

Elizabeth Swann Miller

7 FOODS



THAT SMOTHER YOUR METABOLISM

AND 7 FOODS THAT IGNITE IT



7 Foods That Smother Your Metabolism And 7 Foods That Ignite It

Copyright © Elizabeth Swann Miller - All Rights

Reserved RedSmoothieDetoxFactor.com

Copyright Notice: No part of this publication may be reproduced in any form or by any means including scanning, photocopying or otherwise without prior written permission of the copyright holder. This is a Free report and thus it is not for sale online or off.

Health Disclaimer: The information provided in this book is designed to provide helpful information on the subjects discussed. This book should not be used to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your own physician.

The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in this book.

“Healthy” Foods that Smother Your Metabolism...

We really are what we eat because food affects our lives in many ways, helping us to feel energetic, sleep well, and enjoy an active, healthy life. Food affects your weight, too – and not always in the way you might think. Eating the right amount is important, but you can take good nutrition a step further by eliminating some so-called “healthy” items from your diet while adding a selection of metabolism-boosting foods.

Before we delve deeper into these foods and ingredients, it’s important to mention that there’s no such thing as a magic pill for weight loss. You really do need to focus on total nutrition, natural health, and fitness in order to create the transformation you want for yourself. Establishing healthy eating habits, setting yourself up for success by creating a healthy food environment, and selecting high-quality, nutritious foods consistently are the keys to success.

Moving forward, practice good nutrition one meal at a time and focus on making progress instead of beating yourself up if you don’t achieve perfection right away! Start where you are and make small changes that feel good to you. As you make those changes, master your new behaviors one at a time. Before you know it, your “big picture” will change, too. With that being said, let’s take a look at those “healthy” foods that smother your metabolism.

1. Agave Nectar

Agave nectar (also called agave syrup) created quite a buzz among health food aficionados when it was introduced to the market way back in 1999. Since it is processed at between 140 to 160 degrees, it doesn’t meet raw food requirements – even though some manufacturers market it as a raw, nutritious food! Unless you follow a raw diet, this probably doesn’t matter. However, it’s also the tip of the iceberg.

Manufacturers want you to believe agave nectar comes right from the plant so it’s a very healthy sweetener. Unfortunately, the truth is shockingly different. To begin with, agave nectar goes through intensive processing. The plants are crushed, and the sap is collected in tanks before being heated to about 140 degrees and held at that temperature for approximately 36 hours. This concentrates the raw plant juices into syrup and develops the sweet flavor.

The main carbohydrates in agave are complex fructose molecules known as fructosans. One of these is inulin, a straight-chain polymer that is between 8 and 10 fructose sugar units long. In its raw state, the nectar is not very sweet at all. But once the sap is heated, these fructosans are hydrolyzed, meaning they are broken down into their constituent fructose units. The fructose-rich solution is filtered, and a range of syrups is developed, packaged, and offered for sale.

In a nutshell, agave nectar must be hydrolyzed or it won’t be sweet. Does hydrolyzed complex fructosan sound like a healthy product to you? It certainly doesn’t sound good to me!

There's more, though. Some industry insiders warn that certain manufacturers water down their agave syrup with corn syrup before exporting it from Mexico. Because agave syrup is expensive, adding corn syrup makes it cheaper to produce.

Even unadulterated, agave syrup is terrible stuff. It's often advertised as being low glycemic, and some marketing materials target people with diabetes. While it is true that the agave plant itself is very low on the glycemic index, the syrup is very high in sugar. It contains about 90% fructose and 10% glucose. Aside from its high sugar content there are some other problems with agave syrup.

First, because it is so high in fructose, it can interfere with copper metabolism.

The #1 Cause of Fat Gain

The link below will let the cat out of the bag about the single most important cause of fat gain... and, believe it or not, fatigue, hunger and sluggishness.

Want to lose weight while feeling much, much better... and reducing your risk of major disease such as heart attack, cancer and even Alzheimer's?

→ [The #1 Cause of Fat Gain \(don't eat it!\)](#)

Without proper copper metabolism, your body cannot form collagen and elastin, two connective tissues that hold the body together and contribute to a youthful appearance. Copper deficiency also leads to fragile bones, anemia, bone and artery defects, high cholesterol, heart attack, and difficulty controlling blood sugar levels.

Second, fructose must be metabolized by the liver (glucose is metabolized by every cell in the body). In animal tests, subjects fed large amounts of fructose developed complications including cirrhosis and fatty liver deposits similar to the ones seen in the livers of alcoholics. Agave syrup doesn't sound quite so clean now, does it?

