful, textured letters: "C" is blue, "A" is orange, "L" is red, "O" is purple, "R" is green, "I" is blue, and "E" is green. The background features a faint, light green illustration of a tree with leaves and a pear, and a small icon of a computer monitor displaying a bar chart.

# METABOLISM



- All chemical reactions involved in maintaining the living state of cells and the organism.
- Food provides essential substances for the building, upkeep, and repair of body tissues, and for the efficient functioning of the body.



# When metabolism goes wrong

Constant  
hunger &  
food  
cravings





Fat gets stored  
around the  
middle...



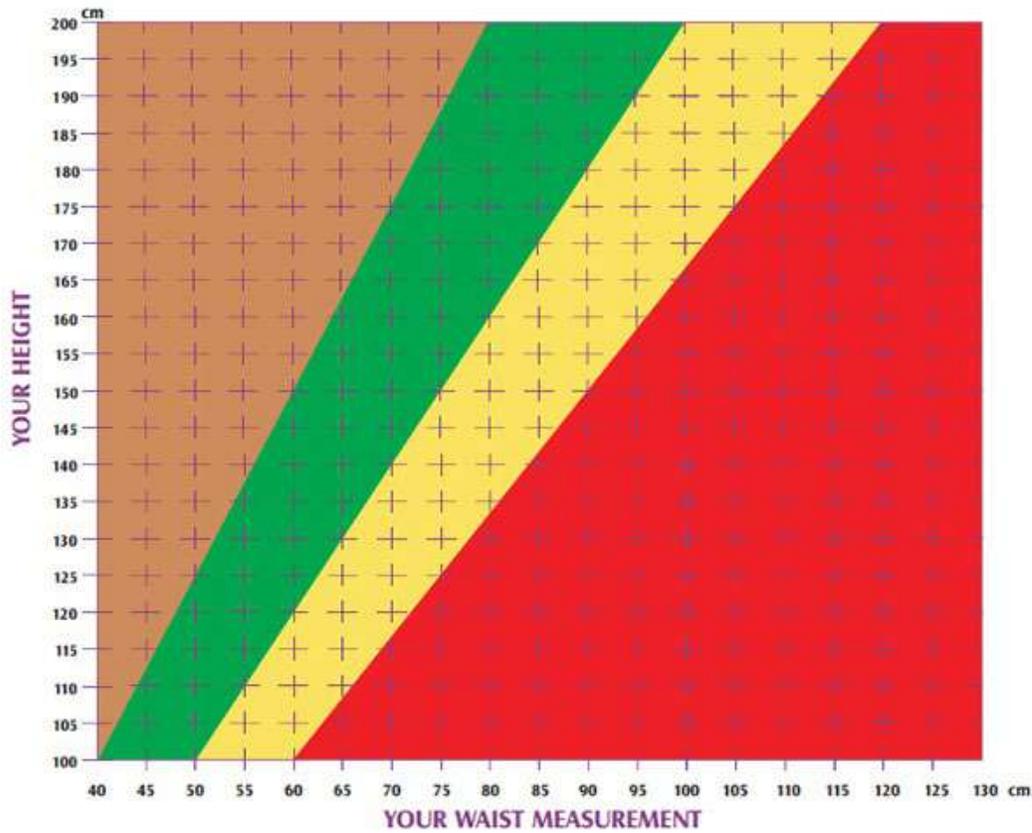


# Fatigue & energy dips





# How do you measure your metabolic health?



- NICE guidelines recommend WHtR measurement for those with a BMI <math>< 30</math> to stay healthy
- Waist-height ratio more meaningful than BMI or weight
- Body Composition Testing shows fat V muscle
- Higher health risk when fat is stored around the waist

How to work out your Waist to Height Ratio

<https://www.bhf.org.uk/myweight>



# Testing for blood sugar problems

- **Fasting plasma glucose test**

- ❖ Normal 3.9 to 5.4 mmol/L
- ❖ Impaired Glucose Tolerance/Possible prediabetes: 5.5 to 6.9 mmol/L
- ❖ Diagnosis of diabetes: 7.0 mmol/l or above

