

5 MISTAKES TO AVOID THAT SLOW YOUR METABOLISM

AND

10 PROVEN STRATEGIES YOU CAN DO TO FIX IT

Disclaimer

The statements within this book have not been evaluated by the Food and Drug Administration (FDA). The products mentioned are not intended to diagnose, treat, cure or prevent any disease.

Note that the contents here are not presented from a medical practitioner and that any and all healthcare planning should be made under the guidance of your own medical and health practitioners.

The content within only presents an overview based upon research for educational purposes and does not replace medical advice from a practicing physician.

Further, the information in this book is provided "as is" and without warranties of any kind, either expressed or implied. Under no circumstances, including but not limited to negligence, shall the author, seller, or distributor of this information be liable for any special or consequential damages that result from the use of, or the inability to use, the information presented here. Thank you.

Hello and Welcome!

I'm so glad you've decided to join us on your journey toward gaining a better understanding of your metabolism and how you can unleash that vibrant, slimmer, sexy healthy person that's been hiding inside of you.

You've heard the word ***"metabolism"*** many times. I'm sure you've even heard friends or family members complain about theirs. Possibly you suspect that your own metabolism is *slowing down*.

But what really is your metabolism?

Why does it change?

And can it be helped?

It's almost 30 years now that we've been helping men and women **"repair their slow metabolisms"** so they can get their bodies back into balance and succeed with weight loss, have more energy, feel better, and live a happier, healthier lifestyle!

During these 35 years in our very own **Metabolic Testing & Weight Loss Centers,** we've helped thousands of men and women take control of their bodies and their health by resetting their metabolisms using a combination of proven nutrition strategies, simple exercise plans, practical lifestyle recommendations, accountability strategies, and special nutritional support formulas.

Re-activating your slow metabolism so your body becomes an automated fat-burning machine requires MUCH more than following a fad diet or exercise plan… It's about learning the strategies that ultimately help you create the leaner, energetic, healthier body you've always wanted… and deserve.

In this **Special Report**, we explain the **5 MISTAKES** you're probably making that slow down your metabolism and make it difficult to lose or maintain your weight. *PLUS…* we provide you with **10 Proven Strategies** you can easily implement right now to fix this.

Just remember… No matter how stuck you think you are, your body can change! Make the commitment to yourself and let us help you move toward optimal health and a fat-burning metabolism.

Yours in health,



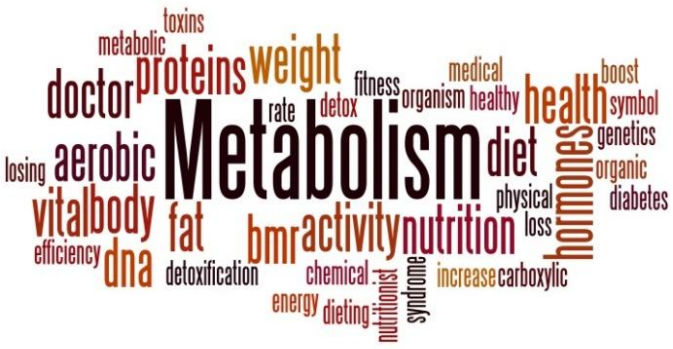
Dr. Rich Farina

Dr. Rich Farina
Founder, Truthentics Health

Your Unique Metabolism

Copyright © Truthentics Health. All rights reserved.

Your **metabolism** is the most powerful tool you have when it comes *to recapturing your vitality, losing weight, keeping the weight off, and living a full and active lifestyle.*



Your unique metabolism is affected by many factors like your diet, overall nutrition and eating habits, stress levels, hormones, whether you exercise, how well you sleep, and so much more.

Most women and men don't realize their **metabolism actually begins to slow down starting around the age of 30.**

The good news is your body begins to send you subtle **"warning signals"** that your metabolism is changing…

- **Weight loss resistance…** *can't lose weight fast or at all regardless of how much you diet or exercise.*
- **Weight loss plateaus…** *can't overcome a weight loss stall regardless of dieting & exercise efforts.*
- **Weight loss rebounding…** *regaining weight soon after losing it.*
- **Stubborn fat accumulation…** *especially around the waist, belly, hips and thighs, and even on your back.*
- **Intolerances to certain foods…** *can't eat foods you used to eat without uncomfortable side effects like indigestion, gas, or just feeling lousy.*
- **Chronic tiredness or fatigue…** *that seems like something is draining your body of your energy.*
- **Not sleeping soundly…** *not reaching those deep stages of sleep even though you're exhausted.*
- **Chronic irritableness or anxiousness…** *can't deal with daily stressors, even experiencing feelings of mild depression.*
- **And so many others**



Have you been experiencing any of these **"warning signals"?**

Some experts say this is part of the normal aging process… but it's been our experience after working personally with thousands clients in our centers that regardless of age, ***you can repair and rebuild your metabolism… and unlock your body's own natural "fat burning furnace".***

All you have to do is begin taking the incremental steps that will yield you big results.