Third, agave syrup makes you fatter, faster – and the type of fat that you're likely to gain when you eat it frequently is dangerous belly fat. Since it is metabolized by the liver, it converts to fat more easily than other types of sugar. Again, fructose is to blame. Agave syrup is a highly concentrated sweetener that is very addictive, just like high-fructose corn syrup (HFCS).

2. Granola Bars

Don't be fooled by pretty packaging and claims about great nutrition! Most granola bars are packed with so much sugar that Sari Greaves, RD, the nutrition director for Step Ahead Wellness Center in New Jersey, says "a lot of them are nothing more than glorified candy bars. They can be packed with enriched white flour, high fructose corn syrup, and other sweeteners."

Adding insult to injury, many granola bars are high in saturated fat (the kind you want to stay away from!), low in fiber and even lower in protein. This all adds up to a snack that's metabolized quickly, transformed into body fat if it's not used up right away, and even worse, makes you hungry just a short while after consumption.

The Ancient Superfood Almost Everyone Craves

It was prized as the food of the gods... reserved for royalty... valued nearly as highly as gold and silver and precious gems... and it just may be a modern miracle food, rich in nourishing, heart-healthy anti-oxidants.

→ [Calm Your Cravings with this Sumptuous Superfood \(so satisfying!\)](#)

If you love granola bars because of their portability and taste, try making your own with nuts, quinoa, chia, nut butter, dried blueberries, and other great tasting, nourishing superfoods. There are plenty of awesome recipes online, and I included some tasty ones in my recent book, *25 Fat-Burning Superfood Recipes*.

3. "Organic" Processed Foods

Love the idea that you can eat processed foods and still enjoy great health? Unfortunately, even the ones labeled "organic" aren't really that good for you.

According to the U.S. Department of Health and Human Services, people are purchasing quick, ready-to-eat meals in greater numbers than ever before. Yet even when processed foods are labelled organic and "healthy," they almost always contain hidden sugar, saturated fat, trans fat, and high levels of sodium and cholesterol. All these ingredients are major culprits in the obesity epidemic.

Many of the same practices used in the production of standard, non-organic processed foods are used to produce organic varieties. Why?

The Sneakiest, Most Evil Fat-Storing Ingredients

When you click the link below, you'll discover the one ingredient practically guaranteed to make you overweight, even obese... and diabetic.

No, it's not sugar. And chances are, if you care about your weight and your health, you're eating it, trying to do the right thing by yourself and your loved ones.

However... *it's making things worse.*

→ [The Sneakiest, Most Evil Fat-Storing Ingredients \(you may never guess what](#)

It's a tough job to take raw ingredients and turn them into neat-looking packaged goods with shelf lives far longer than real foods like vegetables, fruit, and nuts. Even when organic processed foods are free of additives such as monosodium glutamate (MSG), preservatives, fillers, artificial sweeteners, hydrogenated oil, preservatives, and flavorings, they have little nutritional value. Superfoods are packed with vital micronutrients, but processed foods are usually stripped of micronutrients, as well as minerals, vitamins, antioxidants, and phytochemicals.

Yes, organic processed foods are quick, convenient, and more expensive than their conventional counterparts—and quite nearly as bad! So don't be fooled. If you're looking for convenience and great nutrition, you're much better off with raw smoothies, which contain all the good and none of the bad. Smoothies put you in complete control of what's going into your body, while all processed foods – even organic ones – are created for one reason. To increase the manufacturers' bottom line, while doing you no good at all.

4. Pasta

While it's better for you than French fries, potato chips, and other fried treats, pasta is one of those so-called healthy foods that does a number on your metabolism by spiking your blood sugar and leaving you with intense carb cravings that can be impossible to control.

Why is pasta on the list of baddies? It's a highly refined food product that contains very little in the way of essential nutrients. While some whole grains are winners, thanks to high magnesium, selenium, and potassium content, pasta and other refined grain products have had these nutrients stripped away and thrown out during the manufacturing process.

Because it's high in carbohydrates, pasta releases insulin into your bloodstream quickly. Called the "hunger hormone," insulin triggers the urge to eat while causing food energy to be stored – often as dangerous belly fat. According to Dr. Richard Heller and Dr. Rachael Heller, co-authors of *The Carbohydrate Addicts Diet*, eating too much pasta

can bring on strong cravings for even more carbohydrate-rich foods, leading to weight gain.