- **HbA1c – measures glycated haemoglobin**

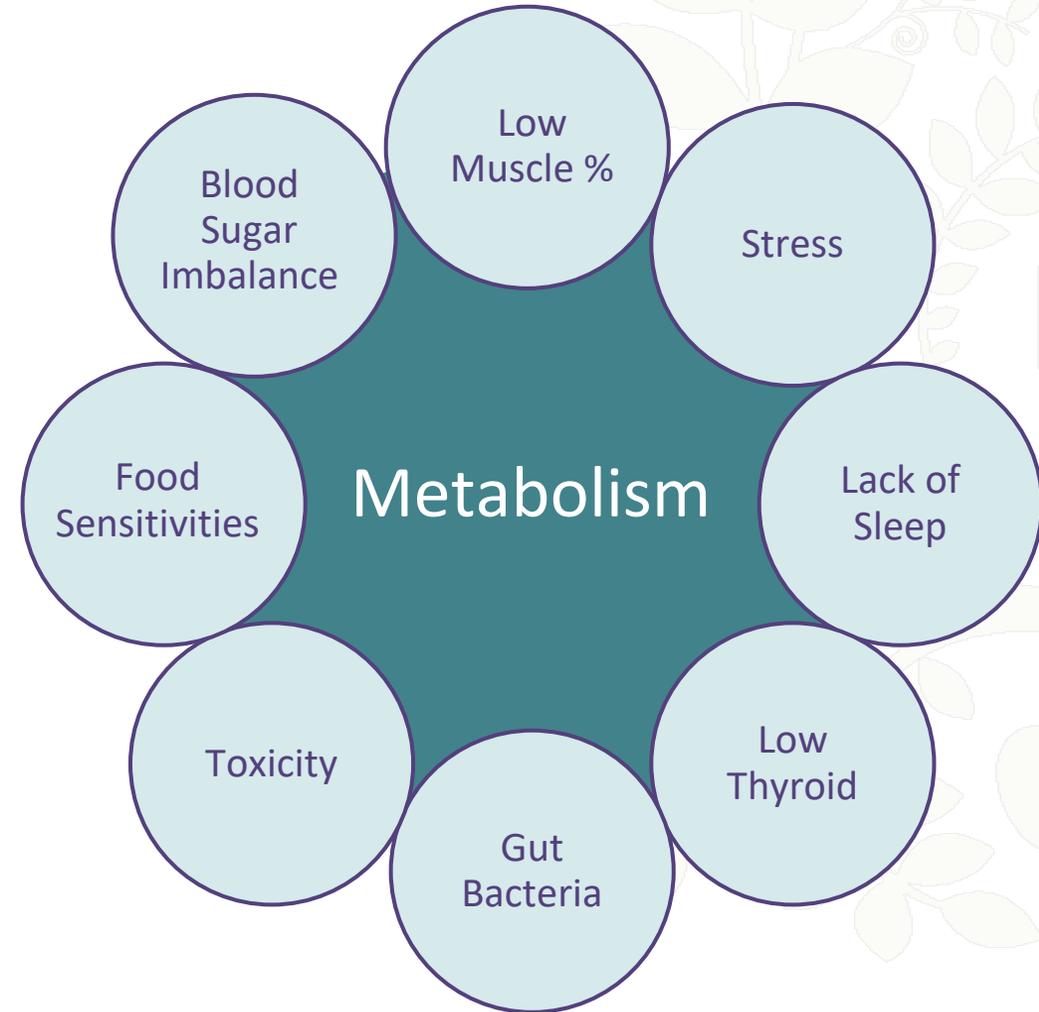
- ❖ Aim is below 42mmol/mol (below 6%)
- ❖ Prediabetes 42 to 47 mmol/mol (6.0 to 6.4%)

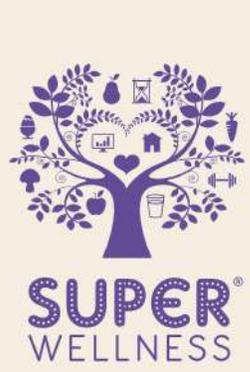
*\* Always check with a medical practitioner – symptoms and test results must be looked at together*





