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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.

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 food 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 by using a high-quality digestive enzyme.

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**BE ACTIVE - MOVEMENT SENDS
POSITIVE SIGNALS TO OUR CELLS**

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 needn'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 150 min per 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. Use Essential Amino Acids

Essential amino acids are the building blocks for energy pathways. Without these vital amino acids, the energy pathways become blocked and don't produce the essential ATP that gives you energy.

Most people are deficient in one or more of these essential amino acids, and without proper testing, it is difficult to determine which of the nine.

So the easiest way to build your metabolism and have consistently high energy is to ensure the main building blocks are present for your cells to work efficiently and bolster your metabolism.

Whether you are already very active or just starting out, the best way to get what you need for your cells is to add a high-quality amino acid supplement.

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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 to improve stress levels.

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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.

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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