

6

SURPRISING WAYS TO
BOOST
YOUR METABOLISM
WITHOUT DIETING OR EXERCISE



INSTITUTE FOR THE
PSYCHOLOGY of EATING
The World's Leading School in Nutritional Psychology

Marc David here, Founder of the Institute for the Psychology of Eating.

Here are the facts...

A record number of people are facing challenges with weight, body image concerns, overeating, binge eating, emotional eating, constant dieting, nutritional confusion, and all kinds of unwanted eating habits. Despite whatever approaches are out there to help, things are clearly getting worse.

The dieting industry and the supposed science of dieting simply isn't working.

About 98–99% of people who lose weight on a weight loss diet gain it back within a year or less.

That's a stunning statistic, and a clear statement about the woeful inadequacy of how we approach weight.

The epidemic is so rampant that:

- *On average, over 90% of women are dissatisfied with their body.*
- *In one poll, 97% of women said they have at least one "I hate my body" moment each day.*
- *A majority of women average 13 negative thoughts about their body each day, with many upwards of 100 such thoughts.*
- *In a study of girls 3–6 years old, nearly 50% were worried about being fat, and about 30% already wanted to change something specific about their body.*

Most of us have been taught to believe that good nutrition is simply a function of eating the right food and taking the right supplements.

Of course, this is true, but there's more to the equation. What we eat is only half the story of good nutrition. The other half of the story is who we are as eaters.

That is, what we think, feel, and believe; our levels of stress, relaxation, pleasure, and awareness; and the inner stories that we live out all have a real, powerful, and scientific effect on nutritional metabolism.

So the good news is simply this: you can powerfully change your metabolism and your nutritional status without changing anything you eat, but by changing you the eater.

In my 30 years as a nutritional psychology expert, I've seen so many profound breakthroughs in clients and students around weight, overeating, and a long list of health conditions when they began to practice some of the simple principles of eating psychology. These strategies can forever transform your metabolism...

So here they are: six unexpected ways to boost your metabolism. Remarkably, none of them involve dieting or exercise. And best of all, they are individual actions you can do right now to start changing your relationship with food so that it becomes a source of nourishment, vibrancy, and joy.

And when this happens, you can finally lead the life you were meant to live.



1

Relax



It's fascinating how stress, fear, anxiety, anger, judgment and even negative self-talk can literally create a physiologic stress response in the body.

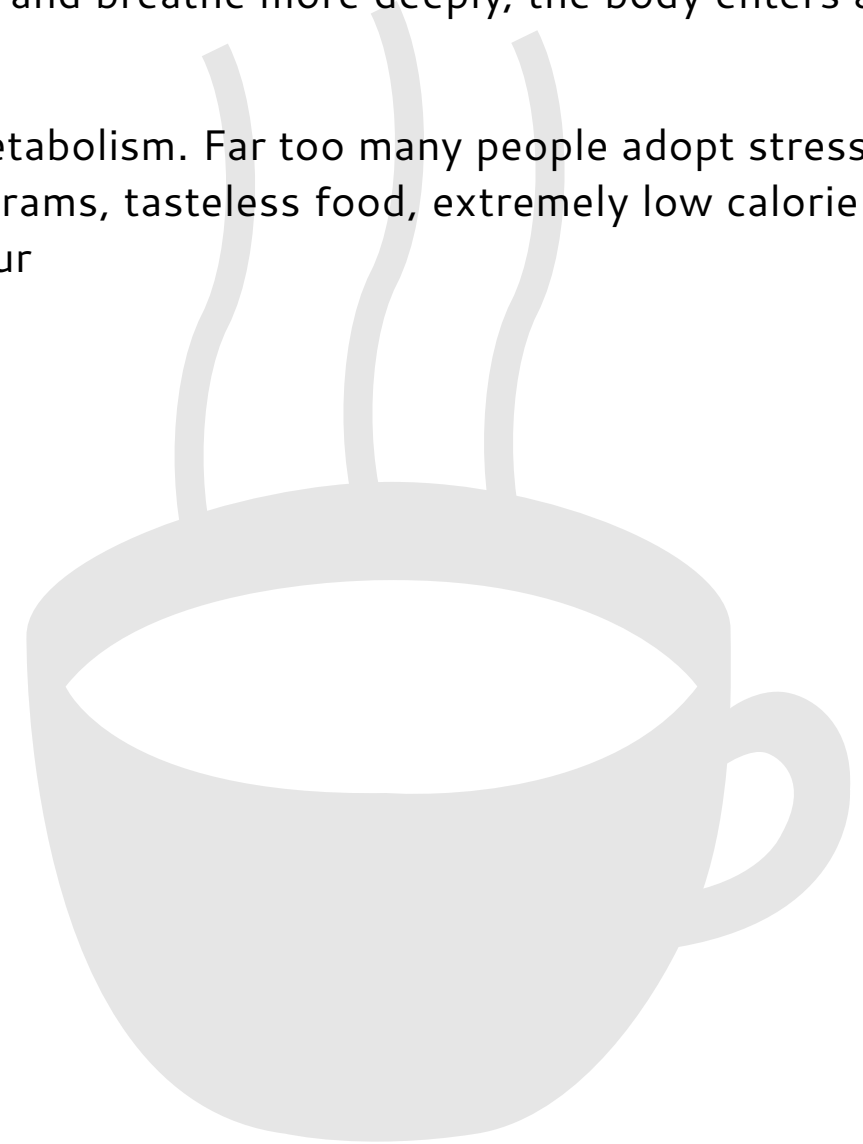
This means that we generate more cortisol and insulin, two hormones that have the unwanted effect of signaling the body to store weight, store fat, and stop building muscle. Strange as it may sound, we quite literally change our calorie burning capacity and adjust it downward when we're stressed.