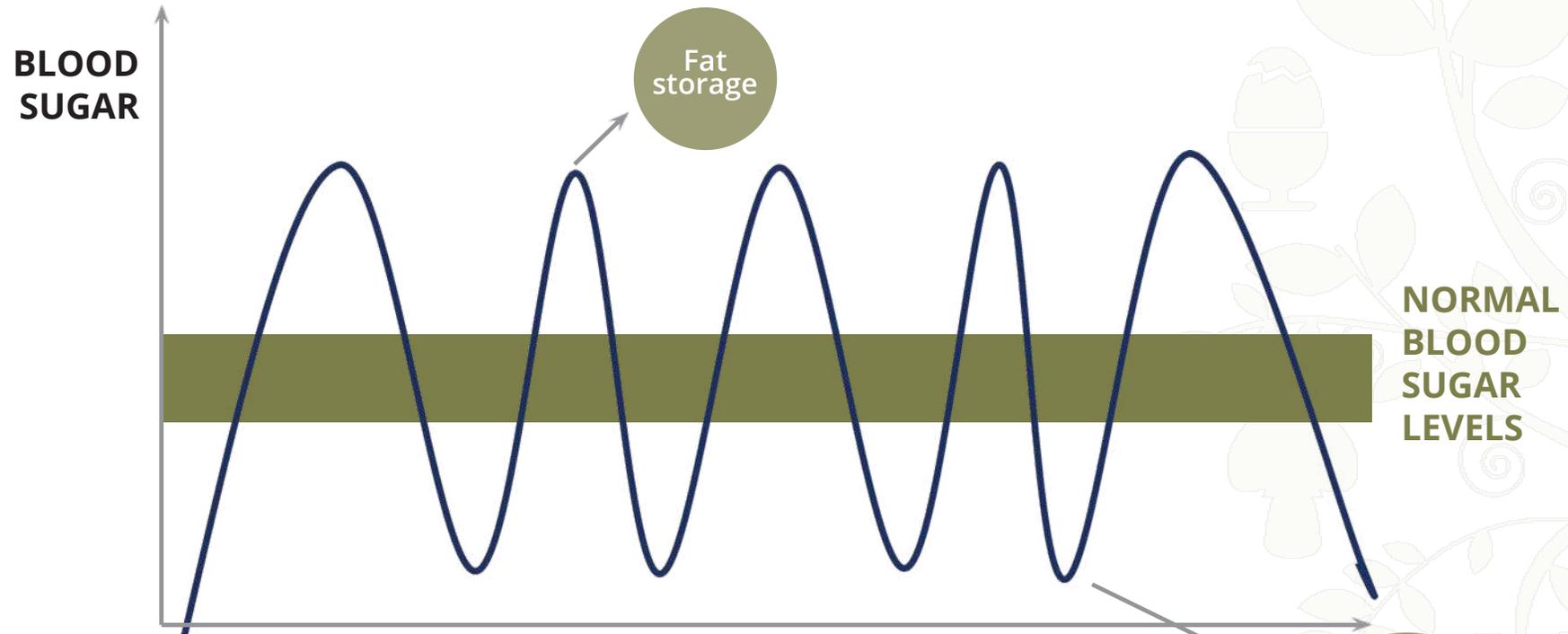
# What keeps your metabolism stuck?





