

# Many ways to boost your metabolism these holidays!

## Fight off the festive fats!

Dashing towards the Christmas season, health is the last thing on anyone's mind. There are gifts to buy, holidays to plan for, work to finalise, kid's concerts, the office Christmas party and much more.

Wouldn't it be helpful to know of a few key foods that can help boost your metabolism, make you feel energised and as a bonus can even help you to lose weight? Some of these foods you can even eat on the run and adding exercise to the mix certainly can give you an added energy boost.

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Christmas tends to be a time where we do overindulge and eat fatty foods but meeting the season with an increased metabolism can help break down those fats faster. The Queensland weather does not really encourage much exercise this time of year, so the odds seem stacked against us!

## Foods to help boost the metabolism

**Caffeine** – helps speed up your heart rate. The faster your heart beats the more kilojoules you burn. Found in tea and coffee, a chemical called EGCG helps your brain and nervous system to run more quickly aiding to burn fat. Make sure you keep it to a minimum though as too much caffeine can make you have trouble sleeping and be too agitated.

**Protein** –The more protein you eat the harder your body has to work to break it down. The body uses more energy breaking down protein than fat or carbohydrates. Lean meats are the best to choose for your body in regards to protein. Select lean meats such as pork, chicken, beef and turkey. For a change try crocodile or kangaroo.

## Low fat milk, cereal and oatmeal -

Cereals and fibre keep insulin levels low after you eat. This is good, as spikes in your insulin levels send a message to slow your metabolism down and tell your body to stockpile fat. You may have heard the saying "Breakfast is the most important meal of the day". Well, it is true! Studies in active people who eat breakfast show that their metabolic rate is ten times higher than those who skip breakfast.

**Salmon, tuna, and sardines** – Studies have shown that foods high in Omega 3 reduce the body's leptin levels enabling you to burn fat more quickly. The good news for folks not friends of the fish is that fish oil tablets or capsules are readily available and work just as effectively without the taste.



**Chilli** – Chilli and spicy foods are high in capsaicin which helps raise the body temperature and can still burn fat up to 3 hours later! A study conducted in the 90's showed that eating a spicy meal could raise the metabolism up to 25%.

Coming into the festive season, your metabolism will work in your favour if you eat your breakfast cereal, have some protein in smaller meals more often, choose some foods which have some spice or chilli and grab a coffee on the run! Even the Christmas turkey is working for you this season.

After the festive feast pick up a cricket bat after lunch instead of heading for the couch for a snooze and you may find that 2010 is looking primed for an invigorated and fitter you!

## TIPS for avoiding weight gain during the festive season:

Look at including some of the following foods in your daily diet:

- ⇒ **Caffeine**—in small amounts can be effective in boosting the metabolic rate;
- ⇒ **Protein**—in lean meats—the body needs to work hard to break down protein so uses up fat;
- ⇒ **Low fat milk, cereal and oatmeal**—a good breakfast sets you up for the day and reduces sugar cravings;
- ⇒ **Salmon, tuna and sardines**—Omega 3 burns fat fast
- ⇒ **Chilli**—a good dose of chilli actually burns up kilojoules
- ⇒ **Exercise**—the hotter it is the harder it is to get motivated— go for a swim or join a gym and work out in air conditioned comfort!



# Other natural ways to boost your metabolism

**Massage** - is an effective and enjoyable way to help increase metabolism. It is proven that receiving massage therapy at least once a week can have a wonderful effect on the body to help with losing weight. One benefit of massage is in reducing stress levels in the body.

High stress contributes to the body's storage of excess fat, and lowers metabolism levels. Massage puts your muscles into a better fat burning mode, as it improves flexibility and prepares the muscles for more efficient, effective work. It also greatly improves blood flow and circulation throughout the body. This contributes to increasing the rate of metabolism and helps burn fat faster. What better reasons do you need to book in for a massage? Reduce stress, boost your metabolism and burn fat!

**Acupuncture**—treatments are customised for each person depending on their individual needs with regard to digestion, weight, and metabolism. Acupuncture utilises points in the ear and body to maintain healthy weight and increase metabolism. Other specific points may be included for appetite control, sugar imbalances, water retention, impulsive eating, thyroid stimulation, and weight gain associated with menopause or PMS.

We have 3 Acupuncturists working from Monday to Saturday to help you with your metabolism.  
**Call now to book a time to suit you!**

**Naturopathy** – takes a holistic view of the body. It not only looks at health, but also exercise, diet, stress and other lifestyle factors which may affect your wellbeing. A Naturopath can look at your eating patterns and make suggestions for more efficient ways to increase your energy. Diet and exercise can increase your metabolism and the side affects can be increased energy, well being and weight loss.



**Make an appointment with our Naturopath Allie Boot to kick start the New Year!**

**Merry Christmas!**  
*The team at Assiram thank you for your support throughout the year. We hope you and your families enjoy a Merry Christmas and a happy holiday season. Our wish is that 2010 brings you good health, abundance and joy!*

## Still looking for that Christmas gift?

**We have gift vouchers for the following:**



**COMPLETE PAMPERING**  
Ease away stress with a full body massage.

Prices start from  
30 mins \$55  
45 mins \$75  
60 mins \$88



Overworked muscles will enjoy a Musculoskeletal session  
Starting from \$89



**Enhance your wellbeing with Naturopathy!**  
**Bound into the New Year invigorated and full of energy!**



Achieve a balance physically, emotionally and mentally with **Acupuncture**  
From \$79 for an hour session  
**Cosmetic Acupuncture at \$180**  
The ultimate rejuvenating facial with organic rosehip cosmetics

## Holiday Trading Hours

**We are open on until 5pm on Thursday— Christmas Eve and Re-open after a short break on Monday January 4, 2010**



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Remedial Massage

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