

# Maximize your Metabolism Part II

Feel Better -Look Better -Live Better

By Chris Cosich

**A**In part I of this article you were informed of the absolute importance of eating habits in reaching your fitness goals. Undertaking a regular exercise regime without making a conscious effort at restructuring your eating plan or making a habit of sound nutrition choices will yield very meager results. This is the raw truth. There are multitudes of "diet" fixes that have come and gone as well as the soon to be birth of new ones, all geared toward guaranteeing some miracle quick-fix. Having spent close to half of my lifetime devoted to health and fitness, and having guinea-pigged many fads myself, I bristle at the audacity of so many of these "diet gurus" selling out to the public's hope for a miracle cure. The fact is, and always will be getting fit is a lifestyle integration of regular exercise coupled with the bigger piece—understanding sound functional nutrition. Currently the U.S. is enveloped in the idea that carbs are as much to be avoided as a bad neighborhood at midnight. I will reiterate for the record, carbohydrates are not the enemy, the choices of carbs and portion-size are!

It is important to ingrain that what I am offering you is not a sacrifice in foods but a change in choices. Once your metabolism has assimilated to the change (within a week to 10 days) you will notice a considerable alteration to better energy levels. You will notice that any crazy cravings will be largely diminished. And if you find yourself hungry you simply eat a bit more of each of each of the real food choices available. Keep in mind that incorporating slightly more calories if hungry, of sound, FUNCTIONAL nutrition will only elevate your metabolism. As stated previously, all calories are not created equal.

The idea that forums such as Weight Watchers and others, infer is that calories are simple "points" to trade off so that you stay within a numbered parameter. The idea that a dessert food of approximately 200 calories, and a lets say, a large sweet potato of roughly the same caloric measure are the same is ludicrous. One must understand calorie "efficiency". The low glycemic complex carbohydrate (efficient) of a sweet potato and the refined sugar, empty calories (inefficient) dessert are far different animals in what occurs within your body's digestion of each.

## DIGESTION

In order to keep your metabolism functioning at a high level you not only need to eat with the frequency discussed but must stick to foods that are easily digested.

## 6 DAY FOOD CHOICES

Proteins:

Egg whites\* (1-2 yolks daily)  
Skinless Chicken Breast  
Lean Ground Turkey  
Fish and Canned Tuna in Water  
Lean Steak (London Broil, Flank )

Carbohydrates:

Oats  
Rice Cereal  
Sweet Potato, Yam  
Baked Potato  
Rye seed  
Vegetables (all except avocado)