# Blood sugar and the metabolism

Blood Sugar Imbalance



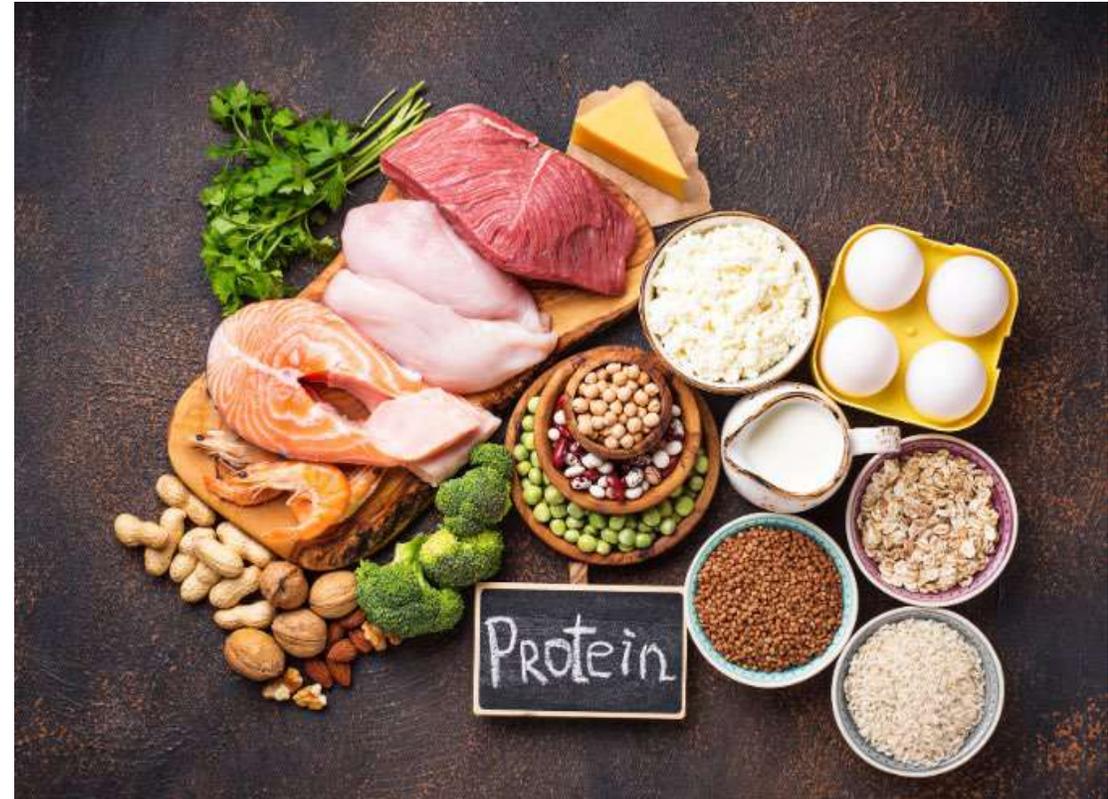
Tiredness  
Cravings  
Poor concentration  
Mood swings  
Fuzziness



# Blood Sugar Balancing – 4 Pillars

1

**Always include  
protein**





### Carbohydrates:

brown rice  
potatoes  
sweet potatoes  
brown pasta  
quinoa  
couscous  
brown bread

### Protein:

fish  
meat  
tofu  
tempeh  
lentils  
beans

Starchy  
Carbohydrates

Non-Starchy  
Vegetables

Protein

Healthy  
Fats

### Non-Starchy Vegetables:

avocado	watercress
broccoli	alfalfa
spinach	cucumber
kale	celery
runner beans	peppers
peas	fennel
courgette	mange tout
cabbage	asparagus
brussels sprouts	aubergine
cauliflower	bean sprouts
onion	endive
garlic	radish
tomatoes	rocket
mushroom	spring onions
lettuce	tenderstem

### Healthy Fats:

avocado oil	oily fish
coconut oil	seeds
olive oil	nuts
butter	avocado

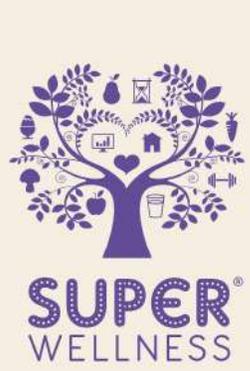


# Blood Sugar Balancing – 4 pillars



2

**Minimise sugar**



# Check food labels



Typical Values	per 100g	per 50g bar
Energy	1985kj 476kcal	993kj 238kcal
Fat	26.7g	13.3g
of which saturates	18.8g	9.4g
Carbohydrate	49.7g	24.9g
of which sugars	31.2g	15.6g
Fibre	5.0g	2.5g
Protein	6.6g	3.3g
Salt	0.06g	0.03g