5. Whole Wheat Bread

Take a look at whole wheat bread's packaging, and you'll see claims of the number of grams of whole grain, the number of grams of fiber, and all the vitamins and minerals the bread contains. But underneath those healthy claims is something you don't want in your diet: added sugars.

Even though it looks brown and earthy, whole wheat bread is high in refined carbohydrates, which are so heavily processed that they are nothing like the original grains they're sourced from. Unfortunately, many people have bought into the myth that whole wheat bread is healthy, and they make a point of eating it on a daily basis, often multiple times per day. Toasted, at breakfast, in sandwiches at lunchtime, and alongside their salad at dinner, whole wheat bread is one of those staple items that most people never think twice about eating.

The Delicious Carbs that Help You Burn Fat—Enjoy 3x Daily

Yes, some carbs kick your body into fat-storing mode.

However, other great-tasting carbs supercharge your fat-burning metabolism and give you megawatts of energy!

→ [The Delicious Carbs That Burn Fat \(enjoy them 3x daily!\)](#)

Unfortunately, the refined carbohydrates in whole wheat bread often come from sources other than the grain itself. In fact, that brown color is often produced by added sugars such as rice syrup, molasses, and high fructose corn syrup – the same stuff that goes into soda, candy bars, and cakes, cookies and donuts!

Despite its healthy reputation, whole wheat bread is usually empty of any nutrients your body needs to keep you healthy. It is full of sugar that spikes your insulin, causes you to gain weight, and creates intense cravings for more of the same stuff. In fact, whole wheat bread is a key player in an unhealthy cycle of hunger, weight gain, and cravings for more and more refined carbohydrates.

It strikes me as a bit odd that whole wheat bread is often recommended as part of a healthy diet, yet the U.S. Department of Agriculture's *Dietary Guidelines for Americans* recommends that you limit refined carbohydrates, particularly refined grains and sugar. While ditching the bread can seem difficult at first, replacing your toast and sandwiches with satisfying whole foods makes the process easier – and once your metabolism recovers and the weight starts coming off, you'll stop missing that so-called "healthy" bread.

6. Yogurt (Low-Fat and/or With Fake Fruit)

Yogurt's great for you, right? Not so fast. Most of the yogurt on supermarket shelves is packed with additives, including sugar that messes up your metabolism and contributes to belly fat. I was seriously upset when I found out that most yogurt isn't even close to being nutritionally worth the calories that come with it. Then I was relieved to know I'd no longer be sabotaging my health (and yes, my figure) every time I put a convenient package of pink stuff in my lunch bag.

According to Dr. Joseph Colella, an internationally recognized Robotic and Bariatric Surgeon at the Magee Women's Hospital and St. Margaret's Hospital at the University of Pittsburgh Medical Center, flavored yogurt is packed with sugar. Furthermore, because you digest yogurt so easily, all that sugar is rapidly absorbed by the body, creating absolutely huge spikes in insulin production.

"The fact that people are making Greek yogurt a staple of their dietary routine is scary," Dr. Colella says. "It will absolutely sabotage their weight loss efforts." In general, he takes an anti-dairy stance, citing the high sugar content and the fact that lactose, one of the main sugars in milk, is hard for many people to digest.

Never Eat These Fats!

It's a fact. Low Fat Food = High Fat Humans!

You must eat creamy, buttery, rich fat to burn fat. But all fats are not created equal. Some fats repair your muscle cells and keep your metabolism humming while stabilizing your blood sugar levels so you're just not hungry. Other fats "help" you develop heart disease.

→ [Learn which delicious fats help you incinerate fat fast!](#)

What if you're eating plain yogurt, maybe the kind with no sugar added? Think twice about keeping it in your diet. Humans are the only mammals that voluntarily eat dairy products after weaning; it really is unnatural to do this. Additionally, most dairy cows are kept in tight quarters, in filthy conditions – and they're fed a steady stream of antibiotics to prevent disease. These antibiotics, along with genetically modified organisms (GMOs) found in cattle feed, trickle down into "good for you" yogurt and dairy products, making them not so good for you.

Finally, many yogurts contain additives including artificial flavors, artificial colors, and artificial sweeteners. None of these are good for you. Next time you want a delicious breakfast on the go, whip up a smoothie. I promise, you'll love it and your body will, too.

7. Store-Bought Smoothies

Convenient, beautifully packaged, and plastered with health claims, store-bought smoothies are definitely on the list of “bad” foods. Of course, some are better “fast food” than a burger and fries combo washed down with a big chocolate milk shake. However, most of them are shockingly high in sugar, and stripped of all the nutrients and benefits that come with eating raw smoothies made with fresh, organic produce.