So, you could be following the best weight loss diet in the world, but if you're an anxious mess, the power of your mind is limiting the weight loss of your body.

What's more incredible, though, is that as we learn to smile more, ease into life and breathe more deeply, the body enters a physiologic relaxation response.

In this state, we actually create our optimal day-in, day-out calorie-burning metabolism. Far too many people adopt stressful weight loss strategies – impossible to follow diets, overly intense exercise programs, tasteless food, extremely low calorie meal plans – all of which can create the kind of stress chemistry that ensures our weight will stay put.

It's time to relax into weight loss.



A woman with long blonde hair, wearing a red and white plaid shirt, is shown in profile, blowing a dandelion seed head. The scene is set outdoors at sunset, with a warm, golden light illuminating the background. Dandelion seeds are captured in mid-air, floating away from the seed head. The overall mood is peaceful and joyful.

2

Be Happy

Can you recall what happens when you eat during anxiety or stress?

Many people report such symptoms as heartburn, cramping, gas, and digestive upset.

During stress, the body automatically shifts into the classic fight-or-flight response.

This feature of the nervous system evolved over millions of years as a brilliant safety mechanism to support us during life-threatening events. In the moment the stress response is activated, something very interesting happens – the digestive system shuts down.

It makes perfect sense that when you're fending off an angry gorilla, you don't need to waste energy digesting your breakfast.

All the body's metabolic energy is directed towards survival. So, you could be eating the healthiest food in the universe, but if you aren't eating under the optimum state of digestion and assimilation – which happens to be relaxation – you literally and metabolically are not receiving the full nutritional value of your meal.

One of the surest ways we can relax is to begin to find gratitude for all the good things in our life. To focus on everything that's working well. To remind ourselves to be happy. Like choosing the foods you eat, happiness itself is a choice. And when we choose to be happy, the body relaxes, and we step out of fight-or-flight chemistry and into the optimum state of metabolic health.

Far too many of us forget to do the simple things that we know will create some happiness for ourselves. It's a day to day practice. It's all the little things. It's the way we uplift others, speak kind words, do a few good deeds, and smile just a little more than usual. Again, the result is a better digestive and calorie burning metabolism.

3

Be Present

Most people think they overeat because they have a willpower problem. “If only I could control my appetite, then I would stop being such a willpower weakling and start losing weight.”