# Blood Sugar Balancing – 4 Pillars

## 3

**Low glycaemic load  
carbohydrates which  
break down  
slowly**





# Blood Sugar Balancing – 4 Pillars



# 4

## Regularly spaced meals

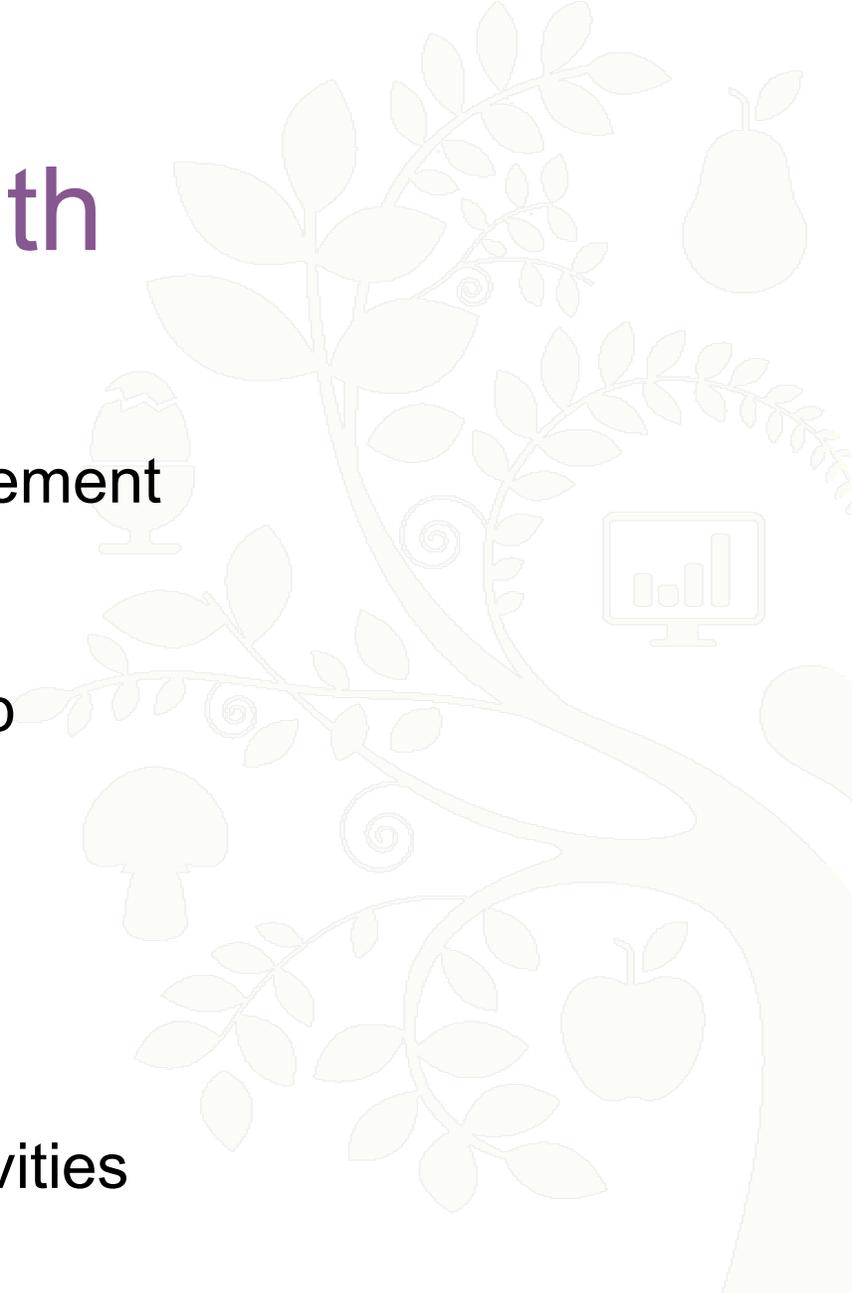
- ✓ 3 Balanced Meals 
- ✓ Especially breakfast
- ✓ **'Smart'** snack - only if needed!



# 7 blocks to Metabolic Health



1. Lack of movement
2. Stress
3. Lack of sleep
4. Low thyroid
5. Gut bacteria
6. Toxicity
7. Food sensitivities





# 4 Key exercise tips

1

**Muscle is King!**



2

**Move as often  
as you can**

3

**Walk 15 minutes  
after meals**

4

**Take it to the next level:  
Interval training**

1  
Lack of  
movement



# Off load the stress



2  
Stress

- Continuous 'fight or flight'
- Cortisol = fat storage + increased appetite
- How could you reduce your stress load?
- Improve your resilience?