If you’re at all familiar with my work, you might have heard about my smoothies, including wonderful red ones made with incredible superfoods that boost your metabolism. Unfortunately, store-bought smoothies are often laden with sugar, and some contain dairy and even unhealthy fats! Others also contain added sugars, such as high-fructose corn syrup and agave nectar, which you learned about just a little while ago. Tap water, soy, and artificial sweeteners are some of the other ingredients you can often find in store-bought smoothies.

Free Yourself from Fat in Just Minutes (Do This Just Once a Day)

Could doing this just once a day, in about 5 minutes, give you these 11 incredible benefits?

- Help your body reset the clock by years, even decades
- Improve your heart health
- Sharpen your mental focus
- Trim your waist
- Reduce joint pain
- Enhance your mood
- Revitalize your skin, hair and nails
- Increase your energy
- Enhance bone density
- Encourage beneficial gut bacteria
- Balance your hormones, whether you are a man or a woman

Absolutely!

No, it’s not magic. It’s what happens when your body can function as nature designed it to, thanks to the proven power of these 5 nutrient-rich superfoods.

→ [Free Yourself from Fat in Just Minutes \(works like crazy!\)](#)

Even worse?

Store-bought smoothies are pretty darn expensive compared with the ones you can make yourself at home! If you’re in a pinch and just have to have a store-bought smoothie, be picky about what you’re putting in your body and remember the metabolic

problems that accompany dairy and added sugar. Always look at the ingredients list to be sure there's nothing you don't want in that tasty smoothie blend you're considering. In fact, now that you know what's in that "healthy" store bought smoothie, you might decide to opt for an organic apple and a handful of nuts, instead!

Now that you know more about what to avoid, let's look into seven amazing foods that ignite your metabolism and help you lose weight faster.

7 Foods that Ignite Your Metabolism

1. Asparagus

You might already enjoy asparagus; many people worldwide love it for its interesting flavor and its ability to satisfy hunger. *Asparagus officinalis* has also long been used as an herbal medicine for treating a variety of diseases. It even helps cleanse the liver and makes short work of hangovers!

Of course asparagus also tastes amazing, and it's so versatile, it's fantastic practically any which way: steamed, grilled, roasted or simply chopped in salads, even added to a tasty smoothie! It has 4 grams of protein per cup (chopped), plus a hefty amount of fiber to help whisk your digestive tract clean. Thanks to its high vitamin B6 content, this lovely green spring vegetable also supports a healthy metabolism by helping your body convert the food that you eat into energy. Additionally, asparagus helps your body produce serotonin, an important hormone that plays a powerful role in weight loss.

When it comes to healthy food for weight loss, put asparagus at the top of your list. It has just about 4 calories per spear, so you can eat your fill without feeling any guilt pangs.

When shopping for asparagus, look for bright, green stalks and tips that are closed, pointed, purplish, and compact. Keep it cold so that the stalks don't deteriorate; if that happens, then you'll lose some of the vitamin C and flavor. Feel free to enjoy frozen asparagus when the fresh stuff is out of season, but avoid the kind that has been canned.

Caffeine Can Never Boost Your Energy Like This!

Male or female, balancing your endocrine, or delicate hormone system, is one of the hidden keys to weight loss.

That's right. Keeping your delicate hormonal system in perfect balance allows you to access huge amounts of your own natural energy... no caffeine required.

You just need a little of this rich, butterscotchy-but-not-too-sweet extract. It was highly prized by both the mothers and warriors of one of the world's great empires for its unique, adaptogenic properties. Now athletes of both sexes enjoy it for those same metabolism-boosting ability.

→ [Caffeine Can Never Boost Your Energy Like This \(say good-bye to the jitters and crashes!\)](#)

Quick Lemon Roasted Asparagus

Makes 4 servings

1 pound asparagus, washed and trimmed

1 tablespoon olive or avocado oil

1 lemon, seeded

¼ teaspoon sea salt

Crushed black pepper to taste

Preheat the oven to 400 degrees Fahrenheit. In a shallow baking dish, toss the asparagus in the olive or avocado oil, and then squeeze the lemon over it. Sprinkle with salt and pepper, and then roast for 10 minutes.

Warning, carnivores: once you start eating this treat, you may not want to stop.

2. Cruciferous Vegetables

Cruciferous vegetables as a group are great for your metabolism. They're packed with conventional nutrients such as vitamins, minerals, and even protein. Even more importantly, cruciferous vegetables are also high in phytonutrients including flavonoids and carotenoids, which play a very important role in overall health and vitality. They support your entire body and even help prevent disease.