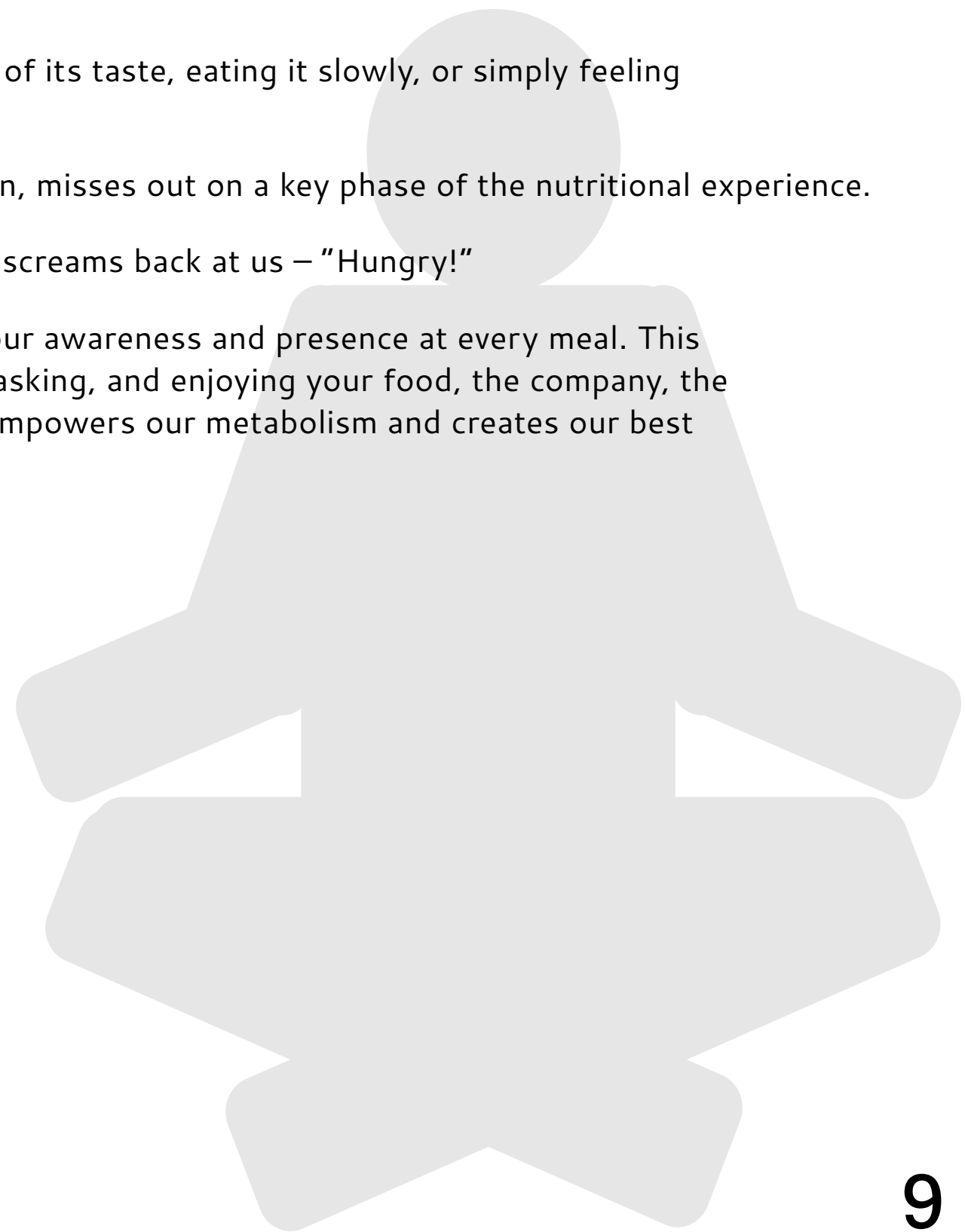
Well, here’s the good news – you don’t have a willpower problem. The problem for a majority of overeaters is that they don’t actually “eat” when they eat.

The issue is that we aren’t always fully present to the meal, aware of its taste, eating it slowly, or simply feeling nourished by our food.

When this happens, the brain, which requires taste and satisfaction, misses out on a key phase of the nutritional experience.

The brain literally thinks it didn’t eat, or didn’t eat enough – and it screams back at us – “Hungry!”

So, you can dramatically decrease your overeating by increasing your awareness and presence at every meal. This means eliminating distractions when you eat, letting go of multi-tasking, and enjoying your food, the company, the conversation, and the entire eating experience. Presence literally empowers our metabolism and creates our best natural appetite regulation.



4

Slow Down

One of my favorite nutritional questions to ask a client or student is “Are you a fast eater, moderate eater, or slow eater?”

If the answer is “fast”, then it’s time for an overhaul. That’s because the act of eating fast is considered a stressor by the body.