# Sleep Well



3  
Lack of Sleep

- Control's hormones which regulate:
  - ❖ Appetite
  - ❖ Cravings
  - ❖ Satiety
  - ❖ Fat burning
  - ❖ Ability to lay down muscle
- Aim for 7-9 hours
- Ideally bed by 10pm
- Minimise blue light



# Thyroid Check

4  
Low Thyroid



- Metabolic thermostat
- Cold? Tired? Hair loss? Weight gain? Constipation? Fatigue?
- TSH and FT4
- Request a printout



# Look after your 'Healthy Bacteria'

5  
Gut  
Bacteria

- Depleted by antibiotics
- Boosted by good fibre:
  - ❖ **Resistant starch** - oats, beans, cold potatoes, green bananas
  - ❖ **Soluble fibres** - flaxseeds, onion, leeks and Jerusalem artichokes
  - ❖ **Insoluble fibre** - brown rice, seeds, leafy greens





# Ditch the toxins

- Encourage detoxification
- ‘Obesogens’ – chemicals stored in fat cells
- Support the liver with brassica veg, onions, garlic
- Reduce household and beauty products that contain parabens & phthalates
- Drink lots of water

6  
Toxicity





# Consider Food Intolerances

7  
Food  
Sensitivities

- Bloating? Feeling tired?  
Mucus?
- Most common: gluten, cow's  
milk, yeast, eggs...
- Consider eliminating them for 6  
weeks and observe symptoms



# What about intermittent fasting?



- **Alternate-day fasting:** normal eating days alternated with days when one meal provides about 25% of daily calorie needs
- **Whole-day fasting:** 1 or 2 days per week of complete fasting or up to 25% of daily calorie needs - e.g. 5:2 diet
- **Time-restricted eating:** restricting food intake to a window during the day. The 16/8 approach or minimum 12-hour window



# Intermittent fasting – benefits to metabolism

- Improves blood sugar and cholesterol levels
- Reduces levels of insulin
- Benefits metabolism and body composition
- Boost's longevity
- May protect the brain against Alzheimer's
- May trigger an immune response that repairs cells
- Can improve arthritic pain and inflammation in some



# Intermittent Fasting - will it work for you?

## Won't be for everyone:

- ❖ For some can be an effective weight loss tool
- ❖ Essential to follow healthy eating guidelines
- ❖ Careful if you have health issues
- ❖ Studies show useful treatment for prediabetes
- ❖ Keep it simple
- ❖ Avoid snacking and eating at night-time - all the time

## Not suitable:

- ❖ Those suffering with or who have a history of eating disorders
- ❖ Taking medications that require food
- ❖ Children and adolescents in an active growth stage
- ❖ Pregnancy and breastfeeding
- ❖ Diabetes - needs to be carefully managed re: medication
- ❖ Other medical issues e.g. thyroid

*Always speak to GP if in doubt.*



## The Gremlins

- Believing you should be perfect
- Wanting fast results
- Lack of planning

## Tips for success:

- Focus on the long term
- Take it step by step
- Keep a food diary
- Plan, plan, plan
- The 80/20 rule







# Further Information

## CONCERNED ABOUT TOXINS?

### Environmental Working Group

- Although based in America **EWG** provides useful information on chemicals in personal care & cleaning products.
- <https://www.ewg.org/skindeep/>

### Pesticide Action Network UK (PANUK)

- For pesticides you need UK relevant information
- <https://www.pan-uk.org/dirty-dozen/>

## FINDING A NUTRITIONAL THERAPIST

*Go to The British Association for Nutrition and Lifestyle Medicine and look for 'Find a Practitioner.'*

[www.bant.org.uk](http://www.bant.org.uk)

## HEALTHY RECIPE LINKS FOR LOW DAIRY & GLUTEN MEALS

- <https://thedoctorskitchen.com/recipes>
- <https://www.christinebailey.co.uk/category/dairy-free/>



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