Cruciferous vegetables nourish the cells throughout your entire body, slowing and reducing the breakdown of your cells that ultimately leads to cancer.

As a group, cruciferous vegetables are high in protein and fiber, and very low in calories. They are incredibly satisfying to eat, whether raw or lightly steamed, and they can add quite a bit of heft to a salad. I even throw them into smoothies!

Sulforaphane, one of the isothiocyanates found in cruciferous vegetables, is a potent anti-inflammatory that can help prevent and even reverse the blood vessel lining damage often associated with high blood sugar. In fact, these powerful vegetables also contain important B-complex vitamins that reduce the risk of cardiovascular disease while supporting healthy metabolism.

And in addition to their rich taste, cruciferous vegetables also support healthy thyroid function, which is essential for good health and appropriate body composition. However, if your thyroid is compromised, eat them in moderation. And be sure to mix up your intake since different cruciferous vegetables offer different benefits. These great vegetables are so powerful that you really can eat too much of a good thing.

Brussels sprouts, kale, broccoli, cauliflower, and Romanesco are some of the most popular cruciferous vegetables, and they're all delicious raw or lightly steamed. The

fresher, the better, so consider growing some of these nutrient-rich plants in your garden or visiting your local farmers' market for cruciferous vegetables in season!

Broccoli Salad

Makes 6 servings

5 stalks broccoli, cut into bite-sized pieces

½ small red onion, finely chopped

½ cup shelled sunflower seeds

¾ cup golden raisins

¼ cup avocado oil

3 packets stevia powder

1 tablespoon apple cider vinegar

In a large bowl, combine all ingredients, stirring well until completely blended. Add a little more stevia or cider vinegar to balance the flavor more toward sweet or sour, if needed.

3. Chili Pepper

Hot, spicy chili peppers add delicious flavor to food, but that's not all. They can also speed up your metabolism.

Capsaicin, which gives chili peppers their signature hot taste, can increase your metabolic rate by generating heat and slightly increasing body temperature upon consumption. You can add hot sauce, salsa, or raw jalapeno peppers to your food, or you can take a chili pepper supplement if you're one of those people who can't stand the hot, spicy flavor of peppers.

Besides increasing metabolism, chili peppers can help your body prevent blood clots, especially if you enjoy them on a regular basis. Of course, this can be a problem for anyone who is taking a pharmaceutical blood thinner; check with your health care practitioner if one of these is prescribed for you.

Even better? The capsaicin in chili peppers can also help reduce chronic pain or inflammation, enabling you to reduce your pain medications. You won't just feel better, thanks to the reduced pain and lowered dosages, your metabolism will accelerate, boosting your energy levels and increasing the speed with which you burn fat for fuel.

Studies show that metabolism increases about 8% after a spicy meal while also temporarily suppressing cravings. One prominent study showed that adult men who ate appetizers with hot sauce ate about 200 calories less at a later meal than those who did not. This isn't an enormous amount but it certainly adds up over time, and when combined with the increase in metabolism, it can definitely help trim your waistline.

When shopping, keep in mind that the hotter the peppers, the higher the capsaicin content. If you like peppers but wonder if you can take the heat, gradually expose yourself to hotter foods. Over time, you'll enjoy hotter chili peppers... and more of capsaicin's benefits.

How to Stop Belly Fat Gain Before It Starts

It's no secret that one of the major causes of fat gain is stress... and it seems like today's stress never ends.

You see, stress causes your body to produce cortisol to fight or flee from whatever's stressing you.

In turn, all that cortisol makes you hungry for high-sugar, high-carb foods providing instant energy.

But since most modern stress is psychological, rather than physical, your body is forced to store all that food as fat, in the least-attractive, least-healthy place.

All around your belly.

→ [How to Stop Belly Fat Gain Before It Starts!](#)

Fresh Salsa

Makes 10 servings

2 cups seeded, chopped ripe tomatoes

Leaves from one bunch of fresh cilantro, chopped

5 cloves fresh garlic, peeled and finely chopped

½ red onion, finely chopped

1 or 2 jalapenos, seeded and finely chopped

½ teaspoon sea salt

1 tablespoon fresh lime juice

In a medium bowl, combine all ingredients. Serve with fresh vegetables or use as a topping for roasted fish, chicken, meat...