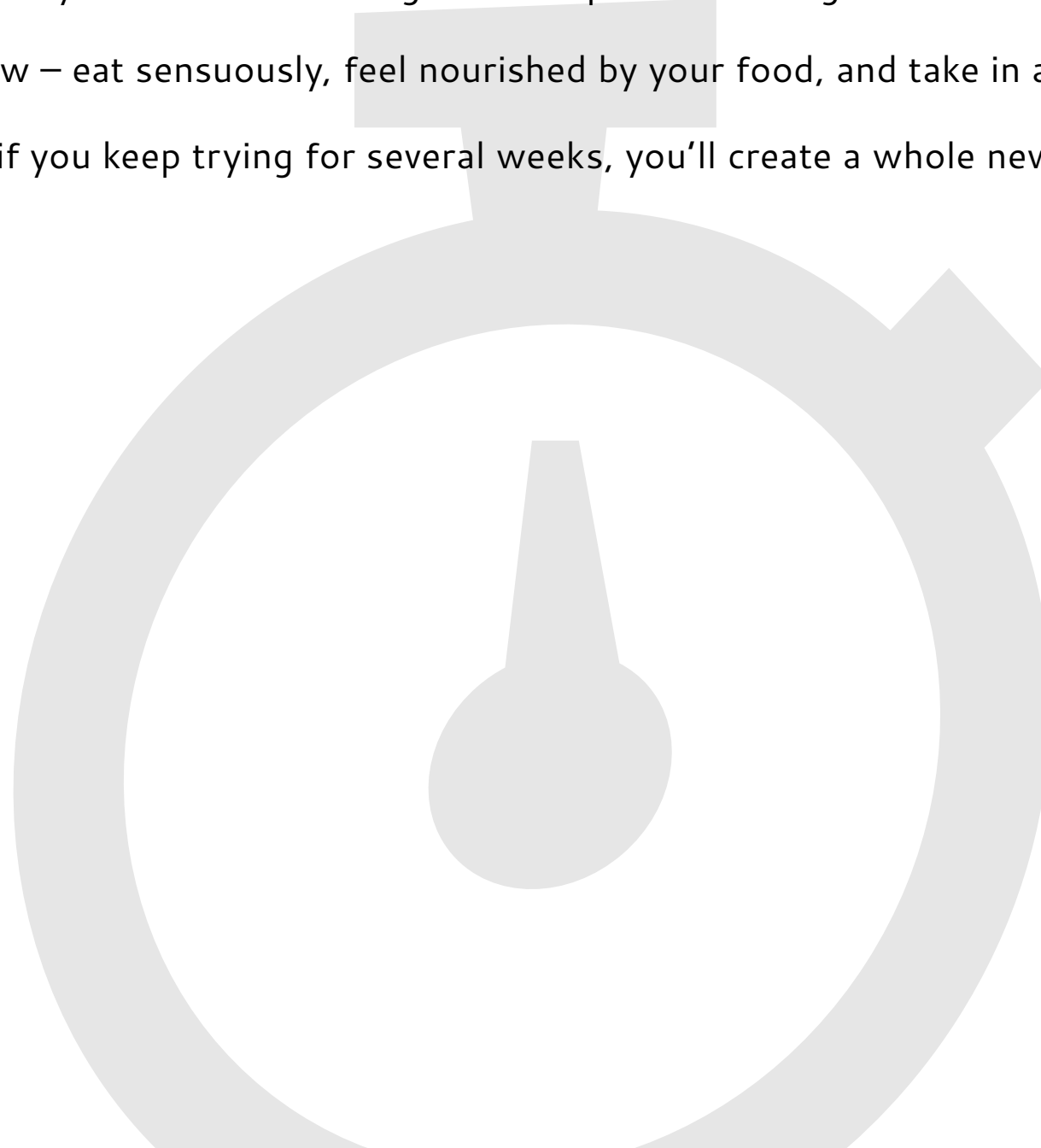
Humans are simply not biologically wired for high speed eating. So when we do eat fast, the body once again enters the physiologic stress response, which results in decreased digestion, decreased nutrient assimilation, increased nutrient excretion, lowered calorie burning rate, and a bigger appetite.

The bottom line is that you can literally change your metabolism simply by slowing down.

What’s fascinating is that for many fast eaters, slowing down is quite a challenge.

But try this – don’t just eat slow – eat sensuously, feel nourished by your food, and take in all the sensations of your meal.

It may be difficult at first, but if you keep trying for several weeks, you’ll create a whole new habit that can dramatically transform your metabolism.





