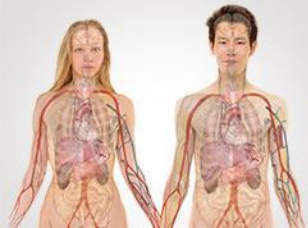
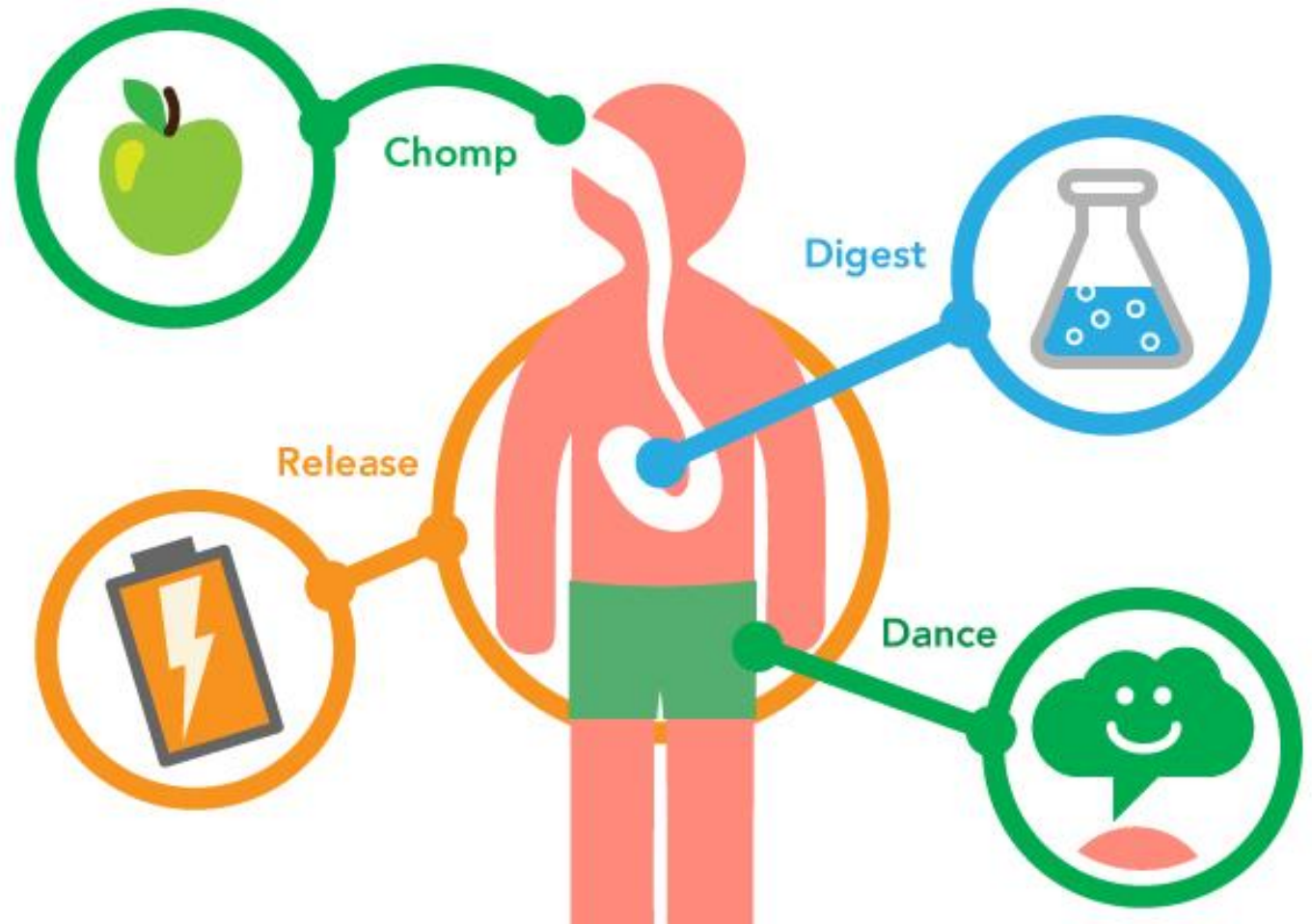