4. Coconut Oil

Eat fat to lose fat? That's right! A few select fats aren't just essential to good health, they can also help boost your metabolism. Of these, coconut oil is among the best. Consisting primarily of triglycerides called medium-chain fatty acids, coconut oil speeds up your metabolism because you can easily digest it and convert it into energy. In contrast, the long-chain fatty acids found in polyunsaturated oils are much more difficult for the body to break down and utilize. So not only are you hungrier, you also have to work harder to burn them.

A study published in the *American Journal of Clinical Nutrition* reported that medium-chain fatty acids like the ones found in coconut oil are three times more effective at raising metabolism than long-chain fatty acids. This finding led researchers to conclude that replacing those slow-acting long-chain fatty acids with medium-chain ones is an effective method for weight loss. A second study published in the same journal showed that the body burns off stored fat easier when medium-chain fatty acids are eaten.

There's another way that coconut oil helps with weight loss. Since it slows digestion and the rate at which carbohydrates are broken down into blood glucose, coconut oil helps prevent blood sugar fluctuations. At the same time, coconut oil balances the digestive tract and provides essential nourishment to all the cells in the body, helping to restore you to good health and ultimately paving the way to faster, easier weight loss.

When using coconut oil to increase your metabolism, start small. If you have never eaten coconut oil before, begin with just a teaspoon each day, and slowly work your way up to 1 tablespoon per day. Progressing slowly will help your body adjust.

Be very selective when shopping for coconut oil! Organic, unrefined extra-virgin coconut oil is preferable, since it preserves all of the natural goodness found inside a raw coconut. You can easily add it to your diet by mixing it into smoothies, where it imparts a pleasant taste and a creamy texture while helping you feel full longer. Because many vitamins are fat-soluble, adding coconut oil also ensures your body is able to metabolize all of the fat-soluble nutrients from the vegetables and fruits in the smoothie.

What Crunchy, Savory Tasty Treat is Packed with Healthy Fats?

Because creamy and sweet is great, but sometimes you *want* something savory and crunchy.

And loaded with fats to improve brain function and repair damaged cells throughout your body? Packed with muscle-building protein and rare micronutrients to nourish your hair, skin and nails so they are healthier, smoother, and more supple?

Yes, please!

→ [The Crunchy, Savory Tasty Treat Packed with Healthy Fats \(helps your body turn back time!\)](#)

Tropical Berry Smoothie

1 ½ cups almond milk

1 cup fresh or frozen strawberries

1 tablespoon coconut oil

½ cup pineapple

½ cup ice

Blend until smooth, and then enjoy. If you prefer an even creamier texture, you can replace the pineapple with a banana.

5. Grapefruit

Grapefruit is one of those classic “diet” foods that people often either love or hate, no middle ground. I hope that you love it, because eating it can help increase your metabolism, making weight loss so much easier for you. Grapefruit’s ability to boost metabolism comes from a constituent called naringenin, an antioxidant that works by genetically instructing your liver to burn up excess fat as energy rather than storing it for future use.

A ground-breaking study published in the journal ***PLOS One*** offers exciting insight into how grapefruit works its “magic.” Among other things, it showed that naringenin can help prevent insulin resistance, normalize glucose metabolism, and increase your body’s sensitivity to insulin, helping you achieve and maintain a healthy weight. If you’re prediabetic or if you are suffering from type 2 diabetes, regular grapefruit intake may help you manage reduce, even eliminate your symptoms.

You don’t have to eat tons of grapefruit to reap its benefits. In the study that revealed these findings, participants ate just 1 ½ grapefruits each day.

Why Nothing Sabotages Your Weight Loss Goals Like Counting Calories

Calories are like fuel. You’d never put diesel in your gas engine, gas in your diesel, or jet fuel in a nuclear reactor.

It’s the same with your body.

The right calories satisfy you while revving your metabolism, so you can lose weight almost effortlessly. The wrong calories force your body to store them as fat, making you ravenously hungry, in a vicious downward spiral of weight gain and chronic diseases like diabetes, heart disease and even cancer.

That’s right. What you eat matters so much more than how many calories it has.

→ [Nothing Sabotages Your Weight Loss Goals Like Counting Calories \(do this instead and grow trim and healthy again!\)](#)

Simple Grapefruit Salad

Makes 1 serving

½ grapefruit, cut into bite-size pieces

1 packet stevia

1 tablespoon slivered almonds

On a plate or in a small bowl, combine all ingredients. Eat immediately, as an “amuse bouche” or appetizer before the rest of your meal.