5

Experience Pleasure

Far too many people are taught to believe that pleasure is something frivolous – but believe it or not, it's actually required by our biology.

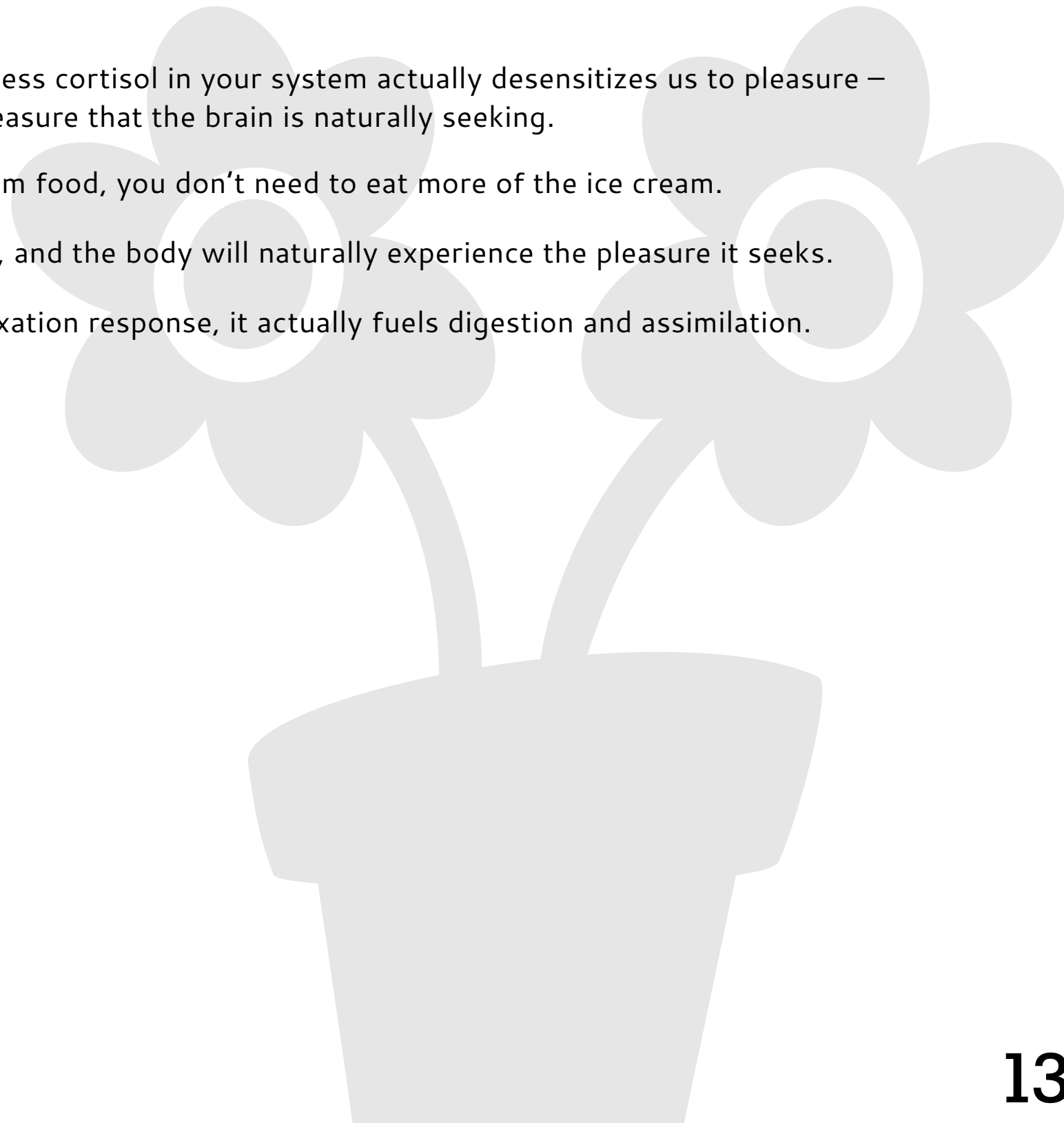
All organisms on planet Earth, be they lion, lizard, amoeba, or human, are programmed at the most primitive level of the nervous system to seek pleasure and avoid pain. If you're eating and not paying attention, the brain will drive you to seek more pleasure via overeating.

