Diabetes-content

33

Subject: 3 Easy Ways To Speed Up Your Metabolism

I hope you’re having a terrific day!

I’ve been getting a lot of emails about dieting and diabetes, including some emails about how to get your weight under control.

So, to answer your questions, here are 3 simple, scientifically-proven ways to speed up your metabolism.

1. Temperatures

Try and keep your house a little colder than you like it. Studies show that you burn significantly more calories when you’re cold because your body is using calories to warm you up. Think of it like exercising…without all that hard work!

In order to work up a sweat, your body uses calories. The same thing is true when you’re not sweating, but just trying to get a little warmer.

1. Drink Cold Water

I KNOW that all of you are drinking your water during the day, right? Drinking water is one of the best habits you can have as you start a weight-loss regimen. You’d be shocked how many of us turn to food when we’re just thirsty!

That’s why I always suggest that you drink a big glass of water before every meal. Not only is this a great way to stay hydrated and keep your skin glowing, but it’ll curb your hunger. What’s more, I want you to drink COLD water throughout the day instead of lukewarm.

Your body burns calories when it drinks cold water. Why? Because your body is working to warm that water up so it can be processed. That takes energy and increases your metabolism.

1. Spicy Foods

Some people are very against a little spice in our curry, and that’s okay! But if you’re up for a challenge, I suggest adding a little cayenne pepper or red chili flakes to your favorite dishes.

When you spice up your meal, not only will it take less to satisfy you, but your body processes more calories when you eat spicy foods.