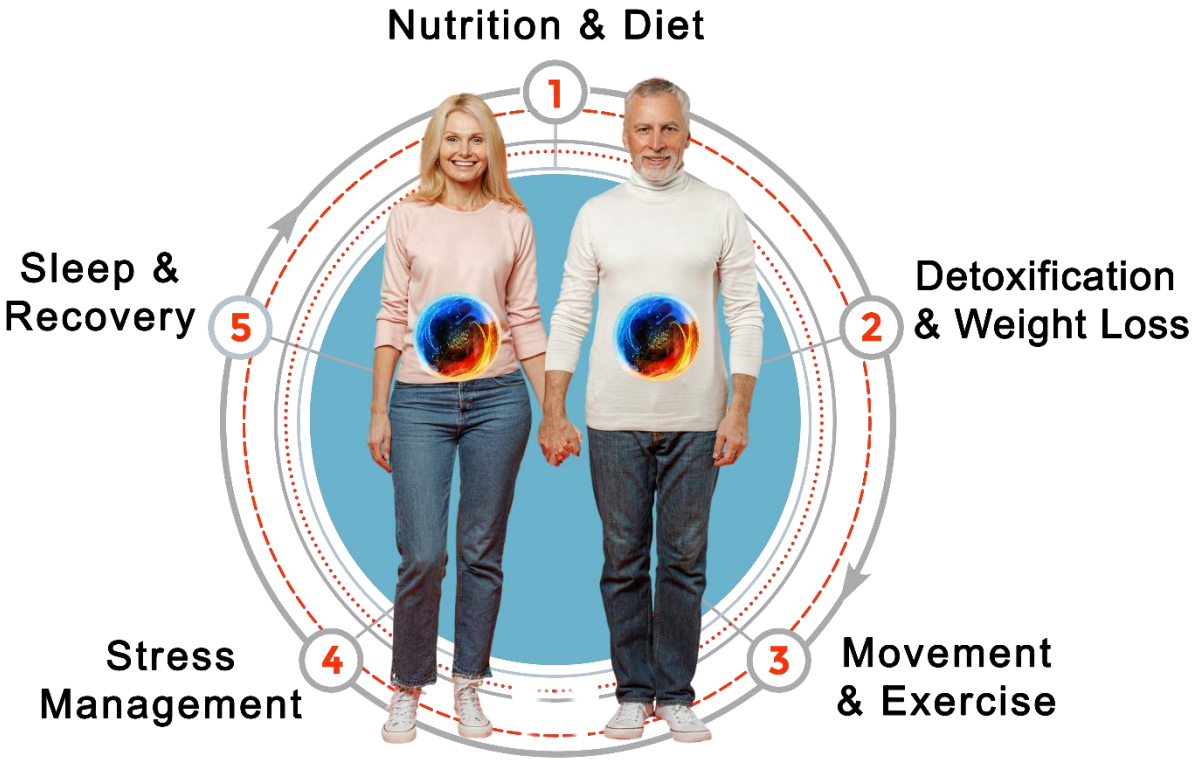
The **magic** to giving your metabolism the "reset" and renewal it needs is about getting to the heart of the deeper hidden mechanisms that affect and control ***your metabolism.***

It's about…

Copyright © Truthentics Health. All rights reserved.

- **Getting your cellular energy factories… your mitochondria… burning fat again for energy.**
- **Getting your body to release "stuck fat" trapped inside your fat cells.**
- **Supporting healthy blood sugar levels and balancing your fat loss hormones to control your appetite and cravings.**
- **Lowering cortisol levels to reduce and not increase fat storage.**
- **Improving sleep so your body recovers each and every day.**

These mechanisms address **5 very specific, clinically-proven pathways** in your body needed for optimal health and a healthy functioning metabolism. Optimizing these 5 pathways will lead you to more energy, feeling less stressed and agitated, more restful and relaxing sleep, and the leaner, healthier body you've always wanted.



But before we get into the 10 Proven Strategies that can help you fix your slow metabolism, it is crucial that we address the **5 MISTAKES** you could be making in your lifestyle that you're probably unaware of FIRST so that you don't put good effort into an already declining situation.

Are you ready? OK then, let's move onto these 5 MISTAKES…

Copyright © Truthentics Health. All rights reserved.

5 MISTAKES To Avoid That Slow Your Metabolism

✓ Metabolism Slowing Mistake #1: Losing Muscle Mass

Losing your muscle mass over time is one of the biggest factors that contributes to a slower metabolism. It often occurs without you even knowing it. And while there are several reasons why this happens, the biggest reason is that our daily lives, both at work and at home, have become more "passive" than ever before.