What's worse, if you're stressed while eating, the excess cortisol in your system actually desensitizes us to pleasure – so you'll need to eat more food in order to get the pleasure that the brain is naturally seeking.

The bottom line is this: If you want more pleasure from food, you don't need to eat more of the ice cream.

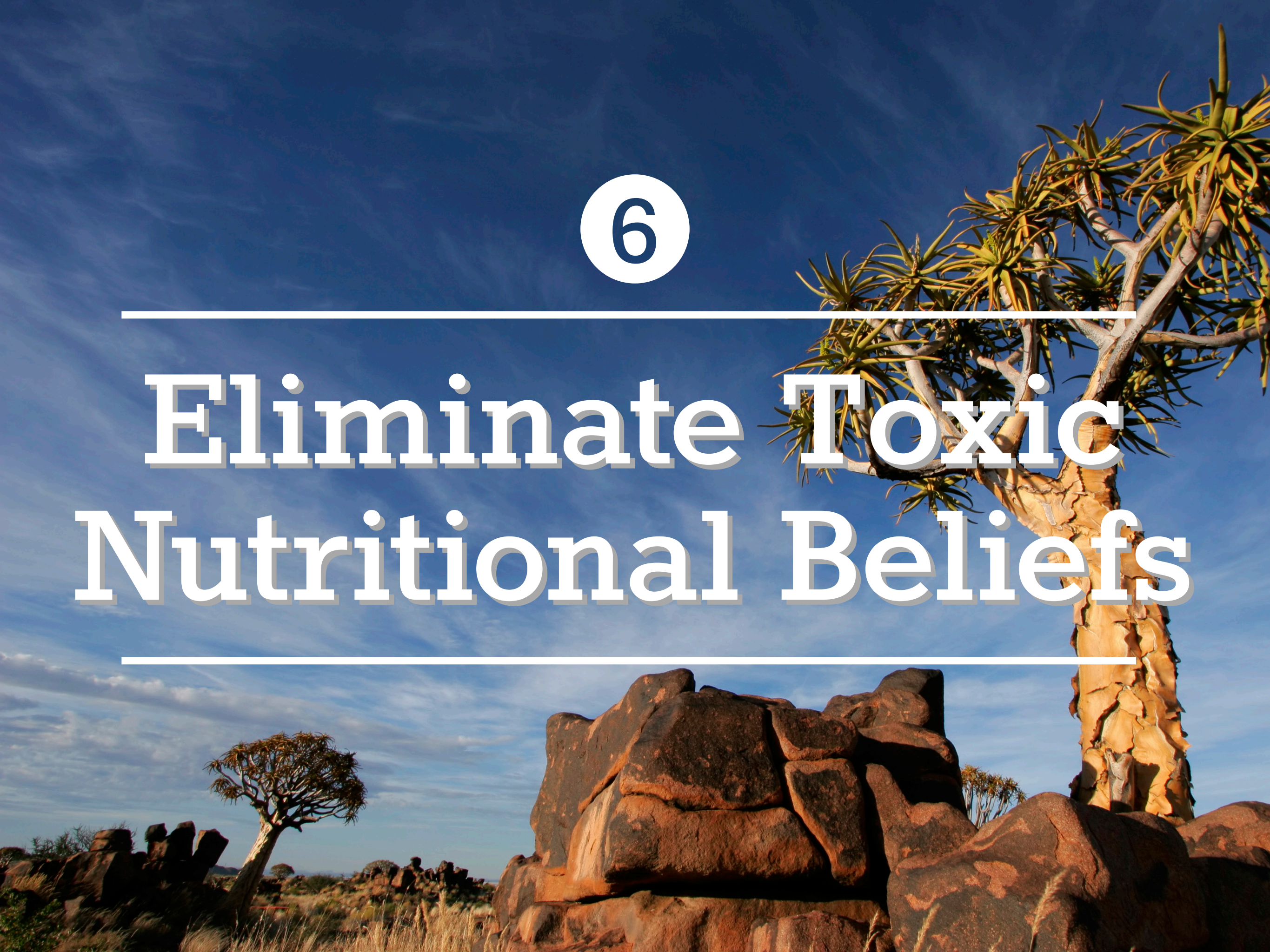
Simply breathe, relax, de-stress, enjoy, pay attention, and the body will naturally experience the pleasure it seeks.