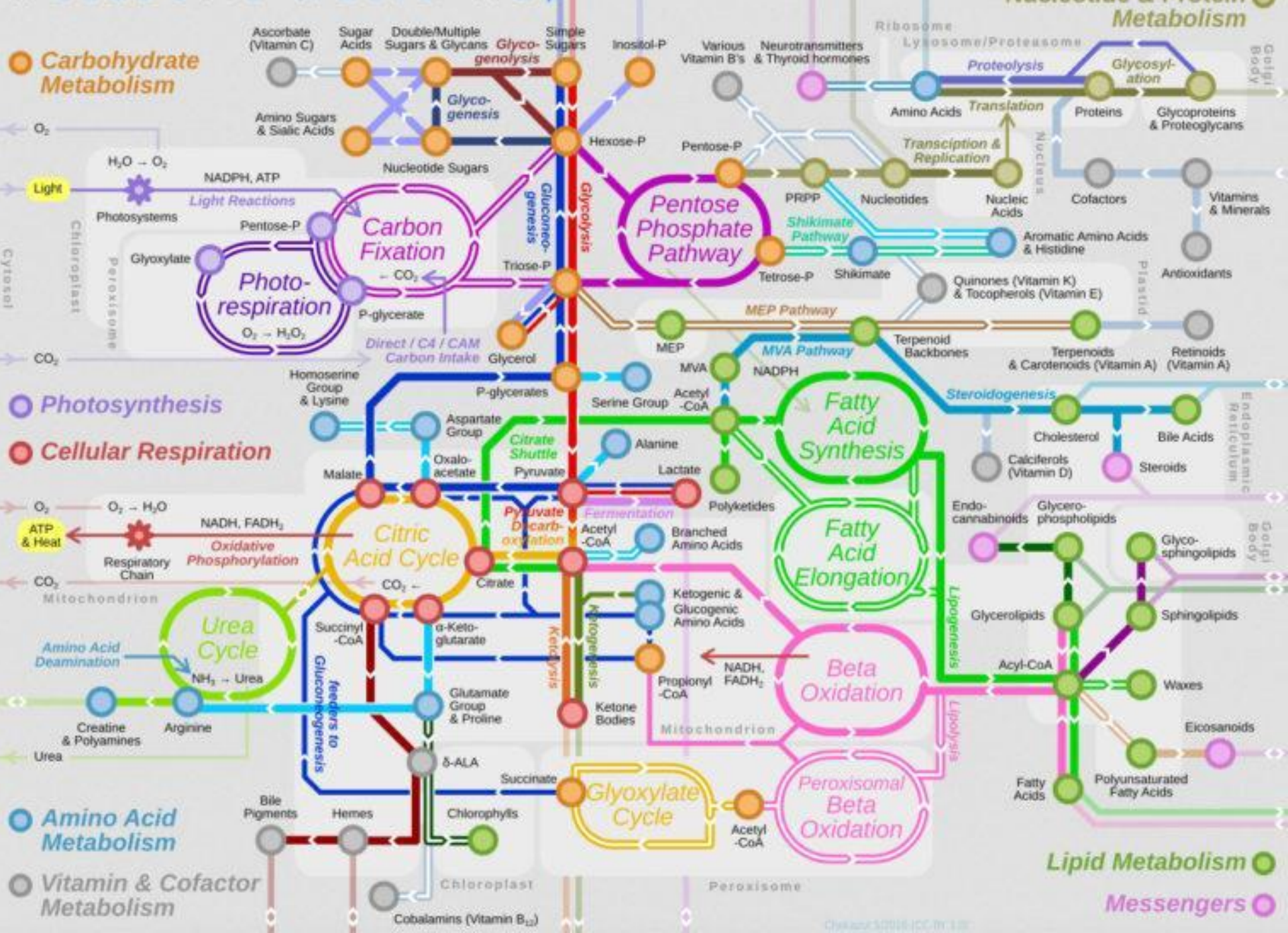
METABOLISM

#nutritionclub23

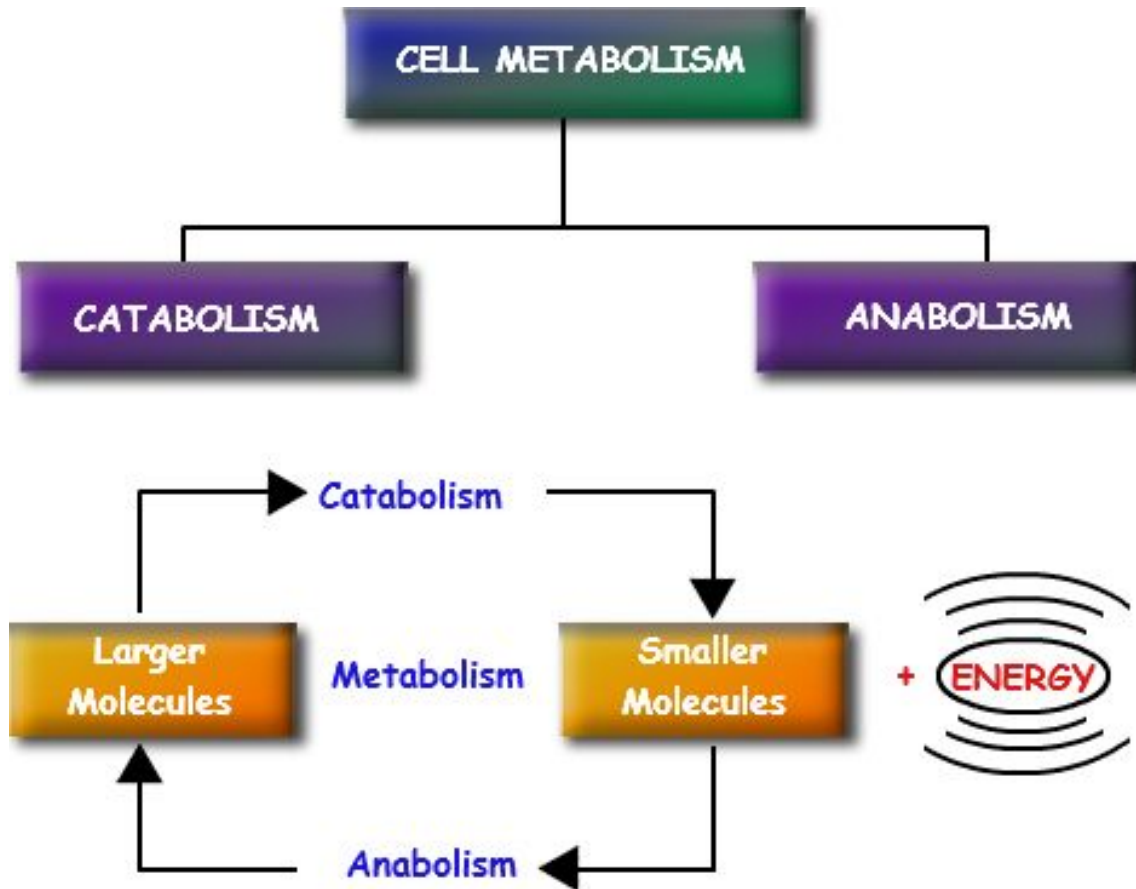
Metabolism is the set of life-sustaining chemical transformations within the cells of living organisms.



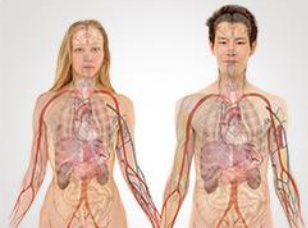
Metabolic Metro Map



Metabolism is the process of converting food into energy

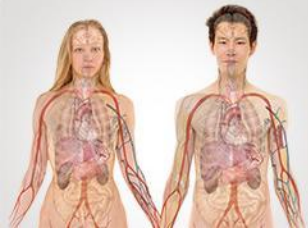
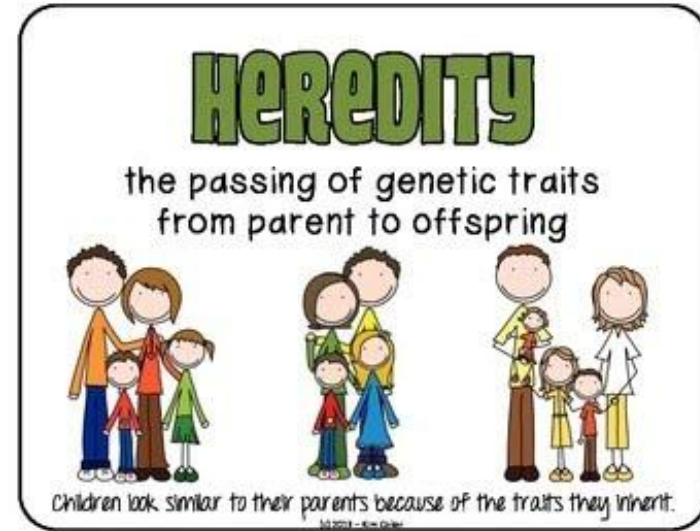


The faster your metabolism is, more calories are burned!