Today, our lifestyle incorporates very little in the way of using our muscles for the purpose they were intended. Our society has become less industrialized and most people have become "information workers" in which they remain sedentary for most of their work day.



The solution is to recapture your lost muscle… because the greater a person's muscle mass, the healthier your metabolism becomes and more calories it burns at rest. **A healthy metabolism is your "built-in" weight management system** and when it's working properly, it prevents you from gaining weight.

The key is to perform movements and exercises that are specifically designed to re-activate your muscles and maintain their integrity. This includes certain types of strength training and other exercise that aren't too long, too intense, too frequent, or too easy. Your muscles should receive just the "right dose" of exercise so they recovery properly and positively affect your overall muscle mass.

✓ Metabolism Slowing Mistake #2: Eating Too Little Protein In Your Diet

Protein is an amazing superfood from a metabolism standpoint. In addition to supporting your muscle mass on a daily basis, **eating protein is a proven way to raise your metabolism naturally.** It causes your body to have a higher metabolic rate while it digests the protein you consume. This is called the thermic effect of food (TEF). It's caused by the extra calories required to digest, absorb and process the nutrients in your meal. In fact, protein may increase metabolic rate by 20-30%, whereas carbs and fat cause a 3-10% increase or less.



Eating more protein can also reduce the drop in metabolism often associated with dieting and losing weight. This is because it reduces muscle loss, which is a common side effect of conventional dieting.

A third important effect of eating protein is that it fills your belly and keeps hunger at bay much better than other type of foods.

We recommend that you start increasing the amount of protein you consume by always have some protein at each meal and snack, and at your main meals, just swap out a portion of some carbs (potatoes, rice, pasta, bread, etc.) for an additional portion of protein.

Copyright © Truthentics Health. All rights reserved.

✓ Metabolism Slowing Mistake #3: Dieting Too Long & Too Frequently

Dieting has given us a wrong picture about improving one' s metabolism. Typical dieting can get your weight to drop, but typically over 50 % of this weight loss is from metabolically active muscle mass!



Diet programs are almost always based on significantly restricting calories for a period. But our bodies aren't stupid - they do everything necessary to stay alive as long as they can even while in a calorie-restricted environment.

To accomplish this, it forces your metabolism to go into what is called **"starvation mode"**. *What is starvation mode?* It is an adaptation your metabolism makes when your body is put into a calorie deficit for too long a period of time. When your body doesn't get enough food, it tries to compensate by reducing its metabolic rate and the number of calories it burns.

This metabolic slowdown is more pronounced in some people, especially those who are already overweight or obese. The greater the slowdown that occurs, the more difficult it is to lose weight by dieting again in the future.

And of course, when you've stopped dieting after losing weight, there is often an uncontrollable **"rebounding effect"** in which you regain all the previously lost weight and more. But this time it isn't muscle that you regain, it is mainly just fat!

One solution is to adhere to the set point in which your metabolism begins to go into starvation mode, and then stop dieting for at least 7 days while your metabolism resets itself. This “set point” generally occurs at or around Day 21 of most diet programs that involve some sort of calorie restriction.

✓ Metabolism Slowing Mistake #4: Sleeping Too Little

The significance of sleep and how it impacts your metabolism is much less known to the general public than, for example, this of exercise or nutrition. In reality, sleep is one of the most important regulators of metabolism, hormonal function, behavior, and nervous system function.

Even small changes in sleep rhythm, sleep length, and quality interfere with metabolism in many ways. That’s one reason why people with sleep disorders or sleep apnea, for example, find it so much harder to lose weight. All the more alarming is that up to 70 % of westerners sleep chronically too little!



DO NOT underestimate sleep, it can be one of the most important tools against excess weight and metabolic/ lifestyle diseases! Our recommendation is to aim for at least 7 hours of high-quality, restful sleep each night. This includes five 90-minute sleep cycles that allow you to enter and exit all 4 stages of sleep.

Copyright © Truthentics Health. All rights reserved.

✓ Metabolism Slowing Mistake #5: Lack Of A "Feeding Rhythm"

Feeding rhythm might be one of the most important yet simplest things one can do to improve your metabolism. *So what do we mean by feeding rhythm?* It is basically how often, at what times and how regularly you eat.

You might have heard things like:

- breakfast is the most important meal of the day
- you have to eat 3 or 4 or 6 times a day
- don't eat after 6 o'clock
- and many more!

How much of this is fluff, what works and how to use feeding rhythm to improve your metabolism and natural fat burning ability. Let's forget the myths and let's take a look at what science has to say about this.

The most important thing, the 80% of feeding rhythm importance is …. **regularity.** This is the thing that might be the most important part of fixing your eating habits and metabolism. Of course, you can eat regularly and unhealthily. Typical example is people who eat very little and randomly throughout the working day and then regularly overeat in the evenings. But we're not talking about random regularity but planned regularity.

