



Rev Up Your Metabolism

Stress Response: a REAL or IMAGINED threat, and the body's response to that threat.

Sympathetic Nervous System

VS Parasympathetic Nervous

Decreased blood flow to gut (4x) –low metabolism and less absorption	Optimal state of digestion
20,000 decrease enzymatic output in gut – decreased ability to assimilate nutrients	Burn FAT for energy
Decreased growth and thyroid hormone – less calorie burn, less muscle, more fat	Increased calorie burning power
Die off of healthy gut bacteria – this is your immune system	Immune System Functions Optimally
Excretion of all mineral and water soluble vitamins – calcium, magnesium, C & B vits etc...	Optimal State of assimilation of all nutrients
DECREASED OXYGEN uptake – single most metabolic nutrient	Increased Oxygen uptake = metabolic power
Increased Inflammation and oxidative stress	Healing Happens
Decreased Thermic efficiency – ability to calorie burn	Maintenance and Repair
Healthy meal eaten in stressed state – decreases nutritional value of meal	Healthy meal eaten in relaxed state – receive full digestion, assimilation and nourishment
Worry, fear, anxiety anger	8 sacred metabolizers

The optimal state of digestion is being in a relaxed state while eating. When you eat, ONLY eat.

Do not: check emails, work at your desk, and mess with your phone, etc...

While eating, really get into it. Bring your senses to life. In other words, root yourself in the moment. Allow your head brain and your gut brain to communicate during the meal.

What do you taste?

What do you smell, what is the aroma of the food you have prepared?

See the variety of colors.

What do you feel? Textures of the food, etc.

Pause between bites. Allow the bite to go all the way down and register that it reached the stomach. Take a breath. Enjoy the flavors of the bite you just received.

After a few minutes, check in and see if you are satisfied. Once the body says yes, stop eating. Simply relax and enjoy!