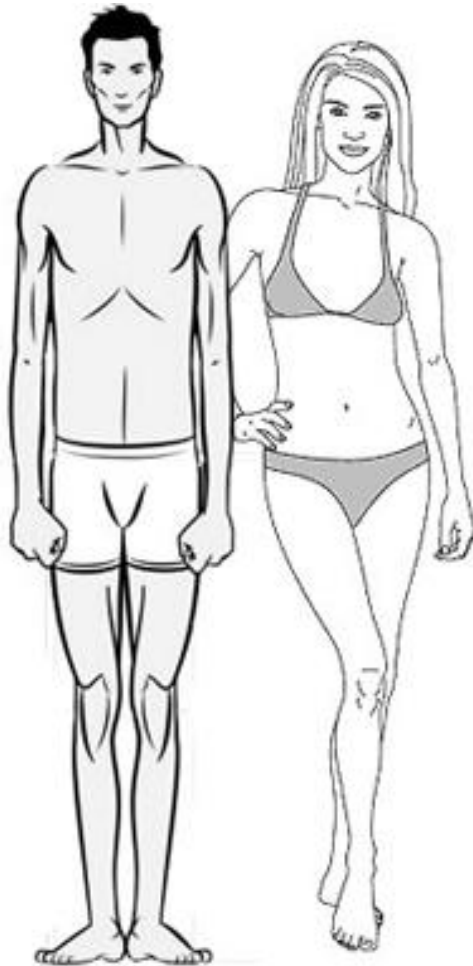
Factors affecting the metabolism:

1. Heredity
2. Body type
3. Body composition
4. Age

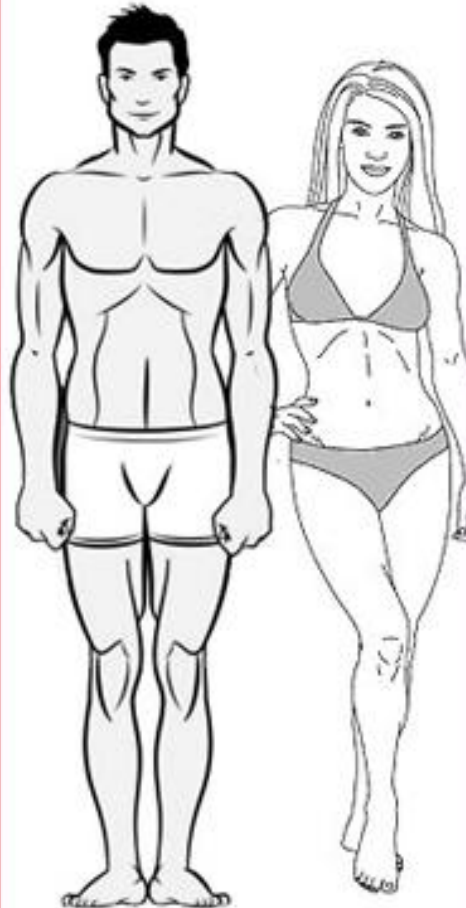


Factors affecting the metabolism: I group

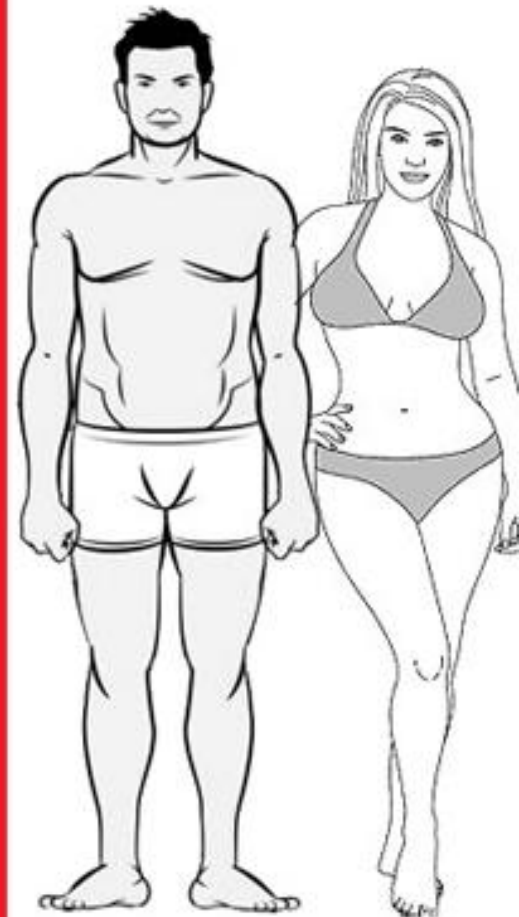
I. Body type



Ectomorph



Mesomorph



Endomorph

Factors affecting the metabolism: I group

II. Body composition

BMI – Body Mass Index

$$\text{BMI} = \frac{(\text{weight in kilograms})}{\text{height in meters}^2}$$

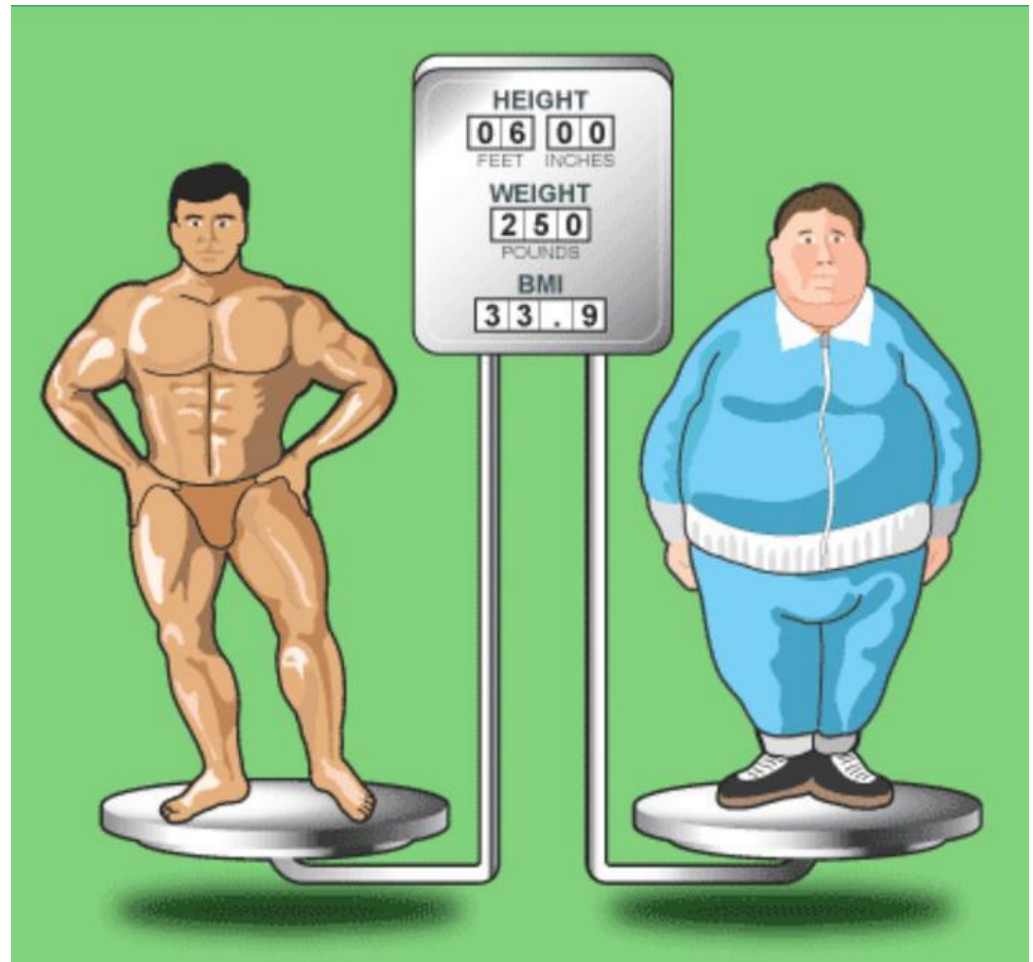


2kg of FAT

vs

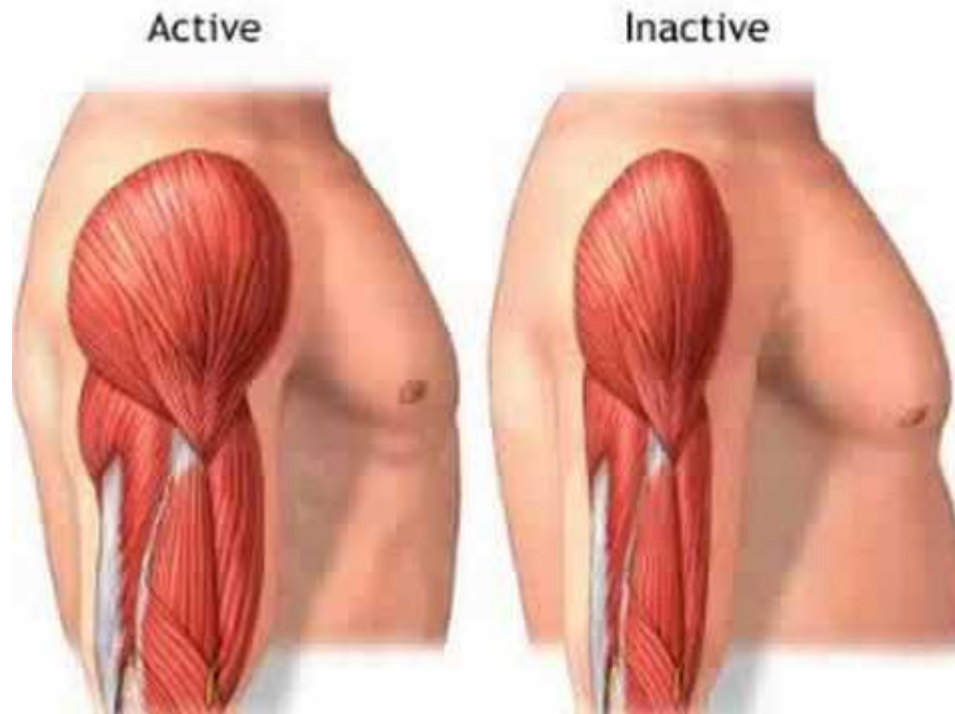


2kg of Muscle



Factors affecting the metabolism: I group

