

Lose Weight Using Your Body's Metabolism

Every one of us has a built in weight loss engine called metabolism. You, me, that guy sitting across from you eating that Big Mac, fries and a diet coke. The problem is that the vast majority of people do not take advantage of their body's own ability to burn excess calories and lose weight. The simplicity of how your metabolism helps you lose and maintain a given weight is easy to see. The higher your metabolism the more calories you burn throughout the day. But how do you tap into that fat burning engine? How do you increase your metabolism to the point that you are burning excess calories even when doing nothing? First of all it's important to understand that your body needs calories to function. It takes calories to burn calories. An interesting thing happens if you don't consume enough calories; your metabolism will slow down. It is the natural bodily response to times of famine. When your metabolism slows down your body begins to store excess calories as adipose or fat tissue. Not exactly what you want to happen when you start cutting too many calories out of your diet in an attempt to lose weight. To increase your metabolism and lose weight you will have to do two main things:

- Change your diet and
- Exercise

Sounds simple, doesn't it. But in this society of instant gratification and no effort results for many people making this type of lifestyle change can be difficult. The fact of the matter is by simply eating a more nutritious diet made up of healthy food our bodies respond with an actual metabolism increase. This is because the body's digestive processes must work much harder and burn more calories extracting that good nutrition out of naturally healthy foods. Most of the refined and processed food eaten today require very little in the way of digestive processes and are quickly and easily turned into fat. If you add an exercise program in with eating a more healthy diet you will increase your metabolism even more. The result, you burn more calories and lose weight. An important fact to remember when it comes to exercise is be sure to incorporate some form of weight or resistance training into your exercise program. Of all the things you can do to increase your metabolism nothing burns calories like lean muscle mass. By increasing your metabolism you turn on your body's internal calorie burning engine which in turn leads to a gradual weight loss. Treat your body well and it will reward you with the shape and figure you always wanted.

About the Author

Get expert advice on how to lose weight, eat healthy, and stay fit. Choose from a large variety of diet plans, and get support.

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