First of all - your metabolism functions by our inner 24-hour clock. So it needs, more like craves, regularity. When we offer it regular meal times, it can prepare and function 100% when we eat.



Secondly - relating to the first one - studies have shown that people who eat regularly, even unhealthy food, have much smaller tendency to overeat. When you don't offer your metabolism energy regularly, it overcompensates by overeating when it has a chance. It is a normal evolutionary self-preservation mechanism. It's naturally how we are "wired".

Thirdly - when you eat regularly, there is much bigger chance that you know what you will be eating, preventing you from overeating or eating whatever comes into view. People who eat randomly throughout the day go around fast food places or groceries much more often than people who know where and what they will be eating tomorrow at lunch. Those people have their meals prepared or some specific eating place planned.

As for revitalizing and boosting your slow metabolism, there is a very important principle that you should know. It is eating more of your calories in the middle of the day.

It has been shown in recent research studies that the same amount of calories consumed in the late morning to early afternoon will boost your metabolism much more than the same calories consumed in the evening. So whatever you eat, if you eat most of it **between 10 AM and 2 PM**, the better metabolic boost you will get from it.

Copyright © Truthentics Health. All rights reserved.

10 Proven Strategies To Help Your Slow Metabolism

Here are *10 Proven Strategies to help boost your slow metabolism.* These are so easy you can start implementing them today.

♥ Proven Strategy #1: Just cut out the Junk Food

One of the easiest ways to start rebuilding your metabolism and lose weight at the same time is to simply remove most of the junk food from your diet.



There are many hidden calories in junk food. These processed foods contain a lot of fat, generally saturated fat, and also are high in sugars.

While cutting out junk food may seem obvious, it's often difficult to do because we get into habits and situations that promote eating junk food.

Does this mean you'll never be able to eat a Taco Bell© burrito or a McDonald's© cheeseburger? No, you will… we'll explain how to do in Strategy 7.

♥ Proven Strategy #2: Eat, don't crash diet.

One of the biggest mistakes you can make is to not eat enough calories. Eating too few calories each day can stall your mighty metabolic engine. Instead of having an internal engine that is running on all cylinders and naturally burning through everything you eat, you end up with one that's just crawling along and barely able to process the few calories you are eating.



You can even gain weight when you cut your calories to lose weight quickly.

We recommend **most women should not eat less than 1,200 calories/day and men not less than 1,600 calories/day unless advised otherwise by a physician or** you get your metabolism professionally tested to determine your EXACT metabolic minimum that will keep your body from entering a "starvation mode" when dieting.

♥ Proven Strategy #3: Eat ALL daily calories (meals) within 8 hours

The timing of when you eat may be more important than what you eat in determining whether you stay slim or gain weight. The body is designed to run best with periods of eating followed by periods of non-eating or fasting. We recommend eating inside **a 8-hour window followed by a 16-hour fast to enhance fat-burning hormones in your body.** We found the "ideal" 8-hour period is between 10:00 AM and 6:00 PM. However, you can adjust the 8-hour eating window hours so it works best with your schedule.



Copyright © Truthentics Health. All rights reserved.

♥ Proven Strategy #4: Unless necessary, don't eat after the Dinner Meal



Making dinner your last consumption of calories each day drives your metabolism into an earlier "body fat burning mode" so you have maximum weight loss while you sleep.

This strategy breaks an ineffective eating cycle of skipping breakfast, overeating at dinner, and snacking after dinner. It'll shift consuming the majority of your calories during the day when your metabolism has a better chance of converting them into energy rather than into stored body fat.

♥ Proven Strategy #5: Skip the starch at the Dinner Meal whenever possible

Starchy carbs like breads, cereals, crackers, muffins, pasta, rice, etc. are best eaten when they can be burned for fuel as energy – during the day as part of your breakfast or lunch meal. When your metabolism has recovered and is working more efficiently, the body can better process these types of foods later in the day.



Can you ever have starchy foods in your Dinner meal? Of course, in fact, if you exercise regularly performing a resistance-based exercise, your body's glycogen stores empty and are ready to receive new glycogen, which you can get from eating carbs with dinner.

♥ Proven Strategy #6: Develop a "Meal Blueprint" for routine weekly meals

Most people who want to lose weight tend to overthink their "weight loss menu". Instead, we recommend that you develop a **simpler "blueprint" for what you eat during the week.**

Consider that if you could follow a simple plan of how and what to eat each day, you could eventually learn how to substitute within that blueprint so you don't feel like you're following a restrictive diet. **Making the plan "simple and flexible" is the key.** Here's an example of one that we recommend that many of our clients have used to great success:

Breakfast – High-Powered Shake



Example:

1 - 2 scoops Vanilla-Flavored Whey or Pea Protein Powder
1 cup of fresh or frozen fruit (i.e. strawberries, melon)
2 tbsp. milled flax seeds
1 cup coconut water or regular water
3-4 ice cubes (optional)

Place ingredients in blender. Blend until smooth.