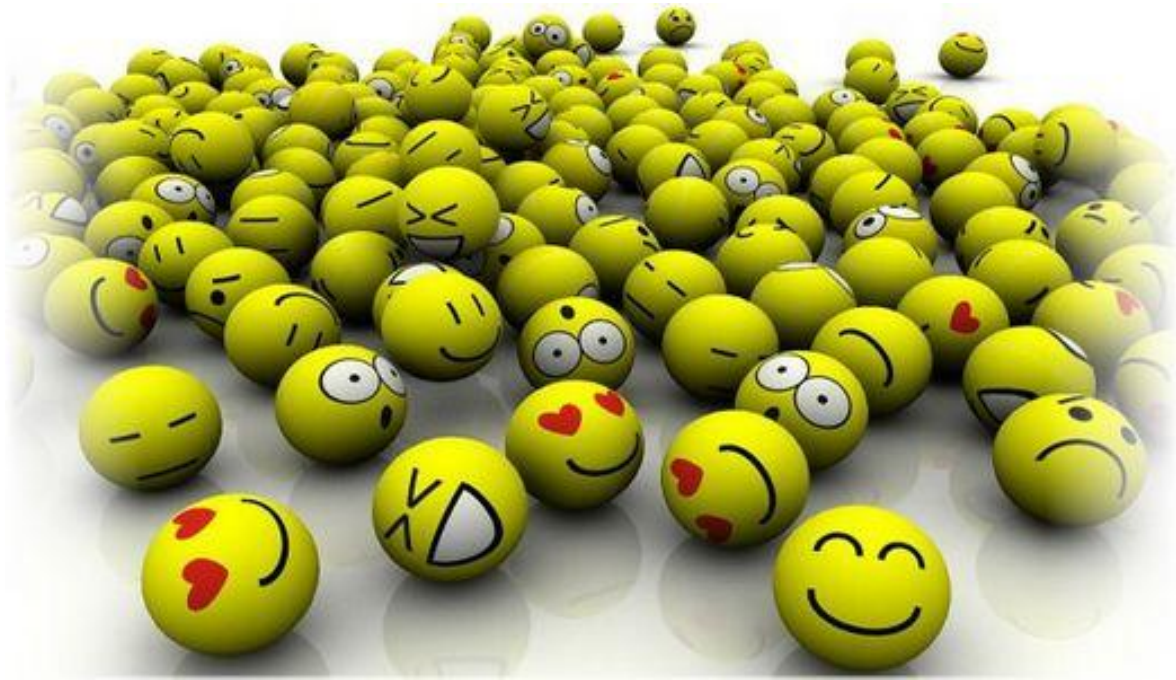
Muscles help burn more calories!



1 kg of muscles burn **28 kcal** 1 kg of fat burn only **4 kcal**

Factors affecting the metabolism: II group

- ✓ Emotions
- ✓ Stresses
- ✓ Hormones



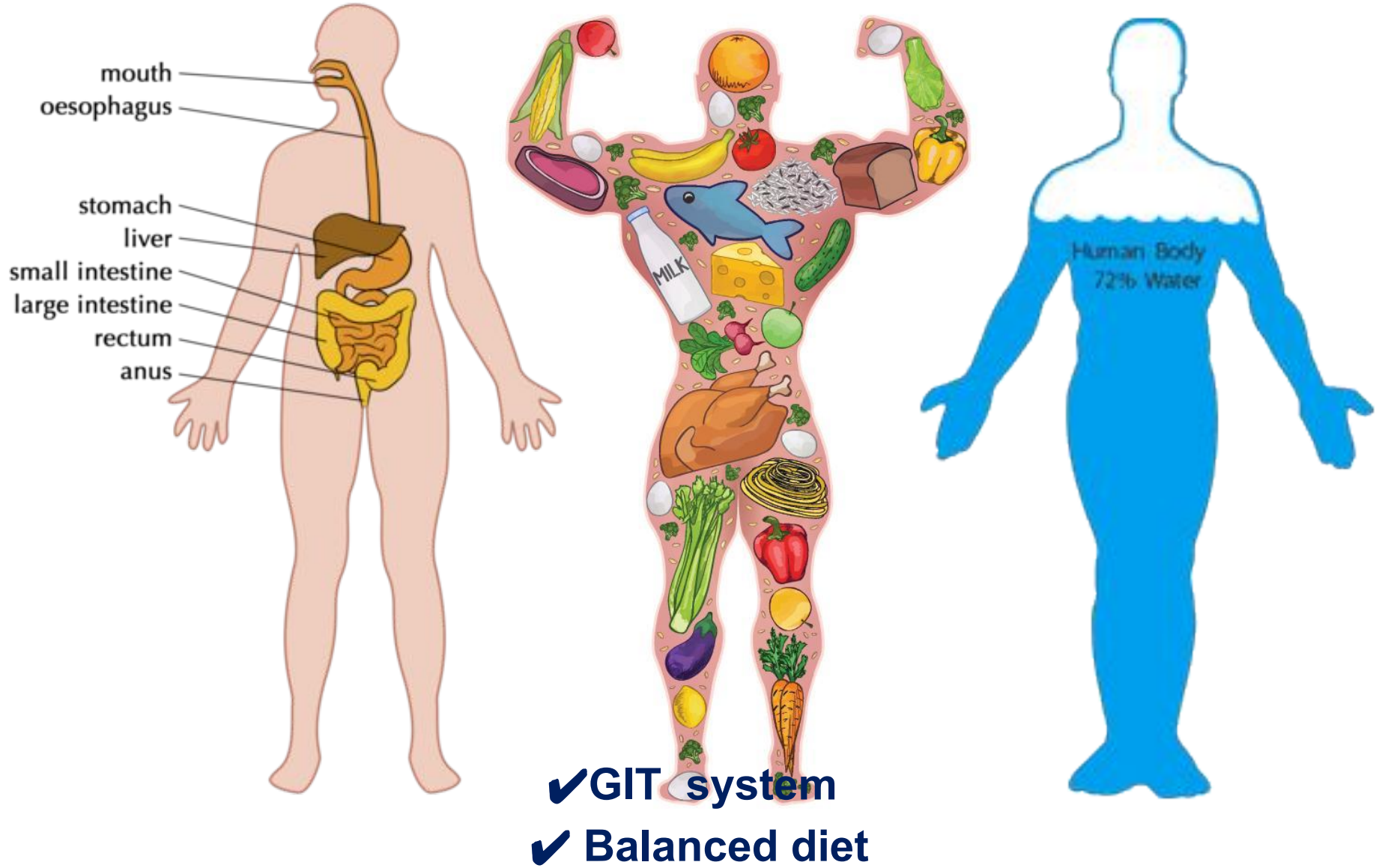
Factors affecting the metabolism:

Ill group

- ✓ Physical activity
- ✓ Fresh air
- ✓ Sex
- ✓ Quality sleep
- ✓ Temperature

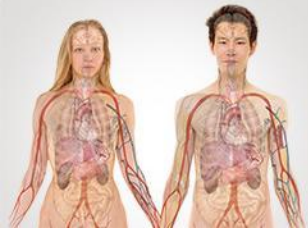


Factors affecting the metabolism: IV group

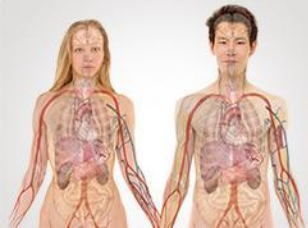


What factors inhibit the metabolism?

