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**7 FUNCTIONAL TIPS TO
SPEED UP METABOLISM &
HAVE CONSISTENTLY
HIGH ENERGY**

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1. Improve Your Digestion

Did you know that your stomach acidity and digestive enzymes start slowing down as you age? Research shows that stomach acidity, the starting point of digestion, slows down by 1% each year from birth. So by age 40, you have 40% less ability to digest your food adequately.

Undigested food is one of the main contributors to slowing our metabolism, gaining weight, and increasing fatigue.

4 Tips to improve gut health and digestion:

1. Eat in a quiet place that allows you to relax and enjoy your food
2. Chew your food thoroughly
3. Use apple cider vinegar, ginger juice, and lemon juice together as a refreshing drink to aid digestion
4. Use a high-quality digestive enzyme supplement to assist in digesting your food

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2. Use A High-Quality Digestive Enzyme

One powerful way to improve your metabolism and increase your energy to start to feel your best and do the activities that make you happy is to digest your food efficiently.

By rapidly digesting food, the immune system calms down and does not need to react to partially digested foods particles.

A calm immune system means less inflammation and allows the body's metabolism to work correctly again.

The easiest way to ensure you calm the immune system is by digesting your meals optimally use a high-quality digestive enzyme like DigestiveX.

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3. Build A Movement Routine

You have probably heard that sitting is the new smoking. This is very true. A sedentary lifestyle slows our metabolism and reduces energy while increasing oxidative stress in our bodies.

Starting with exercise doesn't mean you have to do a marathon every weekend. Instead, it means beginning an exercise routine where your body can comfortably recover. Then slowly building week to week to a total of 30 min/day for 5 days/week. Whether the exercise is walking, running, cycling or any other exercise routine that increases heart rate above average is all that matters.

Regular exercise signals the cell to make more enzymes and adapt for future exercise sessions. This directly increases metabolism and energy.

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4. Eat A Variety of Protein

Hormonal changes lead to a natural loss of muscle mass over time.

Lean clean protein sources like grass-fed beef, pasture raised chicken and eggs, wild-caught fish, and legumes, and organic whole fat greek yogurt or cottage cheese provide great sources of protein. Protein requirements increase as you get older so getting at least 0.8g-1g protein/pound body weight is super important.

Protein requires more calories to digest and metabolize compared to carbs and fat. This provides an extra calorie-burning benefit that can help counteract slowing of metabolism.

Ensuring adequate high-quality protein through both diet and supplements is an evidence-backed way to help offset challenges associated with declining hormones.

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5. Reduce Stress

Stress is a metabolism killer. Cortisol, a stress hormone, rises with stress. Cortisol affects your intestinal lining, creating a leaky gut syndrome, which negatively affects your stomach health and digestion. Stress will ultimately lower your metabolism and increase fatigue.

High cortisol levels also lead to poor and disruptive sleep patterns. In addition, poor sleep combined with high stress has created blood sugar imbalances.

Controlling stress and being calm will improve sleep, digestion, and blood sugar levels, creating a solid base for boosting metabolism and energy levels.

Daily meditation, gratitude journaling, appreciating relationships, keeping balance in life, and working on self care are some good habits to nurture and improve stress levels.

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Ashwagandha 35X



6. Ashwagandha for Stress Reduction

Ashwagandha is widely used today for restoring physical and mental energy while balancing the effects of daily stress.

Ashwagandha extract appears to ease stress-induced increases of plasma corticosterone, lactic acid in the blood, and blood urea nitrogen. This multi-patented ashwagandha extract is different because the active ingredient called withanolide glycosides has a 35% bioavailability compared to 11%. This means you can take less and have the same effect.

Ashwagandha 35X has been clinically studied for its adaptogenic role in the stress response and lowering cortisol levels.

Studies suggested Ashwagandha has an attenuating effect on the hypothalamic-pituitary-adrenal axis activity in stressed individuals. This rebalances cortisol and improves energy and metabolism.

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7. Live In The Now

You've heard it said before—probably many times—that it's essential to live in the present moment.

You also might have heard similar pieces of advice like:

- "Don't get caught up in thinking about the past or the future—live in the now!"
- "Be present in your own life."
- "All you have is this moment. Don't let it slip away."

All of these (possibly overused) sayings boil down to the same basic message: it's vital to live in the present moment.

In our current twenty-first century lives, it's not easy. There's always something coming up that we need to prepare for or anticipate, and our lives are so well-documented that it's never been easier to get lost in the past.

Living in the now can dramatically increase energy and restore your cellular metabolism by not wasting energy on the past or future.

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Gail Cattoor

Our bodies are constantly in fight or flight mode. We continue this day in and day out. We promise to change things and be healthier the following day, but it keeps getting pushed aside.

So many of us question why we can't take care of our own bodies. We have no energy, we're sore, and feel terrible!

I'm here to tell you it's so much deeper than trying to force yourself into health.

Wherever you're at with your health, functional medicine can help you. I'd love the opportunity to speak with you and help you find answers AND solutions.

BOOK YOUR FREE CONSULTATION