Copyright © Truthentics Health. All rights reserved.

Lunch – Big Salad With Protein



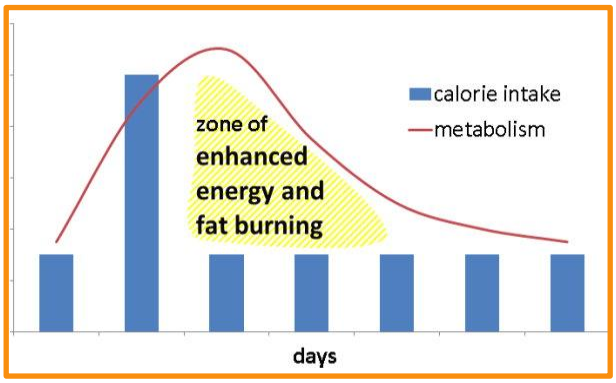
Example:
3 cups lettuce, chopped
4-6 oz. white meat chicken/turkey/tuna
1 hard-boiled egg
1 tomato, chopped
1 cup other vegetables
2 tablespoons Italian low-fat dressing

Dinner – Large Lean Protein With Two Veggies



Example:
5-7 oz. of grilled lean steak, chicken breast, white fish filet (tilapia, flounder) broiled or steamed
Salt, pepper, herbs to taste
2-4 cups steamed non-starchy vegetables of your choice
2 tsp. olive oil
Salt, pepper, herbs to taste

♥ Proven Strategy #7: Be good to yourself and your metabolism… Have one "cheat meal" each week



Don't underestimate the power of one carefully-planned Cheat Meal per week. A weekly Cheat Meal helps stop your metabolism from entering "survival mode". When done properly, it signals your brain that your body has enough stored fat to "make energy" and tells your body's metabolism to "rev-up" and GO!

Our research shows you can have a heightened level of enhanced energy and fat burning up to four days following a well-planned Cheat Meal.



The Cheat Meal helps you start building an eating plan you can live with long term. We recommend you have your weekly Cheat Meal sometime between Friday evening and Saturday evening.

It does several important things…

It rewards your food cravings from the previous days, allowing you to enjoy pleasures like pizza, pasta, breads, etc.

Eating "food flings" are physiologically rewarding and you can eat most anything you want, as long as you eat it within a 2-hour period.

Copyright © Truthentics Health. All rights reserved.

♥ Proven Strategy #8: Track what you eat and drink



Keeping a food diary helps reveal the unhealthy habits that can be stopping you from losing weight. Often people forget about the little snacks that could potentially be keeping them from losing weight. Maintaining a food diary will help you say no to the extra calories that may be stunting your weight loss.

But whether you're looking to lose weight or not, periodically tracking what you eat and drink forces you to hold yourself accountable to what you are putting into your body each day.

It also encourages better planning. There are many point-and-click food logging programs available for free or for a small fee online, or you can just use a pencil and notepad.

♥ Proven Strategy #9: Superhydrate Your Body



If weight loss (body fat) is one of your goals, drinking adequate amounts of pure fresh water per day is so important.

When your kidneys don't have enough water to detoxify your body, the liver is called to help and gets diverted from its primary duty – to convert stored fat into usable energy. **Not drinking enough water creates an obstacle that prevents your body from losing excess body fat efficiently!**

How much should you drink? The recommendation for staying healthy is about eight 8-ounce glasses per day. **But when it comes to weight loss, however, we recommend 16 ounces for every 25 pounds of body weight… up to eight 16 ounce glasses per day.**

OPTION: **Use a straw.** You will find you can drink A LOT MORE water if you do it using a straw. As a newborn, we all have an inherent "sucking reflex" that enhances our ability to extract milk from our mother's breast. This rudimentary involuntary reflex is still present with is today and allows us to more easily get fluids into our bodies when we "suck on a straw" to do it.

To help you get into this new habit, here is a **"11-Day Adaptation Schedule**" that more gently introduces your body to the effects of drinking more water:

Copyright © Truthentics Health. All rights reserved.

Suggested 11-Day Water Drinking "Adaptation" Schedule:

Number of 16 oz. Glasses Per Day

Time	DAY 1	DAY 3	DAY 5	DAY 7	DAY 9	DAY 11
7:00 AM	1	2	2	2	3	3
12:00 PM	1	1	2	2	2	3
4:00 PM	1	1	1	2	2	2
8:00 PM						
TOTALS	3	4	5	6	7	8

♥ Proven Strategy #10: Supplement your body with plant-based extracts and nutrients that help safely boost your metabolism



Don't you wish you could take a "magic" pill to boost your metabolism and watch the pounds disappear? One that's totally safe without side effects and works without you having to do anything at all.