- Lack of water
- Lack of protein
- Lack of vitamins and minerals
- Lack of physical activity
- The excess of simple carbs and sugars
- Intake of foreign toxic substances
- Violations of GIT work



Eating habits that help to optimize the metabolism



Water regime

Metabolism occurs in an aqueous medium!

10-12 glasses of water a day help

- The process of digestion
- Clean the body of toxins
- Speed up the metabolism

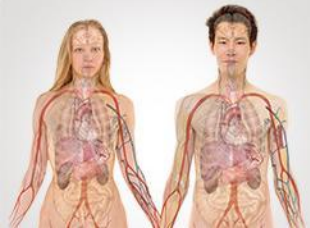


Balanced diet

Balance of proteins, carbohydrates and lipids



Dietary plan



Wrong diet

Snack



Lunch



Snack



Dinner



The absence of a healthy breakfast
Skipping meals
High-calorie snacks
Eating before bedtime

Wrong diet

Snack



Snack



Snack



Dinner



The absence of a healthy breakfast
Skipping meals
High-calorie snacks
Eating before bedtime

Wrong diet

Breakfast



Dinner



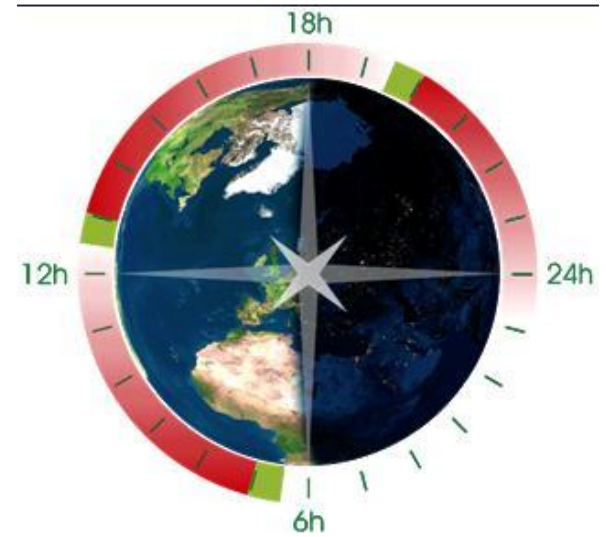
Lunch



Unbalanced breakfast
Skipping meals
Eating before bedtime

Wrong diet

3 or less large meals per day makes the metabolism run slowly



7 am

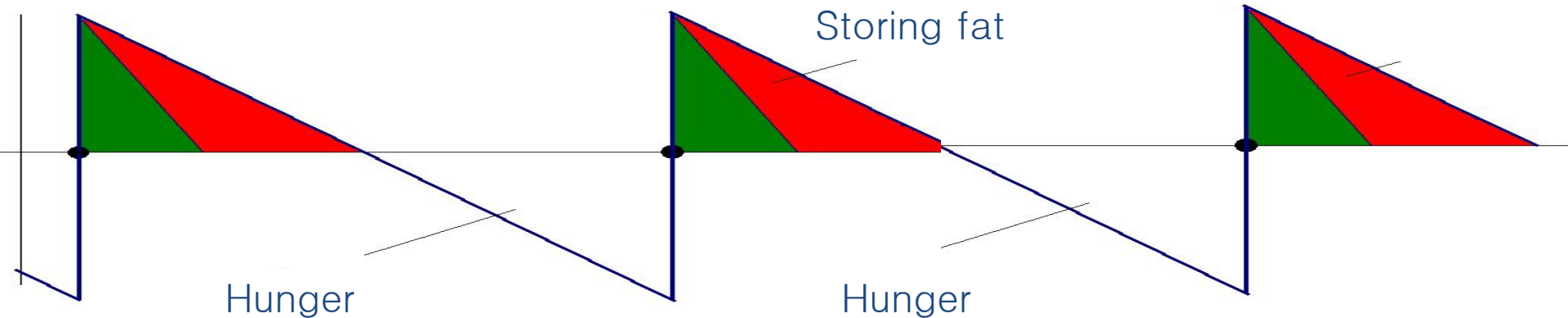
2 pm

Overeating
Weight gaining
Storing fat

8 pm

Hunger

Hunger



Proper diet

- ✓ 5-6 meals a day
- ✓ No sense of hunger
- ✓ No drop in blood sugar level
- ✓ Maintaining intensive metabolism



7 AM

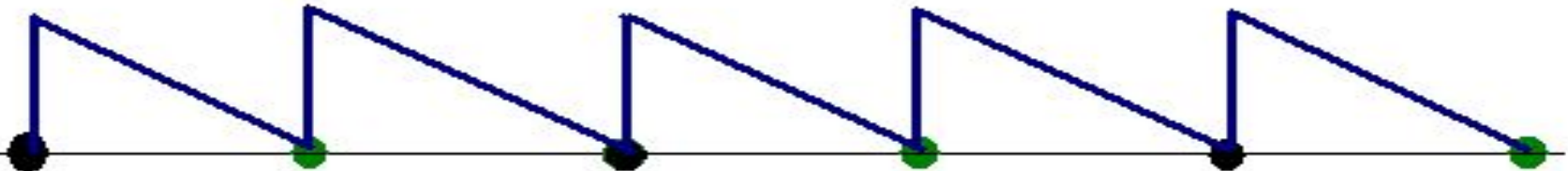
10 AM

1 PM

4 PM

7 PM

9 PM

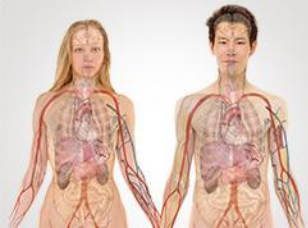


Consider daily phases:

1 am – 2 pm: fat burning cycle

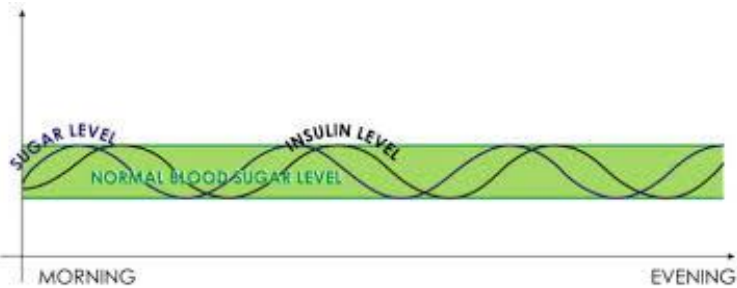
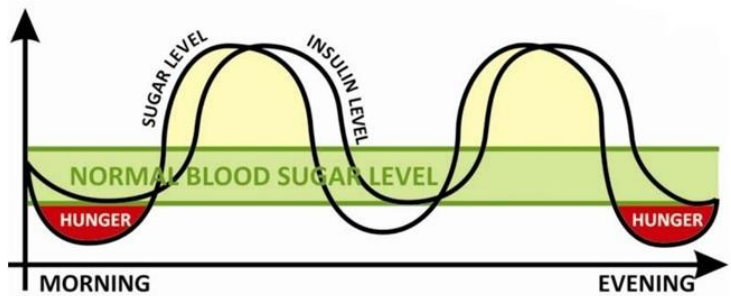
2 pm – 7 pm: turning cycle

7 pm – 1am: fat storing cycle



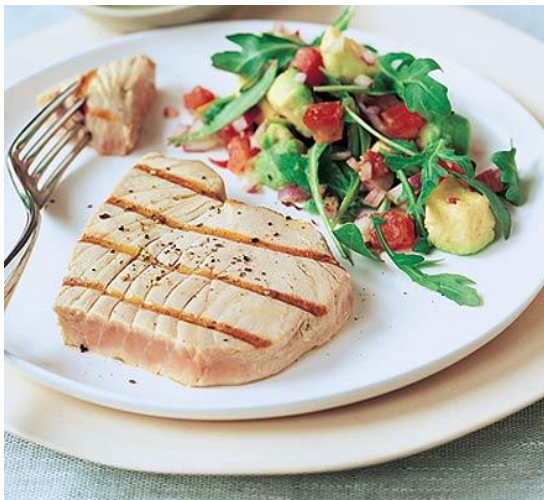
Proper diet: Breakfast

Be sure to have balanced breakfast within **1-1.5 hours** after awakening



Proper diet: Dinner

- ✓ Dine no later than three hours before bedtime
- ✓ Food must have time to leave the stomach and enter the small intestine.
- ✓ Try to avoid carbs at night



or



Proper diet: Vitamins and minerals

To ensure daily intake of vitamins and minerals include:

- ✓ Vegetables, fruits, nuts, whole grains, legumes
- ✓ Thermojetics tea
- ✓ Multivitamin and mineral complex Formula 2
- ✓ Cell activator



Cell Activator

Dietary Supplement

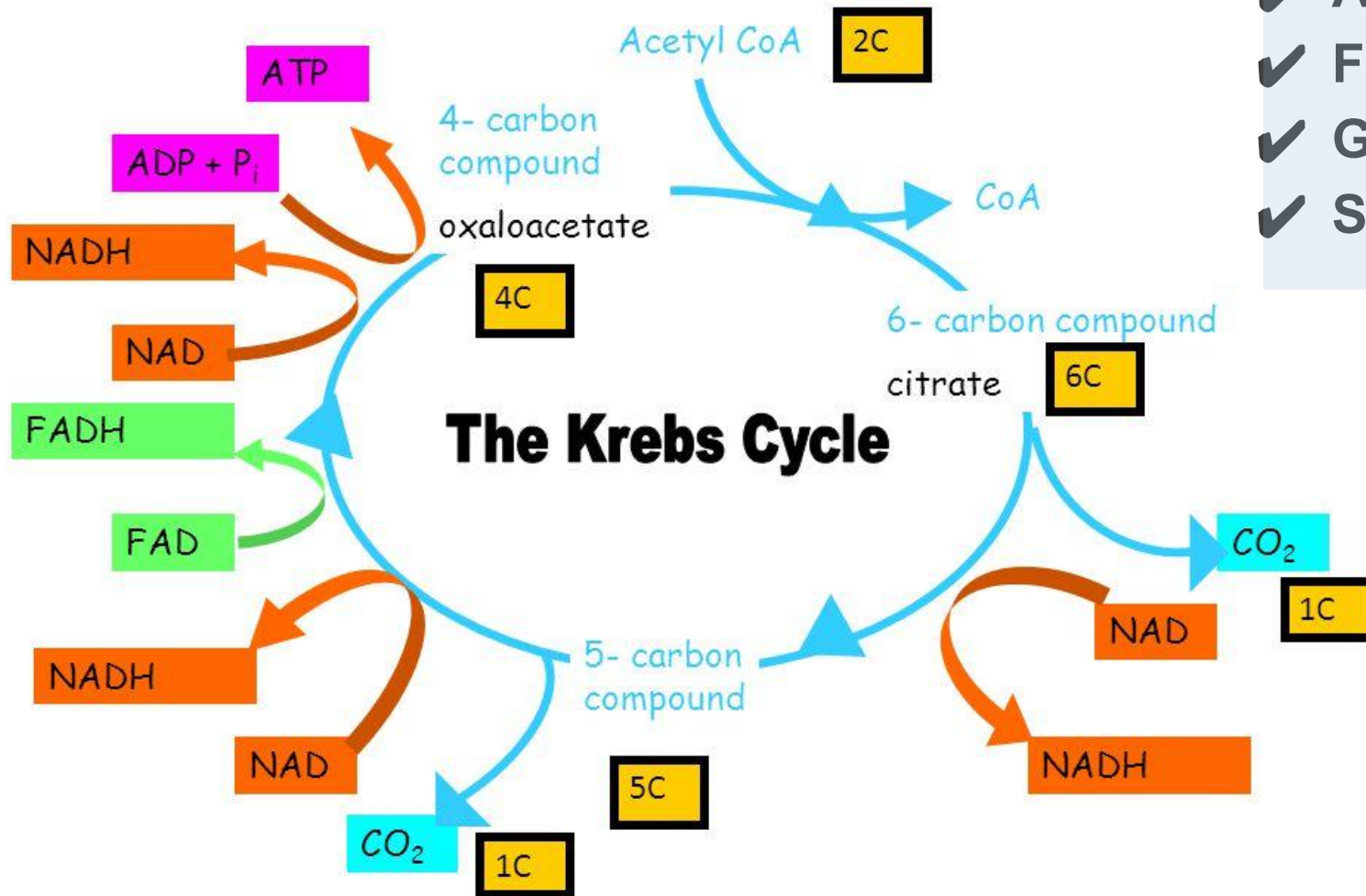
Some nutrients are plentiful in the average diet, and others are not, or they are difficult to obtain and absorb. This formula provides you with more of those specific nutrients that support your body's energy production and help your body perform more efficiently. This supplement is, therefore, applicable to almost everyone and especially those who are reducing their caloric intake.