And the great news is, since pleasure catalyzes a relaxation response, it actually fuels digestion and assimilation.



6

Eliminate Toxic Nutritional Beliefs



Finally, many of us have absorbed toxic nutritional beliefs that are as harmful and debilitating as any of the toxins in our food. It's surprisingly common for people to believe any one (or more) of the following:

- *"Food is the enemy"*
- *"Food makes me fat"*
- *"Fat in food will become fat on my body"*
- *"My appetite is the enemy"*
- *"As soon as I have the perfect body, then I'll finally be happy"*

Any of these beliefs sound familiar? Such beliefs may seem harmless, yet they can create a relationship with food and self that's filled with tremendous suffering and pain.

Think about it – if "food is the enemy," then we are constantly in a fight-or-flight stress response whenever we eat or even think about food.

Such a powerful stressor can cause all the problems of stress-induced digestive shutdown, decreased calorie burning capacity, and an inner life that's seldom at peace.

It's time to take more control of your own mind, and notice the toxic nutritional beliefs you may have that are causing you anxiety and diminishing your metabolic potential. This is a daily practice – notice these false beliefs as they arise, and choose in the moment to catch yourself and give your brain a better and more generous thought to focus on.

Hopefully, you've noticed that there's way more to good nutrition than simply the food itself. We bring all of ourselves to the table – our hopes, fears, thoughts, feelings, dramas, and dreams.

And the more we have a well rounded nutritional profile that includes:

- *Vitamin R – Relaxation*
- *Vitamin P – Pleasure*
- *Vitamin S – Slow*
- *Vitamin L – Love*

...the more we can literally nourish ourselves on every level.

Now It's Your Turn...

The sooner we end our unnecessary struggles around food, body and weight, the sooner we can live the life we're meant to live, and the sooner we can have all our energies available to make this world a much better place.

We're making a stand for an honest, authentic and effective Eating Psychology for everyone.

How about you?

You've taken the first step in this journey by downloading and reviewing this checklist.

Your next step is to immerse yourself in the study of Dynamic Eating Psychology.

Dynamic Eating Psychology is a positive, empowering and transformational understanding of our relationship with food that's designed for anyone who eats.

Each of us has a unique, fascinating, and ever-changing experience of food and body, and Dynamic Eating Psychology affirms the primary importance of this relationship.

It holds that our relationship with food has important lessons to teach us if we choose to listen.

It recognizes that our eating challenges are intimately connected to other primary life dimensions – relationship, family, work, sexuality, spirituality, our search for meaning and fulfillment, and much more.

And it sees our challenges with eating, weight and health not as an indication that we're broken, but as a powerful opportunity to grow and evolve.

At the Institute for the Psychology of Eating, we're on a mission to create a whole new approach to our eating and health concerns – a positive, uplifting, inspiring, honest and results-driven understanding that weaves together science, psychology, heart and soul.

For professionals, we do this in our specialized certification training, where we teach you how to use this powerful body of work to serve and support others.

For everyone else, we do this in our popular and well-loved online program for the public that's designed to help you take a big leap forward with any eating concern.

To learn more about how you can become a part of the movement and how to get involved in what we do here at the Institute for the Psychology of Eating, please check out our two most popular online offerings:

Transform Your Relationship with Food

This is our breakthrough online program for anyone looking to take a big leap forward with food. It's an 8-week private virtual retreat designed to help you transform your relationship with food when it comes to overeating, binge eating, body image concerns, endless dieting, weight, dietary and health challenges, and so much more.

If you're interested in a whole new relationship with food, you can learn more here:

<http://psychologyofeating.com/transform-relationship-food/>

Or email us at tyrf@psychologyofeating.com

The Eating Psychology Coach Certification Training

Our Eating Psychology Coach Certification Training is a powerful, information rich, 8 month, 250 hour distance learning professional program that certifies you as an Eating Psychology Coach. The Training provides an unprecedented educational experience that'll leave you with a strong skill-set and the confidence to work with the most common and compelling eating concerns of our times – weight, body image, overeating, binge eating, emotional eating, endless dieting, digestion, fatigue, immunity, mood and much more. You can take this one-of-a-kind online training from anywhere in the world.

If you're interested in our premier professional Training, you can learn more here: <http://psychologyofeating.com/epcc/>

Or email us at info@psychologyofeating.com

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*With love from the Insitute for the Psychology of Eating,
Marc David & Emily Rosen*