Is there really a pill or food out there that can boost your metabolism?

The answer is "Yes," and "No." There are supplements that really make a difference. We recommend you support your metabolism with needed nutrients that DO NOT artificially boost it with dangerous drugs, caffeine, or other stimulants that most certainly all have side effects.

When your metabolism isn't doing its job, one or all of these may be the problem:

1. **Your extensive dieting history has thrown your metabolism into "starvation mode".**
2. **One or more of your 5 Metabolism Pathways for releasing fat, transporting it, and turning it into energy are not working.**
3. **Your major fat burning hormones are out of balance.**

That's why we recommend certain **plant-based nutrients** and extracts that can address each of these issues… and support your internal machinery so you can more easily reset your metabolism and keep it running smoothly.



Raspberry Ketones help unlock trapped fat in your fat cells and release it for your body to use as a source of energy. This results in experiencing more natural energy, shrinking of fat cells, and a boost in metabolism. Raspberry Ketones are the natural substance in raspberries and other berries that gives them their powerful aroma.



African Mango is a strong natural appetite suppressant that helps you overcome cravings, speeds up metabolism, helps reduce body fat, and prevents fat buildup. It also helps promote healthy cholesterol levels and supports blood sugar control. African Mango extract is made from the seeds of the African mango plant, known as Irvingia gabonensis. It's with B vitamins, 18 amino acids, and health-promoting properties.

Copyright © Truthentics Health. All rights reserved.



Green Tea Extract is a natural energy booster that supports weight loss, increases metabolism, and improves brain function and focus. It supports liver function and aids in increasing the number of calories your body burns through thermogenesis. This excellent source of powerful antioxidants called "catechins" also helps protect the brain as you age. Green Tea Extract is a decaffeinated green tea polyphenol obtained from the Camellia sinensis plant.



Apple Cider Vinegar boosts energy and your metabolism while improving weight loss efforts by supporting digestion and aiding in appetite suppression. It has been shown to be effective for improving insulin sensitivity, lowering blood sugar levels, reducing blood triglycerides, and cholesterol. Apple Cider Vinegar is made from fermented crushed apples.



Kelp Leaf is one of the best natural food sources of iodine, essential in thyroid hormone production. It naturally helps raise energy levels and boosts brain function. It also contains a natural fiber called alginate which has been shown to help stop the gut from absorbing fat which is important when trying to lose weight. Kelp Leaf is an algae seaweed that grows in "underwater forests" in shallow oceans.



Grape Seed Extract is rich in antioxidants and helps protect against the body from oxidative stress, tissue damage, and inflammation. In addition to its antioxidant properties, grape seed extract boosts energy and helps you burn more calories. It also helps inhibit fat deposits and reduces the absorption of fat from our diets. Grape seed extract is made by removing, drying, and pulverizing the seeds of grapes.

Are you looking for help to heal your Metabolism safely and naturally?

Then we recommend **Metabolism DAY** by *Truthentics Health*. ***Metabolism DAY*** is essentially a "**metabolism multivitamin**" that safely and naturally awakens the power of your natural "fat burning furnace" by tackling the deeper obstacles that prevent you from achieving your weight loss and health goals. It's a proven formula that…

- **Boosts metabolism…** *converting calories into energy in lieu of storing as fat*
- **Boosts fat loss…** *stimulating natural fat burning, releasing stored fat, controlling cravings*
- **Lowers carb absorption…** *so less carbs turn into fat*
- **Reduces cravings…** *causing overeating, binge eating and weight loss sabotage*
- **Balances blood sugars…** *throughout the day*
- **Improves energy levels…** *reducing fatigue & improving focus*



Metabolism DAY contains all 6 of these natural plant nutrients and extracts to effectively address **how you convert the food you eat into useable energy and how you release stored fat for energy.**

You can purchase *Metabolism DAY* at TRUTHENTICS HEALTH Also Buy at Walmart+

Copyright © Truthentics Health. All rights reserved.

Let's RECAP… with a little quiz

A. Signals Your Metabolism Has Slowed Down

Your body is constantly sending you **signals**. Paying attention to your body is one of the best things you can do for your metabolism and your health.

In the list below, check off the ones you think are signals your metabolism may be slowing down.

	Weight loss resistance… *can't lose weight fast or at all regardless of how much you diet or exercise.*
	Weight loss plateaus… *can't overcome a weight loss stall regardless of dieting & exercise efforts.*
	Weight loss rebounding… *regaining weight soon after losing it.*
	Stubborn fat accumulation… *especially around the waist, belly, hips and thighs, and even on your back.*
	Intolerances to certain foods… *can't eat foods you used to eat without uncomfortable side effects like indigestion, gas, or just feeling lousy.*
	Chronic tiredness or fatigue… *that seems like something is draining your body of your energy.*
	Not sleeping soundly… *not reaching those deep stages of sleep even though you're exhausted.*
	Chronic irritableness or anxiousness… *can't deal with daily stressors, even experiencing feelings of mild depression.*

You can find the answers on page 19.