Key Ingredient Properties*:

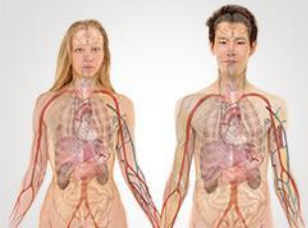
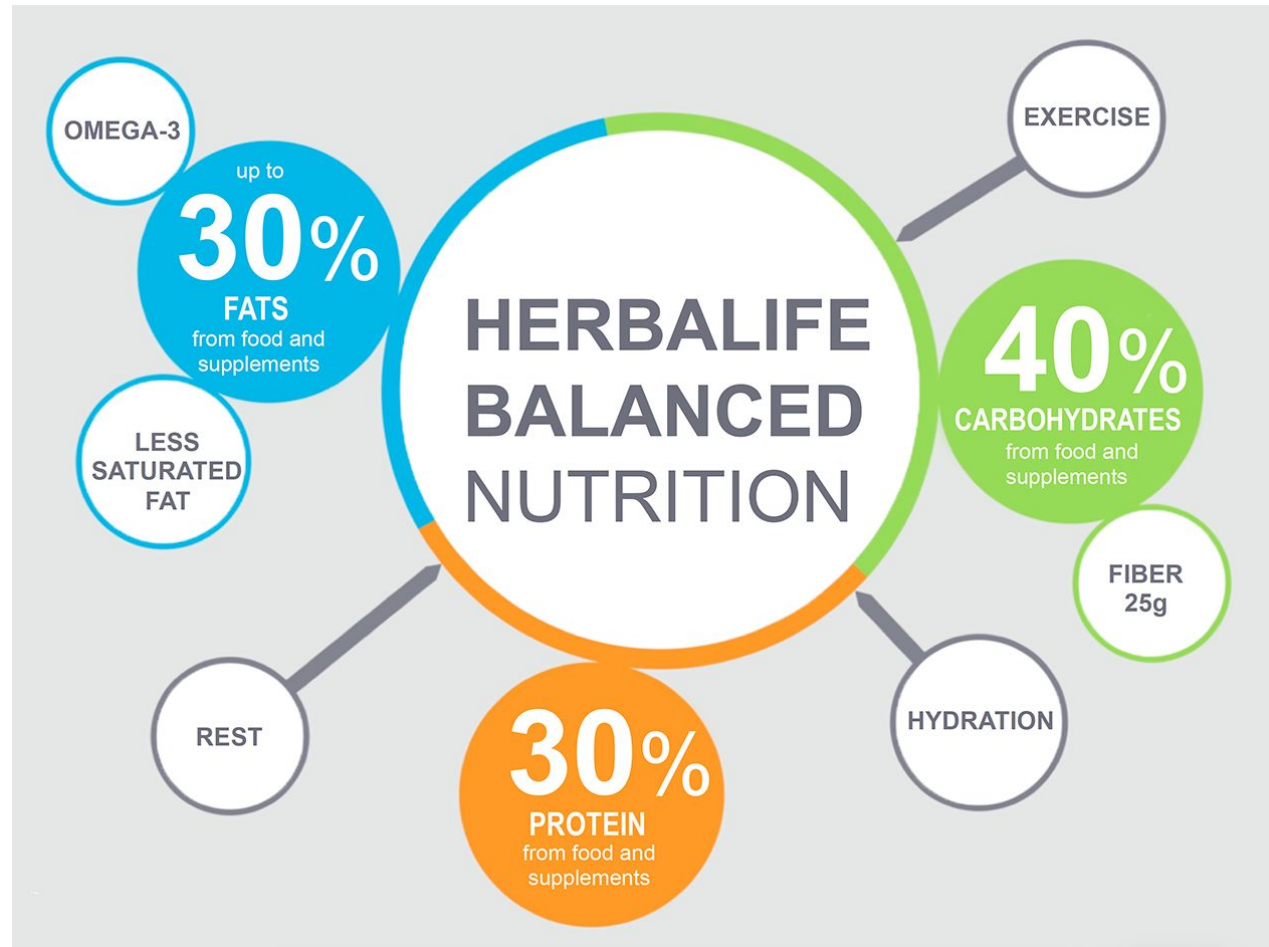
- **Vitamins B1, B2 and B6** are essential nutrients used in many of the body's energy production pathways.
- **Chlorella powder** is a green algae, rich in highly bioavailable vitamins and minerals as well as significant amounts of vegetable protein, beta carotene and chlorophyll, known for its cleansing and purifying properties.
- **Cordyceps (edible fungus)** has been consumed traditionally in China as a general health tonic, and should help keep your body running in top condition.
- **Arctic root (Rhodiola)** may help to balance the body's systems, and support a more positive mood.
- **Cayenne Pepper** contains capsaicin, which is believed to help your body absorb and assimilate the nutrients in your diet more efficiently, and may have a thermogenic effect.
- **Lactoferrin** is a natural whey protein derived from milk with positive nutritional properties for your body.
- **Malic acid, citrates** and the minerals **zinc, manganese and copper**.

Kreb's Cycle



- ✓ Lemon acid
- ✓ Apple acid
- ✓ Fumaric acid
- ✓ Glutaric acid
- ✓ Succinic acid

Eating well is a form of self-respect



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