6. Turmeric

You’ve probably heard of turmeric. It’s a bright yellow spice that is one reason Indian curries are so delicious. However, there’s much more to turmeric than its beautiful color and great taste. In fact, a Chinese study shows that taking a daily supplement can improve blood sugar levels and increase metabolism.

Turmeric contains curcumin, which a variety of studies suggest can significantly improve your health by reducing fatty liver disease and tendinitis, even relieving (if not curing) major illnesses such as cancer and Alzheimer’s Disease.

More than 13 additional peer-reviewed studies have reached conclusions similar to those found in the original Chinese research. Turmeric is a treasure chest of phytochemicals that directly aid increased fat-burning and reduce insulin-related health issues, such as metabolic syndrome and even diabetes. Best of all, turmeric is very easy to add to your daily regimen. Enjoy it in tangy recipes, but skip the traditional curries that rely on butter and dairy products for their creaminess, and add it to savory smoothies instead. If you don’t enjoy the flavor, you can take a high-quality turmeric supplement on a daily basis.

Detox Your Liver and Flush Away Fat-Storing Toxins

You probably know that muscle is your largest, most important fat-burning organ.

However, your liver plays an absolutely critical role in fat-burning... but unfortunately, your poor liver usually gets neglected.

Until now, with this refreshing detox.

→ [Detox Your Liver and Flush Away Fat-Storing Toxins \(insanely simple and a great end to the day!\)](#)

Relaxing Turmeric Tea

Makes 1 Serving

4 cups water

1 teaspoon ground turmeric

Stevia and/or lemon to taste

In a saucepan, bring the water to a boil. Add the turmeric and reduce heat to a simmer. Allow the blend to continue simmering for approximately 10 minutes, until the liquid is bright yellow and has been reduced to about 1 cup. Strain the tea into a cup and then add stevia and/or lemon, if desired. Sip with a savory meal or enjoy at the end of a stressful day.

7. Avocado

Avocado is a great source of healthy fat, and it's well worth adding to your diet for that reason alone. But there's one more thing you should know about these rich, green fruits. Avocado can give your metabolism a boost so that your fight against obesity is easier and so much more indulgent.

How does it work? In a nutshell, avocado boosts metabolism by offering a generous serving of L-carnitine, an amino acid found in the liver. L-carnitine helps boost fat metabolism by helping your body burn stored fat for fuel to energize you. L-carnitine also nourishes muscle cells and increases blood circulation within the brain, so you feel fantastic and alert.

Avocado aids in weight loss another way: it makes you feel satisfied and content after a meal, so you're far less likely to overeat or nibble on unhealthy snacks between meals. Research suggests that exercise burns monounsaturated fat (the kind found in avocados) faster than it burns saturated fat. This means your body is far more likely to completely utilize all of this healthy fat than it is to use up the fat found in animal products such as meat and butter.

The oleic acid, which is what makes up most of the fat found in avocados, does more for you than just boost your metabolism. Oleic acid is linked to reduced inflammation and beneficial effects on certain genes with direct links to cancer. Long story short? If you want to live a longer, healthier life, eating good fats (like those in avocados) definitely helps.

Need more convincing? The NHANES study, which analyzed data from 17,567 participants, looked into the dietary habits and health of people who routinely consumed avocados. Not surprisingly, they were healthier than those who didn't include avocado in their diets. The avocado eaters were half as likely as others to suffer from metabolic syndrome, a group of symptoms that indicate major risk of diabetes and heart disease. Additionally, the people who ate avocados weighed less, had lower body mass

indexes, and had significantly less belly fat than others. They also enjoyed higher levels of HDL (good cholesterol.)

If you're not familiar with avocados, you'll appreciate their cool, creamy, mild flavor, which can add a velvety creaminess to smoothies and savory summertime soups. Avocado can also be blended into natural salad dressings that taste far better than anything you'll find in a bottle, and of course you can enjoy them in salads or any other dish.

When shopping, keep an eye out for ripe, ready-to-eat avocados. These should be slightly soft, with no dark sunken spots or unsightly cracks. If the avocado has a bit of a neck instead of a rounded top, then it was probably tree-ripened and is likely to have a richer flavor. Of course, if avocados are out of season or you live far away from areas where they are grown, you may have a hard time finding tree-ripened fruit. If this is the case, look for firmer, less mature fruit and ripen it at home.

To ripen avocados, put them in a paper bag for 2 days, and then wrap each one tightly in foil. Heat the oven to 200 degrees and bake the avocados for just 10 to 15 minutes. They should soften slightly but not be warmed.