Copyright © Truthentics Health. All rights reserved.

B. Feed a Healthy Metabolism

Paying attention to your diet is one of the best things you can do for your metabolism. *Do you know which foods are healthy for your metabolism?*

Put a check mark beside the foods you think are healthy for your metabolism.

	Potato chips		Salmon
	Coffee		Sugary sweets
	Blueberries		Cinnamon
	Starchy white carbs		Extra Virgin Olive Oil
	Broccoli		Soda
	Dark Chocolate		Highly Processed Foods
	Oreo® Cookies		Oranges
	Eggs		Aspartame
	Green Tea		Coconut water
	Avocados		Fast Food Cheeseburgers

You can find the answers on page 19.

 Copyright © Truthentics Health. All rights reserved.

C. Eating Strategies To Build A Healthy Metabolism

When and how much you eat at each meal are almost as important as what you eat when it comes to your metabolism. Certain meal planning strategies and lifestyle patterns will help boost your metabolism.

In the list below, check off the eating strategies you think help your metabolism.

	Avoid snacking before bedtime
	Eating all your daily calories within a 8-hour period each day
	Avoid crash dieting to lose weight fast
	Having one “cheat meal” every week
	Skipping the starch at your Dinner Meal whenever possible
	Eating your heaviest meal earlier in your day at lunch
	Drink an adequate amount of pure fresh water each day to help your liver stay focused on fat-burning
	Trying to avoid processed, prepackaged foods
	Eating at least 1200-1600 calories a day to keep your engine burning
	Plan simple meal combos during the week that are easy to adjust
	Enjoy a fast food meal if you desire it as your “Cheat Meal”

You can find the answers on page 19.

 Copyright © Truthentics Health. All rights reserved.

D. KEY Pathways to a Healthier Metabolism

You have to train your body to become a healthy fat-burning machine. While calories count, balancing your metabolism is even more important.

Indicate whether the statement is TRUE [T] or FALSE [F] when it comes to rebooting and balancing your metabolism.

	Fixing a slow metabolism involves more than going on a diet or starting an exercise program
	Nutrition affects fat-burning hormones, energy production, and how well your metabolism functions
	The food you eat directs your body to run primarily on sugar or primarily on fat.
	Toxins can damage the cells' ability to burn fat and create energy
	Toxins are stored in your fat cells and when you lose fat the fat cells release toxins into your system.
	Movement and exercise done the *right* way is absolutely necessary for hormonal health
	Exercises that stimulate and rebuild muscles are the most powerful combination to maintain a healthy metabolism
	Stress can make you fat and can contribute to every single disease related to aging
	Lack of quality sleep has a profound effect on regulating appetite and fat storage
	Quality sleep is absolutely vital to lose body fat and to age healthily

You can find the answers on page 19.

 Copyright © Truthentics Health. All rights reserved.

How Well Did You Do…

A. Signals Your Metabolism May Be Slowing Down Answers

Surprise! Every single one of these SIGNALS are signals that your metabolism may be slowing down.

B. Feed a Healthy Metabolism Answers

- Salmon
- Coffee
- Blueberries
- Cinnamon
- Extra Virgin Olive Oil
- Broccoli
- Dark Chocolate
- Oranges
- Eggs
- Green Tea
- Coconut Water
- Avocados

Any surprises on the list for you?

Note: The other foods not in this list aren't only not metabolism healthy, they may be damaging to your metabolism when not used in moderation.

C. Eating Strategies That Build A Healthy Metabolism Answers

Surprise! Every single one of these EATING STRATEGIES are linked to building and maintaining a healthier metabolism.

Note: The single exception is if you have your resting metabolism professionally tested to discover the exact daily calorie intake for your body.

D. KEY Pathways to a Healthier Metabolism Answers

Surprise again! Every statement is TRUE when it comes to rebooting and balancing your metabolism.

Copyright © Truthentics Health. All rights reserved.

Wrapping Up… YOU CAN DO THIS!

We hope you enjoyed reading this short e-book as much as we enjoyed writing it for you. We have seen drastic changes in our customers that have adopted these changes to their lifestyle. We often don't realize that along with our food choices, many of our everyday lifestyle habits can be causing the problem. We're bombarded with so much information about different types of diets and exercise programs that we forget to focus on the simple but powerful things that work… these TEN Proven Strategies that will help you form the foundation to build a healthier metabolism.

Additionally, stop looking for that one magical overnight solution. It takes time to course correct a slow metabolism. We believe restoring your metabolism involves healing your body from the inside out with natural solutions including a healthy diet, hydration, exercise, detox, and supplementing with needed nutrients.

Thousands of people have been successful doing this, we ourselves follow these practices, and know you can do it too!

You need to make a move RIGHT NOW in the right direction while the strategies we talked about in this e-book are fresh in your mind. So…***START TODAY!***

Prove to yourself that you can do this!

You are capable of doing anything you set your mind to!

Your health may be affected if you don't make these changes.

Your future depends on the actions you take today.

Choose to take the right actions!

STOP making excuses!

STOP thinking you can't do it!

STOP feeling hopeless and start to implement the strategies in this e-book ONE STRATEGY AT A TIME!

STOP saying you can't do it!

Start Working On Re-Building Your Slow Metabolism!

Copyright © Truthentics Health. All rights reserved.

Next Steps…

1. Implementing all 10 strategies can seem very overwhelming when you are first getting started. So we recommend that you begin with one or two strategies to get started and then add in a new one every 3 or 4 days.

We also recommend that you implement Strategy #10 as soon as possible if you want to jumpstart your success. All 10 strategies are important and can help in your journey to re-building your slow metabolism. Start with the strategy that seems to be the easiest win and move on from there. Make these habits stick and not just the latest fad in your life.

2. Implement these strategies with someone to help with your accountability. Or just find an accountability partner that you can share your progress with.

3. Stick to it! YOU CAN DO THIS!! We know we have said it over and over again, but you can. It takes a belief that you can do it and you will do it.

Write your newly developed habits on your mirror and look at it daily to remind yourself how far you have come. The list will start small and grow from there. When you experience a setback, look at the list to see how much you have accomplished. It doesn't matter how "small" the win is, it is still a win and moving your life toward better health.

This will hopefully inspire you to take action and educate yourself even more!

Join us on our social media platforms for more tips and strategies to help you.

Follow Truthentics Health on Facebook →

Follow Truthentics Health on Instagram →

Here are two important takeaways from this book:

- **Eating strategically can optimize your metabolism**
- **Be open to suggestions/recommendations**

These two steps alone will help you begin to re-build your metabolism.

Commit to the recommendations in this book and you'll give your metabolism a kick start.

To your new, renewed metabolism!

Dr. Rich

Copyright © Truthentics Health. All rights reserved.

TRUTHENTICS HEALTH®

MEET

DR. RICH FARINA

FOUNDER OF TRUTHENTICS HEALTH®

A Metabolism-First Approach to More Energy, Better Health, and Lasting Results.



35+ YEARS
of real-world experience in metabolic health, nutrition, and performance.

THOUSANDS
of people helped to improve energy, blood sugar, weight, strength, and overall health.

LIFESTYLE + TARGETED NUTRITION
A practical, natural approach to address the root causes of poor metabolic health.

> ***My mission is simple—help you understand your metabolism and give you real, practical strategies to feel better, have more energy, and take back control of your health.***

AREAS OF FOCUS

- Energy & Metabolism
- Blood Sugar & Insulin Health
- Healthy Weight & Body Composition
- Muscle, Strength & Performance
- Hormonal & Cardiometabolic Health
- Healthy Aging & Longevity

FOLLOW DR. RICH

FOR PRACTICAL TIPS, RESEARCH INSIGHTS, AND SIMPLE STRATEGIES FOR A HEALTHIER METABOLISM.

TRUTHENTICS
HEALTH



OUR MISSION

To Help People Restore Their *Energy & Health* by Fixing Their Metabolism.

We provide simple, science-backed strategies and high-quality nutritional support to address the root causes of low energy, weight gain, and metabolic decline—so you can feel better, function stronger, and ***live a healthier, more active life.***



STEADY ENERGY

HEALTHY WEIGHT

BETTER METABOLISM

CLEARER THINKING

OUR GOAL ›

To give you the knowledge, tools, and support to take control of your metabolic health—***naturally and for life.***

Dr. Rich Farina

FOUNDER,
TRUTHENTICS HEALTH

TRUTHENTICS
HEALTH

WHAT MAKES TRUTHENTICS DIFFERENT?



Dr. Rich Farina

FOUNDER,
TRUTHENTICS HEALTH

PREMIUM, LAB-TESTED INGREDIENTS
High-quality, trusted, and pure.

METABOLISM-FIRST FOCUS
Supports energy, blood sugar, weight, and long-term health.

SCIENCE-BACKED FORMULAS
Evidence-informed nutrients that work with your body.

QUALITY YOU CAN TRUST
Made in the USA in cGMP-certified facilities with third-party testing.

REAL-WORLD RESULTS
Built from 35+ years of experience helping thousands of people improve their metabolic health.

NOT JUST SUPPLEMENTS—
A SMARTER, METABOLISM-FOCUSED APPROACH TO BETTER HEALTH.