Try not to worry too much about the fat and calories in avocados. Your body needs a certain amount of fat each day and this is some of the very best! Not only is the monounsaturated fat in avocados great for your heart, it lowers cholesterol, and contains potassium that helps to reduce belly fat and fluid retention. Avocados also contain pantothenic acid, a B-vitamin that can help reduce stress hormones and consequently alleviate belly fat.

Quick Avocado Salad Dressing

Makes 4 servings

1 ripe avocado, seeded and peeled

1 clove garlic, peeled and smashed

½ tablespoon fresh lime juice

¼ teaspoon sea salt

¼ teaspoon black pepper

1 tablespoon olive oil

In a food processor or blender, combine all ingredients and process until smooth and creamy. Add a little water if you'd like a thinner consistency. Feel free to experiment by adding spices such as basil, cumin, cayenne pepper, or tarragon. Try to use the entire recipe within two days, as it may become discolored if left longer.

Conclusion

There you have it! Keep in mind that you need to enjoy these beneficial foods regularly to reap their benefits, and remember that you need to eliminate metabolism-crushing foods from your diet completely. Changing the way you eat can feel like a challenge, but the rewards—**and the taste**—are incredible and well worth the effort.

Last, but not least, remember that a slip-up isn't the end of the world. If you make a mistake with your diet, don't let it get you down. Start over again at the next meal or snack, forgive yourself, and look into the reason why the slip-up happened. With daily repetition, a healthier diet becomes the routine, and is just as easy (and a whole lot more pleasurable!) to follow than the standard American diet. One meal at a time, one day at a time, you can increase your metabolism and enjoy better health and a leaner body. Here's to your success.

Never Eat These Together Unless...

Most of us naturally love the sweet taste of sugar, just as we naturally love the creamy richness of fat. Even better? Sugar and fat together, which is why desserts are practically always full of both, and most of us always save room for dessert.

So it's not surprising when those sweet, rich treats sometimes sabotage your weight loss and health goals... even though we all need sweet, rich treats.

However, now you don't have to choose between good health and those delicious desserts you naturally love.

→ [Never Eat These Together Unless... \(this is how you can have your cake, your health and your figure!\)](#)

References

American Journal of Clinical Nutrition, November 2002 Vol. 76, No. 5, 911-922.

Appleton, Nancy Ph.D., Fructose is No Answer For a Sweetener, <http://www.mercola.com/2002/jan/5/fructose.htm>.

J. MacDonald, Anne Keyser, and Deborah Pacy, Some Effects, in Man, of Varying the Load of Glucose, Sucrose, Fructose, or Sorbitol on Various Metabolites in Blood, *American Journal of Clinical Nutrition* 31 (August 1978): 1305-1311.

Hallfrisch, Judith, Metabolic Effects of Dietary Fructose, *FASEB Journal* 4 (June 1990): 2652-2660.

Oz, Mehmet, Agave: Why We Were Wrong, <http://blog.doctoroz.com/dr-oz-blog/agave-why-we-were-wrong>

U.S. Department of Health and Human Services <https://aspe.hhs.gov/basic-report/aspe-childhood-obesity-white-paper>

Effects of Asparagus Officinalis extracts on liver cell toxicity and ethanol metabolism <http://www.ncbi.nlm.nih.gov/pubmed/19895471>

How Spicy Foods Can Speed Up Your Metabolism <http://www.fitday.com/fitness-articles/fitness/weight-loss/how-spicy-foods-can-speed-up-your-metabolism.html>

The American Journal of Clinical Nutrition: Effects of Medium-Chain Fatty Acids and Oleic Acid on Blood Lipids, Lipoproteins, Glucose, Insulin, and Lipid Transfer Protein Activities: <http://ajcn.nutrition.org/content/79/4/564.full>

The American Journal of Clinical Nutrition: Weight-Loss Diet that Includes Consumption of Medium-Chain Triacylglycerol Oil Leads to a Greater Rate of Weight and Fat Mass Loss than Does Olive Oil: <http://ajcn.nutrition.org/content/87/3/621.full>

PLOS One: Consumption of clarified grapefruit juice ameliorates high-fat diet induced insulin resistance and weight gain in mice. <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0108408>

Na L-X et al. Curcuminoids exert glucose-lowering effect in type 2 diabetes by decreasing serum free fatty acids: A double-blind, placebo-controlled trial. *Molecular Nutrition & Food Research* 2012 August 29.

Authority Nutrition: 12 Proven Benefits of Avocado: <https://authoritynutrition.com/12-proven-benefits-of-avocado/>